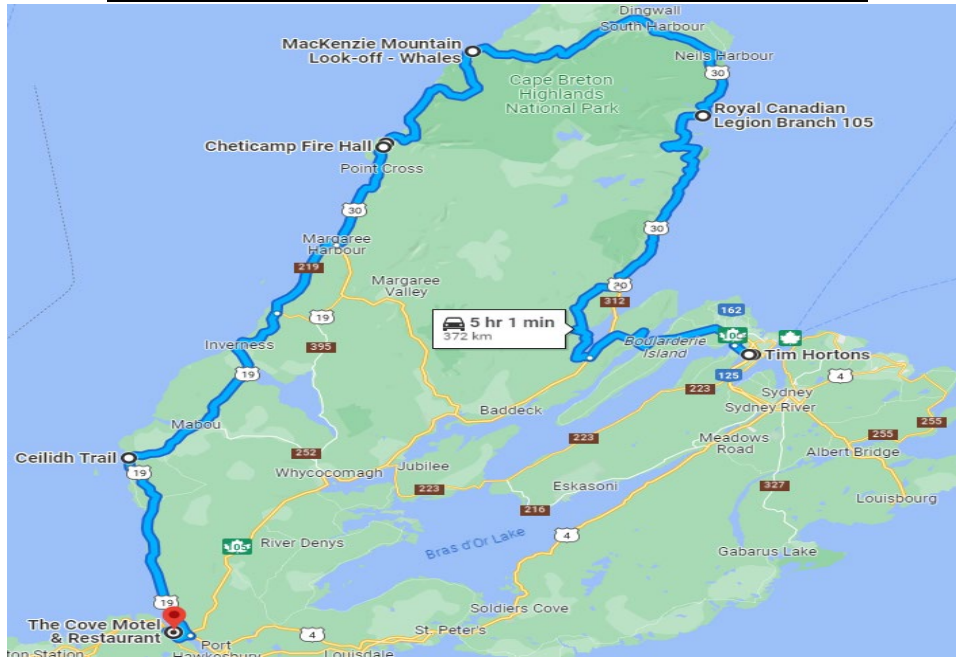




# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

**Day 03 (Thurs, 03 Aug 2023) – North Sydney NS – Frankville NS**



Go to Google Maps: <https://goo.gl/maps/qpnV5TDuGDp1xpXg9>

Daily Stops		
• <b>Check-In</b>	<a href="#">North Sydney</a> , Nova Scotia, Walmart Parking Lot, Northeast Corner	
<b>A. Depart</b>	<a href="#">North Sydney</a> , Nova Scotia, Walmart Parking Lot, Northeast Corner	
<b>B. Photo</b>	<a href="#">Pathend Brook Lookout</a> , Wreck Cove, NS	
<b>C. Lunch &amp; Check-In</b>	<a href="#">Royal Canadian Legion Branch 105</a> , Cabot Trail, Ingonish, Nova Scotia	
<b>D. Fuel for small tanks</b>	<a href="#">Irving Oil</a> , Ingonish, NS	
<b>E. Rest/Photos</b>	<a href="#">MacKenzie Mountain Look-off</a> - Pleasant Bay, NS	
<b>F. Marshall for Fuel</b>	<a href="#">Harbour Authority of Cheticamp</a> , Chéticamp, NS. <b>Riders Will be Dispatched to Fuel by Lead Tail Gunner</b>	
<b>G. Fuel</b>	<a href="#">Petro-Canada</a> , Chéticamp, NS <b>After Fueling Make Your Own Way to Cheticamp Fire Hall</b>	
<b>H. Rest/Check-In</b>	<a href="#">Cheticamp Fire Hall</a> , Chéticamp, NS	
• <b>Host Hotel</b>	<a href="#">The Cove Motel</a> & Restaurant, 2 <sup>nd</sup> <a href="#">Hearthstone Inn Port Hawkesbury</a>	
• <b>Dinner</b>	<a href="#">Cove Motel</a> or <a href="#">Hearthstone Inn Port Hawkesbury</a>	
Contacts		
<b>Main Point of Contact</b>	<b>Ian Hutchings (NS Lead)</b>	<a href="mailto:NS@therollingbarrage.com">NS@therollingbarrage.com</a>
Sunray	Jim Gordon	<a href="mailto:COO@therollingbarrage.com">COO@therollingbarrage.com</a>
Sunray Minor	Warren Cave	<a href="mailto:Riding.Groups@therollingbarrage.com">Riding.Groups@therollingbarrage.com</a>



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 03 (Thurs, 03 Aug 2023) – North Sydney NS – Frankville NS

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
The Clansman Motel, 9 Baird St, North Sydney, NS B2A 0A9	0645	<b>TRAVEL TO WALMART PARKING LOT as a GROUP HELP SET UP</b>				
<b>North Sydney</b> <u>North Sydney</u> , Nova Scotia, Walmart Parking Lot, Northeast Corner	<b>Check-In</b> Starts at 0700	Newfoundland Crew arrives between 0700 & 0800				
North Sydney, Nova Scotia, Walmart Parking Lot, Northeast Corner	0900	<u>Pathend Brook Lookout</u> , HJM8+R9, Wreck Cove, NS B0C 1H0	1030	<b>Rest</b>	30 mins	99 km
Pathend Brook Lookout, HJM8+R9, Wreck Cove, NS B0C 1H	1100	<b>Ingonish</b> <u>Royal Canadian Legion</u> <u>Branch 105</u> , 35969 Cabot Trail, Ingonish, NS B0C 1K0	1130	<b>Lunch and</b> <b>Check-In</b>	90 mins	24 km
<b>Irving</b> - 35688 Cabot Trail, Ingonish, NS B0C 1K0 <b>Fuel during Lunch stop for Bikes with Small tanks – 1.5 KM from Legion (Next Fuel 155 km)</b>						
Royal Canadian Legion Branch 105, 35969 Cabot Trail, Ingonish, NS B0C 1K0	1300	<u>MacKenzie Mountain Look-</u> <u>off</u> - Whales, 23180-23562 Cabot Trail, Pleasant Bay, NS B0E 2P0	1400	<b>Rest/Photos</b>	30 min	68 km
MacKenzie Mountain Look-off - Whales, 23180-23562 Cabot Trail, Pleasant Bay, NS B0E 2P0	1430	<u>Harbour Authority of</u> <u>Cheticamp</u> , 15461 Cabot Trail, Chéticamp, NS B0E 1H0	1500	<b>Riders Will be</b> <b>Dispatched to Fuel by</b> <b>Lead Tail Gunner</b>		37 km
Harbour Authority of Cheticamp, 15461 Cabot Trail, Chéticamp, NS B0E 1H0		<u>Petro-Canada</u> , 15437 Cabot Trail, Chéticamp, NS B0E 1H0		<b>All bikes Fuel</b> <b>228km from</b> <b>Start</b>	20-30 min	110 m
<b>After Fueling Marshall in Parking Lot Behind Cheticamp Fire Hall</b>						
Petro-Canada, 15437 Cabot Trail, Chéticamp, NS B0E 1H0		<b>Chéticamp</b> <u>Cheticamp Fire Hall</u> , 15 Barren Rd, Chéticamp, NS B0E 1H0		<b>Rest</b> <b>Check-In</b>	45 min	950 m
Cheticamp Fire Hall, 15 Barren Rd, Chéticamp, NS B0E 1H0	1600	<u>The Cove Motel</u> & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	1800	<b>Final</b>		143 km



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Day 03 (Thurs, 03 Aug 2023) – North Sydney NS – Frankville NS

Hotel:		<a href="#">The Cove Motel</a> & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	The Cove Motel Has Live Music			
Secondary Hotel		<a href="#">Hearthstone Inn</a> 388 NS-4, Port Hastings, NS B9A 1M5				
Dinner Reservations:		Both Hotels have Restaurants				

- **Special Notes:**
- **Small tanks will fuel in Ingonish during lunch.**
- **After fueling Chéticamp All bikes Rally to Cheticamp Fire Hall**
- **2 hotels and each has their own restaurant.**

**TOTAL DAILY KM: 372**  
**TOTAL KM TRAVELED: 1432**