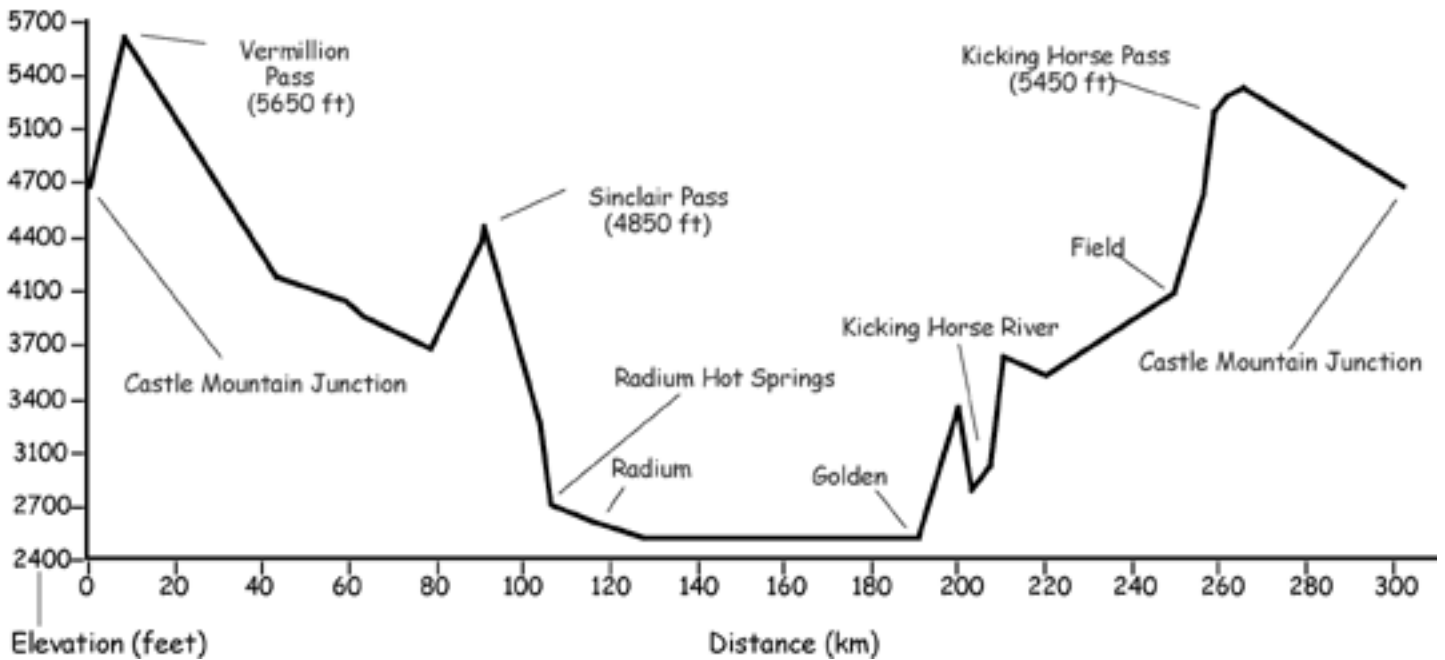


**ELBOW
VALLEY
CYCLE
CLUB**



**GOLDEN
TRIANGLE
YEAR
2007**



CONGRATULATIONS ON JOINING THE GOLDEN TRIANGLE.

REMEMBER THE GT IS NOT A RACE. HAVE FUN!

A FEW NOTES TO START WITH:

- Day 1 parking is at the gravel pit and a few other pull-outs located at the Castle Mountain turn off approximately 850 metres from highway #1. (see maps on last page)
- Day 1 camping is at the Radium Baseball Diamonds. (see maps on last page)
- Day 2 camping is at the Golden Municipal Campground. (see maps on last page)

PLEASE TRY TO BRING YOUR OWN CUP AND PLATE FOR LUNCHES IF YOU CAN.

PLEASE LIMIT YOUR BAGGAGE - 1 PIECE ONLY (SIZE 1.5M X 1M, 15 KG)

MORE INSIDE!

Welcome to the 2007 Golden Triangle! The tour takes place on the May 19-21st long weekend. This booklet will give you information about the Golden Triangle and a detailed route description showing distances, elevations and of points of interest along the way.

PARKING AND REGISTRATION

Riders must check in on Saturday May 19th between 7:30 am and 9:00 am *SHARP* at the Castle Mountain Gravel Pit. To find the pit, turn off Highway 1 at the Hwy 93 junction and go east a little way (~ 850 m) towards the Hwy 1A junction. Turn left before crossing the railway tracks. Please come early as parking is limited. No trailers please. Other clubs will be vying for space too.

Park **only** in the gravel pit or other locations marked on the map on the last page - or you will be ticketed. Make sure you have a park sticker on display - otherwise you will also get a ticket. Parking is limited so car-pool if possible. No overnight camping is allowed in the gravel pit.

- Be sure to tag your own bag - one bag per person - pack it tight - it'll be tossed in and out of the truck!

At the registration desk you will receive:

- a wrist-band - keep it on all weekend, it will be checked at feeding stations. If you lose your wrist-band you will need PHOTO-ID to get a replacement – No EXCEPTIONS, SORRY.
- A piece of survey tape to identify you as an EVCC rider. Put in on the back of your helmet.
- a 24th anniversary EVCC GT T-shirt
- a bag of gorp to get you started!

FITNESS

Most people find this a tough ride, especially since it is early in the season. Inclement weather can make the trip harder. There are some very big hills and you cover over 100 km each day. We suggest you ride *at least* 750 km prior to the GT, including at least one 100 km day. We want you to enjoy the view and good conditioning helps.

SAFETY

- The Golden Triangle sets a high standard of safety for all cyclists. Do not spoil the enjoyment and fellowship of this event through carelessness or reckless behaviour. Sometimes cyclists get caught up in the excitement of seeing so many other riders that they forget the ride is along roadways shared with cars and commercial vehicles.
- You must ride single file on BC highways... it's the law! Day 3 of the ride is on the Trans-Canada highway. Traffic volume is heavy and the shoulders are narrow. Ride carefully. The RCMP will issue tickets for cyclists not riding safely.
- Helmets are mandatory throughout the ride - and are a legal requirement in BC.
- Wear bright clothing - the popular lurid green jackets show up well.
- Use good judgment and encourage others to do the same. Observe **all** traffic signs and regulations. Observe the club signs which will be set up in problem areas.
- When passing make sure there are no approaching motorists about to overtake, then pass quickly.
- Ride in a straight line and as far to the right as possible. Allow room for faster cyclists to pass. The RCMP will issue tickets to riders who cross the shoulder line when ample shoulder space is available
- Keep other cyclists warned of your intentions by calling "On your left" or "Passing". If you stop to rest or repair, move off the road - particularly important on hills where the shoulder is often very limited.
- Riding closely behind others (drafting) is not recommended on the GT. It is very easy to lose concentration and bring down a whole group of cyclists. Many accidents in previous years have occurred when drafting – injuries included road rash, broken wrists and hips.

FIRST AID AND MEDICAL HELP

Most GT support vehicles have basic first aid kits and some people certified for basic first aid. **We cannot provide any medication.** If you need aspirin or ibuprofen for aches and pains you must purchase or bring it yourself.

EQUIPMENT

Be prepared for rapid weather changes. You will **not** be able to access your bag in the luggage truck. Carry warm, weatherproof clothing with you. Often the weather is excellent, however on rare occasions we have encountered sleet and snow!

Make sure your bike is in **perfect** condition prior to the tour. Check your bearings, chain, brakes, spokes, shifters and cables. Don't expect the tour mechanic to do routine maintenance.

MEALS

Be environmentally friendly - bring your own cup and plate for lunches. Meal times are listed on page 7. If you arrive early at a stop be prepared to wait until the food crew is set up.

Extra meals can be purchased from David Bininda, subject to availability. \$15.00 for dinner, \$5.00 for breakfast (half price for kids).

SUPPORT VEHICLES

The ride is supported by marked vehicles equipped with radios and manned by members of the Calgary Amateur Radio Club and EVCC volunteers. All vehicles have first aid kits. **Private sag wagons are strongly discouraged and are not permitted in the camp-grounds.**

MECHANIC

A mechanic will be available for major problems throughout the tour. You are expected to fix flats and other minor problems yourself. Carry money to pay for any needed parts. Don't expect our mechanic to carry exotic spare parts for your

bike. Stock parts carried by the mechanic are very generic.

BAGGAGE

It is not necessary to pack everything listed on page 5 for this weekend. This list is provided as a suggestion only. Pack intelligently. Your bag is allowed to be 35 pounds only. Anything over 40 lbs. will be charged \$1.00 per pound. Bags will be treated roughly- heavier bags more so. Lighter bags are much appreciated by all luggage loaders (usually other GT cyclists). Your name and phone number **must** be on your bag.

EMERGENCY

In case of accident where medical assistance is necessary, flag down a support vehicle for assistance, or call one of the following numbers:

Banff RCMP	(403) 762-2226
Banff Hospital	(403) 762-2222
Lake Louise RCMP	(403) 522-3812
Invermere RCMP	(250) 342-9292
Invermere Hospital	(250) 342-9201
Golden RCMP	(250) 344-2221
Golden Hospital	(250) 344-5271

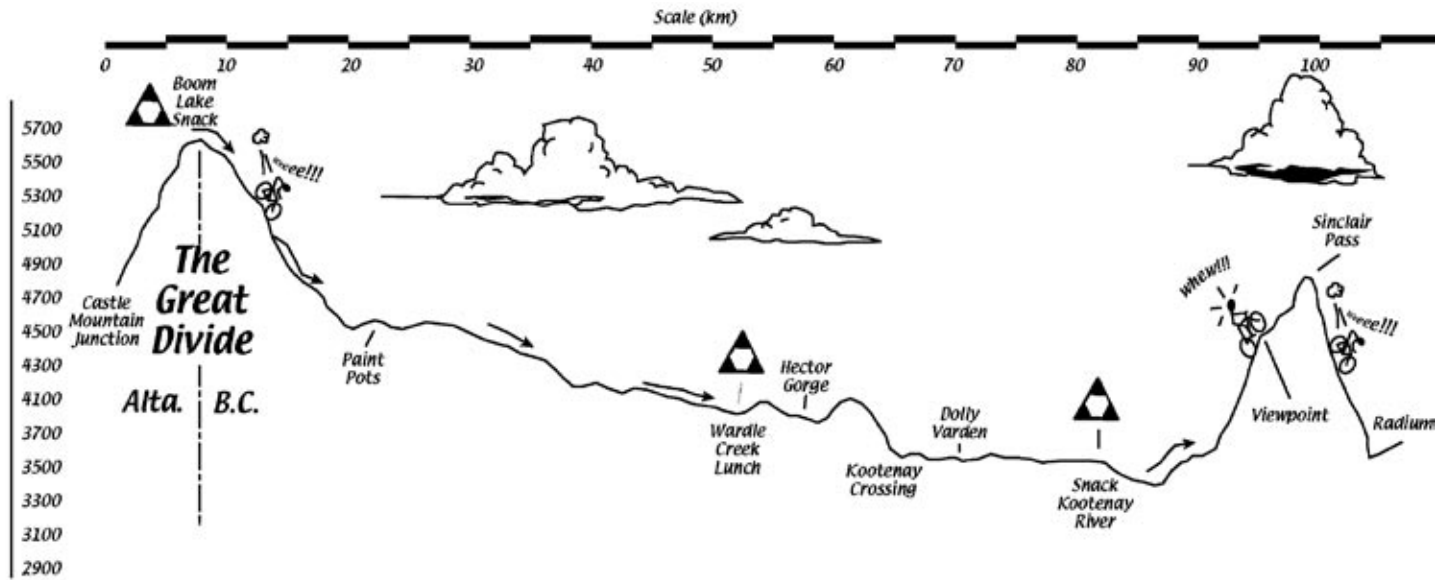
FINALLY

Remember, the GT is **not** a race. Enjoy the scenery of the Rockies and have a great weekend!

COORDINATORS AND VOLUNTEERS

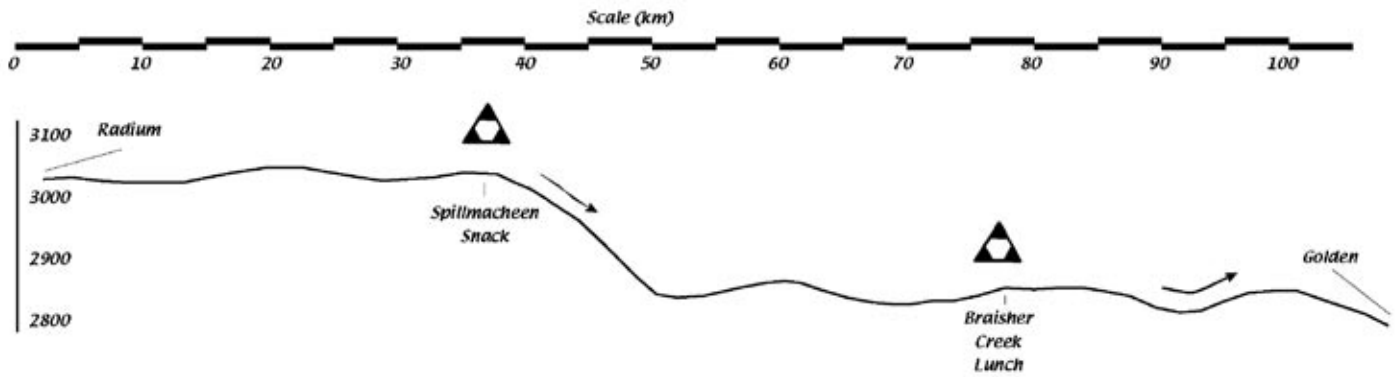
David Bininda (General Coordinator)
 Ray Norman (Assistant Coordinator)
 Brenda Ryder (Registration)
 Don Lloyd (Radio Club Coordinator)
 Lee Dobson (Snacks and Lunches Coordinator)
 Calgary Amateur Radio Association (on road support)
 Food and Snack volunteers

ELBOW VALLEY CYCLE CLUB



Distance (Km)	Distance to Go	Code	Elevation (Feet)	Location	Facilities - See Key
0.0	106.39		4,735	Castle Mountain Gravel Pit	Start of Ride!
0.88	105.51	J	4,757	Straight on	Hwy 1 to L and R
6.3	100.36	R	5,658	Storm Mtn Lodge	Ph
7.56	98.83	H	5,730	Top of hill	
7.89	98.50	R	5,711	Boom Lake	Snack, PA, T
10.95	95.44	L	5,438	Cont. Divide AB-BC Boundary	
14.31	92.08	L	5,210	Stanley Glacier	Trailhead
18.32	88.07	L	4,808	Marble Canyon	Exhibit, T, Ranger Station
20.58	85.81	R	4,720	Paint Pots	PA, W, T
25.23	81.16	R	4,557	Numa Falls	PA, W, T
33.47	72.92	R	4,345	Floe Lake	Trailhead
41.75	64.64	R & L	4,154	Vermilion Crossing	Store, T, PA
48.17	58.22	L	4,094	Sir George Simpson	Exhibit
49.32	57.07	L	4,020	Animal Lick	Exhibit
51.39	55.00	R	4,079	Wardle Creek	Lunch, PA, T
57.85	48.54	L	4,149	Hector Gorge	Viewpoint
60.84	45.55	R	3,922	Kootenay Pond	
61.85	44.54	R	3,884	Kootenay Crossing/Ranger Station	Exhibit
68.93	37.46	L	3,819	Dolly Varden	PA, T, W
76.39	30.0	L	3,741	Mount Harkin	Exhibit
77.60	28.79	L	3,748	McLeod Meadows	Campground
78.11	28.28	L	3,727	McLeod Meadows	PA, W, Shelter
81.62	24.77	L	3,673	Kootenay River	Snack, PA, W, T, Bottom of Hill!
85.48	20.91	J	3,950	Straight on	Settler's Road to Right
89.20	17.19	L	4,487	View Point	Exhibit
89.80	16.59	L	4,500	Cobb Lake	Trailhead
92.51	13.88	L	4,866	Olive Lake	PA, T, Top of Hill!
102.53	3.86	L	3,353	Radium Hot Spring	Hot Pool, T
104.25	2.14		3,041	Kootenay Park	Park Exit
105.53	0.86		2,889	Radium Townsite	Turn left at intersection into Radium
106.39	0.0		2,852	Radium Camping	End of Ride!

Codes: B - Bridge; H - Hill; J - Junction; PA - Picnic Area; Ph - Phone; T - Toilet; W - Water; R - Right; L - Left.

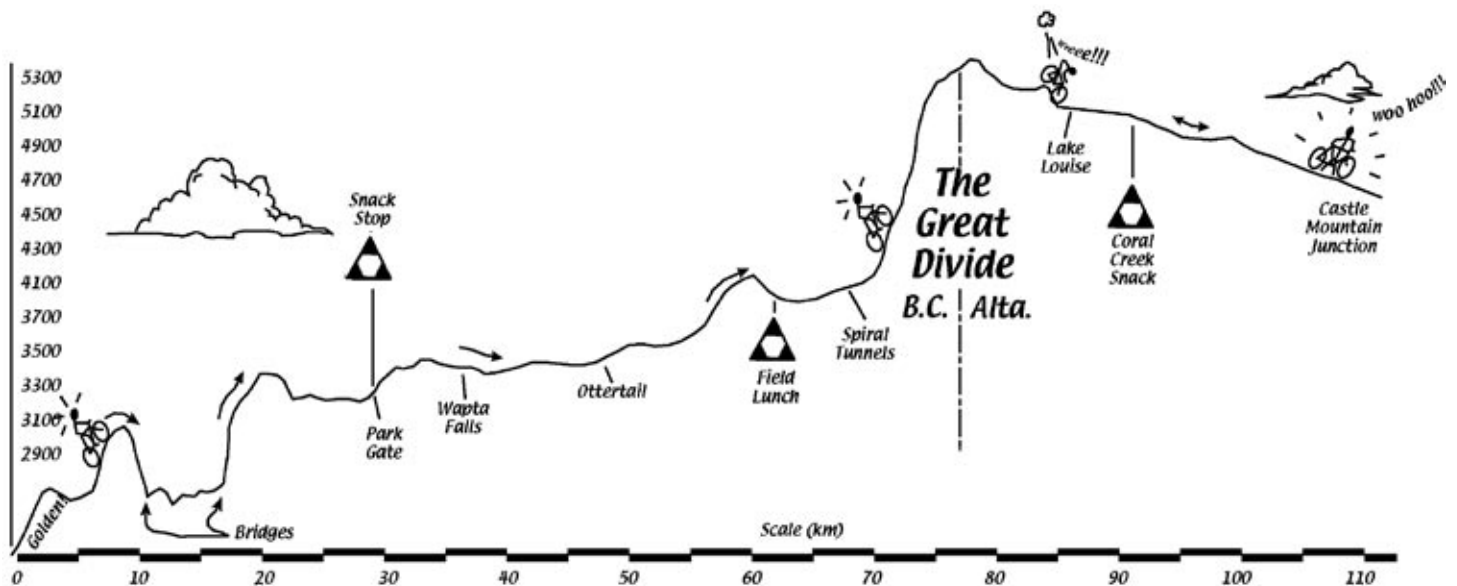


Distance (Km)	Distance to Go	Code	Elevation (Feet)	Location	Facilities - See Key
0	105.20		2,800	Radium Campground	Start of Ride!
0.62	104.58	J	2,800	Turn Left to head out of town	
9.40	95.80	J	2,900	Straight on	Edgewater village to Right
16.18	89.02	B	2,850	Kindersley Creek	
18.94	86.26	R	2,800	Spur Valley	
22.93	82.27	B	2,700	Deadman Creek	
28.77	76.43	J	2,700	Straight on	Bugaboo Glacier Road to Left
29.05	76.15	R	2,700	Brisco	Store
34.92	70.28	L	2,600	Spillimacheen Rest Area	Snack, PA, T
70.65	53.2	R	2,600	Harrogate	Store, T
51.00	54.20	R	2,600	Castledale	Village
54.00	51.20	L	2,600	Parson	Village, Store
77.94	29.26	R	2,600	Braisher Creek Rest Area	Lunch, PA, T
96.49	8.71	J	2,600	Straight on	Nicholson to Right
102.44	2.76	R	2,600	Wildlife viewing area	Exhibit
104.15	1.05	J	2,600	Golden Town Centre	Turn Right at lights
105.20	0.0		2,600	Golden Campground	End of Ride!

Suggested Cycle Camping Checklist

Office	Tools	Washroom	Cycling Gear
Pen	Lock	Toothbrush & paste	Helmet
Sunglasses	Wrenches	Soap, Sun Screen, Bug Juice	Windbreaker / Shell
Route Maps	2 Tubes	Toilet tissue	Sweater and T-shirts
Watch	Tire Levers	Comb	Shorts, gloves, shoes
Money and Plastic	Pump	Towel (doubles as a pillow)	Socks
ID and Licence	Patch Kit	First aid kit	Panniers or Fanny Pack
Camera & Film	Allen Wrenches		
Bedroom	Rain / Cool Weather Gear		Off the bike
Tent	Thermal tights and socks		Casual pants
Sleeping bag	Toque		Runners or sandals
Sleeping pad	Warm sweater		Undies
	Helmet cover		Swimsuit & towel
	Booties		
	Warm cycle gloves		

ELBOW VALLEY CYCLE CLUB



Distance (Km)	Distance to Go	Code	Elevation (Feet)	Location	Facilities - See Key
0	111.47		2,591	Golden Campground	Start of Ride!
1.03	110.44	J	2,575	Turn right at lights	
2.37	109.10	J	2,602	Follow off ramp out of Golden	Hwy 1 back to Castle Mountain
11.02	100.45	H	3,264	Drop into Kicking Horse River Valley	
13.50-22.62		R		Construction - narrow shoulders	please ride carefully
20.02	91.45	H	3,660	Rest Area	Pa, Tl
30.14	81.33	R	3,708	Old Info Centre - Snack	Map, Start of Yoho Park
33.88	77.59	R	3,623	Wapta Falls	Trailhead
35.75	75.45	L	3,607	Chancellor Peak	Campground
36.02	75.72	R	3,626	Hoodoo Creek	Trailer Camp
37.47	74.00	L	3,630	Faeder Lake	Exhibit, PA, T
42.27	69.20	L	3,729	Finn Creek	PA, W, T
46.78	64.69	L	3,842	Ottertail	Exhibit and Picnic area
58.39	53.08	R	4,142	Field Townsite	Store, Police
58.39	53.08	R	4,142	Information Centre	Lunch, PA, T, Ph
62.29	49.18	H	4,158	Steep Uphill	The "Field Hill"
65.69	45.78	L	4,798	Spiral Tunnels	Exhibit
69.75	41.72	L	5,237	West Louise Lodge	Hotel, Ph
74.36	37.11		5,418	BC-AB Boundary -Great Divide	High point, Kicking Horse Pass
81.38	30.09	J	5,111	Stay on #1 Hwy	Hwy 93 to Jasper to R
84.11	27.36	J	5,097	Take Off-ramp Right	Highway 1A to Lake Louise
85.00	26.47	J	5,220	Turn Right	Lake Louise ski area to R
85.54	25.93	R	5,315	Parkway Map	Exhibit
87.85	23.62	R	5,029	Corral Creek	Snack, PA, W, T
89.19	22.28	L	5,021	Outlet Creek	Exhibit
96.24	15.23	R	4,930	Baker Creek	Motel, Restaurant, PA, Ph
96.47	15.00	L	4,880	Baker Creek	Exhibit, PA, T
99.55	11.92	L	4,863	Protection Mountain	Campground, Ph, T, W
106.37	5.10	L	4,767	Castle Lookout	Trailhead
108.78	2.69	R	4,773	Storm Mountain	Exhibit
110.24	1.23	L	4,710	Castle Cliffs	Exhibit
111.18	0.29	J	4,704	Castle Junction	Ph,T, St, PA, Gas
111.47	0.0		4,707	Castle Mountain Gravel Pit	End of Ride!

TOUR SUMMARY

Day 1

Food Locations	Distance	Open Time
Snack - Boom Lake Trailhead	7.89 km	9:00 am - 10:30 am
Lunch - Wardle Creek Picnic Area	51.39 km	11:00 am - 1:30 pm
Snack - Kootenay River Area	81.62 km	1:30 pm - 3:30 pm

Camping Baseball diamonds in Radium Townsite, West of motel strip. Hot water available (no showers). Shuttle Bus available to the Radium Hot Springs from 3:30 - 9 pm or stop in for a soak as you cycle past (it's downhill from the Hot Pool to the campground).

Luggage All luggage will be dropped at the campground by 3:30 pm.

Dinner Outside the Radium Community Hall, by the baseball diamonds from 5:00 pm - 7:00 pm - catered by the Lake Windermere Lions Club. The beer garden, cash bar, (3:00 pm - 8:00 pm) is at the same location.

Day 2

Breakfast Outside the Radium Community Hall, from 7:00 am to 9:00 am - catered by the Lake Windermere Lions Club. .

Luggage Must be packed and in the truck at Radium Baseball Diamond by 8:30 am. All luggage will be dropped off at the Golden Campground by 3:30 pm.

Food Locations	Distance	Open Time
Snack - Spillmacheen Rest Area	34.92 km	9:30 am - 11:00 am
Lunch - Braisher Creek Rest Area	75.94 km	11:00 am - 1:30 pm

Camping At the Golden Municipal Campground. (250) 244-5412. Showers are available at the campground (coin-op) and also at the Golden Public Pool (we pay for you!) - right beside the campground. Camping is included in GT registration price for riders only. Any additional friends or family must register at campground office and pay additional cost per person.

Dinner In the Golden Curling Club 5:00 pm - 7:00 pm - catered by Canyon's Edge Catering.

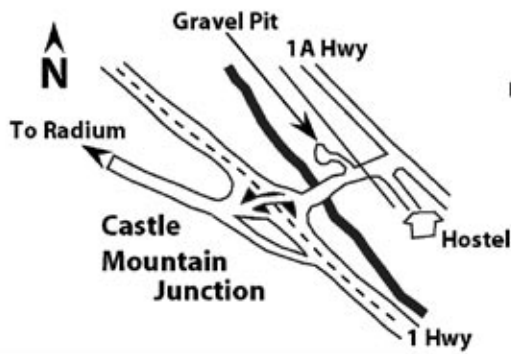
Day 3

Breakfast In Golden Curling Club, 7:00 am - 9:00 am - catered by the Golden Lions Club.

Luggage Will be picked up in Golden campground by 8:30 am. All luggage will be dropped off at Castle Mountain Gravel Pit by 3:00 pm.

First Snack

Food Locations	Distance	Open Time
Snack - Old Info Centre Map. Yoho Park	30.14 km	9:30 am - 11:00 am
Lunch - Field Information Centre	58.39 km	11:00 am - 1:30 pm
Snack - Coral Creek	87.58 km	1:30 pm - 3:00 pm

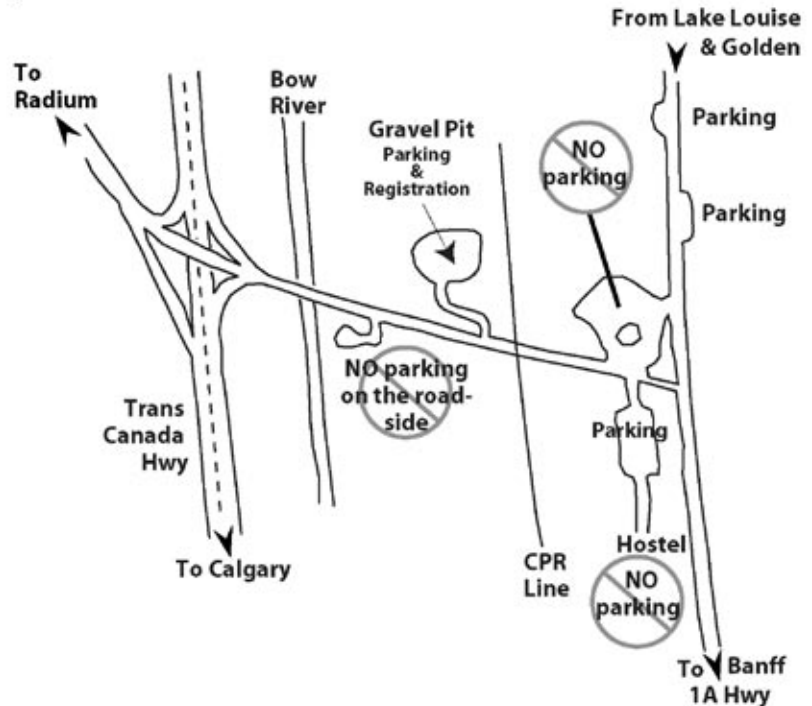


Townsite Maps

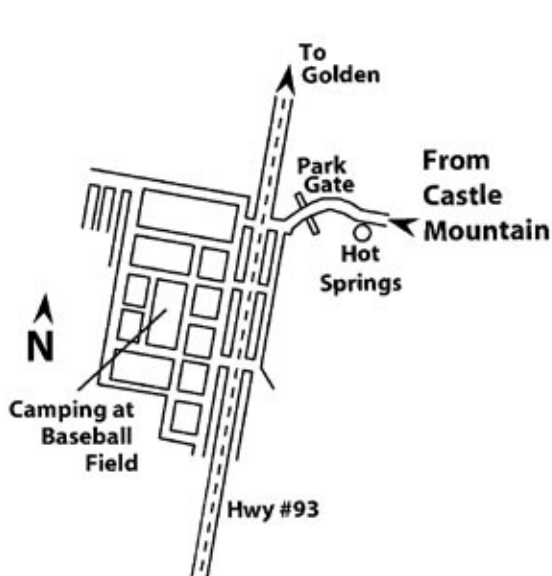
— Detail of map at left

**Castle Mountain Junction
Registration Day 1 & End
of Trip Day 3**

- o Please do not litter
- o **Park only in the areas indicated in the map**
- o Riders from other cycle clubs ride on this weekend reducing the already limited parking available so car pool if you can.
- o **Do not park on the road-side, you will be ticketed.** Roadside parking leaves ruts which reduces re-growth for the year and encourages others to park there as well.
- o Don't forget your National Park Pass!



Radium Townsite Camping Day 1



Golden Townsite Camping Day 2

