

Frank Slide 400						
<b>Total Distance:</b>		421.84999999999999 KM		Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water		
<b>Nominal Distance:</b>		400 KM				
<b>Start Time:</b>		06:00				
<b>Time Limit:</b>		03:00 + 1 dy (27 h)				
Ctrl #	Directions	Services Available	Interval Distance (KM)	Cumulative Distance (KM)	Opening Time	Closing Time
S	Start of route, 'Coalhurst Esso'		0	0	6:00 +0 dy	7:00 +0 dy
	Turn right onto 2 Street		0	0	6:00 +0 dy	7:00 +0 dy
	Turn left onto Township Road 94		1.33	1	6:02 +0 dy	7:03 +0 dy
	Turn right		00.89	2	6:03 +0 dy	7:06 +0 dy
	Turn left		3.53	6	6:10 +0 dy	7:17 +0 dy
	Keep left		2.75	9	6:15 +0 dy	7:25 +0 dy
	Turn left onto Whitney Road		00.31	9	6:15 +0 dy	7:26 +0 dy
	Turn right onto Westview Road		00.08	9	6:15 +0 dy	7:26 +0 dy
	Turn left onto Township Road 102		6.91	16	6:27 +0 dy	7:47 +0 dy
	Turn right onto Range Road 240		3.25	19	6:33 +0 dy	7:57 +0 dy
	Turn left onto Township Road 104		3.22	22	6:39 +0 dy	8:06 +0 dy
	Turn right onto Range Road 243		4.87	27	6:47 +0 dy	8:21 +0 dy
	Turn left onto 519		3.25	30	6:53 +0 dy	8:31 +0 dy
	Turn right onto Range Road 242		00.24	31	6:54 +0 dy	8:31 +0 dy
	Keep left		3.3	34	6:59 +0 dy	8:41 +0 dy
	Turn left onto Township Road 112		00.02	34	6:59 +0 dy	8:41 +0 dy
	Continue onto Township Road 112		7.22	41	7:12 +0 dy	9:03 +0 dy
	Turn right onto Range Road 260		9.09	50	7:28 +0 dy	9:30 +0 dy
	Turn left onto Township Road 120		6.48	57	7:40 +0 dy	9:50 +0 dy
	Turn right onto Range Road 264		6.53	63	7:51 +0 dy	10:13 +0 dy
	Turn left onto Township Road 122		3.23	67	7:57 +0 dy	10:26 +0 dy
	Turn right onto Range Road 271		4.89	71	8:05 +0 dy	10:45 +0 dy
	Turn left onto Fairway Drive		2.86	74	8:11 +0 dy	10:57 +0 dy
1	Turn left onto 43 Avenue West, 520, 'Claresholm'		00.78	75	8:12 +0 dy	11:00 +0 dy
	Turn right onto Township Road 124		3.99	79	8:19 +0 dy	11:16 +0 dy
	Turn right onto Range Road 282		6.65	86	8:31 +0 dy	11:42 +0 dy
	Turn left onto Township Road 130		3.25	89	8:36 +0 dy	11:55 +0 dy
	Continue onto Highway 527, 527		9.54	98	8:53 +0 dy	12:33 +0 dy
	Turn left onto Township Road 135A		1.74	100	8:56 +0 dy	12:40 +0 dy
	Keep left		29.73	130	9:49 +0 dy	14:39 +0 dy
	Turn left onto 533		2.03	132	9:52 +0 dy	14:47 +0 dy
	Turn right onto Cowboy Trail, 22		5.98	138	10:03 +0 dy	15:11 +0 dy
2	'Chain Lakes'		1.06	139	10:05 +0 dy	15:16 +0 dy
	Turn left onto Highway 532, 532		9.84	149	10:22 +0 dy	15:55 +0 dy
	Turn sharp left onto Forestry Trunk Road, 940		26	175	11:08 +0 dy	17:39 +0 dy
	Turn left onto 27 Avenue, 40		72.17	247	13:21 +0 dy	22:28 +0 dy
	Turn right onto 85 Street		00.67	248	13:22 +0 dy	22:30 +0 dy
3	Turn left onto 22 Avenue, 'Coleman'		00.18	248	13:22 +0 dy	22:31 +0 dy
	Turn right onto 86 Street, 40		00.21	248	13:23 +0 dy	22:32 +0 dy
	Keep left onto 86 Street		00.24	248	13:23 +0 dy	22:33 +0 dy
	Turn slight left onto 16 Avenue		00.19	249	13:23 +0 dy	22:34 +0 dy
	Keep right		00.2	249	13:24 +0 dy	22:34 +0 dy
	Turn right onto 88 Street		00.16	249	13:24 +0 dy	22:35 +0 dy
	Turn right onto Crownsnest Highway, 3		5.56	254	13:34 +0 dy	22:57 +0 dy
	Turn right onto 150 Street		1.92	256	13:38 +0 dy	23:05 +0 dy
	Turn left onto 152 Street		00.06	256	13:38 +0 dy	23:05 +0 dy

	Keep right onto 7 Avenue		2.54	259	13:43 +0 dy	23:15 +0 dy
	Turn right onto Hillcrest West Access		00.83	260	13:45 +0 dy	23:19 +0 dy
	Keep right onto 8 Avenue		00.69	260	13:46 +0 dy	23:21 +0 dy
	Turn slight right onto 8 Avenue		00.69	261	13:47 +0 dy	23:24 +0 dy
	Turn left onto 230 Street		00.09	261	13:47 +0 dy	23:24 +0 dy
	Turn right onto 232 Street		00.09	261	13:47 +0 dy	23:25 +0 dy
	Turn right onto Crowsnest Highway, 3		4.23	266	13:55 +0 dy	23:42 +0 dy
	Turn right onto Highway 507, 507		4.88	270	14:05 +0 dy	0:01 +0 dy
	Turn left onto Township Road 7-0		7.27	278	14:18 +0 dy	0:30 +0 dy
	Turn right onto Township Road 7-2		6.14	284	14:30 +0 dy	0:55 +0 dy
	Turn right onto Range Road 1-4		4.88	289	14:39 +0 dy	1:14 +0 dy
	Turn left onto Township Road 7-0		3.25	292	14:45 +0 dy	1:27 +0 dy
	Turn right onto Township Road 7-0		2.71	295	14:50 +0 dy	1:38 +0 dy
	Turn right onto Range Road 10A		2.54	297	14:55 +0 dy	1:48 +0 dy
	Turn left onto Township Road 65		1.59	299	14:58 +0 dy	1:55 +0 dy
	Turn right onto Range Road 30-3		3.84	303	15:05 +0 dy	2:10 +0 dy
	Turn left onto Township Road 6-4		1.64	304	15:08 +0 dy	2:17 +0 dy
	Turn left onto Highway 507, 507		00.55	305	15:09 +0 dy	2:19 +0 dy
	Turn right onto Tumbleweed Avenue		00.83	306	15:11 +0 dy	2:22 +0 dy
	Turn left onto Veteran's Street		00.04	306	15:11 +0 dy	2:22 +0 dy
	Turn right onto Hewetson Avenue		00.28	306	15:11 +0 dy	2:23 +0 dy
4	Turn sharp left onto Main Street, 'Pincher Creek'		1.03	307	15:13 +0 dy	2:28 +0 dy
	Turn left onto Robertson Avenue		00.69	308	15:14 +0 dy	2:30 +0 dy
	Turn left onto Highway 785, 785		19.18	327	15:50 +0 dy	3:47 +0 dy
	Turn right onto 2		43.43	370	17:12 +0 dy	6:41 +1 dy
	Turn left onto Lyndon Road		1.55	372	17:15 +0 dy	6:47 +1 dy
	Turn left onto Lyndon Road		00.22	372	17:15 +0 dy	6:48 +1 dy
	Turn left onto 2 Avenue		2.87	375	17:21 +0 dy	6:59 +1 dy
5	Turn right onto 24 Street, 'Fort Macleod'		00.25	375	17:21 +0 dy	7:00 +1 dy
	Turn left onto 6 Avenue, 811		00.81	376	17:22 +0 dy	7:04 +1 dy
	Turn left onto 23 Street, 2, 3		00.08	376	17:23 +0 dy	7:04 +1 dy
	Turn right		3.51	380	17:29 +0 dy	7:18 +1 dy
	Turn left onto Range Road 243		13.05	393	17:54 +0 dy	8:10 +1 dy
	Turn right onto Township Road 92A		00.82	393	17:55 +0 dy	8:13 +1 dy
	Turn right		4.04	398	18:03 +0 dy	8:30 +1 dy
	Turn left onto Range Road 241		1.63	399	18:06 +0 dy	8:36 +1 dy
	Keep right onto 3A		7.68	407	18:17 +0 dy	9:00 +1 dy
	Turn right onto Farm access road		1.29	408	18:17 +0 dy	9:00 +1 dy
	Turn left onto River Ridge Road		00.91	409	18:17 +0 dy	9:00 +1 dy
	Turn left onto Highway 509, 509		9.62	419	18:17 +0 dy	9:00 +1 dy
	Turn right onto Township Road 94		00.26	419	18:17 +0 dy	9:00 +1 dy
	Turn right onto Range Road 224		1.61	421	18:17 +0 dy	9:00 +1 dy
	Turn right		1.3	422	18:17 +0 dy	9:00 +1 dy
F	End of route, 'Coalhurst Esso'		00.02	422	18:17 +0 dy	9:00 +1 dy