# Castle Mountain Ripper 300

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| **Total Distance:** | 300.5 KM |
| **Nominal Distance:** | 300 KM |
| **Start Time:** | 07:00 |
| **Time Limit:** | 20:00 + 0 dy (20 h) |

Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water

| Ctrl # | Directions | Services Available | Interval Distance (KM) | Cumu-lative Distance (KM) | Opening Time | Closing Time |
|---|---|---|---|---|---|---|
| S | Start: 'Starbucks', Tuscany Blvd NW | FW | 0 | 0 | 7:00 +0 dy | 8:00 +0 dy |
| | From the South side of the parking lot, take Tuscany Blvd East to Tuscany Way (150m) and turn left. Follow Tuscany Way to 12 Mile Coulee Rd | | 1.6 | 2 | 7:02 +0 dy | 8:04 +0 dy |
| | Turn right (North), travel to Hwy 1A | | 1.2 | 3 | 7:04 +0 dy | 8:08 +0 dy |
| | Turn left (North-West), travel to Cochrane, Hwy 22. | | 18.2 | 21 | 7:37 +0 dy | 9:03 +0 dy |
| 1 | Turn left (South), then right on Quigley Dr (600m), then left on Westside Dr (150m). Checkpoint at 'Cochrane Tim Hortons' | FHRW | 00.8 | 22 | 7:38 +0 dy | 9:05 +0 dy |
| 2 | Return back to Hwy 1A via Westside Dr, Quigley Dr, and turn left (West). Follow Hwy 1A to 'Canmore'. (Cross under Hwy 1 and follow the road into town. Tim Hortons, etc. at west end) | FHRW | 75.9 | 98 | 9:52 +0 dy | 13:30 +0 dy |
| | Continue North-West on Hwy 1A and merge with Hwy 1 (Trans-Canada) going North-West. Continue to Banff, Banff Ave exit. | | 17.7 | 115 | 10:23 +0 dy | 14:41 +0 dy |
| 3 | Exit into 'Banff', checkpoint along Banff Ave. | FHRW | 3.5 | 119 | 10:29 +0 dy | 14:55 +0 dy |
| | Continue West on Banff Ave to Wolf St and turn right. After 240m, turn right onto Lynx St. Follow the road as it curves slightly left and becomes Gopher St, then slightly right and becomes Mt Norquay Rd. Continue to Hwy 1. | | 2.9 | 122 | 10:34 +0 dy | 15:07 +0 dy |
| | Turn left (West) and merge onto Hwy 1. Travel to Hwy 1A (Bow Valley Pkwy) | | 5.5 | 127 | 10:44 +0 dy | 15:29 +0 dy |
| 4 | Exit right (North-West) onto Hwy 1A and travel to 'Castle Junction' | FRW | 24.1 | 151 | 11:27 +0 dy | 17:05 +0 dy |
| | Turn around, return on Hwy 1A back to Hwy 1 | | 24.1 | 176 | 12:09 +0 dy | 18:42 +0 dy |
| | Merge onto Hwy 1 East, travel to Banff, Mt Norquay Rd exit. | | 5.5 | 181 | 12:19 +0 dy | 19:04 +0 dy |
| | Exit into Banff, follow Mt Norquay Rd to Gopher St, then Lynx St, turning left on Wolf St. Continue to Banff Ave. | FHRW | 1.7 | 183 | 12:22 +0 dy | 19:10 +0 dy |
| | Turn left, take Banff Ave East back to Hwy 1. | | 4.2 | 187 | 12:29 +0 dy | 19:27 +0 dy |
| 5 | Merge onto Hwy 1 East, travel to 'Canmore', Bow Valley Tr. exit. Head into town for a checkpoint | FHRW | 17.7 | 205 | 13:01 +0 dy | 20:38 +0 dy |
| 6 | Continue South-East on Bow Valley Tr/Hwy 1A, crossing under Hwy 1. Travel to 'Cochrane' | FHRW | 74.9 | 280 | 15:22 +0 dy | 1:38 +0 dy |
| | Continue East on Hwy 1A to 12 Mile Coulee Rd. | | 18.2 | 298 | 15:56 +0 dy | 2:50 +0 dy |
| | Turn right (South), travel to Tuscany Way | | 1.2 | 299 | 15:58 +0 dy | 2:55 +0 dy |
| | Turn left (East), travel to Tuscany Blvd, then turn right back to finish | | 1.6 | 301 | 16:00 +0 dy | 3:00 +0 dy |
| F | Finish: 'Starbucks' | FW | 0 | 301 | 16:00 +0 dy | 3:00 +0 dy |