

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:	08:00			
		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	8:00 +0 dy	9:00 +0 dy
	Head South on 43 St to Hwy 4		2.9	3	8:05 +0 dy	9:08 +0 dy
	Turn left (East), travel to Hwy 845		13.1	16	8:28 +0 dy	9:48 +0 dy
	Turn right (South), follow into Raymond (Hwy 845 becomes Broadway N), continue to Hwy 52/2 Ave N		15.5	32	8:55 +0 dy	10:34 +0 dy
	Turn right (West), travel to Hwy 5		8.9	40	9:11 +0 dy	11:01 +0 dy
	Turn left (South), travel to Hwy 62		7.8	48	9:25 +0 dy	11:24 +0 dy
1	Turn left (South), head into 'Magrath'		1.5	50	9:27 +0 dy	11:29 +0 dy
	Follow Hwy 62 South out of town, travel to Hwy 501 (Del Bonita)		47	97	10:50 +0 dy	14:26 +0 dy
	Turn right (West), travel to Hwy 2		45.5	142	12:10 +0 dy	17:28 +0 dy
2	Turn right (North), travel to 'Cardston', Hwy 5		4.3	147	12:18 +0 dy	17:46 +0 dy
	Turn left (West), follow Hwy 5 to just past Waterton River		44.6	191	13:37 +0 dy	20:44 +0 dy
	Turn left (South-East) to stay on Hwy 5, travel into Waterton Townsite, Mt View Rd.		8.7	200	13:52 +0 dy	21:19 +0 dy
3	Turn left (South-East) on Mt View Rd to find 'Pat's Service (Waterton)'		00.4	200	13:53 +0 dy	21:20 +0 dy
	Continue on Mt View Rd to Waterton Ave (100m) then turn right (South) and head to Cameron Falls Dr		00.3	201	13:53 +0 dy	21:22 +0 dy
	Turn right (West), travel to Cameron Falls		00.7	201	13:55 +0 dy	21:24 +0 dy
	Exit Waterton Townsite by Evergreen Ave (North) which becomes Hwy 5. Travel to Red Rock Pkwy		4.1	205	14:02 +0 dy	21:41 +0 dy
	Turn left (North-West), travel to the parking lot at the end of the road		14.2	220	14:29 +0 dy	22:38 +0 dy
	Return the same way back to Hwy 5		14.2	234	14:56 +0 dy	23:34 +0 dy
	Turn left (North-East), travel to Hwy 6		5.1	239	15:05 +0 dy	23:55 +0 dy
4	Turn left (North-West), travel to 'Twin Butte' (Note: www.twinbuttestore.ca, open until 10pm)		18.2	257	15:39 +0 dy	1:07 +0 dy
	Continue North on Hwy 6 to Hwy 505		8.1	265	15:55 +0 dy	1:40 +0 dy
	Turn right (East), travel to Hwy 810 (near Glenwood)		31.8	297	16:54 +0 dy	3:47 +0 dy
	Turn left (North), travel to Hwy 3		41.9	339	18:13 +0 dy	6:35 +0 dy
5	Turn right (East), head into 'Ft. MacLeod'		3.5	342	18:19 +0 dy	6:49 +0 dy
	Continue East on Hwy 3 (Crowsnest Tr) to Lethbridge, University Dr exit		44.8	387	19:43 +0 dy	9:48 +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	19:49 +0 dy	10:00 +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	19:54 +0 dy	10:10 +1 dy
	Cross Oldman River and up the other side		1.5	394	19:56 +0 dy	10:16 +1 dy
	Cycle path curves left (North) and becomes Scenic Dr		00.5	395	19:57 +0 dy	10:18 +1 dy
	Follow Scenic Dr North to 4 Ave S		00.5	395	19:58 +0 dy	10:20 +1 dy
	Turn right (East), travel to 13 St S		1.5	397	20:01 +0 dy	10:26 +1 dy
	Turn right (South), travel to 10 Ave S		1.2	398	20:03 +0 dy	10:31 +1 dy
	Turn left (East), 10 Ave S becomes S Parkside Dr E. Continue to 43 St E		3.3	401	20:17 +0 dy	11:00 +1 dy
	Turn left (North), travel to finish		1.3	402	20:17 +0 dy	11:00 +1 dy
F	Finish: 'Tim Hortons'		0	402	20:17 +0 dy	11:00 +1 dy