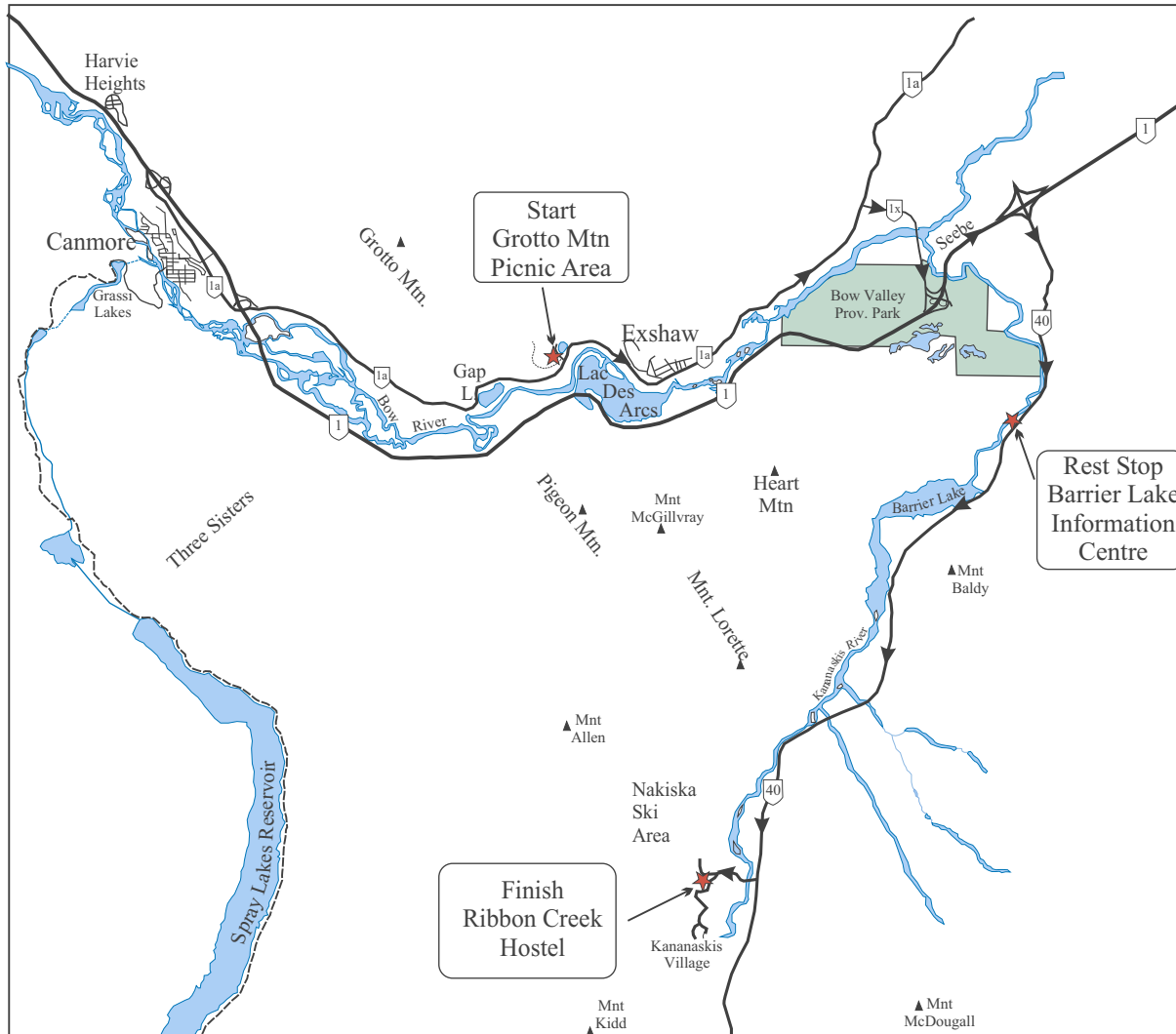
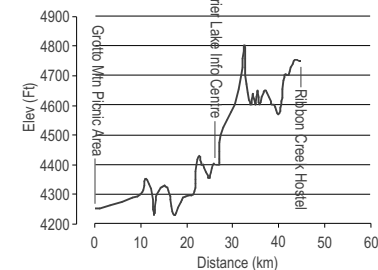


Day 1 - Grotto Mtn to Ribbon Creek

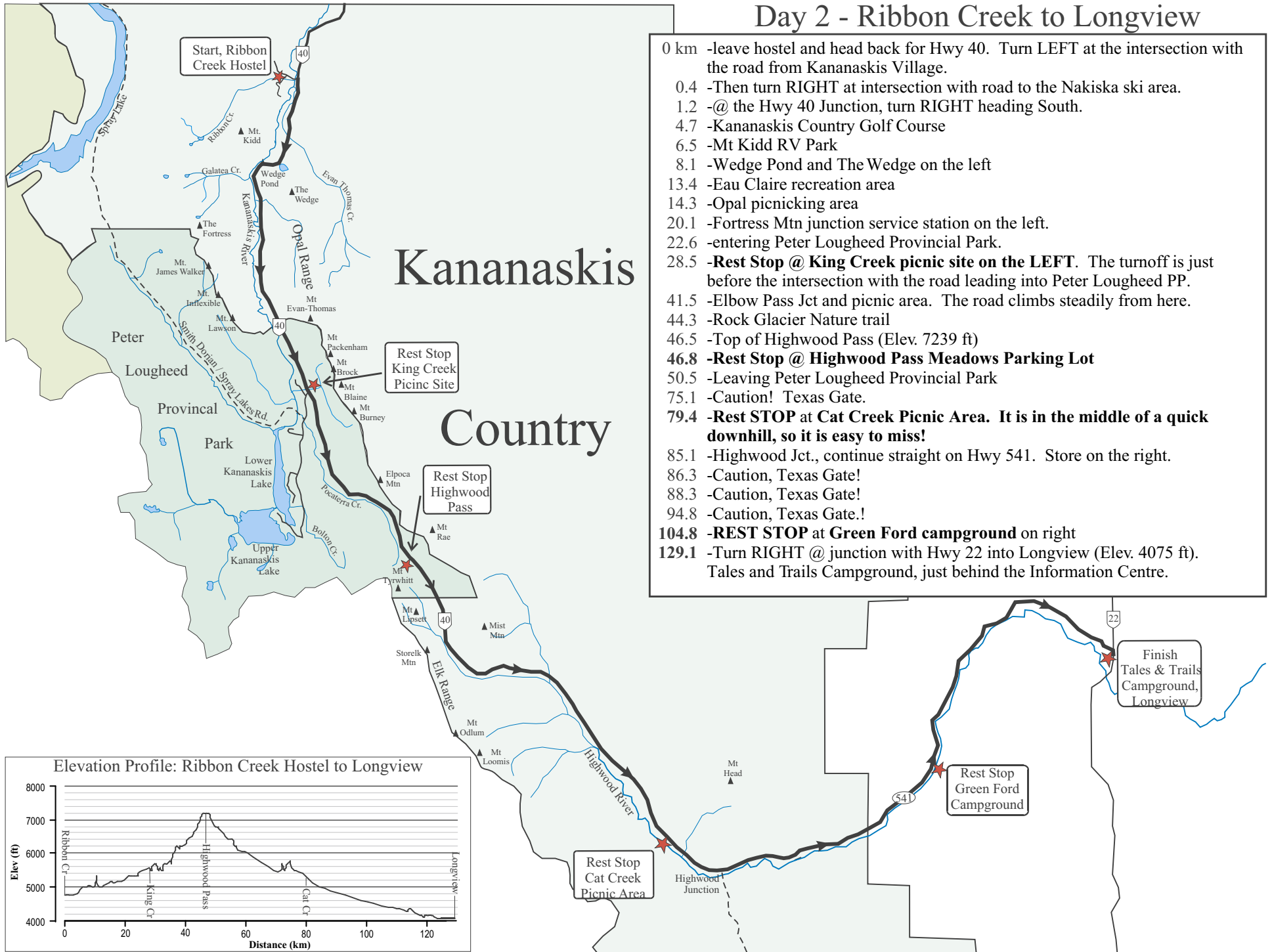


- 0 km -@ the road turn Left heading East on Hwy 1a.
- 3.2 -Caution, railway track crossing from the Lafarge plant in Exshaw.
- 11.0 -turn **Right** (south) onto **Hwy 1x** to Seebe (51.2)
- 14.1 -Entering Bow Valley Provincial Park
- 14.5 -Visitor Centre on the right.
- 14.9 -Coming up to the Hwy 1 interchange. At the fork in the road, **take the Left fork to head for Hwy 1 East.**
- 15.3 -Then **exit Right onto the Hwy 1 cloverleaf**, heading East to Calgary.
- 16.7 -cross the Kananaskis River
- 19.5 -exit onto Hwy 40, and stay Right to head South to Kananaskis Country
- 20.1 -Caution, Texas gate
- 25.2 -Caution, Texas gate
- 26.0 -entering Kananaskis Country
- 26.6 -Rest Stop @ the Barrier Lake Information Centre on the Right.**
- 34.0 -O'Shaughnessy falls and wishing well on the left.
- 41.3 -Sundance Lodge, tipis and campground on the right.
- 43.3 -Turn Right at the Nakiska/ Kananaskis Village turnout.
- 44.2 -Turn Left after crossing the bridge over the Kananaskis River to head toward the Kananaskis Village.
- 44.4 -Take the 1st right to the Ribbon Creek Hostel. If you cross a bridge and start climbing up a hill, you have missed the turn.
- 44.6 -**Ribbon Creek Hostel Ph 591-7333**

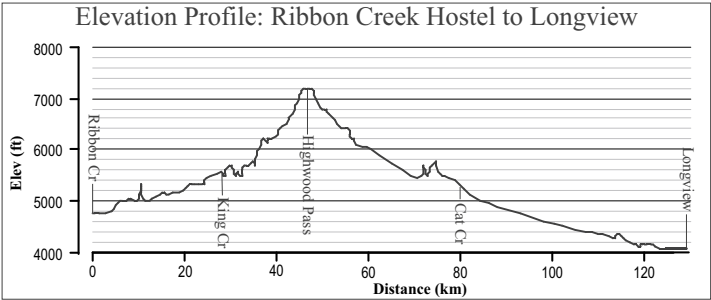
Elevation Profile: Grotto Mtn Picnic Area to Ribbon Creek Hostel

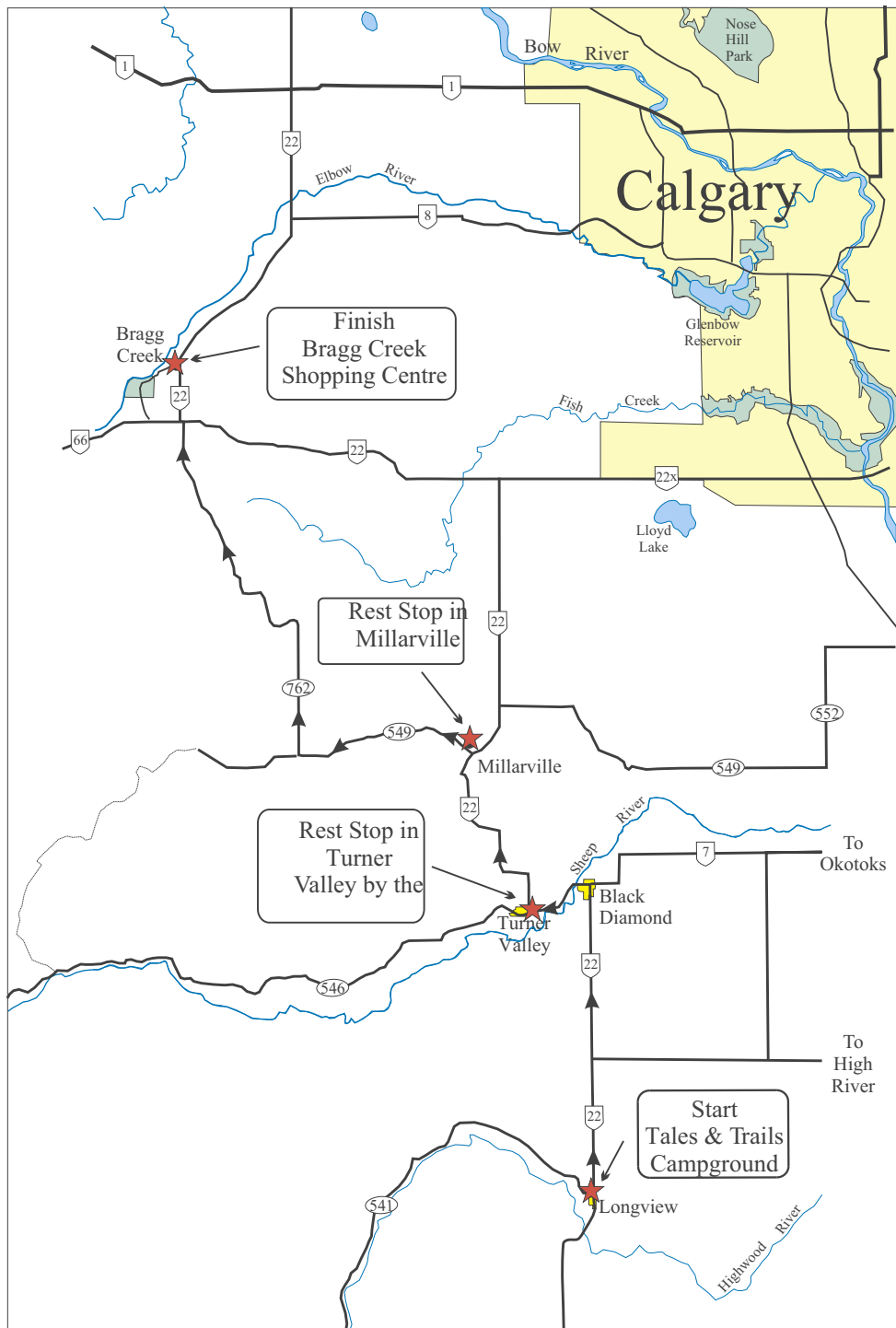


Day 2 - Ribbon Creek to Longview



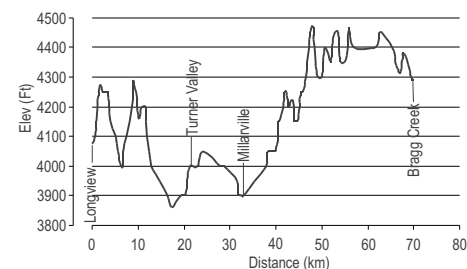
- 0 km -leave hostel and head back for Hwy 40. Turn LEFT at the intersection with the road from Kananaskis Village.
- 0.4 -Then turn RIGHT at intersection with road to the Nakiska ski area.
- 1.2 -@ the Hwy 40 Junction, turn RIGHT heading South.
- 4.7 -Kananaskis Country Golf Course
- 6.5 -Mt Kidd RV Park
- 8.1 -Wedge Pond and The Wedge on the left
- 13.4 -Eau Claire recreation area
- 14.3 -Opal picnicking area
- 20.1 -Fortress Mtn junction service station on the left.
- 22.6 -entering Peter Lougheed Provincial Park.
- 28.5 -**Rest Stop @ King Creek picnic site on the LEFT.** The turnoff is just before the intersection with the road leading into Peter Lougheed PP.
- 41.5 -Elbow Pass Jct and picnic area. The road climbs steadily from here.
- 44.3 -Rock Glacier Nature trail
- 46.5 -Top of Highwood Pass (Elev. 7239 ft)
- 46.8 -**Rest Stop @ Highwood Pass Meadows Parking Lot**
- 50.5 -Leaving Peter Lougheed Provincial Park
- 75.1 -Caution! Texas Gate.
- 79.4 -**Rest STOP at Cat Creek Picnic Area. It is in the middle of a quick downhill, so it is easy to miss!**
- 85.1 -Highwood Jct., continue straight on Hwy 541. Store on the right.
- 86.3 -Caution, Texas Gate!
- 88.3 -Caution, Texas Gate!
- 94.8 -Caution, Texas Gate.!
- 104.8 -**REST STOP at Green Ford campground on right**
- 129.1 -Turn RIGHT @ junction with Hwy 22 into Longview (Elev. 4075 ft). Tales and Trails Campground, just behind the Information Centre.





Day 3 - Longview to Bragg Creek

Elevation Profile: Longview to Bragg Creek



- 0 km -Head back to the main street and turn **LEFT** on to Hwy 22 heading North to Black Diamond. Start by climbing over Longview hill.
- 7.5 Junction with Hwy 453, continue straight.
- 17.4 -**Turn LEFT @ the intersection with Hwy 7** in Black Diamond to **follow Hwy 22 to Turner Valley**.
- 20.6 -Entering Turner Valley.
- 21.5 -**Rest Stop @ the Park on the corner of Hwy 22(Main St.) and Hwy 546 in Turner Valley.** (Look for the Ice Cream Derrick) **Turn RIGHT @ the Stop sign** to enter the park. After the stop, continue North on Hwy 22 to Millarville. **Note: Hwy 22 between Turner Valley and Millarville has no shoulder, so RIDE in SINGLE FILE.**
- 33.0 -**Turn LEFT @ the Junction with Hwy 549,** and head West on Hwy 549.
- 33.4 -Branch **RIGHT** on the road to Millarville.
- 33.7 -**Rest Stop in Millarville.** Watch for the Van. After the break, return on the same road.
- 34.0 -@ Hwy 549, turn **RIGHT** to continue West.
- 44.5 -@ the Junction with **Hwy 762, turn RIGHT** heading North on Hwy 762 and face the "Wall".
- 67.2 -Junction with Hwy 22. Turn **LEFT** heading West on Hwy 22.
- 67.5 -300 m later, turn **RIGHT** heading North to stay on Hwy 22 toward Bragg Creek.
- 71.0 -4-way Stop in Bragg Creek. Continue Straight for one block.
- 71.1 -Junction with Hwy 758. Turn **LEFT**
- 71.2 -Turn Left into the Shopping Mall. **Finish @ the Mall in Bragg Creek.**