

stage	from	to	distance km	elev gain meter (Wahoo)	elev gain meter (Garmin)	moving time	average speed km/h	Note
1	Canmore	Kananaskis Lake	79.06	1354	1172	5:14	15.1	
2	Kananaskis	Elkford	81.41	947	854	4:30	18.1	
3	Elkford	Sparwood	46.24	486	291	2:48	16.5	
4	Sparwood	Elko	74.89	1397	1088	5:57	12.6	bad weath
5	Elko	Eureka	72.26	466	457	3:13	22.4	
6	Eureka	Polebridge	92.28	1228	1085	5:34	16.6	
7	Polebridge	Whitefish	76.39	1012	898	3:53	19.7	
8	Whitefish	Swan Lake	106.02	1070	1027	5:11	20.4	
9	Swan Lake	Lake Holland	86.53	1246	1035	4:41	18.5	
10	Lake Holland	Seeley Lake	54.82	991	926	3:34	15.4	
11	Seeley Lake	Lincoln	105.72	1457	1284	5:44	18.4	
12	Lincoln	Helena*	86.05	835	738	3:50	22.4	via Hway 2
13	Helena	Butte*	130.94	2079	1866	7:28	17.5	via Clancy
14	Butte	Wise River	87.87	1585	1461	5:43	15.3	
15	Wise River	Bannack	92.42	1067	895	4:33	20.3	
16	Bannack	Lima	129.52	1238	1153	6:29	19.9	
17	Lima	Henrys Lake	122.09	891	875	6:04	20.1	
18	Henrys Lake	Warm river	77.73	338	222	3:48	20.4	
19	Warm River	Colter Bay	102.97	1488	1279	5:55	17.4	
20	Colter Bay	Lava Mountain	86.61	1300	1111	4:33	19.0	
21	Lava Mountain	Pinedale	142.51	1542	1357	7:51	18.1	
22	Pinedale	Atlantic City	143.18	1558	1361	6:43	21.3	
23	Atlantic City	Rawlins*	70.81	614	1005	3:30	20.1	stopped at
24	Rawlins	Ladder Ranch	120.38	1714	1629	7:10	16.8	via Columl
25	Ladder Ranch	Steamboat Springs*	92.11	1181	971			stopped a
		<b>totals</b>	<b>2,361</b>	<b>29,084</b>	<b>26,040</b>			

