

### Vermillion Crossing 400

		Total Distance:	400.70000000000005 KM		Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water	
		Nominal Distance:	400 KM			
		Start Time:	06:00			
		Time Limit:	03:00 + 1 dy (27 h)			
Ctrl #	Directions	Services Available	Interval Distance (KM)	Cumulative Distance (KM)	Opening Time	Closing Time
S	Start: 'Starbucks', Tuscany Blvd NW	FW	0	0	6:00 +0 dy	7:00 +0 dy
	From the South side of the parking lot, take Tuscany Blvd East to Tuscany Way (150m) and turn left. Follow Tuscany Way to 12 Mile Coulee Rd		1.6	2	6:02 +0 dy	7:04 +0 dy
	Turn right (North), travel to Hwy 1A		1.2	3	6:04 +0 dy	7:08 +0 dy
	Turn left (North-West), travel to Cochrane, Hwy 22.	FHRW	18.2	21	6:37 +0 dy	8:03 +0 dy
1	Continue on Hwy 1A to 'Canmore'. (Cross under Hwy 1 and follow the road into town. Tim Hortons, etc. at west end)	FHRW	75.1	96	8:49 +0 dy	12:24 +0 dy
	Continue North-West on Hwy 1A and merge with Hwy 1 (Trans-Canada) going North-West. Continue to Banff, Banff Ave exit.		17.7	114	9:20 +0 dy	13:35 +0 dy
2	Exit into 'Banff', checkpoint along Banff Ave.	FHRW	3.5	117	9:27 +0 dy	13:49 +0 dy
	Continue West on Banff Ave to Wolf St and turn right. After 240m, turn right onto Lynx St. Follow the road as it curves slightly left and becomes Gopher St, then slightly right and becomes Mt Norquay Rd. Continue to Hwy 1.		2.9	120	9:32 +0 dy	14:00 +0 dy
	Turn left (West) and merge onto Hwy 1. Travel to Hwy 1A (Bow Valley Pkwy)		5.5	126	9:41 +0 dy	14:22 +0 dy
3	Exit right (North-West) onto Hwy 1A and travel to 'Castle Junction'	FRW	24.1	150	10:24 +0 dy	15:59 +0 dy
	Turn left (West) onto Banff-Windermere Pkwy, cross over Hwy 1. Road becomes Hwy 93. Follow over Vermillion Pass, to Vermillion Crossing		42	192	11:38 +0 dy	18:47 +0 dy
4	Continue on Hwy 93 to the 'Turnaround Point' (nothing there)		8.9	201	11:54 +0 dy	19:22 +0 dy
5	Turn around, return to 'Vermillion Crossing'	FW	8.9	210	12:10 +0 dy	19:58 +0 dy
6	Follow Hwy 93 East, over Hwy 1 and back to 'Castle Junction'	FRW	42	252	13:29 +0 dy	22:46 +0 dy
	Turn right (East), travel to Hwy 1		24.1	276	14:14 +0 dy	0:22 +0 dy
	Merge onto Hwy 1 East, travel to Banff, Mt Norquay Rd exit.		5.5	281	14:25 +0 dy	0:44 +0 dy
	Exit into Banff, follow Mt Norquay Rd to Gopher St, then Lynx St, turning left on Wolf St. Continue to Banff Ave.	FHRW	1.7	283	14:28 +0 dy	0:51 +0 dy
	Turn left, take Banff Ave East back to Hwy 1.		4.2	287	14:36 +0 dy	1:08 +0 dy
7	Merge onto Hwy 1 East, travel to 'Canmore', Bow Valley Tr. exit. Head into town for a checkpoint	FHRW	17.7	305	15:09 +0 dy	2:19 +0 dy
8	Continue South-East on Bow Valley Tr/Hwy 1A, crossing under Hwy 1. Travel to 'Cochrane'	FHRW	74.9	380	17:29 +0 dy	7:18 +1 dy
	Continue East on Hwy 1A to 12 Mile Coulee Rd.		18.2	398	18:04 +0 dy	8:31 +1 dy
	Turn right (South), travel to Tuscany Way		1.2	399	18:06 +0 dy	8:36 +1 dy
	Turn left (East), travel to Tuscany Blvd, then turn right back to finish		1.6	401	18:17 +0 dy	9:00 +1 dy
F	Finish: 'Starbucks'	FW	0	401	18:17 +0 dy	9:00 +1 dy