**BC Epic 1000**

**Mileage and POI Sheet**

Bold are major towns/cities along the route

W - Water                    F - Food                     A - Accommodation                      B - Bike Shop

|  |  |  |  |
| --- | --- | --- | --- |
| **Point of Interest** | **Distance into Race** | **Distance from previous POI** | **Services Available**  |
| **Merrit** | 0 | 0 | W,F,A,B |
| Otter Lake Provincial Park Park | 80 | 80 | W,A |
| Tulameen  | 85 | 5 | W,F |
| Coalmont | 92 | 7 | W,A |
| **Princeton** | 110 | 18 | W,F,A,B |
| Chain Lake West Rec Site | 153 | 43 | A |
| Teepee Lake Resort and Store, Link Lake Rec Site  | 158 | 4 | W, A, ?F |
| Osprey Lake North Rec Site | 160 | 2 | A |
| Summerland | 208.5 | 48.5 | W,A,F |
| **Penticton** | 224 | 15.5 | W,F,A,B |
| Chute Lake | 265 | 41 | W,F,A |
| Hydraulic Lake Rec Site | 315 | 50 | A |
| Beaverdell | 369 | 54 | W,F,A |
| Kettle River Rec Area | 412 | 43 | W,A |
| Rock Creek | 419 | 7 | W,F,A |
| **Midway** | 439 | 20 | W,F,A |
| Boundary Creek Prov Park | 448.5 | 9.5 | W,A |
| Greenwood | 453 | 4.5 | W,F,A |
| **Grand Forks** | 490 | 37 | W,F,A,B |
| Christina Lake | 516 | 26 | W,F,A |
| **Castlegar** | 601 | 85 | W,F,A, |
| **Trail** | 645 | 44 | W,F,A,B |
| Fruitvale | 659 | 14 | W,F,A |
| Salmo | 682 | 23 | W,F,A |
| **Nelson** | 725 | 43 | W,F,A,B |
| Kokanee Creek | 747 | 22 | W,F,A |
| Balfour | 760 | 13 | W,F |
| Kootenay Bay | 769 | 9 | W,F |
| Grey Creek | 781 | 12 | W,F,A |
| Grey Creek Summit | 797.7 | 16.7 | A - camping |
| Kimberley Riverside Campground | 862 | 64.3 | W,A |
| **Kimberley** | 876 | 14 | W,F,A,B |
| **Cranbrook** | 905 | 29 | W,F,A,B |
| Koocanusa | 966.5 | 61.5 | W,F |
| Surveyor Lake Campsite | 971 | 4.5 | A |
| Elko  | 991 | 20 | W,F |
| **FERNIE** | 1040 | 49 | W,F,A,B, FINISH |