

| TORA 1000 | | | | | | |
|-----------|---|--------------------------|------------------------|--|--------------|--------------|
| | | Total Distance: | 1005.7 KM | Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water | | |
| | | Nominal Distance: | 1000 KM | | | |
| | | Start Time: | 04:00 | | | |
| | | Time Limit: | 03:00 + 3 dy (75 h) | | | |
| Ctrl # | Directions | Services Available | Interval Distance (KM) | Cumulative Distance (KM) | Opening Time | Closing Time |
| S | Start: 'Cochrane' | FWRH | 0 | 0 | 4:00 +0 dy | 5:00 +0 dy |
| | Travel to Hwy 1A | | 00.9 | 1 | 4:01 +0 dy | 5:02 +0 dy |
| 1 | Turn left (West), follow Hwy 1A/Bow Valley Trail to 'Canmore' | FWRH | 74.6 | 76 | 6:13 +0 dy | 9:02 +0 dy |
| | Continue through Canmore on the Bow Valley Trail, merging onto Hwy 1 (Trans-Canada) heading West. Continue West to Banff/Minnewanka Loop Exit | | 18.4 | 94 | 6:45 +0 dy | 10:15 +0 dy |
| | Exit right (North), follow Lake Minnewanka Scenic Dr. around clockwise. Loop is approx. 14 km. When you get to the end of the loop, turn left to head back towards Hwy 1. | | 14.9 | 109 | 7:12 +0 dy | 11:15 +0 dy |
| | Exit right (West) and merge onto Hwy 1. Travel to Hwy 1A/Bow Valley Pkwy exit | | 9.7 | 119 | 7:29 +0 dy | 11:54 +0 dy |
| 2 | Exit right (West), follow Hwy 1A/Bow Valley Pkwy to 'Castle Junction' | FWRH | 24 | 143 | 8:11 +0 dy | 13:30 +0 dy |
| 3 | Continue Northwest on Hwy 1A/Box Valley Pkwy to 'Lake Louise' | FWRH | 26.7 | 169 | 8:58 +0 dy | 15:16 +0 dy |
| | Cross back over Hwy 1, then turn left (Northwest) to merge onto Hwy 1. After approx. 2.5 km, exit right (North) onto Hwy 93/Icefields Pkwy. | | 3.2 | 172 | 9:04 +0 dy | 15:29 +0 dy |
| 4 | Follow Hwy 93/Icefields Pkwy to 'Saskatchewan River Crossing' (north of Hwy 11 Jct) | FWRH | 75.8 | 248 | 11:23 +0 dy | 20:32 +0 dy |
| 5 | Continue North on Hwy 93 to 'Jasper' | FWRH | 153 | 401 | 16:10 +0 dy | 6:44 +1 dy |
| 6 | Exit Jasper North onto Hwy 16/Yellowhead Hwy. Travel North/West to 'Hinton' | FWRH | 78.9 | 480 | 18:48 +0 dy | 12:00 +1 dy |
| 7 | Continue West on Hwy 16/Yellowhead Hwy to 'Edson' | FWRH | 87 | 567 | 21:42 +0 dy | 17:48 +1 dy |
| | Continue West on Hwy 16/Yellowhead Hwy to Hwy 31 | | 113 | 680 | 1:39 +0 dy | 3:00 +1 dy |
| 8 | Exit right (South), travel to 'Seba Beach' | FWRH | 3.2 | 683 | 1:46 +0 dy | 3:17 +1 dy |
| | Continue South on Hwy 31, which turns into Hwy 759. Travel to Hwy 624 (approx 3.2 km south of Tomahawk) | | 22 | 705 | 2:33 +0 dy | 5:12 +2 dy |
| | Turn right (West), travel to Hwy 22 | | 14.3 | 720 | 3:04 +0 dy | 6:27 +2 dy |
| 9 | Turn left (South), travel to 'Drayton Valley' | FWRH | 16.7 | 736 | 3:40 +0 dy | 7:55 +2 dy |
| 10 | Follow Hwy 22 South, curving East. Stay on Hwy 22 when it turns South (do not go straight onto Hwy 39) - Follow signs to 'Rocky Mountain House' | FWRH | 109 | 845 | 7:33 +1 dy | 17:27 +2 dy |
| | Continue South on Hwy 22, it will curve East; turn right (South) to stay on Hwy 22 (don't go straight onto Hwy 11) | | 8.4 | 854 | 7:51 +1 dy | 18:11 +2 dy |
| 11 | Continue South on Hwy 22. Turn left (East) when Hwy 22 merges with Hwy 54, then after 13 km, turn right (South) to stay on Hwy 22. Continue on Hwy 22 to 'Sundre' | FWRH | 71.6 | 925 | 10:25 +1 dy | 0:27 +2 dy |
| | Stay on Hwy 22 (turn left (East) onto Sundre Main Ave./Hwy 27), then after 12.5 km, turn right (South) to stay on Hwy 22. Follow Hwy 22 to finish | | 80.4 | 1006 | 13:05 +1 dy | 7:00 +3 dy |
| F | Finish: 'Cochrane' | FWRH | 0 | 1006 | 13:05 +1 dy | 7:00 +3 dy |