Highwood Clockwise 300

Total Distance:	304.7 KM
Nominal Distance:	300 KM
Start Time:	08:00
Time Limit:	20:00 + 0 dy (20 h)

Services: F=Food Store, H=Hotel/Motel
R=Restaurant, W=Water

Ctrl #	Directions	Services Available	Interval Distance (KM)	Cumu-lative Distance (KM)	Opening Time	Closing Time
S	START: Cochrane near the old 'Cochrane Ranch' (Alternate start: Cochrane Tim Hortons)	FWHR	0	0	8:00 +0 dy	9:00 +0 dy
1	Head South on Hwy 22 to 'Bragg Creek'	FRW	30.5	31	8:53 +0 dy	10:31 +0 dy
	Continue South on Hwy 22. Turn left (East) at the T intersection, and continue 300m to Hwy 762		3.7	34	9:00 +0 dy	10:42 +0 dy
	Turn right (South), follow Hwy 762 to Hwy 549		22.2	56	9:39 +0 dy	11:49 +0 dy
	Turn left (East), travel to Hwy 22		10.6	67	9:58 +0 dy	12:28 +0 dy
	Turn right (South), follow Hwy 22 to Turner Valley	FW	11.3	78	10:18 +0 dy	13:13 +0 dy
2	Turn left (East) to stay on Hwy 22 and travel to 'Black Diamond'	FRW	4	82	10:25 +0 dy	13:29 +0 dy
3	Turn right (South) to stay on Hwy 22, travel to 'Longview', Hwy 40	FRW	17	99	10:55 +0 dy	14:37 +0 dy
4	Turn right (West) onto Hwy 40/Hwy 541 over the Highwood Pass, continuing to the 'Fortress Junction' gas station/store. (Note: there are services about 43 km west of Longview)	FW	106	205	14:02 +0 dy	21:41 +0 dy
5	Continue North on Hwy 40 to 'Barrier Lake Visitors Centre'	FW	34.7	240	15:07 +0 dy	0:00 +0 dy
	Continue North on Hwy 40 to Hwy 1 (Trans-Canada)		7	247	15:21 +0 dy	0:28 +0 dy
	Merge onto Hwy 1 West, travel to Hwy 1X (next exit)		4	251	15:28 +0 dy	0:44 +0 dy
	Exit right (North), travel to Hwy 1A		4.3	255	15:36 +0 dy	1:01 +0 dy
	Turn right (North-East), travel to finish		49.4	305	17:00 +0 dy	4:00 +0 dy
F	Finish: 'Cochrane Ranch' (or Tim Hortons)	FWR	0	305	17:00 +0 dy	4:00 +0 dy