Rocky Mountain House 600

Total Distance:	608.5999999999999 KM
Nominal Distance:	600 KM
Start Time:	08:00
Time Limit:	16:00 + 1 dy (40 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: Calgary 'Co-op, Rockyvalley Dr & 12 Mile Coulee Rd'	FWHR	0	0	8:00 +0 dy	9:00 +0 dy
	Head South on 12 Mile Coulee Rd to Hwy 1A/Bow Valley Tr.		00.5	1	8:00 +0 dy	9:01 +0 dy
1	Turn right (West), travel to 'Cochrane'	FWHR	18.3	19	8:33 +0 dy	9:56 +0 dy
2	Continue West on Hwy 1A to 'Canmore'. Follow Bow Valley Tr/Hwy 1A into town, services at West end of town.	FWHR	74.8	94	10:45 +0 dy	14:14 +0 dy
	Continue West on Hwy 1A to Hwy 1 (Trans-Canada). Merge with Hwy 1 West, travel past Banff to Hwy 1A/Bow Valley Pkwy		28	122	11:34 +0 dy	16:06 +0 dy
	Exit right onto Hwy 1A, travel past Castle Junction (stay on Hwy 1A) and continue to the T intersection (near Lake Louise)		49.7	171	13:02 +0 dy	19:25 +0 dy
3	Turn left to stay on Bow Valley Pkwy, cross Hwy 1 and head into 'Lake Louise Village'	FWHR	1.2	173	13:04 +0 dy	19:30 +0 dy
	Leave Lake Louise the same way you came in, cross over Hwy 1 then take the ramp left (North-West) to merge with Hwy 1		00.4	173	13:05 +0 dy	19:31 +0 dy
	Travel North-West on Hwy 1 to Hwy 93		2.6	176	13:09 +0 dy	19:42 +0 dy
4	Exit right (North) on HWY 93, travel to 'Saskatchewan River Crossing', Hwy 11	FWHR	76	252	15:29 +0 dy	0:46 +0 dy
5	Turn right (East), travel 'Nordegg'	FWHR	90.4	342	18:19 +0 dy	6:47 +0 dy
6	Continue East on Hwy 11 to 'Rocky Mountain House'. Hwy 22 will join with Hwy 11	FWHR	86.7	429	21:05 +0 dy	12:34 +1 dy
	Continue South on Hwy 11/Hwy 22 out of town. Continue until Hwy 22 splits South from Hwy 11.		10	439	21:25 +0 dy	13:14 +1 dy
	Turn right (South) onto Hwy 22, travel to Hwy 54/Hwy 22		25.2	464	22:15 +0 dy	14:55 +1 dy
	Turn left (East), travel past Caroline to Hwy 22 South		13	477	22:41 +0 dy	15:47 +1 dy
	Turn right (South), travel to Hwy 584/Hwy 22		33.5	510	23:48 +0 dy	18:01 +1 dy
7	Turn left (East), travel to 'Sundre'	FWHR	1.6	512	23:51 +0 dy	18:07 +1 dy
	Continue East on Hwy 22/Hwy 27 to Hwy 22 South		10.9	523	0:13 +0 dy	18:51 +1 dy
	Turn right (South), travel to Cochrane, Hwy 1A	FWHR	67	590	2:27 +0 dy	23:19 +1 dy
	Turn left (East), travel to 12 Mile Coulee Rd		18.3	608	2:47 +0 dy	0:00 +1 dy
	Turn left (North), travel to finish		00.5	609	2:47 +0 dy	0:00 +1 dy
F	Finish: 'Co-op'	FWHR	0	609	2:47 +0 dy	0:00 +1 dy