

Banff

- Up Next
 - 60 miles to Bolton Trading Post
 - 110 miles to Elkford, 6000 ft climbing
 - 140 miles to Sparwood, 7400 ft climbing

Bolton Trading Post

- Food
 - snacks and a restaurant
- Lodging
 - None
- Up Next
 - 50 miles to Elkford
 - 80 miles to Sparwood

Elkford

- Food
- Lodging
 - campground and motel
- Up Next
 - 30 miles to Sparwood (~2-5 miles out of town are paved. Last 12 into Sparwood are paved, first 21 out of Sparwood are paved)
 - 85 to Cabin
 - 113 to Wigwam campground
 - 144 to US border (last 4 are paved, last 12 are downhill after Galton, 35 of 144 are paved)
 - 153 to Eureka (border to Eureka is all paved, total of 45 paved miles between)

Sparwood

- Food
 - A&W (6AM to 10PM)
- Lodging
 - Mountain Shadows campground (606 Sparwood Dr)
 - Valley Motel and Restaurant
- Up Next
 - First 21 miles to Corbin are paved.
 - 55 to Cabin
 - 83 to Wigwam campground
 - 114 miles to US border (last 4 are paved, last 12 are downhill after Galton), 7500 climbing
 - 124 to Eureka (last 14 are paved - 4 to border and 10 from border to Eureka), 7600 climbing

Roosville

- Food
 - limited grocery
 - Restaurant
- Lodging
 - None
- Up Next
 - 10 to Eureka, all paved
 - 101 to Whitefish
 - 111 to Columbia Falls
 - 151 to Ferndale

Eureka

- Food
 - Subway
- Lodging
 - Camping in town at Riverside Park (check-in with town hall or police)
 - Silverado Motel
 - Ksanka Inn
- Notes
 - Whitefish Divide and Red Meadow Lake before Whitefish
 - Heavier grizzly activity in this area
- Up Next
 - First 30 miles out of town are on pavement
 - 91 to Whitefish (last 7 on pavement starting at Whitefish Lake), 6100 climbing
 - 101 to Columbia Falls (last 17 on pavement starting at Whitefish Lake), 6400 climbing
 - 133 to Ferndale, 7100 climbing

Whitefish

- Food
 - all services
- Lodging
 - all services
 - campgrounds and a state park (west of town)
- Up Next
 - First 16 out of town are paved
 - 10 to Columbia Falls (all paved)
 - 37 to Swan River
 - 41 to Ferndale
 - 109 to Holland Lake
 - 143 to Seeley Lake

Columbia Falls

- Food
 - all services
- Lodging
 - Super 8 Motel

- 9 miles S of town, Cyclist Only Lodging (Tom Arnone, 406-755-2768)
- Up Next
 - First 7 out of town are paved
 - 28 to Swan River (last 13 paved)
 - 32 to Ferndale (last 17 paved)
 - 99 to Holland Lake, 6600 climbing
 - 133 to Seeley Lake, 10000 climbing
 - 159 to Ovando, 11500 climbing

Swan River

- Food
 - Restaurant
 - Service station
- Lodging
 - Cyclist Only on route on Swan River Rd at Bob Young's Property next to Swan River Gardens Nursery (406-249-2211)
- Up Next
 - 5 to Ferndale (all paved)
 - 106 to Seeley Lake

Ferndale

- Food
 - service station
 - Grocery
- Lodging
 - Cyclist only at Basecamp Bigfork 0.75 off route (406-871-9733)
 - B&B in town
- Up Next
 - First 3 out of town are paved
 - 20 to Swan Lake turnoff
 - 67 to Holland Lake
 - 102 to Seeley Lake
 - 128 to Ovando
 - 167 to Lincoln

Swan Lake (off route 5 mi)

- Food
 - grocery
 - restaurant
- Lodging
 - camping and lodge
- Notes
 - Limited water from here to Holland Lake b/c riding on the ridges
- Up Next
 - 48 to Holland Lake
 - 83 to Seeley Lake

Holland Lake

- Food
 - restaurant
- Lodging
 - campground
 - lodge
- Up Next
 - Richmond Peak
 - 35 to Seeley Lake, 3500 climbing
 - 65 to Ovando, 5000 climbing
 - 104 to Lincoln, 7600 climbing

Seeley Lake (2 mi off route)

- Food
 - all services
- Lodging
 - all services
- Notes
 - Next major store in Lincoln
- Up Next
 - 30 to Ovando, 1500 climbing
 - 69 to Lincoln, 4500 climbing
 - 129 to Helena (final 9 are paved), 10000 climbing
 - 171 to Basin

Ovando

- Food
 - two restaurants
 - grocery limited (8AM to 6PM)
 - mercantile store
- Lodging
 - 3 enclosed overnights in town - shepherd's wagon, tipi, old jail
 - Ovando Inn (not a B&B like listed on map)
 - also allow camping by the museum
- Notes
 - <http://www.ovandomontana.net/recreation/cyclefriendly.php>
- Up Next
 - 39 to Lincoln, 3000 climbing
 - 100 to Helena (final 9 are paved), 8500 climbing
 - 142 to Basin, 13800 climbing

Lincoln

- Food
 - Wheel Inn
 - all services
- Lodging
 - 3 Bears Motel
 - all services

- camping at Hooper Park (east end of town)
- free camping at Cooper Lake (2mi off route) and Reservoir Lake (on route) before town
- Up Next
 - 60 to Helena (3 passes, final 9 are paved), 5500 climbing
 - 102 to Basin, 10800 climbing
 - 130 to Butte with 6 passes, 13300 climbing

Helena

- Food
 - all services
- Lodging
 - all services
- Up Next
 - 42 to Basin, 5300 climbing
 - 71 to Butte (3 passes), 7800 climbing
 - 123 to Wise River, 12700 climbing
 - 155 to Elkhorn (last 32 paved), 15300 climbing

Basin

- Food
 - restaurant
- Lodging
 - Merry Widow Health Mine and Campground
 - Wise River to Bannack is all paved
- Up Next
 - 30 to Butte, 2500 climbing
 - 113 to Elkhorn (last 32 paved), 10000 climbing
 - 120 to Polaris (last 39 paved)
 - 137 to Bannack State Park (last 56 paved)

Butte

- Food
 - all services
- Lodging
 - all services
- Notes
 - Fleecer Ridge before Wise River
 - Wise River to Bannack is all paved
- Up Next
 - multiple camping options before Elkhorn Hot Springs
 - Fleecer ridge before Wise River
 - 53 to Wise River, 4900 climbing
 - 85 to Elkhorn Hot Springs (last 32 paved), 7600 climbing
 - 92 to Polaris (last 39 paved), 7800 climbing
 - 109 to Bannack State Park (last 56 paved), 8000 climbing
 - 140-150 – several cabins along route
- Re-supply

- Bike shop supplies
- TP
- Chamois cream
- first aid

Wise River

- Food
 - mercantile
 - restaurant
- Lodging
 - Wise River club (hotel and camping)
 - Lots of campgrounds south of town
- Up Next
 - 33 to Elkhorn Hot Springs (all paved)
 - 40 to Polaris (all paved)
 - 54 to Bannack State Park (all paved)
 - 138 to Lima (last 8 paved)

Elkhorn Hot Springs

- Food
 - restaurant
 - Ma Barnes Country Market 3.5 mi past Elkhorn turnoff (0.5 off route), closed Wed, call for hours - 605-834-3555
- Lodging
 - Elkhorn Hot Springs lodge (0.8 mi off route)
 - Several campgrounds and some cabins south of Elkhorn
- Up Next
 - 7 to Polaris
 - 24 to Bannack State Park
 - 105 to Lima (last 8 paved), 4000 climbing
 - 157 to Lakeview, 5500 climbing
 - 191 to Sawtelle, 6600 climbing

Polaris

- Food
 - N of town, Montana High Country Lodge has restaurant and limited grocery
- Lodging
 - N of town, Montana High Country Lodge - 7501 Pioneer Mountain Scenic Byway - 406-834-3469
 - Several cabins 50-60 mi south of Polaris
- Notes
 - no re-supply until Lima
 - Bannack road very muddy when wet
- Up Next
 - No re-supply until Lima
 - 17 to Bannack State Park (all paved)
 - Several cabins 50-60 mi south of Polaris

- 98 to Lima (last 8 paved), 3500 climbing
- 150 to Lakeview, 5300 climbing
- 183 to Sawtelle Resort, 6400 climbing

Lima

- Food
 - Restaurant
 - Service station with limited grocery
- Lodging
 - motel
- Notes
 - No services until Sawtelle, camping only at Lakeview
- Up Next
 - 52 to Lakeview, 1700 climbing
 - 86 to Sawtelle, 2600 climbing
 - 120 to Warm River Campground, 2730 climbing
 - 133 to Squirrel Creek Ranch, 3500 climbing

Lakeview

- Food
 - no services
- Lodging
 - Red Rocks NWR campground 5 mi past Lakeview
- Up Next
 - 34 to Sawtelle
 - 68 to Warm River Campground
 - 80 to Squirrel Creek Ranch
 - 115 to Flagg Ranch

Macks Inn/Big Springs/Sawtelle Resort

- Food
 - Subway
- Lodging
 - lodge
- Up Next
 - Rail trail section
 - 47 to Squirrel Creek Guest Ranch, 1000 climbing
 - 82 to Flagg Ranch, 3000 climbing
 - 121 to Turpin Meadows, 5700 climbing
 - 129 to Togwotee Mountain Lodge, 6500 climbing

Squirrel Creek Ranch

- Food
 - Restaurant
- Lodging

- lodge
- camping
- Up Next
 - 36 to Flagg Ranch
 - 75 to Turpin Meadows (last 40 are mostly pavement)
 - 83 to Togwotee Lodge (last 45 are mostly pavement)
 - 104 to Lava Mountain Lodge
 - 196 to Pinedale

Flagg Ranch

- Food
 - restaurant
 - limited grocery
- Lodging
 - lodge
 - campground
- Notes
 - Almost all pavement to Union Pass (79 mi)
- Up Next
 - 39 to Turpin Meadows (almost all pavement), 2700 climbing
 - 47 to Togwotee Lodge (almost all pavement), 3500 climbing
 - 68 to Lava Mountain Lodge, 4800 climbing
 - lots of dispersed camping after Union Pass
 - 160 to Pinedale (final 33 are pavement), 9000 climbing

Turpin Meadows Lodge (at base of Togwotee Pass)

- Food
 - Turpin Meadows Ranch has restaurant
- Lodging
 - campground
 - lodge
- Up Next
 - 9 to Togwotee Mountain Lodge
 - 30 to Lava Mountain Lodge
 - lots of dispersed camping after Union Pass
 - 122 to Pinedale (final 33 are pavement)

Togwotee Mountain Lodge

- Food
 - limited grocery
 - restaurant
 - service station
- Lodging
 - Brooks Lake lodge and campground 5mi after top of pass
 - Lodge
- Up Next
 - next 9 are pavement

- lots of dispersed camping after Union Pass
- 113 to Pinedale (final 33 are pavement), 5700 climbing
- 124 to Boulder, 5700 climbing

Lava Mountain Lodge

- Food
 - limited grocery
 - restaurant
 - service station
- Lodging
 - campground
 - Lodge
 - Cyclist only lodging after turnoff on Rd 600 for Union Pass (Dave or J-An Martin (307-455-2234))
- Up Next
 - lots of dispersed camping after Union Pass
 - 92 to Pinedale (final 33 are pavement)
 - 103 to Boulder
 - 182 to Atlantic City

Pinedale

- Food
 - all services
- Lodging
 - full service
- Notes
 - cafe 28 miles before Pinedale (5 mi after pavement starts)
- Up Next
 - 11 to Boulder (all pavement), 0 climbing
 - 90 to Atlantic City, 3600 climbing
 - 230 to Rawlins, 7600 climbing

Boulder

- Food
 - all services
- Lodging
 - all services
- Up Next
 - 76 to Atlantic City (first 18 are pavement)
 - 216 to Rawlins

Atlantic City

- Food
 - restaurant
 - limited grocery
- Lodging
 - motel

- campgrounds 2 mi outside town
- Up Next
 - 140 to Rawlins through Great Divide Basin, 4000 climbing

Rawlins

- Food
 - full service
- Lodging
 - full service
- Up Next
 - 55 to Aspen Alley (next 18 are paved)
 - 86 to Brush Mountain Lodge, 6100 climbing
 - 116 to Clark Store (next 13 are paved), 9000 climbing
 - 130 to Steamboat, 9500 climbing

Steamboat Springs

- Food
 - full service
- Lodging
 - full service
- Up Next
 - some singletrack going up Lynx Pass
 - 116 to Silverthorne with 3 passes (Lynx, Gore, Ute), 10500 climbing
 - 136 to Breck, 11300 climbing
- Re-supply
 - bike shop supplies
 - chamois cream
 - TP
 - first aid

Silverthorne

- Food
 - all services
- Lodging
 - all services
- Up Next
 - 20 to Breck, 1000 climbing
 - 35 to Como, 3300 climbing
 - 67 to Hartsel, 3900 climbing
 - 113 to Salida, 6800 climbing

Breckenridge

- Food
 - all services
- Lodging
 - all services
- Up Next
 - Como grocery has closed

- 16 to Como, 2300 climbing
- 50 to Hartsel, 2900 climbing
- 93 to Salida, 5800 climbing
- 136 to Sargents, 10000 climbing
- Re-supply
 - Chamois cream
 - TP
 - first aid

Como

- Food
 - restaurant
 - grocery (now closed)
- Lodging
 - camping at Como school
 - B&B - closed Tues and Wed
- Up Next
 - 34 to Hartsel
 - 77 to Salida
 - 120 to Sargents

Hartsel

- Food
 - restaurant
 - trading post
- Lodging
 - B&B open some days
- Up Next
 - 43 to Salida
 - 86 to Sargents

Salida

- Food
 - 7-Eleven
 - all services
- Lodging
 - All services
- Up Next
 - 27 to top of Marshall Pass
 - 43 to Sargents, 4300 climbing
 - 135 to La Garita, 9300 climbing
 - 156 to Del Norte, 10400 climbing
- Re-supply
 - Chamois cream
 - TP
 - first aid

Sargents

- Food
 - small store
- Lodging
 - cabins
 - camping
- Up Next
 - First 13 miles out are pavement along Hwy 50
 - several campgrounds along route
 - Storm King Campground - 30 mi before Del Norte
 - 93 to La Garita (service station, restaurant, limited grocery), 5000 climbing
 - 113 to Del Norte , 6100 climbing

Del Norte

- Food
 - all services
- Lodging
 - Camping in City Park
 - hotel/lodge/B&B
- Notes
 - get early start out of town to miss storms on Indiana Pass
- Up Next
 - first 10 out of town are paved
 - La Casita Bonita Inn just after the end of pavement
 - 47 to Platoro, 6600 climbing
 - 70 to Horca, 7200 climbing
 - 135 to Hopewell Lake, 14000 climbing
 - 174 to El Rito, 16500 climbing

Platoro

- Food
 - restaurant
 - limited grocery
- Lodging
 - Skyline Lodge
- Up Next
 - Multiple campgrounds along route to El Rito
 - 23 to Horca, 500 climbing
 - Brazos Ridge
 - 88 to Hopewell Lake Campground, 7400 climbing
 - 111 to Vallecitos (no services)
 - 127 to El Rito, 9900 climbing
 - 145 to Abiquiu, 10000 climbing

Horca

- Food
 - restaurant
 - grocery at Mrs Rio's Store (719-376-5964)

- Lodging
 - Multiple camping options between Horca and El Rito
- Up Next
 - First 35 out of town are paved
 - Canon Plaza has road side stand that was in Ride the Divide (5 before Vallecitos)
 - 88 to Vallecitos
 - 104 to El Rito
 - 122 to Abiquiu

Vallecitos

- Food
 - none
- Lodging
 - none
- Notes
 - dog alley through town
- Up Next

El Rito

- Food
 - restaurant
 - bar
- Lodging
 - dorm rooms available
- Up Next
 - 18 miles to Abiquiu - all pavement, 200 climbing
 - Polvadera climb after Abiquiu
 - 96 to Cuba, 9000 climbing
 - 216 to Grant (last 120 are paved), 12000 climbing

Abiquiu

- Food
 - all services
- Lodging
 - all services
- Notes
 - no camping first 10 miles out of town
- Up Next
 - Polvadera climb
 - No water available until Cuba
 - 78 to Cuba - last 10 paved, 9000 climbing
 - 198 to Grants, 12000 climbing

Cuba

- Food
 - 7-Eleven
 - Subway

- Lodging
- Up Next
 - Use Chaco alternate route for TD route
 - Only store open before Grants is the first one 40 miles outside of Cuba
 - 53 to Pueblo Pintado, 1100 climbing
 - 120 to Grants (all paved on alternate), 3000 climbing, one gas station 40 miles from Cuba
 - 190 to Pie Town, 5200 climbing

Pueblo Pintado

- Food
 - stores have closed
- Lodging
 - none
 - one dispersed camping after Ambrosia Lake (20 miles after Pueblo Pintado)
- Up Next
 - 67 to Grants
 - 137 to Pie Town

Grants

- Food
 - all services
- Lodging
 - Best Western
 - Super 8
- Up Next
 - Use El Mapais alternate for TD route, 38 paved miles
 - 70 to Pie Town (first 38 paved), 2200 climbing
 - 254 to Silver City, 13700 climbing

Pie Town

- Food
 - restaurant
- Lodging
 - Guest ranch a few miles after Beaverhead Work Center, 107 from Pie Town)
- Notes
 - No food re-supply until Silver City
 - All dirt for first 146 to Silver City
 - Limited water along route (carry extra)
- Up Next
 - 24 to Gila Wilderness
 - 99 to Beaverhead Work Center (water available), 3300 climbing
 - 107 to Wall Lake (Geronimo Guest Ranch has camping, cabins and water), 4000 climbing

- Private lands on route
- CDT mandatory alternate at Sapillo Campground
- 184 to Silver City (last 15 is pavement), 11500 climbing

Silver City

- Food
 - all services
- Lodging
 - all services
- Up Next
 - first 19 are paved
 - 51 to Separ
 - 78 to Hachita
 - 124 miles to border, first 19 paved, final 65 paved, 2100 climbing

Separ

- Food
 - Snacks and frozen foods (with microwave) at souvenir store
- Lodging
 - None
- Up Next
 - 73 to border, all pavement

Hachita

- Food
 - Grocery and service station have closed
- Lodging
 - None
- Up Next
 - 46 to border, all pavement