

**Mountain Lakes 300**

		<b>Total Distance:</b>	309.4000000000001 KM		Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water	
		<b>Nominal Distance:</b>	300 KM			
		<b>Start Time:</b>	07:00			
		<b>Time Limit:</b>	20:00 + 0 dy (20 h)			
<b>Ctrl #</b>	<b>Directions</b>	<b>Services Available</b>	<b>Interval Distance (KM)</b>	<b>Cumulative Distance (KM)</b>	<b>Opening Time</b>	<b>Closing Time</b>
S	START: 'Banff Avenue'	FHWR	0	0	7:00 +0 dy	8:00 +0 dy
	Head North on Banff Avenue towards Minnewanka Loop. Follow the Minnewanka Loop clockwise (do not take Johnson Lake Rd).		15	15	7:26 +0 dy	8:45 +0 dy
	At the T intersection, turn left and travel to Hwy 1.		1	16	7:28 +0 dy	8:48 +0 dy
	Turn right (West) onto Hwy 1, travel to Hwy 1A (Bow Valley Parkway)		10	26	7:45 +0 dy	9:18 +0 dy
1	Exit onto Hwy 1A, travel to 'Castle Junction'	FHWR	23.7	50	8:27 +0 dy	10:29 +0 dy
	Continue on Hwy 1A to Lake Lousie connector road		25.6	75	9:12 +0 dy	12:01 +0 dy
	Turn left onto the connector, then take the ramp right to merge onto Hwy 1 (Trans-Canada). Continue to Hwy 93		3.3	79	9:18 +0 dy	12:14 +0 dy
	Exit to Hwy 93 (North), travel to Num Ti Jah Lodge (just past Bow Lake).		35.5	114	10:21 +0 dy	14:36 +0 dy
2	Turn left onto 'Num Ti Jah Lodge' access road to checkpoint	FHWR	1	115	10:23 +0 dy	14:40 +0 dy
	Return to Hwy 93		1	116	10:24 +0 dy	14:44 +0 dy
	Turn right (South), travel to Hwy 1		35.5	152	11:27 +0 dy	17:06 +0 dy
	Turn right (West), travel to Emerald Lake access road.		24.5	176	12:10 +0 dy	18:44 +0 dy
3	Turn right, continue to 'Emerald Lake'	FHWR	9.3	185	12:27 +0 dy	19:21 +0 dy
	Return to Hwy 1		9.3	195	12:43 +0 dy	19:58 +0 dy
	Turn left (East), travel to Hwy 1A (NOTE: Closed to cars)		14.9	210	13:10 +0 dy	20:58 +0 dy
	Turn right, travel to Lake Louise Dr		10.1	220	13:29 +0 dy	21:38 +0 dy
4	Turn right, travel to 'Lake Louise'	FHWR	00.9	221	13:31 +0 dy	21:42 +0 dy
	Return down Lake Louise Dr to Moraine Lake Rd		1.9	223	13:35 +0 dy	21:50 +0 dy
5	Turn right, travel to 'Morraine Lake'	FHWR	12.4	235	13:58 +0 dy	22:39 +0 dy
	Return to Lake Louise Dr		12.4	247	14:21 +0 dy	23:29 +0 dy
	Turn right, travel to Hwy 1A (Bow Valley Parkway)		2.1	249	14:25 +0 dy	23:37 +0 dy
	Turn right, travel to Banff (Mt. Norquay exit)		55.2	305	16:00 +0 dy	3:00 +0 dy
	Exit to Banff, follow Mt. Norquay Rd to Gopher St, Lynx St, Wolf St, Banff Ave. Continue to Finish		4.8	309	16:00 +0 dy	3:00 +0 dy
F	Finish: 'Banff Avenue'	FHWR	0	309	16:00 +0 dy	3:00 +0 dy