

**Mountain Madness 200**

		<b>Total Distance:</b>	200.80000000000004 KM		Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water	
		<b>Nominal Distance:</b>	200 KM			
		<b>Start Time:</b>	08:00			
		<b>Time Limit:</b>	13:30 + 0 dy (13.5 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 Train Station'	FW	0	0	8:00 +0 dy	9:00 +0 dy
	Head West to Mt. Norquay Rd		00.2	0	8:00 +0 dy	9:00 +0 dy
	Turn right on Mt. Norquay Rd, travel to Hwy 1 (Trans Canada)		00.9	1	8:01 +0 dy	9:03 +0 dy
	Head West on Hwy 1 to Hwy 1A (Bow Valley Parkway)		5.7	7	8:12 +0 dy	9:20 +0 dy
1	Turn right (West) onto Hwy 1A, travel to 'Castle Junction'	FWH	23.7	31	8:53 +0 dy	10:31 +0 dy
	Continue West on Hwy 1A until Hwy 1 (T intersection)		25.8	56	9:39 +0 dy	11:48 +0 dy
	Turn left heading downhill to Hwy 1. Continue West on Hwy 1 to Yoho Valley Rd (signs for Takakka Falls)		23	79	10:19 +0 dy	13:17 +0 dy
2	Turn right and follow road to the end ('Takakka Falls' parking lot). You will encounter very steep switch backs going up this road, be very careful with your speed coming back down and watch the traffic. FRWH available at the store and cabins on your right as you pass the campground. NOTE: The Google map is wrong at this point and shows the road ending much sooner than it actually does.	FRWH	13.4	93	10:43 +0 dy	14:10 +0 dy
	Head back down Yoho Valley Rd to Hwy 1		13.4	106	11:07 +0 dy	15:04 +0 dy
	Turn left (East) on Hwy 1 to Hwy 1A		9.8	116	11:24 +0 dy	15:43 +0 dy
	Turn right Lake Louise Rd (NOTE: this section of the 1A has been closed to traffic for some time, you will have to go around the barrier when you come off Hwy 1)		10.2	126	11:42 +0 dy	16:24 +0 dy
3	Turn Right and follow up to the 'Chateau Lake Louise'	FRWH	1	127	11:44 +0 dy	16:28 +0 dy
	Head back down the Lake Louise road crossing over Hwy 1 to right hand turn back on to Hwy 1A (Bow Valley Parkway).		5.2	132	11:53 +0 dy	16:49 +0 dy
	Turn right (East), travel to Hwy 1		49.9	182	13:21 +0 dy	20:08 +0 dy
	Take underpass and ramp heading East towards Banff on HWY 1 to Banff Norquay exit		5.8	188	13:31 +0 dy	20:32 +0 dy
4	Take Norquay exit to Junction Mt. Norquay Rd, turn left on Mt. Norquay Rd and follow to top parking lot ('Mt. Norquay' checkpoint)		5.9	194	13:42 +0 dy	20:55 +0 dy
	Return back down Mt. Norquay Rd into Banff town site and finish		6.9	201	13:57 +0 dy	21:30 +0 dy
F	Finish: 'Banff Train Station'		0	201	13:57 +0 dy	21:30 +0 dy