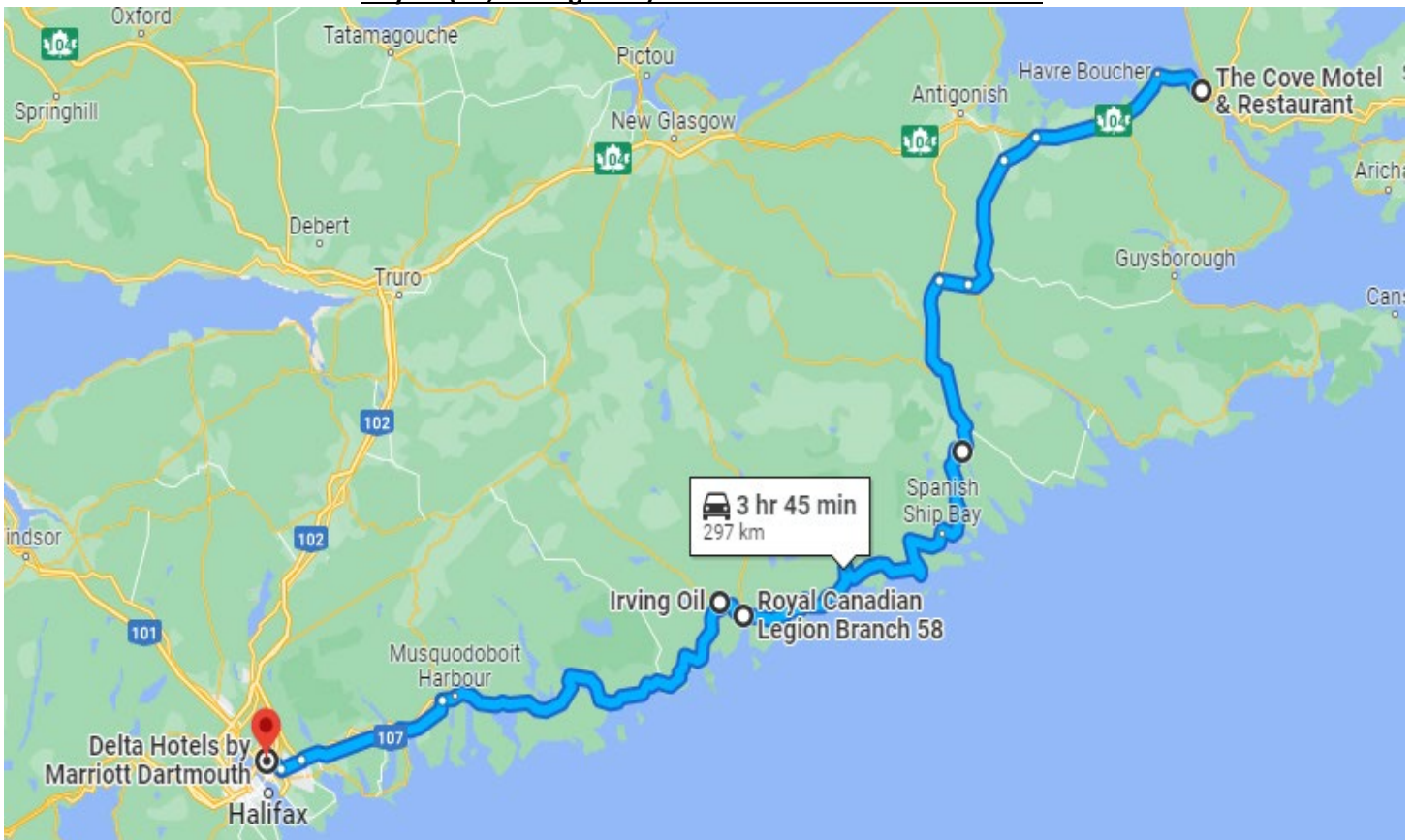




The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 04 (Fri, 04 Aug 2023) – Frankville NS – Dartmouth NS



Go to Google Maps: <https://goo.gl/maps/iBuoiXTPXW2FuVSY7>

Daily Stops		
• Check-In	Cove Motel	
A. Depart	Cove Motel	
B. Historical	Sherbrooke Village , Sherbrooke, NS	
C. Lunch/Check-In	Royal Canadian Legion Branch 58 , Watt Section, NS	
D. Fuel all Bikes	Irving Sheet Harbour	
• Host Hotel	Delta Hotels by Marriott Dartmouth , Dartmouth, NS	
• Dinner	HCMS Sackville – Halifax Harbour	
Contacts		
Main Point of Contact	Ian Hutchings (NS Lead)	ns@therollingbarrage.com
Sunray	Jim Gordon	COO@therollingbarrage.com
Sunray Minor	Warren Cave	Riding.Groups@therollingbarrage.com



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 04 (Fri, 04 Aug 2023) – Frankville NS – Dartmouth 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
Frankville The Cove Motel & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	Check-In Starts at 0800			TRB LEAVES FROM THE COVE MOTEL		
The Cove Motel & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	0900	Sherbrooke Village , 42 Main St, Sherbrooke, NS B0J 3C0	1015	Historical	60 mins	103 km
Sherbrooke Village, 42 Main St, Sherbrooke, NS B0J 3C0	1115	Watt Section Royal Canadian Legion Branch 58 , Downstairs, 23566, Nova Scotia Trunk 7, Watt Section, NS B0J 3B0	1215	Lunch Check-In	90 mins	77 km
Royal Canadian Legion Branch 58, Downstairs, 23566, Nova Scotia Trunk 7, Watt Section, NS B0J 3B0	1345	Irving Oil , 22512 Nova Scotia Trunk 7, Sheet Harbour, NS B0J 3B0	1350	Fuel	30 min	5 km
Irving Oil, 22512 Nova Scotia Trunk 7, Sheet Harbour, NS B0J 3B0	1430	Delta Hotels by Marriott Dartmouth , 240 Brownlow Ave, Dartmouth, NS B3B 1X6	1600	Final		112 km
Hotel:		Delta Hotels by Marriott Dartmouth , 240 Brownlow Ave, Dartmouth, NS B3B 1X6				
Dinner Reservations:	1830	HMCS Sackville – All riders Free Diner -		Bus is Laid on from Hotel to HMCS Sackville and Return		

Special Notes :

**TOTAL DAILY KM: 297
TOTAL KM TRAVELED: 1729**

- 1) Busker Festival and Natal day weekend in Halifax, so will be very busy with lots to see and do on both harbour fronts.**
- 2) Bus is Laid on from Hotel to HMCS Sackville**