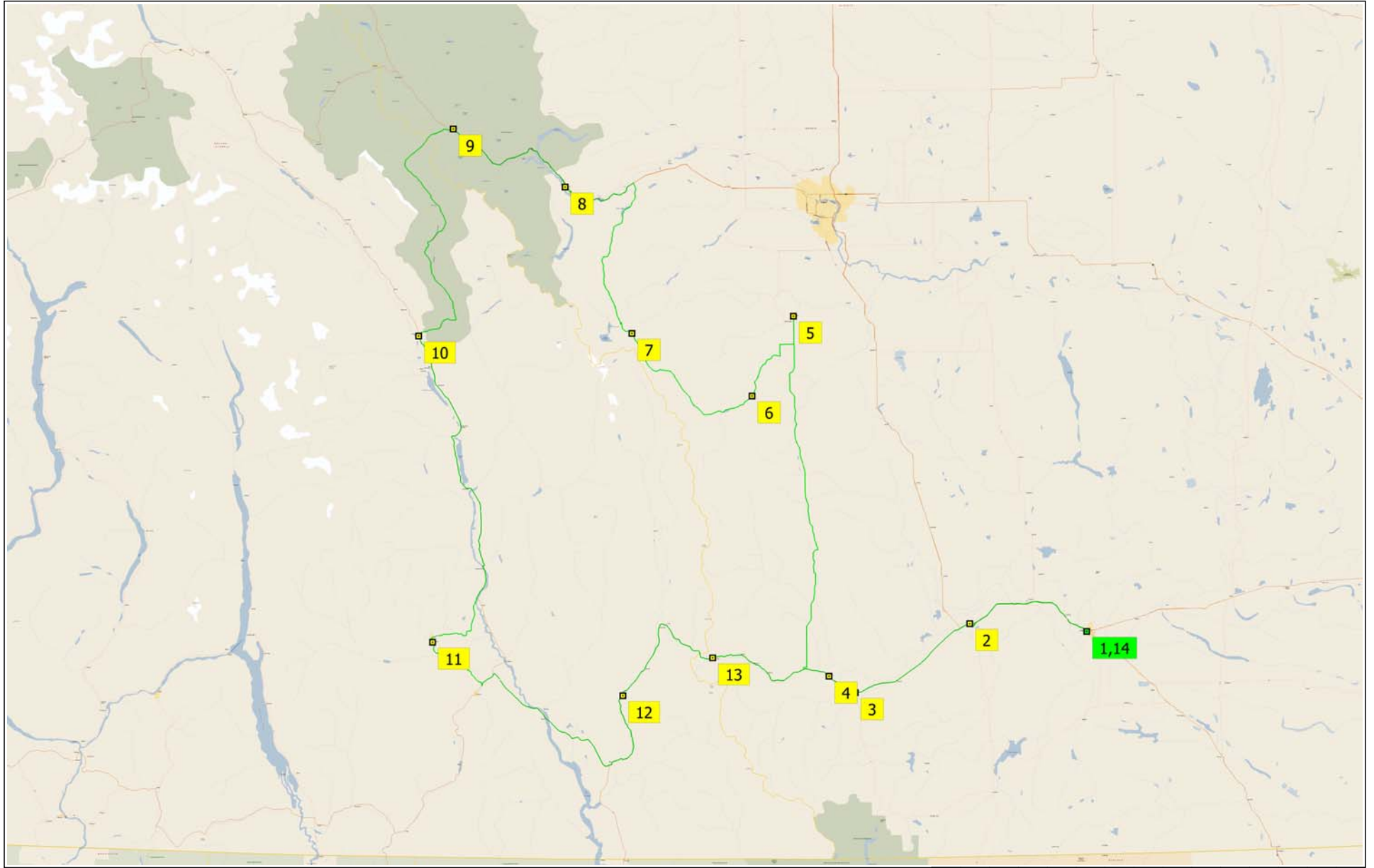
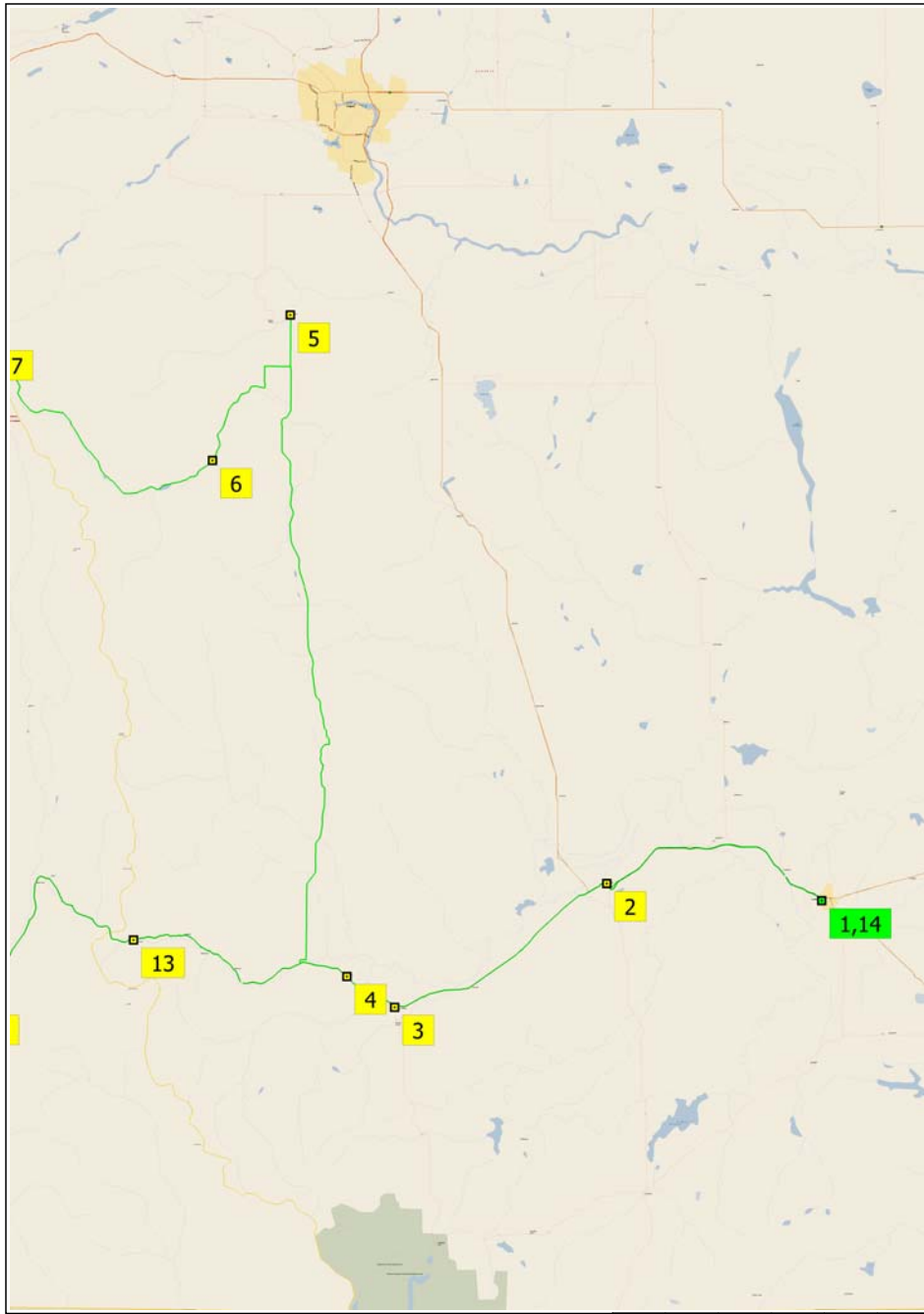


Bike_Trip_Highwood

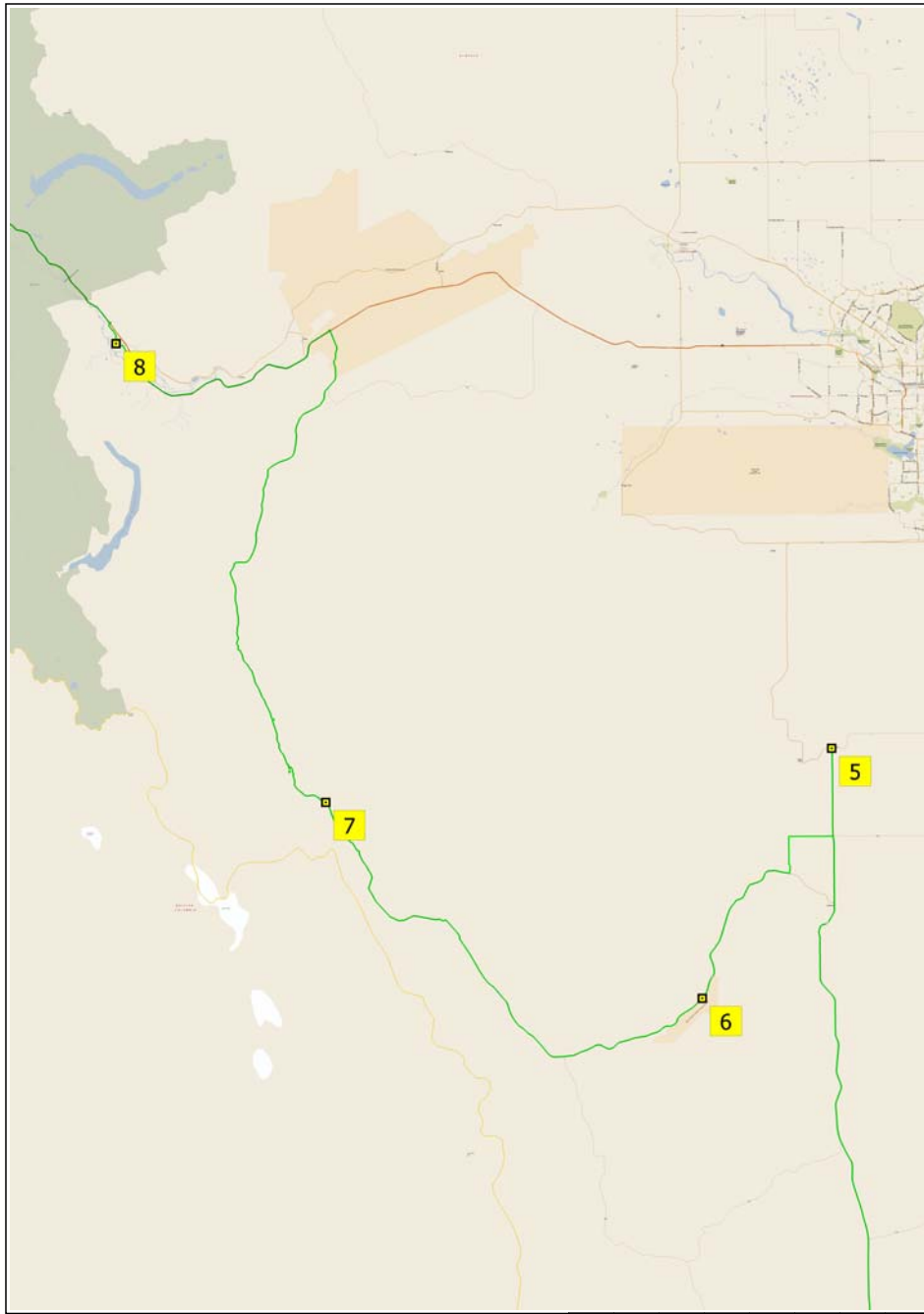
1062.1 kilometers; 1 day, 21 hours, 38 minutes





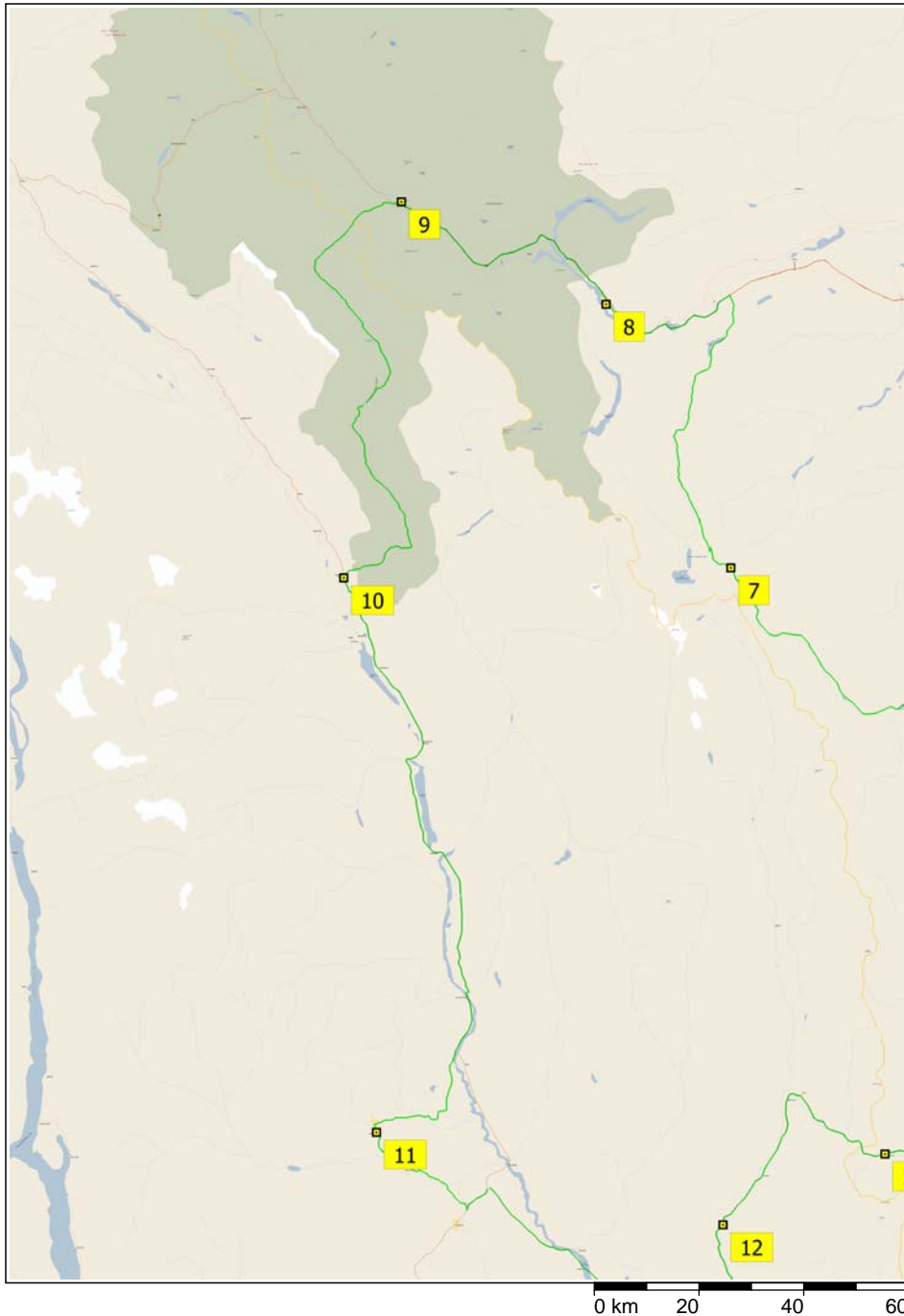
DAY 1

4:09 PM	0.0 km	1 Depart Lethbridge on Coutts St S [Stafford Dr S] (North) for 0.5 km
4:10 PM	0.5 km	Road name changes to Stafford Dr (S) for 0.1 km
4:10 PM	0.6 km	Road name changes to Stafford Dr (N) [Stafford Dr S] for 90 m
4:11 PM	0.7 km	Take Ramp (LEFT) onto Hwy-3 [Crowsnest Hwy] for 46.9 km towards Hwy-3 / Crowsnest TR
4:38 PM	47.7 km	Keep STRAIGHT onto Hwy-2 [Hwy-3] for 0.8 km
4:39 PM	48.5 km	2 At Fort Macleod, stay on Hwy-2 [Hwy-3] (West) for 3.5 km
4:43 PM	52.0 km	Road name changes to Hwy-3 [Crowsnest Hwy] for 44.3 km
5:12 PM	96.2 km	Turn LEFT (South) onto Hwy-6 for 0.5 km
5:13 PM	96.8 km	Turn RIGHT (West) onto Local road(s) for 0.1 km
5:13 PM	96.9 km	3 At Pincher Station, return East on Local road(s) for 0.1 km
5:13 PM	97.0 km	Turn LEFT (North) onto Hwy-6 for 0.5 km
5:14 PM	97.6 km	Turn LEFT (West) onto Hwy-3 [Crowsnest Hwy] for 10.7 km
5:21 PM	108.2 km	Turn RIGHT (East) onto Local road(s) for 10 m
5:21 PM	108.2 km	Bear LEFT (North-East) onto Local road(s) for 70 m
5:21 PM	108.3 km	4 At Cowley, return South-West on Local road(s) for 70 m
5:22 PM	108.4 km	Bear RIGHT (West) onto Local road(s) for 10 m
5:22 PM	108.4 km	Turn RIGHT (North-West) onto Hwy-3 [Crowsnest Hwy] for 9.4 km
5:28 PM	117.8 km	Turn RIGHT (North) onto Hwy-22 for 128.8 km
6:53 PM	246.7 km	Turn LEFT (West) onto Hwy-22 [Hwy-546] for 60 m
6:53 PM	246.7 km	5 At Black Diamond, return East on Hwy-22 [Hwy-546] for 60 m
6:53 PM	246.8 km	Turn RIGHT (South) onto Hwy-22 [Government Rd S] for 9.7 km
7:00 PM	256.5 km	Turn RIGHT (West) onto 498 Ave W [Township Road 192] for 4.9 km



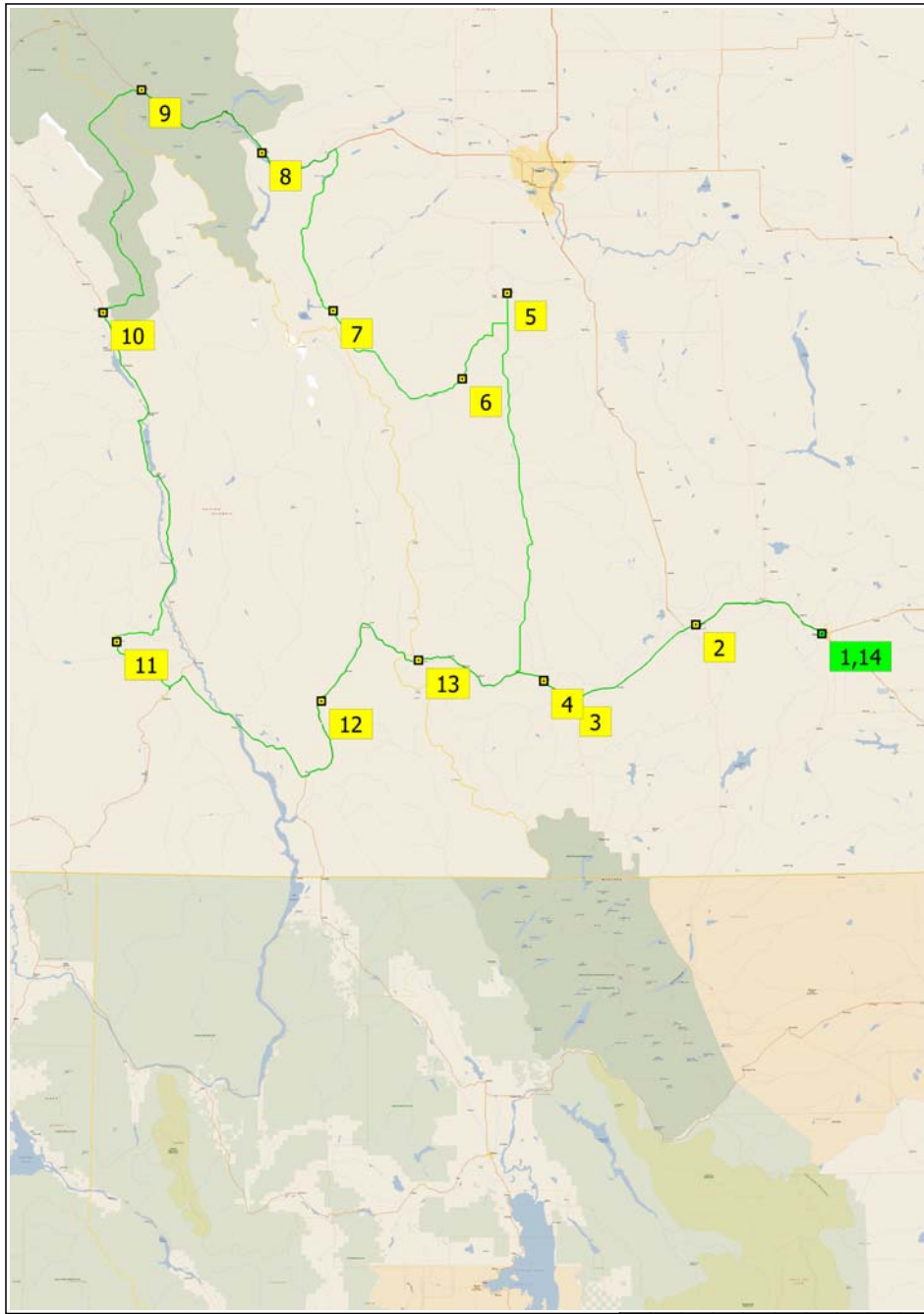
7:05 PM	261.4 km	Turn LEFT (South) onto 208 St W [Range Road 31] for 4.1 km
7:08 PM	265.5 km	Turn RIGHT (West) onto Hwy-541 [538 Ave] for 19.4 km
7:21 PM	284.9 km	6 At Hwy-541, stay on Hwy-541 (West) for 17.6 km
7:32 PM	302.5 km	Road name changes to Hwy-40 for 42.6 km
7:59 PM	345.1 km	7 At Hwy-40, stay on Hwy-40 (West) for 63.9 km
8:40 PM	409.0 km	Take Ramp (LEFT) onto TC-1 for 27.4 km towards Banff / Canmore
8:54 PM	436.4 km	At exit 91, keep RIGHT onto Ramp for 0.5 km towards Hwy-1A / Canmore
8:55 PM	436.9 km	At exit 91, keep RIGHT to stay on Ramp for 90 m towards Bow Valley Trail
8:55 PM	437.0 km	Bear RIGHT (West) onto Hwy-1A [Bow Valley Trail] for 2.2 km
8:57 PM	439.1 km	Turn LEFT (West) onto Railway Ave for 0.5 km
8:58 PM	439.6 km	Turn LEFT (South-West) onto 8 St [Main St] for 0.3 km
8:59 PM	439.9 km	Turn RIGHT (North) onto 6 Ave for 80 m
9:00 PM	440.0 km	8 Arrive Canmore End of day

0 km 10 20 30 40



DAY 2

10:00 AM	440.0 km	Depart Canmore on 6 Ave (North) for 60 m
10:00 AM	440.1 km	Turn RIGHT (East) onto 10 St for 0.2 km
10:00 AM	440.3 km	Turn LEFT (North-West) onto Railway Ave for 0.8 km
10:02 AM	441.1 km	Turn LEFT (North) onto Hwy-1A [Bow Valley Trail] for 1.8 km
10:05 AM	442.9 km	Bear RIGHT (East) onto Ramp for 0.1 km towards Hwy-1 / Trans Canada Hwy West
10:05 AM	443.0 km	Take Ramp (RIGHT) onto TC-1 for 50.6 km
10:43 AM	493.6 km	Keep RIGHT onto Ramp for 0.3 km towards Hwy-93 / Rte-93 / Hwy-1A / Radium Hot Springs / Castle Junction
10:43 AM	493.8 km	Turn RIGHT (East) onto Hwy-1A [Bow Valley Pkwy] for 0.9 km
10:44 AM	494.8 km	Turn RIGHT (South-East) onto Local road(s) for 0.1 km
10:45 AM	494.9 km	Turn RIGHT (South) onto Local road(s) for 0.2 km
10:46 AM	495.1 km	9 At Castle Junction, return North on Local road(s) for 0.2 km
10:46 AM	495.3 km	Turn LEFT (West) onto Local road(s) for 0.1 km
10:47 AM	495.4 km	Turn LEFT (West) onto Hwy-1A [Bow Valley Pkwy] for 1.1 km
10:49 AM	496.6 km	Road name changes to Hwy-93 [Banff-Windermere Hwy] for 104.0 km
10:57 AM	506.1 km	Entering British Columbia
12:09 PM	600.5 km	Turn LEFT (South) onto Hwy-93 [Hwy-95] for 0.2 km
12:09 PM	600.7 km	10 At Radium Hot Springs, stay on Hwy-93 [Hwy-95] (South) for 102.5 km
1:17 PM	703.2 km	Keep STRAIGHT onto Hwy-95A for 27.8 km
1:39 PM	731.0 km	Turn LEFT to stay on Hwy-95A for 1.9 km
1:42 PM	732.9 km	11 Arrive Kimberley End of day



DAY 3

10:00 AM	732.9 km	Depart Kimberley on Hwy-95A (East) for 25.5 km
10:21 AM	758.4 km	Keep RIGHT onto Ramp for 0.1 km towards Hwy-3 / Hwy-95 / Invermere / Radium / Fernie
10:21 AM	758.5 km	Bear RIGHT (North) onto Hwy-3 [Hwy-95] for 92.9 km
11:23 AM	851.5 km	12 At Fernie, stay on Hwy-3 [7th Ave] (North-East) for 53.2 km
11:56 AM	900.6 km	Entering Alberta
11:58 AM	904.7 km	Turn RIGHT (South) onto Local road(s) for 1.1 km
12:00 PM	905.7 km	Turn LEFT (North) onto Local road(s) for 0.3 km
12:00 PM	906.0 km	13 At Crowsnest Pass, return South on Local road(s) for 0.3 km
12:01 PM	906.3 km	Turn RIGHT (West) onto Local road(s) for 1.1 km
12:02 PM	907.4 km	Turn RIGHT (East) onto Hwy-3 [20 Ave] for 102.7 km
1:13 PM	1010.0 km	Road name changes to Hwy-2 [Hwy-3] for 4.2 km
1:18 PM	1014.3 km	Bear LEFT (South-East) onto Hwy-3 [Crowsnest Hwy] for 46.7 km
1:46 PM	1061.0 km	Keep RIGHT onto Ramp for 0.5 km towards Stafford Dr / City Centre
1:46 PM	1061.4 km	Turn RIGHT (South) onto Stafford Dr S for 0.1 km
1:46 PM	1061.6 km	Road name changes to Coutts St S [Stafford Dr S] for 0.5 km
1:48 PM	1062.1 km	14 Arrive Lethbridge

0 km 50 100