# Rocky Mountain House 600

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| **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 |