

Sheep Valley 300							
		Total Distance:	303.1 KM	Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water			
		Nominal Distance:	300 KM				
		Start Time:	08:00				
		Time Limit:	20:00 + 0 dy (20 h)				
Ctrl #	Directions	Services Available	Interval Distance (KM)	Cumulative Distance (KM)	Opening Time	Closing Time	
S	Start: 'Starbucks', Garrison Gate SW & 34 Ave SW	FW	0	0	8:00 +0 dy	9:00 +0 dy	
	Head East on 34 Ave SW to 20 St SW		00.4	0	8:00 +0 dy	9:01 +0 dy	
	Turn right (South), travel to 50 Ave SW		1.6	2	8:03 +0 dy	9:06 +0 dy	
	Turn left (East), travel to 16 St SW		00.6	3	8:04 +0 dy	9:07 +0 dy	
	Turn right (South), travel approx. 400m to bike path on right. Turn onto the bike path, and follow the path along the East side of Glenmore Reservoir. Path continues along West side of Rockyview Hospital, and ends at Eagle Ridge Dr. SW			3	6	8:09 +0 dy	9:16 +0 dy
	Turn right (West), follow Eagle Ridge Dr West, curving South approx. 300m, then turn right onto the bike path. Follow the path along the West, then South side of Glenmore Reservoir.			4.7	10	8:18 +0 dy	9:30 +0 dy
	Turn left (South) to follow the path out of S. Glenmore Park. Continue on the path (there will be residential on the west and a natural area on the east). The path will cross over Anderson Rd. Stay on the path after the crossing, and continue to 130 Ave SW.			5.4	16	8:27 +0 dy	9:47 +0 dy
	Turn right (East) onto 130 Ave SW, travel 300m to 37 St and turn left (South). Continue to 146 Ave SW.			2	18	8:31 +0 dy	9:53 +0 dy
	Turn right (East) onto 146 Ave SW, travel 500m to 37 St and turn left (South). Travel across Spruce Meadows Tr and continue to Twp Rd 220/242 Ave.			10.2	28	8:49 +0 dy	10:23 +0 dy
	Turn right (East), travel to Hwy 773 (1.6 km). Turn left (South), travel to Hwy 549			11.3	39	9:09 +0 dy	10:57 +0 dy
1	Turn left (East), travel to Range Rd 15 (3.3 km). Turn right (South), travel to Twp Rd 205		4.9	44	9:17 +0 dy	11:12 +0 dy	
	Turn left (East), travel to Hwy 549/Range Rd 12		5.1	49	9:26 +0 dy	11:27 +0 dy	
	Turn right (South-East), travel to 'Okotoks', Northridge Dr. (Hwy 549 becomes Elizabeth St. in Okotoks).	FRW	4.7	54	9:35 +0 dy	11:41 +0 dy	
	Turn right (South) onto Northridge Dr (also Hwy 2A), travel to Big Rock Tr.		0	54	9:35 +0 dy	11:41 +0 dy	
	Turn right (West), follow Big Rock Tr. out of town where it becomes Twp Rd 204 (1.6 km). Continue West until Twp Rd 203A branches South (600m), then follow Twp Rd 203A South and then West until Range Rd 11 branches South (1.5 km). Follow Range Rd 11 to Hwy 7 (900m)			4.6	59	9:43 +0 dy	11:55 +0 dy
	Turn right (West), follow Hwy 7 through Black Diamond and into Turner Valley. Continue through Turner Valley (road becomes Sunset Blvd) until Sunset Dr. NW/Hwy 546	FRW	20.8	79	10:19 +0 dy	13:17 +0 dy	
	Turn right, follow Hwy 546 (it will change names a few times) until it becomes Sheep Valley Rd. Continue to follow the road to the end ('Sheep River Prov Park').			35.8	115	11:23 +0 dy	15:40 +0 dy
	Turn around and retrace your route back to Turner Valley, Main St/Cowboy Tr/Hwy 22	FRW	36.7	152	12:27 +0 dy	18:07 +0 dy	
	Turn left (North), follow Hwy 22 to Hwy 549 (Millarville)			11.3	163	12:47 +0 dy	18:52 +0 dy
	Turn left (North-West), travel to Hwy 762			10.6	174	13:06 +0 dy	19:34 +0 dy
3	Turn right (North), travel to Hwy 22		22.2	196	13:45 +0 dy	21:03 +0 dy	
	Turn left (West), after 300m stay heading West on Hwy 66. Follow Hwy 66 to 'Little Elbow Campground'		29.3	225	14:40 +0 dy	23:00 +0 dy	
	Turn around and retrace your route back to Hwy 758/White Ave (approx 1.5 km before Hwy 22 N)		27.4	253	15:31 +0 dy	0:50 +0 dy	
4	Turn left (North), follow White Ave into 'Bragg Creek', where it will meet up with Hwy 22.	FRW	4.8	257	15:40 +0 dy	1:09 +0 dy	
	Travel North-East on Hwy 22 until Twp Rd 244/Springbank Rd		15.4	273	16:09 +0 dy	2:11 +0 dy	
	Turn right (East), travel to Range Rd 32		9.8	283	16:27 +0 dy	2:50 +0 dy	
	Turn right (South), travel to Morning Vista Way		1.1	284	16:29 +0 dy	2:54 +0 dy	
	Turn left (East), follow Morning Vista Way East and South to Twp Rd 243/Lower Springbank Rd		1	285	16:31 +0 dy	2:58 +0 dy	
	Turn left (East), follow Lower Springbank Rd to Fortress Rise SW		8.9	294	16:48 +0 dy	3:34 +0 dy	

	Turn left (North), after 150m turn left to stay on Fortress Rise SW. Follow the road 100m until the bike path on the left (North) side.		00.3	294	16:49 +0 dy	3:35 +0 dy
	Follow the path to Springbank Dr. and turn right (East). Pick up the bike path again where Springbank Dr turns south (you will continue East onto the path). Follow the path South-East until it meets Springbank Way SW		1.4	295	16:51 +0 dy	3:41 +0 dy
	Head East on Springbank Way and pick up the bike path after 300m where the road curves South (you will continue East). After 100m, turn left (North-East), travel to Springbank Gate, then turn right towards 69 St SW.		00.6	296	16:52 +0 dy	3:43 +0 dy
	Head North on 69 St to 34 Ave SW and turn right (East). Take the first right (South) onto Sierra Morena Rd. At the traffic circle, head East onto Sierra Morena Blvd and follow the road to Richmond Rd		2	298	16:56 +0 dy	3:51 +0 dy
	Turn left (East), follow Richmond Rd to 33 Ave SW and turn right (there are bike paths part of the way along Richmond Rd if you wish to use them). Follow 33 Ave SW to 22 St SW and turn right (South). Continue to finish		5.2	303	17:00 +0 dy	4:00 +0 dy
F	Finish: 'Starbucks'	FW	0	303	17:00 +0 dy	4:00 +0 dy