## Mountain Lakes 300

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| **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) | Cumu-lative 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/â€‹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/â€‹AB-1 W ramp to Lake Louise | | 13.95 | 20 | 7:35 +0 dy | 8:59 +0 dy |
| | Merge onto Trans-Canada Hwy/â€‹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/â€‹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/â€‹Whitehorn Rd/â€‹AB-1A W | | 25.66 | 79 | 9:20 +0 dy | 12:17 +0 dy |
| | Take the Trans Canada Hwy/â€‹AB-1 W/â€‹AB-93 ramp to Golden/â€‹Jasper | | 00.67 | 80 | 9:21 +0 dy | 12:20 +0 dy |
| | Merge onto Trans-Canada Hwy/â€‹AB-1 W/â€‹AB-93 N | | 00.7 | 81 | 9:22 +0 dy | 12:22 +0 dy |
| | Take the AB-93 exit toward Jasper/â€‹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/â€‹AB-1 W ramp to Field/â€‹Golden/â€‹Yoho | | 35.39 | 154 | 11:31 +0 dy | 17:14 +0 dy |
| | Merge onto Trans-Canada Hwy/â€‹AB-1 W | | 00.44 | 154 | 11:31 +0 dy | 17:16 +0 dy |
| | Continue onto Trans-Canada Hwy/â€‹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/â€‹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/â€‹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/â€‹Whitehorn Rd/â€‹AB-1A E | | 00.04 | 249 | 14:25 +0 dy | 23:37 +0 dy |
| | Turn right onto Bow Valley Pkwy/â€‹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 |