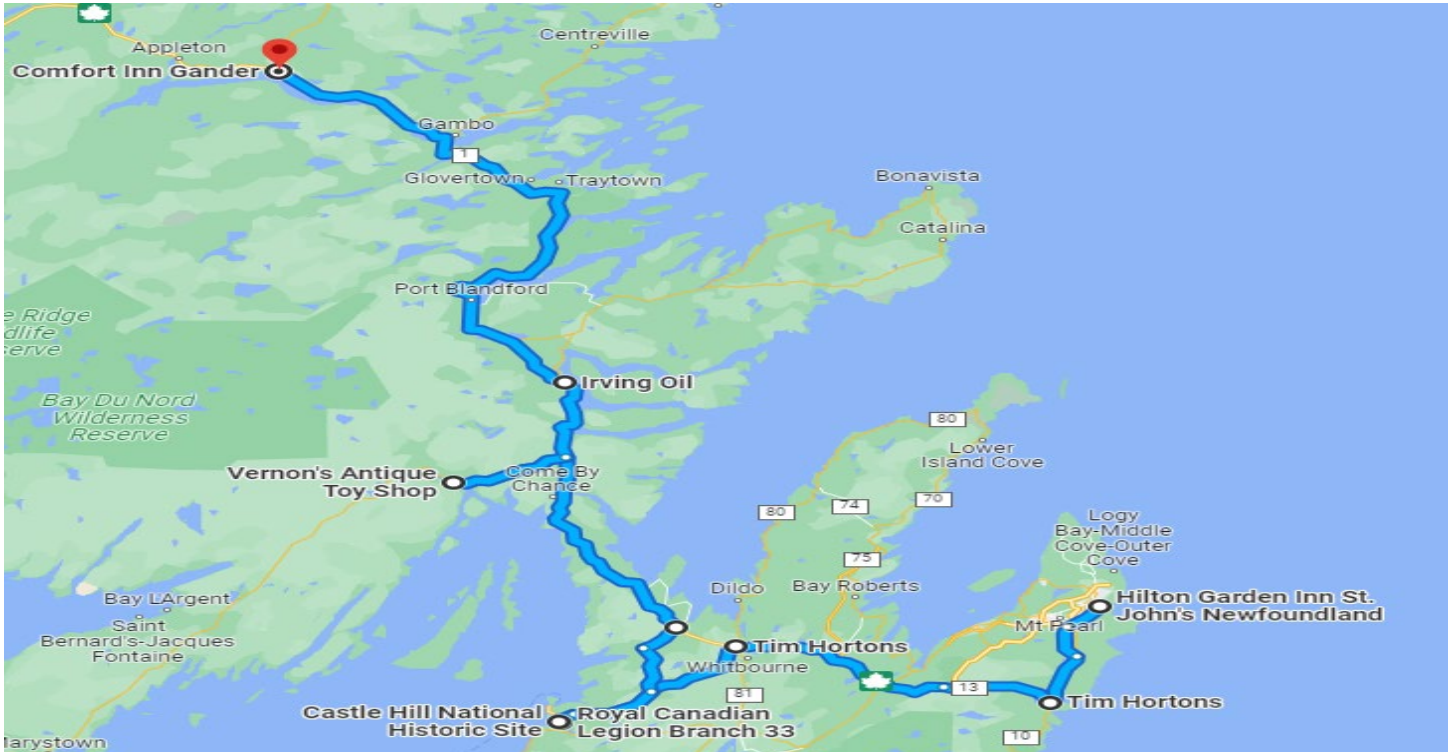




The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 01 (Tue, 01 Aug 2023) – St. John's NL – Gander NL



Go to Google Maps: <https://goo.gl/maps/nJ95r9vEuCNk2asT6>

Daily Stops		
• Check-In	Hilton Garden Inn St. John's Newfoundland , St. John's NL	
A. Depart	Hilton Garden Inn St. John's Newfoundland , St. John's NL	
B. Fuel for small Tanks/Rest	Tim Hortons , Whitbourne NL	
C. Photo	Castle Hill National Historic Site , Jerseyside NL	
D. Lunch/Check-In	Royal Canadian Legion Branch 33 , Placentia NL	
E. Rest/Photo's	Vernon's Antique Toy Shop , Swift Current NL	
F. Fuel	Irving Oil , Clarenville NL	
• Host Hotel	Comfort Inn Gander , Gander NL	
• Dinner		
Main Point of Contact	Chris Sainsbury (NL Team Lead)	NL@therollingbarrage.com
Sunray	Jim Gordon	COO@therollingbarrage.com
Sunray Minor	Warren Cave	Riding.Groups@therollingbarrage.co



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Coast to Coast Ride To Combat PTSD

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Detailed Itinerary – Red Denotes Check-In Points						
ENSURE FUEL IS TOPPED UP FOR NEXT MORNING						
Please arrive one hour prior to departure time to Check-In						
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS
St. John's Hilton Garden Inn St. John's Newfoundland, 150 New Gower St, St. John's, NL A1C 0C1	Check-In Starts at 0600					
Hilton Garden Inn St. John's Newfoundland, 150 New Gower St, St. John's, NL A1C 0C1	0700	Tim Hortons , 679 Trans-Canada Hwy, Whitbourne, NL A0B 3K0	0815	Fuel for small Tanks/Rest	60 min	99 km
Tim Hortons, 679 Trans-Canada Hwy, Whitbourne, NL A0B 3K0	0915	Castle Hill National Historic Site , 1 Old Castle Hill Rd, Jersey side, NL A0B 2G0	0950	Photo	70 min	43 km
Castle Hill National Historic Site, 1 Old Castle Hill Rd, Jersey side, NL A0B 2G0	1100	Placentia Royal Canadian Legion Branch 33 , 1349 Beach Rd, Placentia, NL A0B 2Y0	1110	Lunch/Check-In	90 min	3 km
Royal Canadian Legion Branch 33, 1349 Beach Rd, Placentia, NL A0B 2Y0	1245	Vernon's Antique Toy Shop , Swift Current, NL A0E 2W0	1415	Rest/Photo's	60 min	128 km
Vernon's Antique Toy Shop, Swift Current, NL A0E 2W0	1515	Irving Oil , 130 Trans-Canada Hwy, Clarenville, NL A0E 1J0	1545	Fuel	45 min	49 km
Irving Oil, 130 Trans-Canada Hwy, Clarenville, NL A0E 1J0	1630	Comfort Inn Gander , 112 Trans-Canada Hwy, Gander, NL A1V 1P8	1800	Final		147 km
Hotel:		Comfort Inn Gander , 112 Trans-Canada Hwy, Gander, NL A1V 1P8				
Dinner Reservations:						

TOTAL DAILY KM: 469

Special Notes: