

Wayne Galbraith 200

		Total Distance: 202 KM		Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water		
		Nominal Distance: 200 KM				
		Start Time: 08:00				
		Time Limit: 13:30 + 0 dy (13.5 h)				
Ctrl #	Directions	Services Available	Interval Distance (KM)	Cumulative Distance (KM)	Opening Time	Closing Time
S	Start: 'Cochrane Tim Hortons'		0	0	8:00 +0 dy	9:00 +0 dy
	Head north on West Side Rd to Quigley Dr.		00.2	0	8:00 +0 dy	9:00 +0 dy
	Turn right (East) to Hwy 22 (Cowboy Trail).		00.2	0	8:00 +0 dy	9:01 +0 dy
	Turn left (North) to Hwy 1A		00.6	1	8:01 +0 dy	9:03 +0 dy
	Turn left (North-West), travel to Morley Rd		28.1	29	8:51 +0 dy	10:27 +0 dy
	Turn left (South), travel to Hwy 1 (Trans-Canada)		3.7	33	8:57 +0 dy	10:38 +0 dy
	Take Ramp right (West) onto Hwy 1, travel to Hwy 40 (Exit #118)		13.5	46	9:21 +0 dy	11:18 +0 dy
1	Turn left (South), travel to 'Barrier Lake Visitor Centre'	W	6.9	53	9:33 +0 dy	11:39 +0 dy
	Continue South on Hwy 40 to Kananaskis Lakes Trail		43.2	96	10:50 +0 dy	14:25 +0 dy
2	Turn right (South), follow signs to 'Peter Lougheed Park Visitor Centre'		4.6	101	10:58 +0 dy	14:44 +0 dy
3	Turn around (North), returning to Hwy 40. Turn left (North) and travel to 'Fortress Junction' gas station/store	FW	13.1	114	11:21 +0 dy	15:36 +0 dy
	Retrace route along Hwy 40, Hwy 1, Morley Rd, Hwy 1A to finish		87.9	202	13:57 +0 dy	21:30 +0 dy
F	Finish: 'Cochrane Tim Hortons'		0	202	13:57 +0 dy	21:30 +0 dy