Cypress Hills 200

Total Distance:	201.29999999999998 KM
Nominal Distance:	200 KM
Start Time:	08:00
Time Limit:	13:30 + 0 dy (13.5 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: 'Starbucks', Dunmore Road just south of Hwy 1 (Trans-Canada), near Canadian Tire		0	0	8:00 +0 dy	9:00 +0 dy
	Leave parking lot by going around Ashley Furniture, head west to South Boundary Road		00.2	0	8:00 +0 dy	9:00 +0 dy
	At South Boundary Road (traffic lights) turn left (South), travel to Southridge Dr. (Range Rd 60)		3.3	4	8:06 +0 dy	9:10 +0 dy
	Turn left (South), travel to Twp Rd 120		3.6	7	8:12 +0 dy	9:21 +0 dy
	Turn left (East), travel to Black & White Trail (Range Rd 54)		3.8	11	8:19 +0 dy	9:32 +0 dy
	Turn right (South), travel to Twp Rd. 114		3.2	14	8:24 +0 dy	9:42 +0 dy
	Turn left (East), travel to Eagle Butte Rd (Range Rd 51)		4.9	19	8:33 +0 dy	9:57 +0 dy
1	Turn right (South), travel to 'Top of Hill'		18.2	37	9:05 +0 dy	10:51 +0 dy
	Turn around (North), travel to Twp Rd 120		21.4	59	9:43 +0 dy	11:55 +0 dy
	Turn right (East), travel to Hwy 1 (Trans-Canada)		2.8	61	9:48 +0 dy	12:05 +0 dy
	Turn right (East), travel to Hwy 41		16.1	78	10:16 +0 dy	13:10 +0 dy
	Turn right (South), travel to Ressor Lake Road (top of the hill)		38.7	116	11:25 +0 dy	15:44 +0 dy
2	Turn left (East), travel to 'Ressor Lake Viewpoint'		9.3	126	11:41 +0 dy	16:22 +0 dy
	Turn around (West), travel to Hwy 41		9.3	135	11:57 +0 dy	16:59 +0 dy
	Turn right (North), travel to Hwy 1 (Trans-Canada)		38.7	174	13:06 +0 dy	19:34 +0 dy
	Turn left (West), travel to Twp Rd 120		16.1	190	13:34 +0 dy	20:38 +0 dy
	Turn left (South), travel to Black & White Trail (Range Rd 54)		7.5	197	13:47 +0 dy	21:08 +0 dy
	Turn right (North), travel to Finish		4.2	201	13:57 +0 dy	21:30 +0 dy
F	Finish: 'Starbucks'		0	201	13:57 +0 dy	21:30 +0 dy