

**Bragg Creek Out and Back 90**

		<b>Total Distance:</b>	90.1999999999997 KM		Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water	
		<b>Nominal Distance:</b>	90 KM			
		<b>Start Time:</b>	08:00			
		<b>Time Limit:</b>				
<b>Ctrl #</b>	<b>Directions</b>	<b>Services Available</b>	<b>Interval Distance (KM)</b>	<b>Cumulative Distance (KM)</b>	<b>Opening Time</b>	<b>Closing Time</b>
S	'Starbucks, 22 St SW & 34 Ave SW'		0	0	8:00 +0 dy	9:00 +0 dy
	Head North on 22 St SW		00.2	0	8:00 +0 dy	9:00 +0 dy
	Turn left onto 33 Ave SW W		1.1	1	8:02 +0 dy	9:03 +0 dy
	Continue onto 32 Ave SW W		00.1	1	8:02 +0 dy	9:04 +0 dy
	Continue onto Richmond Rd SW		2.8	4	8:07 +0 dy	9:12 +0 dy
	Turn right		0	4	8:07 +0 dy	9:12 +0 dy
	Turn left at Stewart Green SW		00.2	4	8:07 +0 dy	9:13 +0 dy
	Slight left toward Sierra Morena Cir SW		00.1	5	8:07 +0 dy	9:13 +0 dy
	Keep right to continue toward Sierra Morena Cir SW		00.4	5	8:08 +0 dy	9:14 +0 dy
	Turn left onto Sierra Morena Cir SW		0	5	8:08 +0 dy	9:14 +0 dy
	Turn left onto Sierra Morena Blvd SW		00.2	5	8:09 +0 dy	9:15 +0 dy
	Turn right		00.5	6	8:09 +0 dy	9:16 +0 dy
	Turn left toward Lower Springbank Rd SW		00.3	6	8:10 +0 dy	9:17 +0 dy
	Turn right toward Lower Springbank Rd SW		00.1	6	8:10 +0 dy	9:18 +0 dy
	Continue onto Lower Springbank Rd SW		00.3	6	8:11 +0 dy	9:18 +0 dy
	Turn right toward 69 St SW N		00.2	7	8:11 +0 dy	9:19 +0 dy
	Turn left toward 69 St SW N		0	7	8:11 +0 dy	9:19 +0 dy
	Turn right onto 69 St SW N		0	7	8:11 +0 dy	9:19 +0 dy
	Make a U-turn at Springbank Blvd SW		00.2	7	8:11 +0 dy	9:20 +0 dy
	Turn right onto Lower Springbank Rd SW		10.8	18	8:30 +0 dy	9:52 +0 dy
	Turn right onto Range Rd 32		1.6	19	8:33 +0 dy	9:57 +0 dy
	Turn left onto Springbank Rd		9.8	29	8:51 +0 dy	10:26 +0 dy
	Turn left onto Cowboy Trail S/AB-22		4.8	34	8:59 +0 dy	10:41 +0 dy
	At the roundabout, continue straight to stay on Cowboy Trail S/AB-22		10.7	44	9:18 +0 dy	11:13 +0 dy
	Turn right onto White Ave/AB-758 S		00.1	45	9:18 +0 dy	11:13 +0 dy
	Turn left onto Cowboy Trail N/AB-22		10.7	55	9:37 +0 dy	11:45 +0 dy
	At the roundabout, continue straight to stay on Cowboy Trail N/AB-22		4.9	60	9:46 +0 dy	12:00 +0 dy
	Turn right onto Township Rd 244		9.8	70	10:03 +0 dy	12:39 +0 dy
	Turn right onto Range Rd 32		1.6	72	10:06 +0 dy	12:46 +0 dy
	Turn left onto Lower Springbank Rd/Township Rd 243		10.8	82	10:25 +0 dy	13:29 +0 dy
	Turn left onto 69 St SW S		0	82	10:25 +0 dy	13:29 +0 dy
	Turn right onto Lower Springbank Rd SW		00.4	83	10:25 +0 dy	13:30 +0 dy
	Turn left		00.3	83	10:26 +0 dy	13:32 +0 dy
	Turn right		00.4	83	10:27 +0 dy	13:33 +0 dy
	Turn left toward Sierra Morena Cir SW		00.1	84	10:27 +0 dy	13:34 +0 dy
	Turn right onto Sierra Morena Cir SW		00.2	84	10:27 +0 dy	13:34 +0 dy
	Turn right to stay on Sierra Morena Cir SW		00.1	84	10:27 +0 dy	13:35 +0 dy
	Turn right toward Sarcee Trail SW		00.8	85	10:29 +0 dy	13:38 +0 dy
	Turn right at Stewart Green SW		0	85	10:29 +0 dy	13:38 +0 dy
	Slight left at Richmond Rd SW E		00.3	85	10:29 +0 dy	13:39 +0 dy
	Turn left onto Sarcee Trail SW		0	85	10:29 +0 dy	13:39 +0 dy
	Turn left onto Richmond Rd SW W (signs for Richmond Road W)		2.5	87	10:34 +0 dy	13:49 +0 dy
	Turn right at 32 Ave SW E		00.2	88	10:34 +0 dy	13:50 +0 dy
	Turn left toward 29 St SW		00.2	88	10:34 +0 dy	13:51 +0 dy
	Turn right onto 29 St SW		00.1	88	10:35 +0 dy	13:51 +0 dy
	Turn left at 34 Ave SW		00.1	88	10:35 +0 dy	13:52 +0 dy

	Slight left toward 33 Ave SW W		00.5	89	10:36 +0 dy	13:54 +0 dy
	Turn right toward 33 Ave SW W		00.3	89	10:36 +0 dy	13:55 +0 dy
	Turn right toward 33 Ave SW W		0	89	10:36 +0 dy	13:55 +0 dy
	Turn right onto 33 Ave SW W		1.1	90	10:38 +0 dy	13:59 +0 dy
	Make a U-turn		00.2	90	10:38 +0 dy	14:00 +0 dy
	Turn right onto 22 St SW		00.1	90	10:38 +0 dy	14:00 +0 dy
	Turn left onto 34 Ave SW		0	90	10:38 +0 dy	14:00 +0 dy
F	'Starbucks, 22 St SW & 34 Ave SW'		0	90	10:38 +0 dy	14:00 +0 dy