

Mountain Lakes 300

Total Distance: 306.99 KM

Nominal Distance: 300 KM

Start Time: 07:00

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)	Cumulative Distance (KM)	Opening Time	Closing Time
S	Start of route, 'Banff Train Station'		0	0	7:00 +0 dy	8:00 +0 dy
	Continue onto Elk St		00.02	0	7:00 +0 dy	8:00 +0 dy
	Turn left onto Squirrel St		00.24	0	7:00 +0 dy	8:00 +0 dy
	Continue onto Cougar St		00.4	1	7:01 +0 dy	8:01 +0 dy
	Turn right onto Marmot Crescent		1.02	2	7:02 +0 dy	8:05 +0 dy
	Turn left onto Banff Ave		00.1	2	7:03 +0 dy	8:05 +0 dy
	Continue onto Lake Minnewanka Scenic Dr/Range Rd 115B Rd		3.19	5	7:08 +0 dy	8:14 +0 dy
	Turn right onto Lake Minnewanka Scenic Dr		00.95	6	7:10 +0 dy	8:17 +0 dy
	Slight right onto the Trans Canada Highway/AB-1 W ramp to Lake Louise		13.95	20	7:35 +0 dy	8:59 +0 dy
	Merge onto Trans-Canada Hwy/AB-1 W		00.98	21	7:36 +0 dy	9:02 +0 dy
	Take the AB-1A exit		8.67	30	7:52 +0 dy	9:28 +0 dy
	Slight right onto Bow Valley Pkwy/AB-1A W		00.44	30	7:52 +0 dy	9:29 +0 dy
1	Control: 'Castle Junction'		23.74	54	8:34 +0 dy	10:41 +0 dy
	Turn left onto Bow Valley Pkwy/Whitehorn Rd/AB-1A W		25.66	79	9:20 +0 dy	12:17 +0 dy
	Take the Trans Canada Hwy/AB-1 W/AB-93 ramp to Golden/Jasper		00.67	80	9:21 +0 dy	12:20 +0 dy
	Merge onto Trans-Canada Hwy/AB-1 W/AB-93 N		00.7	81	9:22 +0 dy	12:22 +0 dy
	Take the AB-93 exit toward Jasper/Rocky Mountain House		1.59	82	9:25 +0 dy	12:29 +0 dy
	Merge onto AB-93 N		00.58	83	9:26 +0 dy	12:31 +0 dy
	Turn right		00.54	83	9:27 +0 dy	12:33 +0 dy
	Turn right onto AB-93 N		00.15	84	9:27 +0 dy	12:34 +0 dy
2	Control: 'Num Ti Jah Lodge'		34.61	118	10:28 +0 dy	14:52 +0 dy
	Slight right onto the Trans-Canada Hwy/AB-1 W ramp to Field/Golden/Yoho		35.39	154	11:31 +0 dy	17:14 +0 dy
	Merge onto Trans-Canada Hwy/AB-1 W		00.44	154	11:31 +0 dy	17:16 +0 dy
	Continue onto Trans-Canada Hwy/BC-1 W		6.26	160	11:42 +0 dy	17:41 +0 dy
	Turn right onto Emerald Lake Rd		17.92	178	12:14 +0 dy	18:52 +0 dy
3	Continue onto Emerald Lake Trail, Control: 'Emerald Lake'		9.17	187	12:30 +0 dy	19:29 +0 dy
	Turn left onto Trans-Canada Hwy/BC-1 E		9.19	197	12:46 +0 dy	20:06 +0 dy
	Turn right onto Ohara Park		14.91	211	13:14 +0 dy	21:05 +0 dy
	Continue onto Hwy 1A		6.55	218	13:26 +0 dy	21:32 +0 dy
4	Turn left onto Lake Louise Dr (signs for Alberta 1/Trans Canada Highway), control: 'Lake Louise'		3.61	222	13:33 +0 dy	21:46 +0 dy
	Turn right onto Moraine Lake Rd		1.1	223	13:35 +0 dy	21:50 +0 dy
5	Control: 'Moraine Lake'		12.26	235	13:58 +0 dy	22:40 +0 dy
	Turn right onto Lake Louise Dr		12.22	247	14:21 +0 dy	23:28 +0 dy
	Slight left to stay on Lake Louise Dr		2.16	249	14:25 +0 dy	23:37 +0 dy
	Continue onto Bow Valley Pkwy/Whitehorn Rd/AB-1A E		00.04	249	14:25 +0 dy	23:37 +0 dy
	Turn right onto Bow Valley Pkwy/AB-1A E		00.87	250	14:27 +0 dy	23:41 +0 dy
	Turn right onto Heritage Trail		49.76	300	16:00 +0 dy	3:00 +0 dy
	Turn right onto Mt Norquay Rd		6.09	306	16:00 +0 dy	3:00 +0 dy
	Turn left onto Railway Ave		00.66	307	16:00 +0 dy	3:00 +0 dy
F	End of route: 'Banff Train Station'		00.19	307	16:00 +0 dy	3:00 +0 dy