



Ride Through the Rockies

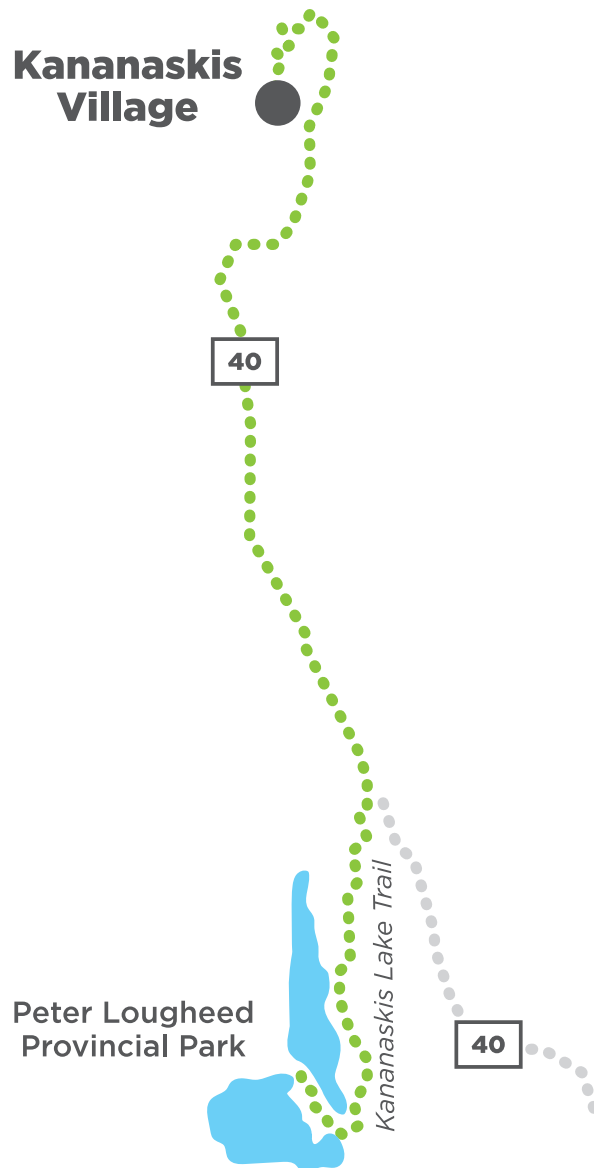


ABOUT RTTR

Ride Through the Rockies is an annual charity fundraiser held in the beautiful Canadian Rockies. Approximately 30 riders cycle over 300kms with money raised going directly to Southern Alberta Habitat for Humanity. It's a non competitive cycling event that's entering its sixth year of incredible journeys.

Stage One

92km 984m elevation gain



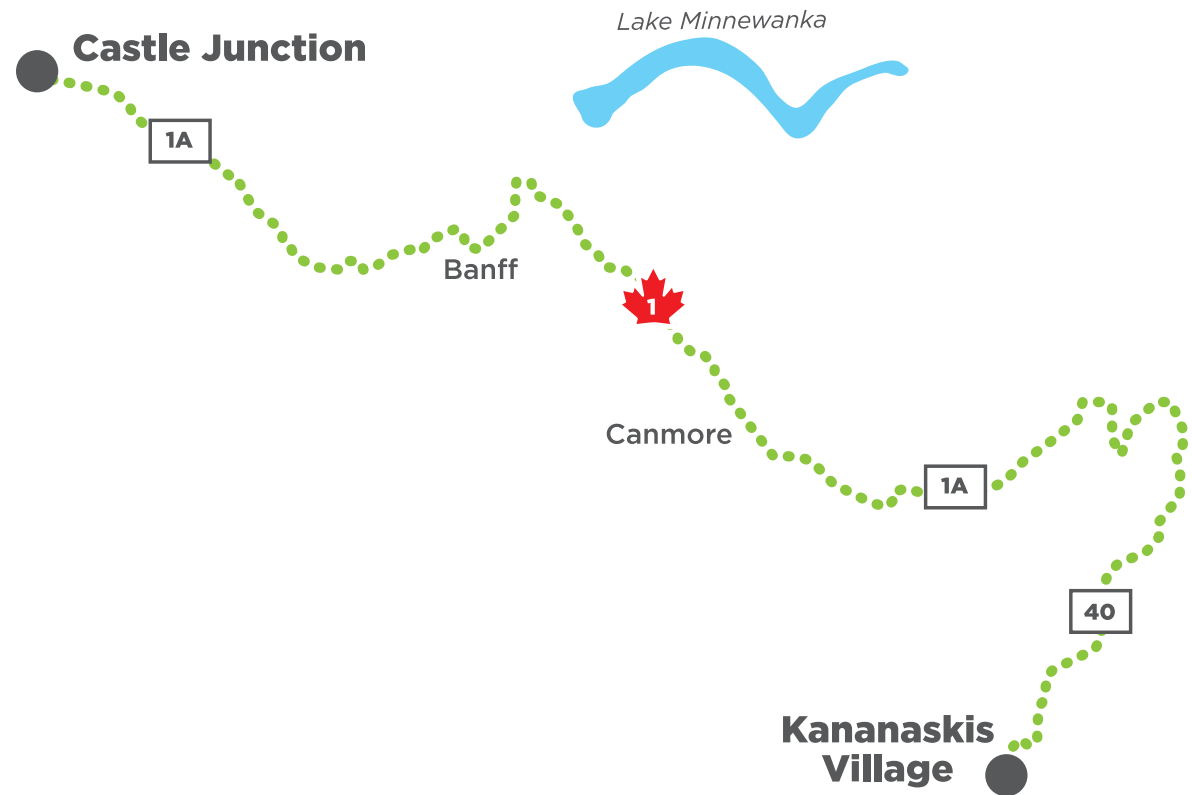
Friday, August 23rd

Our ride begins from Pomeroy Kananaskis Mountain Lodge and take us up Hwy 40 towards the Highwood Pass but don't panic as we will not be riding the pass today. We will be riding into the Kananaskis Lakes area where a lunch stop will be provided before returning back to the Delta Kananaskis Hotel for a massage, snacks and a well needed dinner after completing the 92km route with nearly 1000m of climbing.

www.strava.com/routes/11801663

Stage Two

120km 2,783m elevation gain



Saturday, August 24th

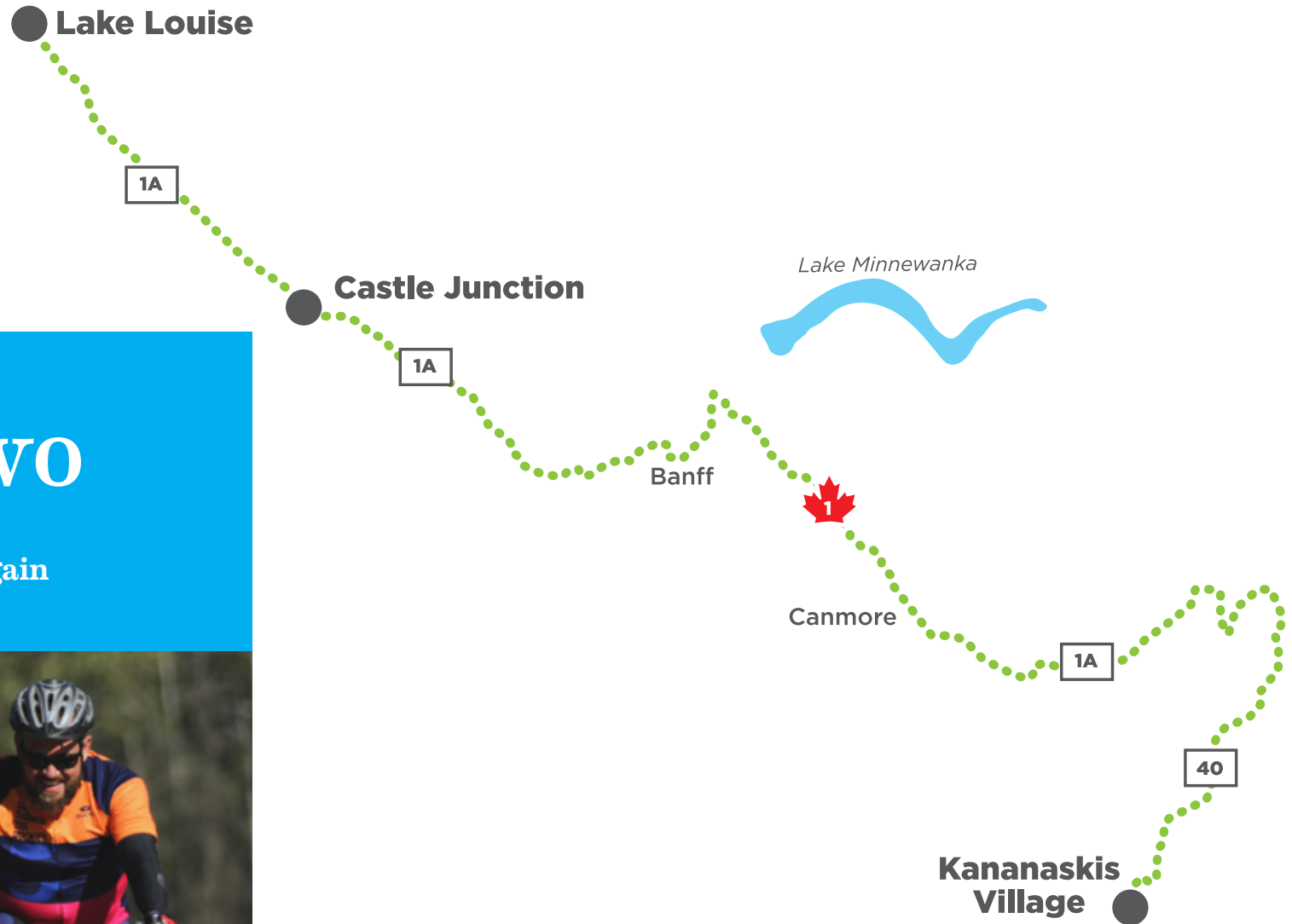
We will be racking the bikes in the morning and transporting the riders out to Castle Junction on the Banff Parkway where we will start our ride. You will enjoy the Banff Parkway before hitting the Legacy Trail into Canmore where a well need lunch stop will be provided. Back on the road heading to Pomeroy Kananaskis Mountain Lodgel where we will have finished 120km's and over 2700m of climbing. Star Building Materials will be hosting our celebration dinner back at the Hotel that evening where you and your family are welcome.

www.strava.com/routes/17780279

Stage Two

optional

172km 3,197m elevation gain



Saturday, August 24th

The optional route takes you out to Lake Louise before returning back to the same route as the others. It is recommended for only experienced and well trained cyclists.

www.strava.com/routes/17596035

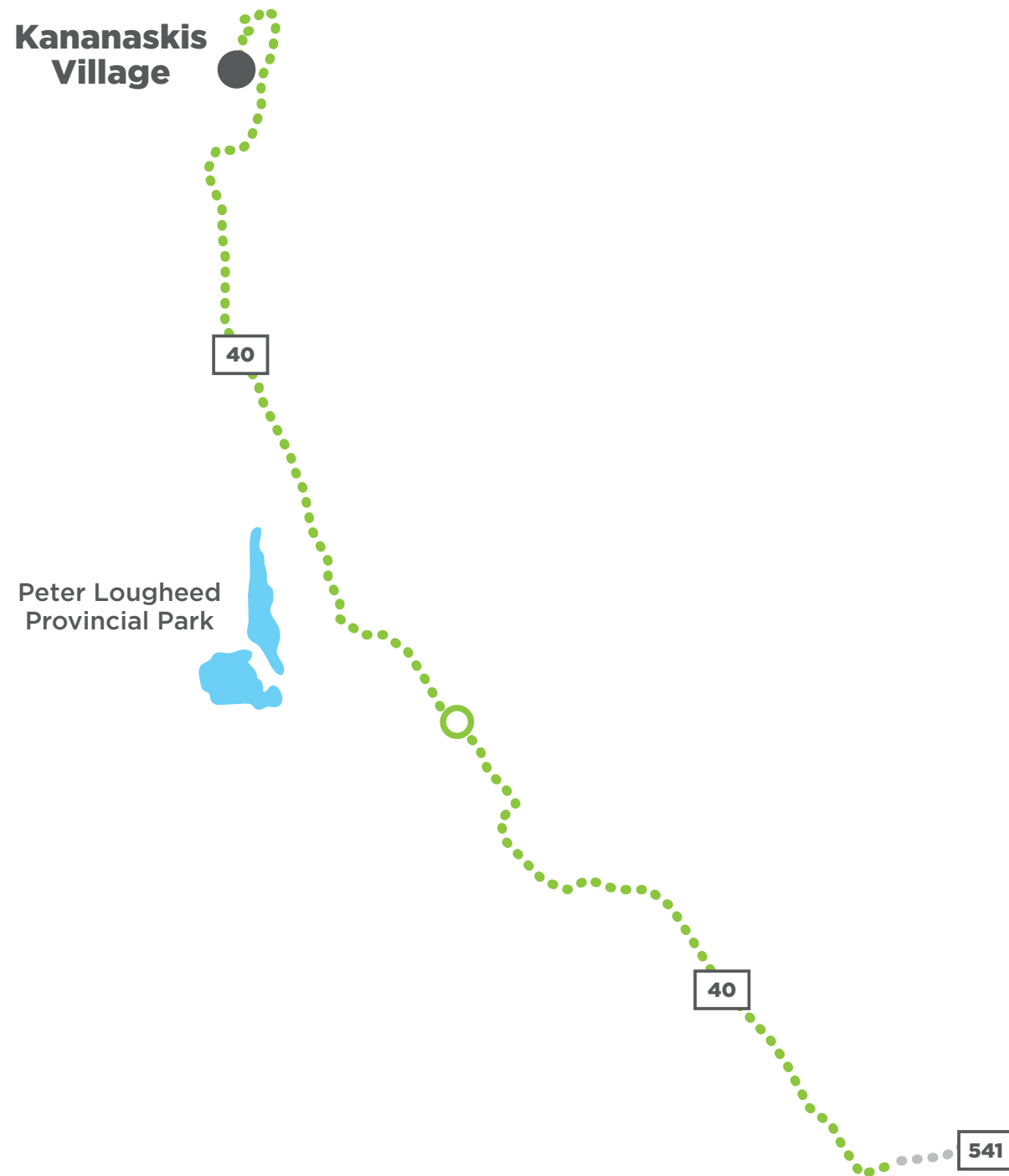
Stage Three

123km 1,272m elevation gain

Sunday, August 25th

Again we will be racking the bikes and transporting the riders up to the peak of Highwood Pass (Canada's Highest Paved Pass) where we will start by descending down the South side of the Highwood and turning around to begin the 38km climb back to the summit where lunch will be served (you can always count on some hot soup). We will then descend the North side of the pass back to Pomeroy Kananaskis Mountain Lodge where we will celebrate completing our 123km day with 1272m of climbing before departing for home.

www.strava.com/routes/6297371



Ride Support



What to expect on your journey

- You'll be greeted by an energetic cast of passionate volunteers at every stage of your ride. Each morning the group will enjoy breakfast together in a private suite hosted by Habitat for Humanity. On the ride, volunteers will be set up every 30kms at aide stations and will provide you with water, Gatorade, banaas and energy bars to keep you going. Lunch will be served at approximately the half way point on each day will give you a chance to stop and enjoy the comradery, re-group or re-fuel with enthusiasm provided by our team of volunteers.
- Each aide station will have a first aid attendant and we also provide a traveling Emergency Medical Technician for any unexpected emergencies.
- If bike maintenance is required enroute you can look to the riders within your group to help. If you require more expertise or parts, the sweep vehicle will take care of transporting you back to the hotel.
- You can expect cheering volunteers at every turn to ensure you stay on route through your journey.

Accommodation

Kananaskis Lodge

A block of rooms at the Pomeroy Kananaskis Mountain Lodge have been booked at a special rate of \$179.00 per night in support of Ride Through The Rockies. The hotel boasts a pool and hot tub as well as the Kananaskis Nordic Spa spanning 50,000 square feet of indoor/outdoor space, Kananaskis Nordic Spa features* a Relaxation Lodge, four outdoor pools, five steam and sauna cabins, exfoliation room, heated hammocks, fireside lounges, meditation labyrinth, heated lounge chairs with personal music stations, dream lounge, yoga studio, eight treatment rooms, massage therapists, and the Two Trees Bistro.

www.lodgeatkananaskis.com



Habitat for Humanity



Habitat for Humanity

Habitat for Humanity Southern Alberta is a non-profit organization that brings the community together to help families build strength, stability and independence through affordable home ownership. With the help of sponsors, donors, community partners and volunteers, we build homes alongside future Habitat homeowners to provide a solid foundation for better, healthier futures. Families purchase their homes through Habitat's affordable mortgage, where mortgage payments are geared toward each family's income level, and never exceed more than 30 per cent of their total household income. Since 1990, we have partnered with 280 families across southern Alberta, affecting the lives of 627 children.

www.habitatsouthernab.ca

Ride Through the Rockies

