

Castle Mountain Ripper 300						
		<b>Total Distance:</b>	300.5 KM	Services: F=Food Store, H=Hotel/Motel R=Restaurant, W=Water		
		<b>Nominal Distance:</b>	300 KM			
		<b>Start Time:</b>	07:00			
		<b>Time Limit:</b>	20:00 + 0 dy (20 h)			
Ctrl #	Directions	Services Available	Interval Distance (KM)	Cumulative 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