

DAY ONE Kelowna to Enderby CG

August 10/07 Friday D 94.42km M41.6 A 18.4 PT 5h07 RT 6h15

Kelowna to Enderby

Day 1

RIVERSIDE CG

Start: Depart Start on Elliot Ave

11k Old Vernon Rd

23k **Winfield** [go rt and lt to Bottom Lake Rd next time]

32.8k Teddy Bear Lodge /CG

34.3k **Oyama/Tween Lks CG** Slim to none shoulder from Winfield scary with traffic

35.8 Owls nest CG on Lake

55 **VERNON**

58.6 SilverStar CG north side of town

64 Old Schoolhouse heritage site Turn off to Kamloops

78.2 Picnic tables **ARMSTRONG** RV pk at golf course

81 Fruitstand

93 ENDERBY 94.42 Riverside CG by arena Rt on Knight Ave



Headed off with the wind at our backs. Worst part of the ride is thru Winfield. Should have gone down to bottom Lake Rd out as far as the gas station and then back onto the scary hwy. Not fun The hill on the other side of the lake might be worth the effort. Rained in Armstrong before we arrived. Rd wet. Cooling down tonight CG full. Everyone floating down the river on tubes etc. Had a swim to cool off. Not too cold Walked into the IGA and checked out email at the library. Kelly kettle meal and off to be before the partying starts. Ken did a GPS of the route... even shows going into Oyama for a pit stop and lunch in Vernon. Good first day. No bugs! Traffic not too bad for a Friday.

CG packed in like sardines in a can. Noisy ++ but quieted down by 2200. No grass just dirt. Toilet block reasonably clean ++ dogs barking. Nice by river spot, just overly greedy owners. \$14/tent and then they cram them in beside you.

Wind: @ our backs start of the day Yippe

Temp: 15-20C Sunny Okanagan! **Road Conditions:** excellent except in Winfield

Accommodations: Enderby CG way over crowded. Showers didn't use as extra and we swam in the river No grass

DAY Two Enderby to Eagle River CG

August 11/07 Saturday D 70km M41 A 18.0 PT 3h54 RT 6h

Enderby to Eagle River

Day 2

70k

Cross river in Enderby on Bridge to Mable Lake, first left Old Grinrod Enderby Rd, 11km to Grinrod Hwy 97C 5.9k Gas/store 9 GRINROD pub/store 0 CG Golf club has RV stay/play

18.8 Mara Lk Foodliner

19.2 Whispering Pines CG

23.7 Willow Shores + 4 or 5 more CG

24 Prov Pk CG

40 **SICAMOUS** Groceries / CG Go into town for groceries

Divided Hwy

46.2 CG along the river road very flat

Divided Hwy with service rd each side.... Must be Hiways minister living here ~10km nice

53.8 KOA CG with pool

54 Yard creek CG rt hwy ? provincial Cedars Lt hwy

58.3 Food weird place

54.0 Café/motel

61 café/store fruit stand end of divided

65 over Schuswap river

68.8 Last spike Picnic tables railway

70.46 **EAGLE RIVER CG**

Wind: none

Temp: 10-20C

Road Conditions: excellent

Accommodations: CG showers ok Trees nice nothing special Quiet

New campsite over the bridge not open yet but will be nice when done. Nice ride along corn fields and farms. River over to left. Small shoulder on 97C. Lunch stop at Dutchman Dairy..they have tables but no ice crème for us. Usual tomato Avoc Cuc Mayo on bagel Yum Yum. On AB for tooth abscess so not overly hungry. Large shoulder on hwy 1 traffic noisy. Changes in vegetation to ferns. Few bugs not bad. Large trees in campsite. Very quiet except for the trains roaring by every hour.

THE LAST SPIKE: The Nebulous dream was a reality : an iron ribbon crossed Canada from sea to sea. Often following the footsteps of early explorers, nearly 3000 miles of steel rail pushed across vast prairies, cleft lofty mountain passes, twisted through canyons and bridged a thousand streams. Here on Nov 7, 1885 a plain iron spike welded East to West



DAY Three Eagle River CG to Canyon Hotspings CG

August 12/07 Sunday D 81km M35.8 A 15.6 PT 5h10 RT 6.5h

Eagle River to Canyon Hotspings Day 3 76k

1.6k Miniture Land

5.9 Suspension Bridge

11.7 Enchanted forest Picnic tables

15.2 Noah's Arc CG / Griffin Lodge UP hill starts ^^

22.2 Rest Area Picnic tables and BR flat ^ Rutherford Beach with BR could camp here on beach view of hotel

24.6 **3 VALLEY GAP** restaurant/hotel Nice garden for coffee stop

28.2 ^\ Pull outs could be camp spots

38.7 Smokey bear CG \ \

40.9 Canada West CG with pool \

42.7 Blanket Creek Rt off hwy

44 **REVELSTOKE** CG Martha Cr Coopers store on Victoria St kept going to East exit to Hwy 1

50 \ \ \ KOA east side of town

59 \ \ \ Picnic tables

63.4 \ National Pk BR tables elevation 604m to 650m \ \ \ \ \ \ \ \ 674m

78.8 **Canyon Hotspings CG** \$30 way to expensive go on to a trail head

Stopped in Revelstoke for groceries and road thru the town. .Met a nice boy from Berlin Germany who is on his first ever cycle trip 1 month going to and fro Banff from Vancouver. Trying to free range camp most nights.

Canyon hot springs over rated Not hot enough for me 104F the pool temp. Swim was nice to rest the muscles though. Rogers Pass here we come!

Wind: none

Temp: 10-20C Cloudy with threat of rain but never materialized.

Road Conditions: Ride overall good shoulder with no shoulder on some of the bridges. Lots of up and down but not overly steep

Accommodations: CG showers used swim pools Trees nice nothing special Quiet Way way over priced and they refused to let our German friend stay on our site... one tent per site yet huge buses pulling boats same price. Rip off! \$30 for a site and only one tent per site even if a pup tent.



View towards 3 Valley Gap Hotel



Revelstoke

DAY FOUR Canyon Hotsprings CG to Golden

August 13/07 Monday D 120.49km M46.7 A 15.9 PT 7h32 RT 9h

Canyon Hotsprings to GOLDEN Day 4 114k

1km to get out of campsite to Hwy one

√∧ 816m √√∧876m √869 ∧

12.4 SHED #1 906m

13.5 SHED #2 910m

14 SHED #3 911m Long one √ 895m ∧

16 Trail head with BR 986m Really nice for Camping off the road

17.9 Trailhead

19.6 ∧ 993m 22k 1033m BR 24.2k 1066m √∧ some 7%

29.4 Old CG before bridge For sure a stop paved down to the river with nice tables

30 Ilocilewatte 32.4 BR 1126m CG 1km off road

34 East gate of park tables /washrooms

36.3 **Summit Rodgers Pass 1308m** Restaurant/Best Western

38 BR √√

36.6 Tables/ BR 1265m

38.2 SHED 1 1251m DARK

39 SHED #2 1222m Light

39.7 SHED #3 1207m light

40 SHED #4 1182 Light /Long

41k SHED #5 1145 light

43.7 1023m BR

47.6 886m Trail head √47.4 853 ∧∧∧ 61.43 k Heather Lodge 1027 m

66 ∧ til 68 then √

68 Kinbasket CG √ √ 72.4 1090m √∧

79.4 Rest Area with BR 1068m

76.4 1085m √√ 973 ∧ 984 √ @ 82k 6% √√ 85k 8% √ 808m really nice down

90k Bridge no shoulder Another bridge no shoulder

91k Campers Haven ∧√

101k Bridge no shoulder ∧√

110.5 **Golden** 805 m ∧∧

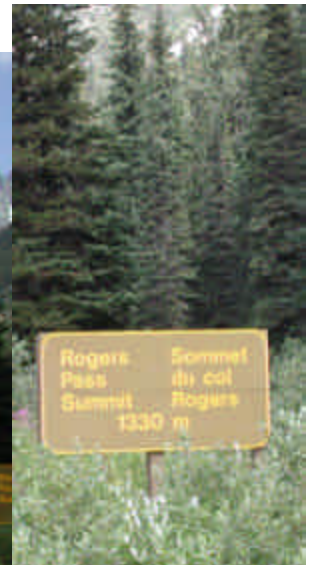
120 CG 923m go over the bridge into town IGA on rt CG on LT farther down street and over a bridge follow signs

Temp: Sunny with intermittent clouds Rained overnight 10C in am 20C at summit Rodgers Pass Cold on the downhills. Light vest with mesh back great.

Road Conditions: Not a bad uphill for Rodgers Pass Long grind with lots of downs for relief Shoulder wide Lots of spots to free range camp Never stay at the Hot springs again Up hill after the pass a real surprise. Seemed harder as we were tired. Mostly good shoulder or passing lanes so everyone moved over. Mostly Alberta plates headed home.

Accommodations: Golden a nice little town. Municipal CG washrooms need an overhaul. Train really loud! Next time try the one on Hwy 1 Whispering Spruce CG 3k up the big hill.... Get it over with.

Really a good day overall Long but fun. Bodies holding out ok



DAY FIVE Golden to Lake Louise

August 14/07 Tuesday D 89.34km M53.6 A 13.9 PT 6h23 RT 9h

GOLDEN to Field

Day 5

65km

3k getting out of town

8 ^ 1021m v Bridge 917m ^ 10k 945m [1.5k very steep] Rt is Whispering spruce CG)

v 13k Bridge @ 925m Construction [.7k steep up] v ^ v [.5 k steep down]

~~13.3 Yoho rest area/Picnic site~~ on Lt Yoho cree word for wonder or awe gone

16 Bridge 968m ^ ^ to 1133m start 2k very steep up at top outhouse at pullout

22.1 start of 5km gradual downhill ~~22k lookout/picnic tables~~ gone

29.7k Beaverfoot Lodge

31.6 Park entry YOHO with BR v 1125m v ^ 1145m good shoulder now

36.6 v Wapetti Falls Hike trail head

~~34.5 Chancellor Peak Cpgd~~ closed could camp there

37.9 Hoodoo Cr CG

44.3 Avalanche Picnic Tables 1170m ^ 48k 1276m v

42.4 Finn Cr Picnic site on lt

47 start 2k mod/steep uphill 1070m

52.6 start 4.8k mod/steep uphill 1228m 53.82k 1280m @56.5k

59 Emerald Lk /Stone Bridge Rd on Lt

57.5 start Kicking horse fiver flats

61 FIELD 1244m

~~63 Yoho Valley rd~~

~~65 Kicking horse CG 1244m~~

65k start of Kicking Horse Pass= 7km steep/mod uphill

68.86k Spiral Tunnels 1455m

73.22 lake Louise West 1571m Wapta Lk

Turn off to Lk Louise Old Rd 1610m @ Hector Lake

1634 Alberta Boarder Great Divide

Exit to Jasper 1538m

89.34 Lake Louise CG

Wind: At our backs once again!

Temp: 5C this morning Up 700 off by 0910 No clouds 22C by lunch stop

Road Conditions: o to no shoulder at times Construction held traffic back so great free ride to first and second bridges

they are full Really nice campsite with electric fence to keep the bears out.

Saw Ken from Winnipeg once again B&B so light load D44.3 3h7 M53.6 A14.1 by lunch Tables beside Kicking horse river really nice for lunch. Can see pine beetle damaged trees



German cyclist in Golden



Crossing the Alberta Border

DAY SIX Lake Louise to David Thompson CG Hwy 11

August 15/07 Wednesday D 95.20km M51 A 14.9 PT 6h21 RT 9h total 551.20

0 Lake Louise CG

6.6 Toll gate for park going north on 93 No charge for cyclists

11.1 Herbert Lk turnout

23.6 Hwy pull off

25.6 Hector Lk turnout to view

26.1 Hwy pull off

29.1 Mosquito Cr CG and Hostel across creek 23km N of Hwy 1 on hwy 93

39k Helen Lk trail head rt and Crowfoot Glacier/Bow Lake viewing /parking It

41.2 Bow Lake rest area with tables by lake and outhouses

43.1 Num-ti-jah Lodge- Restaurant uphill starts

47 Pull off Peyto Lk

47.9 Bow Pass Summit 2088m, 6,849 ft

56.2 Overflow CG

60.3 Hwy pull off

61.6 Waterfowl Lake CG

65.7 Hwy pull off

68.5 Hwy pull off

76.2 Mistaya Canyon

82.6 Bridge over Sask river

84.62 Saskatchewan River Crossing/restaurant/basic groceries/pay showers

89 Park Gate Alberta border

93 Bridge over Thompson River Point of Interest

95.2 Thompson Cr CG 83km w Nordegg on Hwy 11 10E Sask River Crossing

Wind: Off and on from the north Last part of day straight on our backs

Temp-2C this morning Cold over night Up at 0400 looking for more clothes! Up 700 off by 0915 Left fully clothed with long pants, jacket/vest and fleece sweater! Not my usual. Hope I'm not getting sick. Hands very cold so in gortex gloves. Len our motorcyclist site mate was cold too so might be ok. No clouds 15 C by lunch stop and I'm down to tank and shorts.... 22C the high Not a cloud all day got a lot of sun! Postcard photo day in the Rockies.

Road Conditions : Great shoulder. First of day mostly up hill with flat repieves, the Bow Summit was easily reached and the down was fantastic....new pavement on road surface but blump blump on shoulder so ran the road for several great km down hill. Saw several "tours" unloaded all going north.

log home. 3 shelters with tables Lots of nice sites separate tall trees and no trains within miles. Road even far off. Creek only wash up and man is it cold! [Mosquito Cr not near as nice a CG]
Lunch was wonderful picnic beside Bow Lake Well used every table (10 or so scattered along the shore in the trees) all tables private with all but ours in the sun! Well we needed a break.
Supper first eat out at Saskatchewan River Crossing Cafeteria.... Veggie chili great Very expensive for Styrofoam dishes... \$20 for 2 chilis with a bun and pop. Needed a break from cooking. Road on to CG

Park passes: 2007 \$123+ for family pass up to 7 people Seniors \$53 (>65) 1 Adult \$63 **no charge if on a bike!**
Despite seeing several signs saying All users need a pass...oh one day \$9+ pp We were smiling.

Overall another great day... need to do the laundry and also charge all the batteries. Fabreeze only does so much!

Met a couple from Montreal who were telling me that the Continental touring tires I love so much are discontinued because they used to be made in Germany and they changed them to India and now they are not the same quality. He suggested I get Continental CONTACT made in Austria I think which are lasting him about 10,000km Interesting that with so many tourers out there the companies couldn't make a good tire... of course they don't want them to last 10,000km with no flats he says. Interesting fellow they are going north also but were not leaving for a while and staying in the park... so many interesting people on the roads. Met a group from Calgary.. family who set up their own tour and are sagwagoning it themselves taking turns Have some teenagers with them too. They were having a blast staying in hostels. Nice to see. Maybe we will have to see about a "family tour in 2009!" Mom will be 91 we could take turns pulling her in a wagon!



Field



Ken in Lake Louise



Bow Lake

DAY SEVEN David Thompson CG Hwy 11 to Nordegg Beaver Dam PP

August 16/07 Thursday D 89.99 km M47.4 A 14.8 PT6h RT 8h total 641.20

Thompson creek to NORDEGG Day 7 (Hwy 11 to 22 to 54) 92k

2.5k Timber Creek bridge

8.7 Landslide Lake

9.6 Crossing Wildhorse Creek

10.2 Hwy pullout

11.2 Hwy pull out

17.7 Picnic area toilets NO Tables, access to Siffleur Falls, hiking Memorial to Parachute Brigade WW2

18.5 Group campsite

19.4 Two O'clock Creek CG on LT

22.4 k Preachers Point West end **Abraham Lake** CG on RT

32.3 Crossing the Cline river

34 Icefields Helicopter tours/ horse rides

34.4k David Thompson Resort CG 42km E of Hwy93 on 11 at Cline River 36k 2h 47.4/16

36.2 Lauren Lodge

37.6 crossing Cline Creek

46.7 Mount Mitchner view point Picnic table on the bluff perfect for overnite spot

48.9 hiking trailhead to Allstone Cr Camping It both sides of creek freerange

56.9 Bighorn Dam crossing Bighorn river

61.7 Turn off to Crescent Falls CG 6kNorth+.5k unserviced Gas station/services

64.4 Stoney Big Horn Reserve

67.3 CG

69.1 Dry haven Creek CG

69.6 Outdoor Ed center

71.6 Gold eye CG

75.6 4k S Fish LakeCG

77.6 k HWY 734 (40) Forestry Trunk RD

79.5 Shunda Creek CG and hostel

79.9km NORDEGG very very minimal groceries/no breads at gas station Junk food supper

82.5 Prov Ranger Station

84.3 Beaver Dam Provincial CG No water except creek/lake over priced at \$16

Wind: into the wind all day worst in the pm

Road Conditions : excellent shoulder little traffic Lots of downhill riding in am

Accommodations : Beaver Dam PP small old site with walk in tent sites and large area for trailers. NO water one set outhouses ok clean over priced at \$16 [\$18 if do not prepay and say \$115 fine if don't pay!] cycled past many free range sites along the lake Aren't we the dumb ones as no shower at the CG anyways. Abraham Lk brilliant blue dammed lake which is a reservoir. No cabins or anything around it. I guess it is unpredictable as a water skiing lake.

FOOD NONE

Ate our breakfast along the river... too bad no tent sites out there very nice in the sun. Awoke to a generator running 20 yds from our tent.... Not nice. Mosquitos on and off Not too bad. Lots of free range camping could be had if want same. Should have as no water or showers at campsite anyways

Lunch at David Thompson Resort CG Looks very nice with motel and store. Mini golf and large play ground with huge slides. Store very expensive. Nice picnic tables Well kept Looks like first Nations running it. Old west theme with buildings covered with I think Mom called it ship lap... slabs with bark still on. Still in the mountains.

Supper: We counted on a store in Nordegg.... NOT... We had a junk food supper as no grocery store in Nordegg Had boiling water soups and TWINKIE's with cheese and crackers \$18 didn't get us much. No store until Rocky Mtn House in 92km Nordegg really small... pop supposedly 80 but didn't see evidence of that ... more booze for sale than food. Has a small motel with a restaurant.





Abraham Lake



Camping on Beaver dam Creek



DAY EIGHT Nordegg Beaver Dam PP to Wilderness Village CG Rocky Mtn House

August 17/07 Friday D 83.94 km M48.4 A 18.6 PT4h29 RT5h30 total 725.1km

3.3 Harlech rustic site

3.7k Harlech, Alberta Provincial Campsite 17 unserviced sites [on hwy]

6.6k Stolberg

19.6 Alexo Saunders Canoe Launch

35.3 Jackfish lake unserviced CG no drinking water [2k off hwy on gravel]

54.24 Chambers Cr Prov CG (30k W Rocky Mt House) Lt group site; Rt CG \$20/site \$17 senior \$22 if they register

Hwy 620 North

66.3k Tabletop raceways for motorcycle racing

81.3 Turn Lt Hwy 756 N 11A south: Crimson Lake Provincial Park/ Wilderness Village Private CG Resort

82.3 Crimson Lake P P with store

83.38 Turn Lt Wilderness Village guests of Bruce/Marg Ken's sister/brother-in-law

Wind: At our backs in the morning and direct head on in pm but not too strong

Temp7C this morning up to 22C by afternoon.

Road Conditions : Great shoulder. Rolling hills Not losing much elevation In mountains until afternoon. Great ride past Abraham Lake

Accommodations : Arrived at Wilderness Village Resort with all the bells and whistles. First thing into the pool for adults only swim and hot tub. Very nice. Large private cooperative park can house ~3000 persons but sights large and as late in the season not overly crowded. 2 pools with hot tubs Large shower areas. All very clean and well managed park.

Well food for today was a bit sketchy due to no real grocery store in Nordegg. Breakfast was granola bars and dried fruit from home. Lunch was a picnic at Chambers Cr PP gate of ricecrispie squares and more granola bars. Supper was wonderful spaghetti dinner at the Langes 5th wheel Wilderness Pk

Overall a very easy day shorter than planned and with inside accommodation a treat.

DAY Nine Wilderness Village CG Rocky Mtn House to Mayerthorpe

August 18/07 Saturday D 0 km total 725.1km traveled by truck

We went to a Stag/shower for James and Kendra at her parents acreage by Mayerthorpe for the afternoon and then Dave/Paula drove us to Edmonton

DAY TEN Edmonton Rest Day

August 19/07 day total 725.1km

Lazy day spent with family. Grandchildren Quinn and Teague and parents Julie and Keith came over and we just vegged out. Went for supper at ??? in the building where Glenn (Dad) took his welding apprentice years ago. I don't think the building has changed much since!





DAY ELEVEN/ Twelve/Thirteen Edmonton layover

August 20-21-22/07 Monday-Tues-Wednesday NO on bike time total 725.1km

We spent three days helping Julie and Keith tear apart the kitchen, paint the cupboards and install a dishwasher.... I think it was messier when we left than before. They have a third coat of paint to do on the cupboard doors, plumbing to do for the dishwasher and ordered new counter tops and sink... it is really hard to do without your kitchen. Very tiring but really fun to see Quinn getting grown up and talking a lot more now... in fact he is a real parrot... repeats everything you say. Teague is 6 weeks old and just doing baby stuff. Quinn seems to really love his brother and is very gentle with him. I bought new fleece pants for pj's as I was cold going thru the mountains at night. Hope that is enough as I can't stand being cold. Bikes were into the shop for a tune up on gearing... he said shimano parts don't like to be mixed with other brands so changed the little wheels in the derailier... hope works as I'm getting sore knees with the gear skipping.



DAY FOURTEEN Edmonton to Camrose to Battle River CG

August 23/07 Thursday D 125.45 km M45.2 A 18.7 PT6h42 RT10h30 total 850.60km

0.0	Departed Dave and Paula 152 St 101 Ave thru the bike paths over to Keiths ~10km
10	Depart 4847 106th St NW, Edmonton AB on 106th St NW (North) 0.2 km
10.2	Turn RIGHT (East) onto 51st Ave NW 2.5 km
12.7	At 91st St NW, Edmonton AB, turn RIGHT (South) onto 91st St (NW) ~2km
15.0	At 34st Ave SW, turn LEFT (East) onto 34st Ave SW 3.1 km
18.1	Turn RIGHT (South) onto HWY-814 Go right thru Beaumont
	Lt on Hwy 625 really busy and poor choice as little to no shoulder with big big trucks
	Rt on Hwy 21
72k	Stopped at Hay Lakes for lunch in café 35.4/18.5 4h PT Great Greek Salad
103k	Camrose to visit Auntie Elaine Niven
125.45	Battle River CG on Hwy 21 run by the DuhamelHistorical Society by donation, but box compromised
83.38	Turn Lt Wilderness Village guests of Bruce/Marg Ken's sister/brother-in-law

Wind: not really any until on 21 then into it for a while and at our sides part of the time

Temp cool morning and 20C afternoon

Road Conditions : Great shoulder. Mostly flat prairies

Accommodations : free CG or so it seems as by donation but the lock cut off the recepticle. Maybe someone will come by grass mowed, outhouse dirty without paper, no water source

FOOD Great fruit etc at the Yerex B/B for breakfast

Lunch at Hay Lakes: Ken grilled moza cheese sand with chips [gravey unasked for.. oh well]

Supper potato salad, bagels with crème cheese, fake ham, tomatoes and avocado New favorite

Overall a long day with a great visit with Auntie Elaine. We were researching the Niven's with her and trying to straighten out Nanna Jacobson's maiden name So far we know at the Crichton Mental Hospital in Scotland she went by Reynolds and when she married she signed Mary Woodside (Elaine gave me a copy of the certificate) she named Arthur Woodside Niven DOD Jan 18, 1996 (Elaines husband) so it wasn't just a picked up name... Elaine is to photocopy the notice of death for James Solley Niven (Dagnys grandfather) as it states she was Mary Reynolds... Also she is going to see if she has Arts birth certificate. She has 3 pictures one of the Nivens... James Solley (Grampa Niven) with Ellen (Nanna) , Mary, Janet, Art, Alex must ask her son Mickey Niven [mniven@shaw.ca] to copy for me hm 780 464-3766 or © 780 910-4404

Elaine Niven #302 5419-49 Ave Camrose AB 780- 672-2337

Will need to spend most of the winter on this Niven project. Mailed postcard to new Niven in Scotland Dave Niven Grandson of William [James Solleys brother]



DAY FIFTEEN Battle River CG to Innisfail

August 24/07 Friday D 174.34 km M 45.5 A 17.4 PT 9h58 RT h total 1024.96 km

Going to be a long day!

0.0 Depart HWY-21, Battle River CG **New Norway** has way nicer CG right inn town 9.72k

15k rt on Hwy 611 to Hobema road closed at bridge so detoured to Ponoka

31k Lt on 822 good road no shoulder

47.46k rton 53 to **Ponoka**

78k Ponoka Lt on 2A

92k hwy 2 for 1 exit then HWY-2A, Lacombe County AB, stay on HWY-2A (South-West) 19.6 km

102 **Lacombe**

127k At 6365 HWY-2A, **Red Deer** AB, stay on HWY-2A [Gaetz Ave] (South) 4.2 km

Turn RIGHT (West) onto 32nd St 0.4 km

Turn LEFT (South) onto Taylor Dr 2.0 km [2a]

Continue (South) on HWY-2A 11.4 km

At HWY-2A, Penhold AB, stay on HWY-2A (South) 13.0 km

Hwy 2A thru INNISFAIL AB out on hwy for 1 exit to Cottonwoods exit

Straight on Cottonwoods Rd

Lt on RR 14 to Maple Dell private CG

175 km Maple Dell

Wind: not a lot

Temp cool morning and 20C afternoon

Road Conditions : hillier than expected

Accommodations : free as at a family wedding

FOOD day very long infact our very longest day ever and hope not to repeat it without a wind at our backs

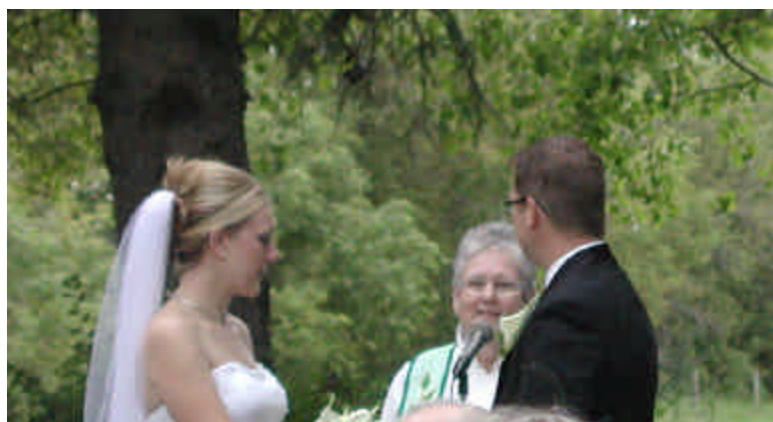
Overall pulled into the camp just as the sun was setting and set up the tent in the dark.



DAY SIXTEEN Maple Dell CG

**August 25/07 Saturday D 0 km
James and Kendras Wedding**

Great day with family and new friends.



DAY SEVENTEEN Innisfail to Cochrane

August 26/07 Sunday D 127.76 km M 46.9 A 15.4 PT 8h14 RT 11.5 h total 1152.70 km
Another long day

Cochrane AB Day 17 – Aug 26 Jessie's House 127k

0.0 Depart Maple Dell CG on Local road(s) (South) 3.6 km gravel [925Meters]

3.6 Turn LEFT (East) onto HWY-587 3.9 km

7.5 Turn Right (South) 20th St **Bowden** 3.8 km

7.7 Turn RIGHT (South) onto HWY-2 3.5 km

11.2 Bear RIGHT (South) onto HWY-2A 14.4 km

29. Turn RIGHT (West) onto HWY-27 (46 ST) 30.1 km **Olds**

55.7 Turn LEFT (South) onto HWY-22 70.9 km [**Cromona** @ 84km restaurant/hotel] [>1300meters]

126.6 Arrive HWY-22, **Cochrane** AB [AS] [~1125meters great down hill ride]

Wind: some into our faces

Temp cool morning rained overnight and raining on packing up. Continued cold and sprinkly all day

Road Conditions : Gravel no fun but once on pavement ok. Hwy 22 shoulder good most of the way but traffic heavy with Caravans and big trucks

Accommodations : fabulous indoors with family as we arrived very wet. Laundry done tent dried Angels for sure!

FOOD Breakfast: We left before the huge feast being prepared and ate a snack along the way

Lunch: Olds A&W too late for breakfast so salad and chips Not a good choice [29k 2h 29.6/14.1]

Supper: Cremona hotel Hot Chocolate and Nachos hit the spot [84.22 5h35 46.9/15.0]

Overall Very long cold day. We got soaking wet and never dried out until Cochrane. Wet shorts are not fun! Long way inbetween towns. Might have been less elevation rise and fall on hwy 2, but the traffic would be a killer especially on the exit/entrances. Great to see family on the Campbell side.



DAY Eighteen Cochrane to Black Diamond AB

August 27/07 Monday D 90.10 km M 47.6 A 16.9 PT 5h19 RT 6 h total 1242.8 km

Going to be a long day!

Black Diamond AB	Day 18– Aug 27	Lions Club CG	82k
0.0	Depart HWY-22, Cochrane AB on HWY-22 (South)	34.2 km	Bragg Cr has groceries and restaurants
	Turn Lt on 22 up hill to Rt on 762		
34.2	Turn RIGHT (South) onto HWY-762	22.2k	Quiet road
56.5	Turn LEFT (East) onto HWY-549	10.4	Millarville small grocery
67.2	Turn RIGHT (South-West) onto HWY-22	11.3 km	
78.5	HWY-22, Turner Valley AB, Hell's Half Acre CG	Turner Valley	continue 3k [restaurants]
82k	Hwy 22 Black Diamond AB	Lions Club CG in town on Rt	[grocery/restaurants/pub/hotel/motel]

Wind: not a lot nice little tail wind going south at end of the day

Temp cool morning raining before we left at NOON and never got above 8C all day Clouds all day

Road Conditions : hillier than expected on 762 but really nice downhill on 549 10k into Millarville

Accommodations : \$17 CG with showers included and power ! oh well recharged the batteries

FOOD Usual breakfast ,Picnic Lunch in Bragg Creek while it rained Supper out at the Pub in Black Diamond

Overall Repacked all our dry and clean gear [thanks to family accommodations], visited Mom in Bethany, pedaled about town trying to fix or buy a new front fender for me.... Bike shop closed Sunday /Monday and CND Tire only carries mountain bike fenders... oh well splattered legs once more. Didn't leave town until noon which is a first also, but worked out as we didn't stop much and the ride was on wet roads but not raining when we got there.



DAY NINETEEN Black Diamond AB to Maycroft AB

August 28/07 Tuesday D107.42 km M 44.7 A15.2 PT 7 h RT 8.5h total 1350.2 km

Maycroft AB Day 19– Aug 28 Maycroft/ Oldman River CG 107kk

0.0 At **Black Diamond** AB, turn RIGHT (South) onto HWY-22 17.4 km [AS]

18.6 **Longview** AB, Stay on HWY-22 (South) 39.8 km [1300m] [store expensive/gas/restaurants]

59k Chain Lakes CG turn Rt [3h50 40.6/15.2 Nanton turn off to Left] [restaurant sporadic hours]

107k continur on Hwy 22 to Maycroft CG on Old man River [No Services] boil water/ rustic outhouses \$10 [1500m]

Wind: slight from the rear

Temp cool morning –2C with heavy hard frost... tent frozen and 8C afternoon

Road Conditions : good shoulder with rumble strip rolling to Chain Lakes then more moderate to steep hills

Accommodations : no store anymore. Boil water, no fires, outhouses clean

FOOD Lunch: Picnic in Longview **Supper:** instant home dried soup/sands with veggies

Overall saw 5 really nice deer, mega horses but no cowboys. Hills very dry. More strenuous day than expected. Pretty river [catch and release] not really accessible for “bath” Boiled water x 4 with Kelly Kettle. Store closed x 2 years so Ken says we must have been the last customers! Late into camp.



Hats on the fence posts for about 3 miles!



Maycroft CG on Oldman River

DAY Twenty Maycroft AB to Pincher Creek

August 29/07 Wednesday D 54.72 km M 47.9 A16 PT 3.5 h RT 4h total 14049km

Pincher Creek AB Day 4 – Aug 29 Lions Club CG 54.0 k

0.0 Depart Maycroft CG on Hwy 22

25 Turn LEFT (East) onto HWY-3 18.5 @28k Lumbreck (G)

50k Right South on Hwy 6 [3.8k]

54 arrive in Pincher Cr follow signs to Lions CG on Creek {AS}

Wind: into a terrible head wind along the east side of the mountains, then as soon as on Hwy 3 virtually no wind and then when turned south it blew us into Pincher Cr

Temp Hazy clouds **Road Conditions:** great

Accommodations: Lions CG Grass totally dead as no rain for 6 weeks and very hot. \$5.00 Hot showers included plus a really nice enclosed shelter with power and a sink to wash dishes and picnic table inside.



Windmill Farm @ Cowley Ridge The just seem to go on and on!

DAY Twenty -One Pincher Creek to Cardston AB

August 30/07 Thursday D 83.63 km M 40.9 A18.4 PT 4.5 h RT 5h total 1488.6km

Cardston AB Day 21 – Aug 30 Lee Creek CG 80k

0.0 Depart Lions Club CG on Local road(s)

1k Straight (East) onto HWY-507 37.7 km

38.1 Bear RIGHT (South-East) onto HWY-810 9.3 km

47.4 Turn LEFT (East) onto HWY-505 14.9 km **Glenwood 1k right** [ice crème / general store/ restaurant]

62.3 Turn RIGHT [south] onto HWY-2 16 km

78k enter **Cardston AB Lee Creek CG**

Wind: tail wind for am.... Everytime we turned south a head wind... increased as day went on

Temp warm in morning for once.....15C..... 34C by the time we hit Cardston.... Legs a bit rashy

Road Conditions : excellent shoulder all the way . 507 quiet ridding side by side; 810 still quiet... Hwy 2 busier thru Blood Band First Nations Reserve all afternoon

Accommodations : Lee Cr Campground right behind the Carriage Museum \$15.00

FOOD Lunch: Picnic at Glenwood with great ice cream for dessert

Supper: went out to ok family restaurant. Not much for Veggitarians ... toasted cheese multigrain sand with salad and veggie soup... not too bad!

Overall Good ride, but very hot come afternoon. Cooling off nicely tonight after the sun down. Went to Remington Carriage Museum. Really neat to look at the old buggys. Well worth the \$9 per adult. Wheat fields being harvested all along the way. Saw a Combine crew of about 6 combines moving rapidly thru the field to get done in a hurry. I think they must have huge ranches here as the homes are few and far between.



Harvest time: Wheat