

## Rocky Mountain 1200 (Traditional)

### Summary

A dramatically scenic circle route from Kamloops through the Rockies. Riders will be challenged by 5 major climbs, Yellowhead Pass, Sunwapta Pass, Bow Summit, Kicking Horse Pass and Rogers Pass and travel through 5 major wilderness parks before returning through the fertile Okanagan to Kamloops.

### Route Synopsis

Start		Kamloops
123	km	Clearwater
229	km	Blue River
319	km	Valemount
443	km	Jasper *major sleep control
530	km	Beauty Creek ** limited sleep control
677	km	Lake Louise
763	km	Golden *major sleep control
913	km	Revelstoke ** limited sleep control
1025	km	Enderby
1075	km	Lavington *major sleep control
1206	km	Kamloops

### Scenery

This is a fabulous ride beginning with peaceful rolling ranchland along the North Thompson River leading to Clearwater, the gateway to Wells Gray Park followed by stunning views of Mt. Robson on the approach to Yellowhead Pass. Entering Jasper National Park, riders are treated to wonderful wildlife viewing opportunities and spectacular vistas of glaciers, alpine lakes and meadows along the world renowned Icefields Parkway as they are challenged by Sunwapta Pass and Bow Summit on their way to gorgeous Lake Louise in Banff National Park. Next is a breath taking descent into Golden through the Kicking Horse Pass and Yoho National Park and over the new Park Bridge, a 400 metre long engineering marvel spanning the Kicking Horse River. Leaving Golden, riders climb to majestic Rogers Pass through beautiful Glacier National Park in the Selkirk Mountains with expansive views of snow capped peaks and lush forests followed by a glorious descent into Revelstoke on the banks of the Columbia River. The next leg takes riders through picturesque Three Valley Gap, past historic Craigellachie, site of the last spike marking the completion of the cross Canada railway in 1885 and on to Sicamous where the route turns south paralleling Mara Lake then continuing on to Lavington. The last leg closes the loop along on quiet roads through rolling farms and ranchland with an adrenaline rushing descent down to Monte Creek before the final stretch southwest along the South Thompson to the finish.

### Road Conditions

- Kamloops to Jasper (443km) follows highways with moderate traffic and generally a good shoulder.
- Jasper to Lake Louise (234km) along the Icefields Parkway is double lane with a rideable shoulder for most stretches, frost heaves can make the surface rough at times but the scenery is truly spectacular.
- Lake Louise to Sicamous (309km) follows Trans Canada Hwy with moderate to heavy traffic depending on the time of day. Good to excellent shoulders for most of this section although there is a 4 kilometre section of narrow winding road and construction before entering Golden.
- Sicamous to Monte Creek (192km) is along secondary routes and quiet back roads with minimal traffic.
- Monte Creek to Kamloops (28km) is highway and city streets, moderate to heavy traffic, good shoulders.

### Running the Ride

- This is the traditional route with well established control locations and detailed information on costs, local facilities and contacts readily available.
- This route has proven international appeal with a wait list of 20+ interested foreign riders for 2012.
- The start/finish location in Kamloops is a good volunteer base and is less than 4 hours from Vancouver by car, accessible by bus and air with daily flights to and from Vancouver International Airport.

### Route proposal by Roger & Ali Holt

We are willing to organize this ride, are experienced ride organizers with a strong core of confirmed volunteers.