

Waterton Red Rock 400

		Total Distance:	402.4 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: 'Tim Hortons' NW corner of 43 St S & 4 Ave S, Lethbridge	FRW	0	0	6:00 +0 dy	7:00 +0 dy
	Head South on 43 St to Hwy 4		2.9	3	6:05 +0 dy	7:08 +0 dy
	Turn left (East), travel to Hwy 845		13.1	16	6:28 +0 dy	7:48 +0 dy
	Turn right (South), follow into Raymond (Hwy 845 becomes Broadway N), continue to Hwy 52/2 Ave N		15.5	32	6:55 +0 dy	8:34 +0 dy
	Turn right (West), travel to Hwy 5		8.9	40	7:11 +0 dy	9:01 +0 dy
	Turn left (South), travel to Hwy 62		7.8	48	7:25 +0 dy	9:24 +0 dy
1	Turn left (South), head into 'Magrath'		1.5	50	7:27 +0 dy	9:29 +0 dy
	Follow Hwy 62 South out of town, travel to Hwy 501 (Del Bonita)		47	97	8:50 +0 dy	12:26 +0 dy
	Turn right (West), travel to Hwy 2		45.5	142	10:10 +0 dy	15:28 +0 dy
2	Turn right (North), travel to 'Cardston', Hwy 5		4.3	147	10:18 +0 dy	15:46 +0 dy
	Turn left (West), follow Hwy 5 to just past Waterton River		44.6	191	11:37 +0 dy	18:44 +0 dy
	Turn left (South-East) to stay on Hwy 5, travel into Waterton Townsite, Mt View Rd.		8.7	200	11:52 +0 dy	19:19 +0 dy
3	Turn left (South-East) on Mt View Rd to find 'Pat's Service (Waterton)'		00.4	200	11:53 +0 dy	19:20 +0 dy
	Continue on Mt View Rd to Waterton Ave (100m) then turn right (South) and head to Cameron Falls Dr		00.3	201	11:53 +0 dy	19:22 +0 dy
	Turn right (West), travel to Cameron Falls		00.7	201	11:55 +0 dy	19:24 +0 dy
	Exit Waterton Townsite by Evergreen Ave (North) which becomes Hwy 5. Travel to Red Rock Pkwy		4.1	205	12:02 +0 dy	19:41 +0 dy
	Turn left (North-West), travel to the parking lot at the end of the road		14.2	220	12:29 +0 dy	20:38 +0 dy
	Return the same way back to Hwy 5		14.2	234	12:56 +0 dy	21:34 +0 dy
	Turn left (North-East), travel to Hwy 6		5.1	239	13:05 +0 dy	21:55 +0 dy
4	Turn left (North-West), travel to 'Twin Butte' (Note: www.twinbuttestore.ca, open until 10pm)		18.2	257	13:39 +0 dy	23:07 +0 dy
	Continue North on Hwy 6 to Hwy 505		8.1	265	13:55 +0 dy	23:40 +0 dy
	Turn right (East), travel to Hwy 810 (near Glenwood)		31.8	297	14:54 +0 dy	1:47 +0 dy
	Turn left (North), travel to Hwy 3		41.9	339	16:13 +0 dy	4:35 +0 dy
5	Turn right (East), head into 'Ft. MacLeod'		3.5	342	16:19 +0 dy	4:49 +0 dy
	Continue East on Hwy 3 (Crowsnest Tr) to Lethbridge, University Dr exit		44.8	387	17:43 +0 dy	7:48 +1 dy
	Exit right, follow University Dr to Walsh Dr/Heritage Blvd. Get to start of cycle path on diagonal (South-East) corner of the intersection (Note: Google map does not follow cycle path)		3	390	17:49 +0 dy	8:00 +1 dy
	Head South on cycle path on East side of University Dr, and stay on the path as it curves left to parallel Whoop Up Dr		2.5	393	17:54 +0 dy	8:10 +1 dy
	Cross Oldman River and up the other side		1.5	394	17:56 +0 dy	8:16 +1 dy
	Cycle path curves left (North) and becomes Scenic Dr		00.5	395	17:57 +0 dy	8:18 +1 dy
	Follow Scenic Dr North to 4 Ave S		00.5	395	17:58 +0 dy	8:20 +1 dy
	Turn right (East), travel to 13 St S		1.5	397	18:01 +0 dy	8:26 +1 dy
	Turn right (South), travel to 10 Ave S		1.2	398	18:03 +0 dy	8:31 +1 dy
	Turn left (East), 10 Ave S becomes S Parkside Dr E. Continue to 43 St E		3.3	401	18:17 +0 dy	9:00 +1 dy
	Turn left (North), travel to finish		1.3	402	18:17 +0 dy	9:00 +1 dy
F	Finish: 'Tim Hortons'		0	402	18:17 +0 dy	9:00 +1 dy