Bike Courses

Sprint 20 km

Standard 40 km

All cyclists
Turn-around # 1 at 5.6 km

Sprint
Turn-around # 2 at 12.6 km

Olympic
Turn-around # 2 at 22.6 km

Transition Area
Bike Start / Finish

Elev. 770m

Kootenay River

To Invermere and Calgary

Wasa Lake

To Fort Steele & Cranbrook

Rest Area

13 m elev. hill to 785 m

19 m elev. hill to 823 m

14 m elev. hill to 837 m

27 m elev. hill to 844 m

28 m elev. hill to 808 m

19 m elev. hill to 823 m