

Calgary Perimeter 400

		Total Distance:	405.3 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: 'Country Hills A&W' parking lot , Country Hills Blvd (near Coventry Hills Blvd)	FW	0	0	6:00 +0 dy	7:00 +0 dy
	Head West on Country Hills Blvd to Harvest Hills Blvd		00.9	1	6:01 +0 dy	7:02 +0 dy
	Turn right (North), travel to Centre St N (Harvest Hills Blvd turns into Centre St after crossing Stoney Trail)		3	4	6:06 +0 dy	7:11 +0 dy
	Continue North on Centre St, which turns into Range Rd 13. Travel to Big Hill Springs Rd/Hwy 567/Twp Rd 270		10.3	14	6:25 +0 dy	7:42 +0 dy
	Turn left (West), travel to Hwy 766		18	32	6:56 +0 dy	8:36 +0 dy
	Turn right (North), travel to Hwy 580		30.9	63	7:51 +0 dy	10:12 +0 dy
1	Turn left (West), travel to 'Cremona', Hwy 22	FW	13.6	77	8:15 +0 dy	11:06 +0 dy
	Turn left (South), travel to Cochrane	FW	40.5	117	9:26 +0 dy	13:48 +0 dy
2	Continue South on Hwy 22 to 'Bragg Creek'	FW	29.9	147	10:19 +0 dy	15:48 +0 dy
	Continue South on Hwy 22 to Hwy 22X	FW	3.4	151	10:25 +0 dy	16:02 +0 dy
	Turn left (East), then after 300 m turn right (South) onto Hwy 762. Travel to Hwy 549		22.5	173	11:05 +0 dy	17:32 +0 dy
	Turn left (East), travel to Hwy 22		10.6	184	11:24 +0 dy	18:14 +0 dy
	Turn right (South), travel to Turner Valley		11.3	195	11:43 +0 dy	18:59 +0 dy
	Turn left (East) to stay on Hwy 22, travel to Black Diamond (4 km), turn right (South) to stay on Hwy 22, travel to Hwy 543		13.7	209	12:09 +0 dy	19:54 +0 dy
3	Turn left, travel to Hwy 2A (25 km), turn right and travel into 'High River', Hwy 23/12 Ave SE	FW	28.3	237	13:02 +0 dy	21:47 +0 dy
	Turn left (East), travel to Hwy 24		45.9	283	14:28 +0 dy	0:51 +0 dy
4	Turn left (North), travel to 'Mossleigh'		19.5	302	15:04 +0 dy	2:09 +0 dy
	Continue West then North on Hwy 24 to Hwy 817		20.5	323	15:43 +0 dy	3:31 +0 dy
5	Turn right (North -East), travel to 'Strathmore'	FW	23.5	346	16:27 +0 dy	5:05 +0 dy
	Continue North on HWY 817 (Wheatland Tr) to Hwy 564		13	359	16:51 +0 dy	5:57 +0 dy
	Turn left (East). Hwy 564 turns into Country Hills Blvd, continue West to Finish		46	405	18:17 +0 dy	9:00 +1 dy
F	Finish: 'Country Hills A&W' parking lot.		0	405	18:17 +0 dy	9:00 +1 dy