

Golden Triangle 300						
		Total Distance:	317.6 KM		Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water	
		Nominal Distance:	300 KM			
		Start Time:	07:00			
		Time Limit:	20:00 + 0 dy (20 h)			
Ctrl #	Directions	Services Available	Interval Distance (KM)	Cumu- lative Distance (KM)	Opening Time	Closing Time
S	Start: 'Castle Junction', Banff National Park (Bow Valley Parkway)	FW	0	0	7:00 +0 dy	8:00 +0 dy
1	Head Southwest on Hwy 93. Follow the highway to 'Vermillion Crossing'	FW	41.9	42	8:13 +0 dy	10:05 +0 dy
2	Continue following Hwy 93 to 'Radium Hot Springs'	FHRW	63.2	105	10:05 +0 dy	14:00 +0 dy
3	Turn North onto Hwy 95. Travel to 'Golden'	FHRW	104	209	13:10 +0 dy	20:56 +0 dy
4	Merge onto Hwy 1. Travel to 'Field'.	FHRW	55.9	265	14:54 +0 dy	0:40 +0 dy
	Continue East on Hwy 1. Take the exit towards Lake Louise.	FHRW	25.8	291	15:43 +0 dy	2:23 +0 dy
	Turn left (East) onto the Bow Valley Parkway. Follow the Bow Valley Parkway to the finish.		26.8	318	16:00 +0 dy	3:00 +0 dy
F	Finish: 'Castle Junction'	FW	0	318	16:00 +0 dy	3:00 +0 dy