Lac La Nonne 200

Total Distance:	203.60000000000002 KM	
Nominal Distance:	200 KM	Services: F=Food Store, H=Hotel/Motel
Start Time:	08:00	R=Restaurant, W=Water
Time Limit:	13:30 + 0 dy (13.5 h)	

Ctrl #	Directions	Services Available	Interval Distance (KM)	Cumu-lative Distance (KM)	Opening Time	Closing Time
S	Start: 'Tim Hortons', 111 Ave and 184 St	FHRW	0	0	8:00 +0 dy	9:00 +0 dy
	Head North on 184 St, turning into Ray Gibbon Drive. Continue to Hwy 633 (Villeneuve Rd)		12	12	8:21 +0 dy	9:36 +0 dy
	Turn left (West), travel to Hwy 44		8.6	21	8:36 +0 dy	10:01 +0 dy
	Turn right (North), travel to Hwy 642		16.9	38	9:06 +0 dy	10:52 +0 dy
1	Turn left (West), travel to 'Sandy Beach'	FRW	13.6	51	9:30 +0 dy	11:33 +0 dy
	Continue West on Hwy 642 to Hwy 777		5.7	57	9:40 +0 dy	11:50 +0 dy
	Turn right (North), travel to Hwy 651		16.2	73	10:08 +0 dy	12:52 +0 dy
2	Turn left (West), travel to Hwy 33 (Hwy 651 makes a sharp right (North) after 11.4 km, then curves left (West) again). Checkpoint at the corner of 'Hwy 651 and Hwy 33'.		19.1	92	10:42 +0 dy	14:08 +0 dy
	Turn left (South), travel to Hwy 43		28	120	11:31 +0 dy	16:00 +0 dy
	Turn left (East), follow Hwy 43 as it curves South, then take the exit East to Onoway (Range Rd 23).		9.5	130	11:48 +0 dy	16:38 +0 dy
3	Follow the road into 'Onoway' (road becomes Lac Ste Anne Trail)		2.4	132	11:52 +0 dy	16:48 +0 dy
	In Onoway, turn left on 49 St, then right on Lac Ste Anne Trail N. Follow the road as it turns North. After crossing Hwy 37, you will be on Hwy 777. Continue North on Hwy 777 to Hwy 642.		11.5	144	12:13 +0 dy	17:34 +0 dy
4	Turn right (East), travel to 'Sandy Beach'		8.8	152	12:28 +0 dy	18:09 +0 dy
	Continue East on Hwy 642 to Hwy 44		13.8	166	12:53 +0 dy	19:04 +0 dy
	Turn right (South), travel to Hwy 633 (Villeneuve Rd).		16.9	183	13:22 +0 dy	20:12 +0 dy
	Turn left (East), trabel to Ray Gibbon Dr.		8.6	192	13:38 +0 dy	20:46 +0 dy
	Turn right (South), travel to finish		12	204	13:57 +0 dy	21:30 +0 dy
F	Finish: 'Tim Hortons'		0	204	13:57 +0 dy	21:30 +0 dy