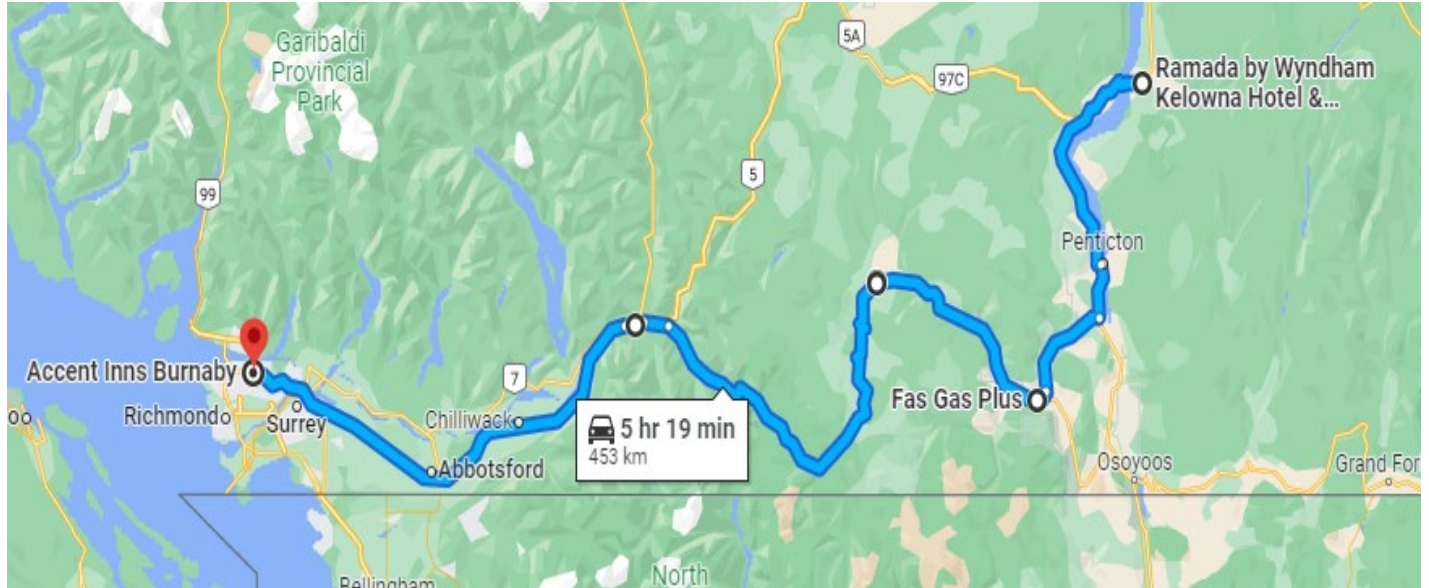




# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 19 (Saturday, 19 Aug 2023) – Kelowna BC – Burnaby BC



Go to Google Maps: <https://goo.gl/maps/9CWGHFbFzJ24r48A7>

Daily Stops		
<b>Check-In Starts at 0730 and Closes at 0830</b>		
• <b>Check-In</b>	<a href="#">Ramada by Wyndham</a> Kelowna Hotel & Conference Center, Kelowna, BC	
<b>A. Depart</b>	<a href="#">Ramada by Wyndham</a> Kelowna Hotel & Conference Center, Kelowna, BC	
<b>B. Rest</b>	<a href="#">Fas Gas Plus</a> , Keremeos, BC	
<b>C. Lunch/Check-In</b>	<a href="#">Royal Canadian Legion Branch 56</a> , Princeton, BC	
<b>Check-In in Princeton Closes at 1200, Check-In in Hope Closes at 1430.</b>		
<b>D. Fuel/Check-In</b>	<a href="#">Flying J Travel Center</a> , Hope, BC	
• <b>Host Hotel</b>	<a href="#">Accent Inns Burnaby</a> , Burnaby, BC	
• <b>Dinner</b>		
Contacts		
<b>Main Point of Contact</b>	<b>Daryl Innes (BC Team Lead)</b>	<a href="mailto:BC@therollingbarrage.com">BC@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 19 (Saturday, 19 Aug 2023) – Kelowna BC – Burnaby BC

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
<b>Check-In Starts at 0730 and Closes at 0830</b>						
<b>Kelowna</b> <a href="#">Ramada by Wyndham</a> Kelowna Hotel & Conference Center, 2170 Harvey Ave, Kelowna, BC V1Y 6G8	<b>Check-In</b> Starts at 0730			<b>MARSHALL AREA is in HOTEL PARKING LOT NORTHWEST SIDE</b>		
Ramada by Wyndham Kelowna Hotel & Conference Center, 2170 Harvey Ave, Kelowna, BC V1Y 6G8	0900	<a href="#">Fas Gas Plus</a> , 3163 BC-3, Keremeos, BC VOX 1N1	1015	<b>Rest stop</b>	30 mins	112 km
Fas Gas Plus, 3163 BC-3, Keremeos, BC VOX 1N1	1045	<b>Princeton</b> <a href="#">Royal Canadian Legion Branch 56</a> , 170 Bridge St, Princeton, BC VOX 1W0	1130	<b>Lunch /Fuel Check-In</b>	90 mins	64 km
<b>Check-In in Princeton Closes at 1230, Princeton Fuel on OWN and Return to Legion Check-In in Hope Closes at 1500</b>						
Princeton Royal Canadian Legion Branch 56, 170 Bridge St, Princeton, BC VOX 1W0	1300	<b>Hope</b> <a href="#">Flying J Travel Center</a> , 63100 Flood Hope Rd, Hope, BC VOX 1L2	1430	<b>Fuel/ Meet VPD Check-In</b>	45 min	136 km
Hope Flying J Travel Center, 63100 Flood Hope Rd, Hope, BC VOX 1L2	1515	<a href="#">Accent Inns Burnaby</a> , 3777 Henning Dr, Burnaby, BC V5C	1630	<b>Final</b>		140 km
<b>Hotel:</b>		<a href="#">Accent Inns Burnaby</a> , 3777 Henning Dr, Burnaby, BC V5C				
<b>Dinner Reservations:</b>						

**TOTAL DAILY KM: 455**  
**TOTAL KM TRAVELED: 9712**

**Special Notes:**