

The Rolling Barrage VII

Route Information 2023



The Rolling Barrage



COAST TO COAST RIDE TO COMBAT PTSD

A ROLLING FUNDRAISER IN SUPPORT OF VETERANS, ACTIVE DUTY MILITARY AND 1ST RESPONDERS.

A SHOW OF BROTHERHOOD STRENGTH, AND UNITY TO CONQUER THE STIGMA OF PTSD

2023

RIDE DATES & LOCATIONS

TUE AUGUST 01, 2023
ST. JOHN'S NL - GANDER NL

WED AUGUST 02, 2023
GANDER NL - NORTH SYDNEY NS

THU AUGUST 03, 2023
NORTH SYDNEY NS - AULDS COVE NS

FRI AUGUST 04, 2023
AULDS COVE NS - HALIFAX NS

SAT AUGUST 05, 2023
HALIFAX NS - CHARLOTTETOWN PEI

SUN AUGUST 06, 2023
CHARLOTTETOWN PEI - OROMOCTO NB

MON AUGUST 07, 2023
OROMOCTO NB - MONTMAGNY QC

TUE AUGUST 08, 2023
MONTMAGNY QC - KINGSTON ON

WED AUGUST 09, 2023
KINGSTON ON - PETAWAWA ON

THU AUGUST 10, 2023
PETAWAWA ON - SAULT STE. MARIE ON

FRI AUGUST 11, 2023
SAULT STE. MARIE ON - THUNDER BAY ON

SAT AUGUST 12, 2023
THUNDER BAY ON - DRYDEN ON

SUN AUGUST 13, 2023
DRYDEN ON - NEEPAWA MB

MON AUGUST 14, 2023
NEEPAWA MB - SASKATOON SK

TUE AUGUST 15, 2023
SASKATOON SK - MEDICINE HAT AB

WED AUGUST 16, 2023
MEDICINE HAT AB - OKOTOKS AB

THU AUGUST 17, 2023
OKOTOKS AB - CRANBROOK BC

FRI AUGUST 18, 2023
CRANBROOK BC - KELOWNA BC

FINAL LEG
SAT AUGUST 19, 2023
KELOWNA BC - VANCOUVER BC

WWW.THEROLLINGBARRAGE.COM

The Rolling Barrage VII Route Information 2023

Notice

The Routes provided are based on maximum information provided to all riders and participants at the time the information was published.

Updates to the information contained within the document is subject to change such as a dinner arrangement for example.

Timings while on the move are based upon best estimates. However, factors such as tourist traffic, newly started construction or an accident or emergency-based situation may alter timings.

Any changes prior to the commencement of The Rolling Barrage VII – 2023 will be published on our website, and notification via our Blogs and Facebook page. The documents are dated and have the Version Number.

Registration

Registration is important.

It is better to **Register Online** It saves us time and your time. The process is then simply Check-In. Please keep all your emails regarding Registration on your mobile devices. Its helps expedite the process.

Thank you,

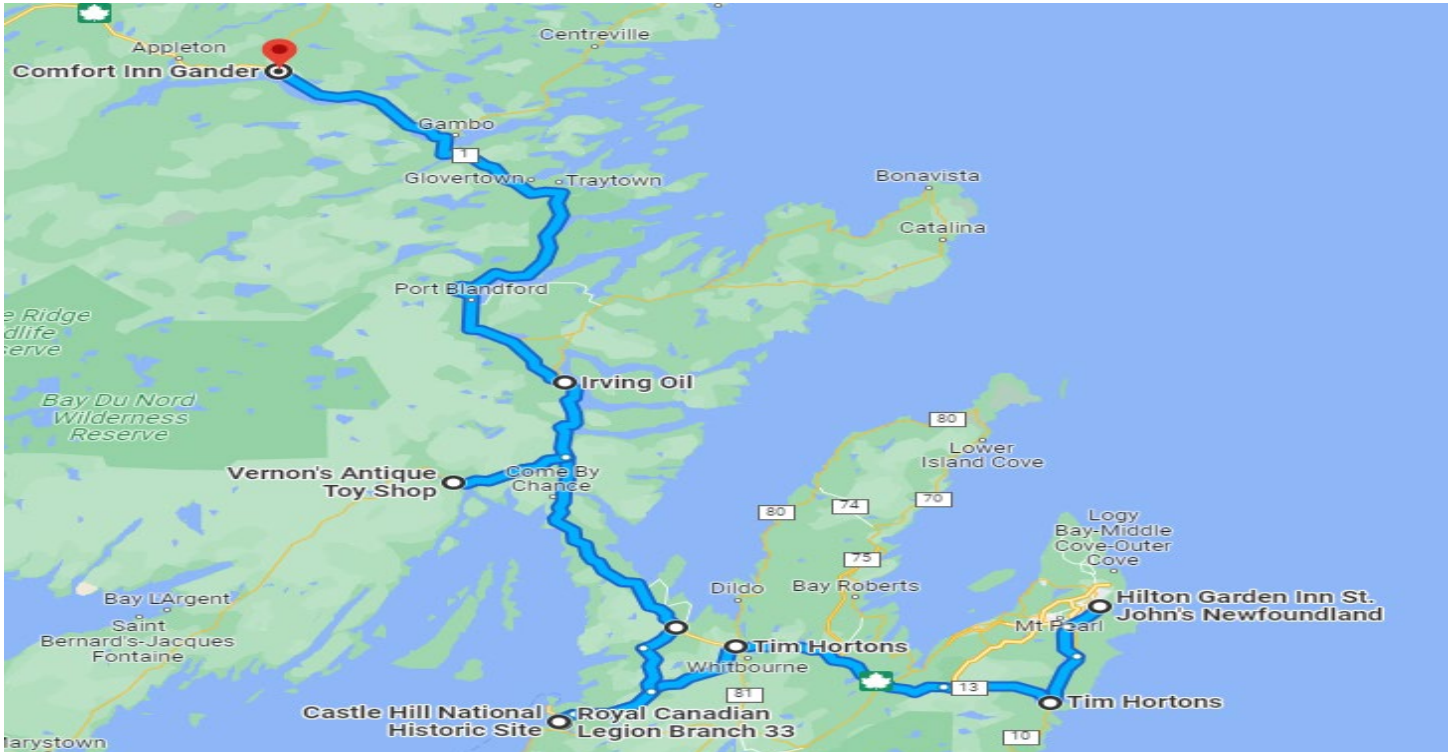
The Rolling Barrage PTSD Foundation / The Rolling Barrage



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



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

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

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 AOB 3K0	0815	Fuel for small Tanks/Rest	60 min	99 km
Tim Hortons, 679 Trans-Canada Hwy, Whitbourne, NL AOB 3K0	0915	Castle Hill National Historic Site , 1 Old Castle Hill Rd, Jersey side, NL AOB 2G0	0950	Photo	70 min	43 km
Castle Hill National Historic Site, 1 Old Castle Hill Rd, Jersey side, NL AOB 2G0	1100	Placentia Royal Canadian Legion Branch 33 , 1349 Beach Rd, Placentia, NL AOB 2Y0	1110	Lunch/Check-In	90 min	3 km
Royal Canadian Legion Branch 33, 1349 Beach Rd, Placentia, NL AOB 2Y0	1245	Vernon's Antique Toy Shop , Swift Current, NL AOE 2W0	1415	Rest/Photo's	60 min	128 km
Vernon's Antique Toy Shop, Swift Current, NL AOE 2W0	1515	Irving Oil , 130 Trans-Canada Hwy, Clarenville, NL AOE 1J0	1545	Fuel	45 min	49 km
Irving Oil, 130 Trans-Canada Hwy, Clarenville, NL AOE 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

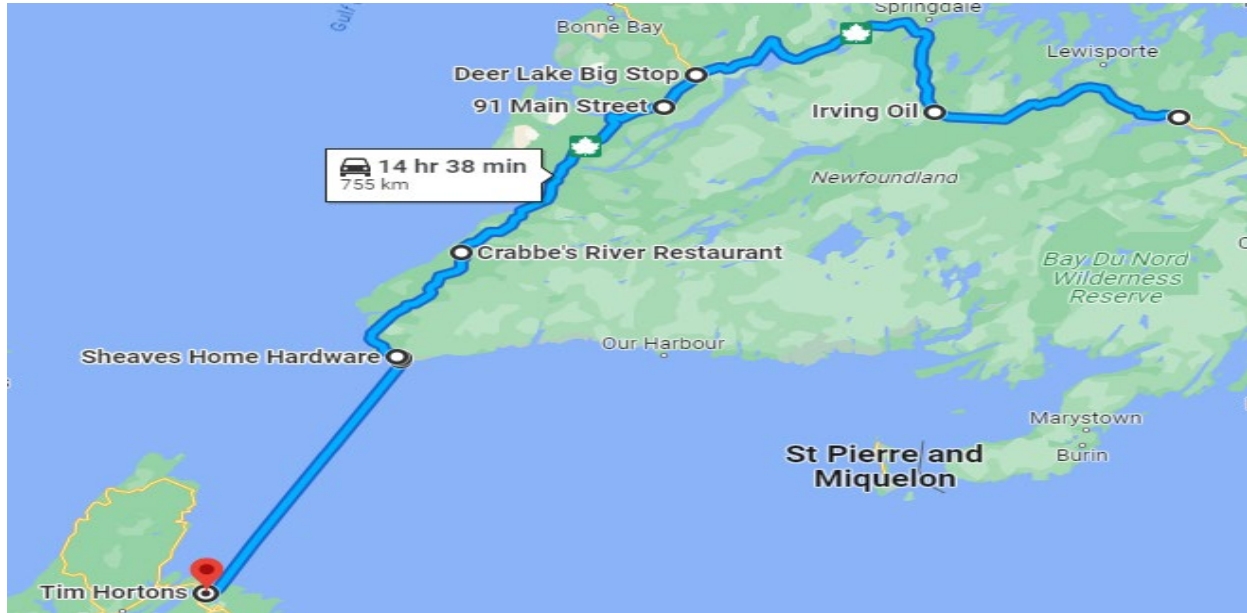
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 02 (Wed, 02 Aug 2023) – Gander NL – North Sydney NS



Go to Google Maps: <https://goo.gl/maps/LZgPQ8SPC48dpvkR8>

Daily Stops		
• Check-In	Comfort Inn Gander , Gander NL, Marshall Area Across From Hotel	
A. Depart	MARSHALL AREA , Picnic Spot TCH Gander , Gander, NL	
B. Fuel small Tanks	Irving Oil , Badger NL	
C. Fuel Everyone	Deer Lake Big Stop , Deer Lake NL	
D. Lunch/Check-In	Royal Canadian Legion , Pasadena, NL	
E. Fuel small Tanks	Crabbe's River Restaurant , NL Small Tank Bikes Fuel	
ALL BIKES WILL FUEL AT IRVING or NORTH ATLANTIC IN PORT AUX BASQUE AND MEET AT MARSHALL POINT		
F. Marshall Here After Fueling	Sheaves Home Hardware , Grand Bay East NL	
G. Dinner	Royal Canadian Legion Branch 11 , Channel-Port aux Basques NL	
ALL RIDERS MAKE YOUR OWN WAY TO FERRY CHECK IN YOU MUST BE CHECKED IN AT LEAST 2 HOURS PRIOR TO BOARDING NOT SAILING		
H. Boat Check-In	Marine Atlantic Vehicle Check-in , Channel-Port aux Basques NL	
Time Change While on Boat ½ Hour Back		
I. Thurs, 03 Aug 2023	Tim Hortons , North Sydney NS	
Contacts		
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.com



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 02 (Wed, 02 Aug 2023) – Gander NL – North Sydney NS

Detailed Itinerary – Red Denote 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
Gander Comfort Inn Gander , 112 Trans-Canada Hwy, Gander, NL A1V 1P8	Check-In Starts at 0600			MARSHALL AREA ACROSS FROM HOTEL		
MARSHALL AREA Picnic Spot TCH Gander, 109 Trans-Canada Hwy, Gander, NL A0G 1C0	0700	Irving Oil , 2 Badger Rd, Badger, NL A0H 1A0	0830	Fuel small Tanks/Rest	30 min	123 km
Irving Oil, 2 Badger Rd, Badger, NL A0H 1A0	0900	Deer Lake Big Stop , 62 Trans-Canada Hwy, Deer Lake, NL A8A 2E4	1100	Fuel	45 min	181 km
Deer Lake Big Stop, 62 Trans-Canada Hwy, Deer Lake, NL A8A 2E4	1145	Pasadena Royal Canadian Legion , 91 Main St, Pasadena, NL A0L 1K0	1205	Lunch/Check-In	90 min	24 km
Royal Canadian Legion, 91 Main St, Pasadena, NL A0L 1K0	1330	Crabbe's River Restaurant , Newfoundland and Labrador A0N 1G0	1500	Fuel small Tanks	30 min	147 km
ALL BIKES WILL FUEL AT IRVING or NORTH ATLANTIC IN PORT AUX BASQUE AND MEET AT MARSHALL POINT						
Crabbe's River Restaurant, Newfoundland and Labrador A0N 1G0	1530	Sheaves Home Hardware , 10 High St, Grand Bay East, NL A0N 1K0	1630	Marshall Here After Fueling	45 min	94 km
Sheaves Home Hardware, 10 High St, Grand Bay East, NL A0N 1K0	1715	Royal Canadian Legion Branch 11 , 3 Read St, Channel-Port aux Basques, NL A0M 1C0	1730	Dinner	120 min	3 km
ALL RIDERS MAKE YOUR OWN WAY TO FERRY CHECK IN YOU MUST BE CHECKED IN AT LEAST 2 HOURS PRIOR TO BOARDING NOT SAILING						
Royal Canadian Legion Branch 11, 3 Read St, Channel-Port aux Basques, NL A0M 1C0	1930	Marine Atlantic Vehicle Check-in , 10 Marine Dr, Channel-Port aux Basques, NL A0M 1C0		Must Check In At Least 2 Hours Prior To Boarding		3 km
Time Change While on Boat ½ Hour Back						
Marine Atlantic Vehicle Check-in, 10 Marine Dr, Channel-Port aux Basques, NL A0M 1C0	2345	Tim Hortons , 106 King St, North Sydney, NS B2A 2T6	0700 to 0800	Rest 60 min	Meet Up with Mainland Crew	

Special Notes:

TOTAL DAILY KM: 591 With Boat: 769



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Day 02 (Wed, 02 Aug 2023) – Gander NL – North Sydney NS

TRB will catch the last boat of the day/night on the 2nd.

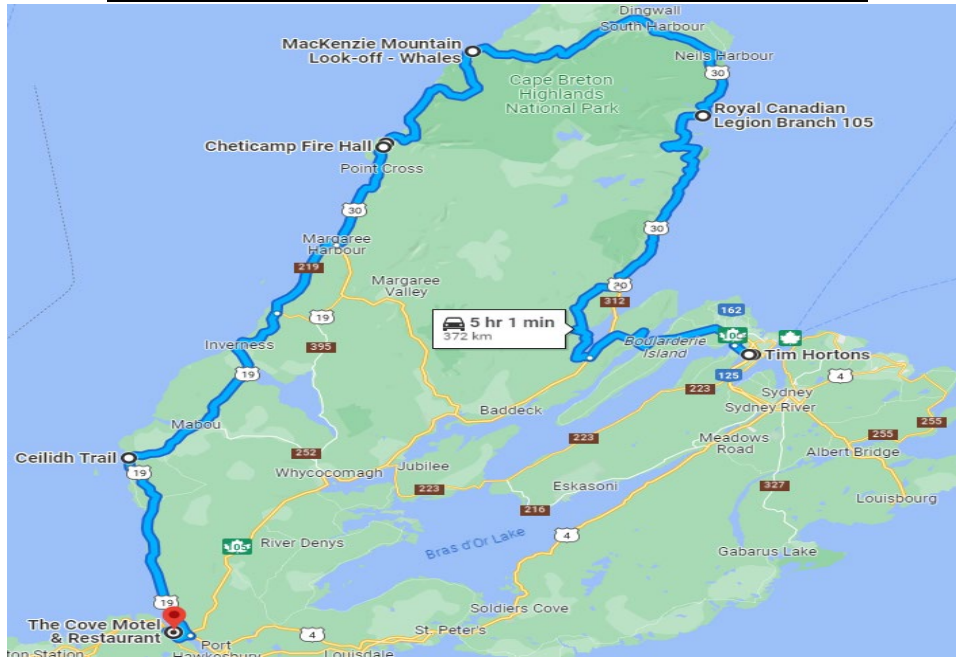
TOTAL KM TRAVELED: 1060



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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		
• Check-In	North Sydney , Nova Scotia, Walmart Parking Lot, Northeast Corner	
A. Depart	North Sydney , Nova Scotia, Walmart Parking Lot, Northeast Corner	
B. Photo	Pathend Brook Lookout , Wreck Cove, NS	
C. Lunch & Check-In	Royal Canadian Legion Branch 105 , Cabot Trail, Ingonish, Nova Scotia	
D. Fuel for small tanks	Irving Oil , Ingonish, NS	
E. Rest/Photos	MacKenzie Mountain Look-off - Pleasant Bay, NS	
F. Marshall for Fuel	Harbour Authority of Cheticamp , Chéticamp, NS. Riders Will be Dispatched to Fuel by Lead Tail Gunner	
G. Fuel	Petro-Canada , Chéticamp, NS After Fueling Make Your Own Way to Cheticamp Fire Hall	
H. Rest/Check-In	Cheticamp Fire Hall , Chéticamp, NS	
• Host Hotel	The Cove Motel & Restaurant, 2 nd Hearthstone Inn Port Hawkesbury	
• Dinner	Cove Motel or Hearthstone Inn Port Hawkesbury	
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 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	TRAVEL TO WALMART PARKING LOT as a GROUP HELP SET UP				
North Sydney <u>North Sydney</u> , Nova Scotia, Walmart Parking Lot, Northeast Corner	Check-In 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	Rest	30 mins	99 km
Pathend Brook Lookout, HJM8+R9, Wreck Cove, NS B0C 1H	1100	Ingonish <u>Royal Canadian Legion</u> <u>Branch 105</u> , 35969 Cabot Trail, Ingonish, NS B0C 1K0	1130	Lunch and Check-In	90 mins	24 km
Irving - 35688 Cabot Trail, Ingonish, NS B0C 1K0 Fuel during Lunch stop for Bikes with Small tanks – 1.5 KM from Legion (Next Fuel 155 km)						
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	Rest/Photos	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	Riders Will be Dispatched to Fuel by Lead Tail Gunner		37 km
Harbour Authority of Cheticamp, 15461 Cabot Trail, Chéticamp, NS B0E 1H0		<u>Petro-Canada</u> , 15437 Cabot Trail, Chéticamp, NS B0E 1H0		All bikes Fuel 228km from Start	20-30 min	110 m
After Fueling Marshall in Parking Lot Behind Cheticamp Fire Hall						
Petro-Canada, 15437 Cabot Trail, Chéticamp, NS B0E 1H0		Chéticamp <u>Cheticamp Fire Hall</u> , 15 Barren Rd, Chéticamp, NS B0E 1H0		Rest Check-In	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	Final		143 km



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

Hotel:		The Cove Motel & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	The Cove Motel Has Live Music			
Secondary Hotel		Hearthstone Inn 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.**

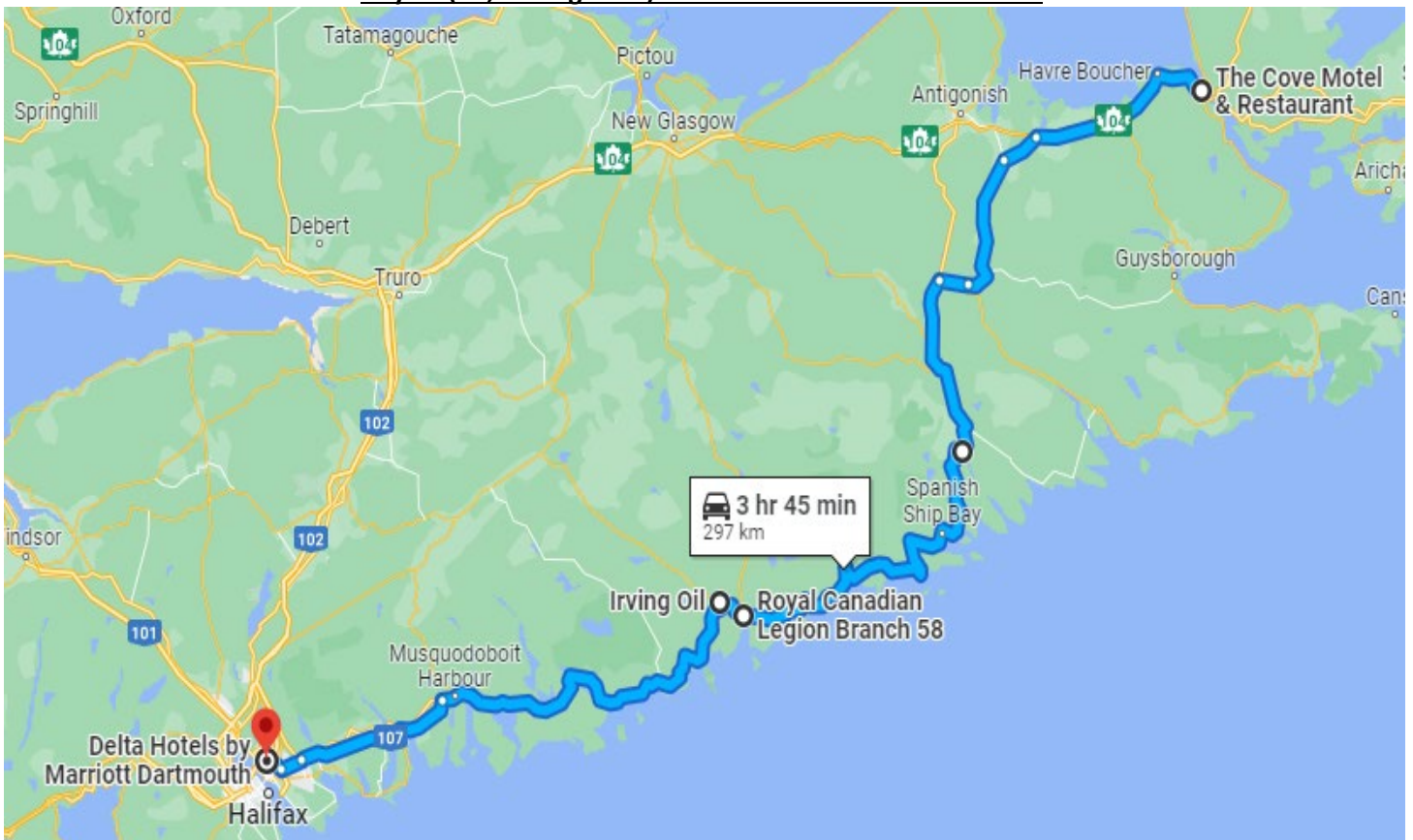
TOTAL DAILY KM: 372
TOTAL KM TRAVELED: 1432



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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

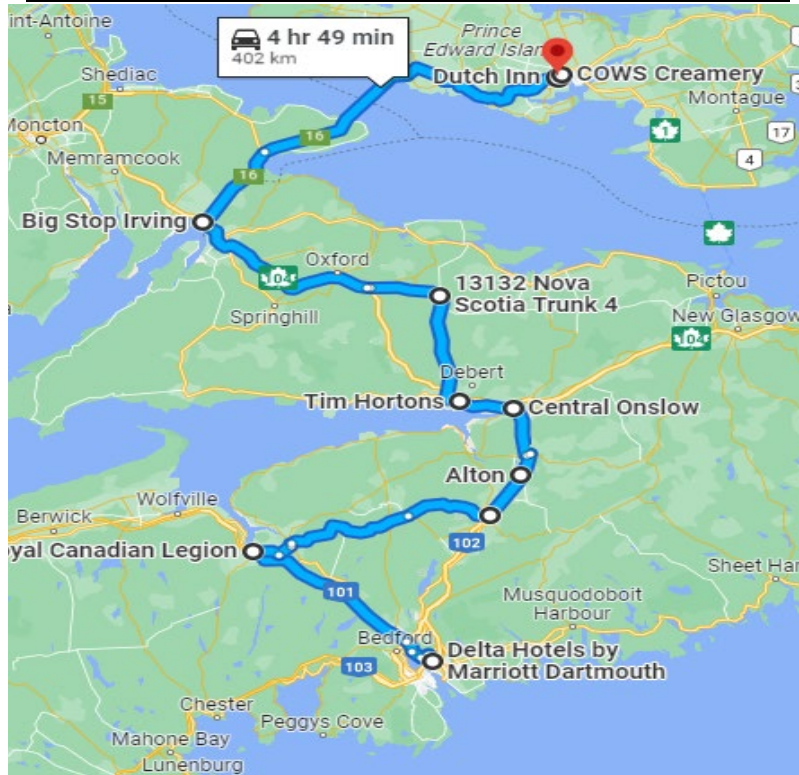
- 1) **Busker Festival and Natal day weekend in Halifax, so will be very busy with lots to see and do on both harbour fronts.**
- 2) **Bus is Laid on from Hotel to HMCS Sackville**



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Coast to Coast Ride To Combat PTSD

Day 05 (Sat, 05 Aug 2023) – Dartmouth NS – Charlottetown PEI



Go to Google Maps: <https://goo.gl/maps/8C6kxXAUdurorsdz7>

Daily Stops		
• Check-In	Delta Hotels by Marriott Dartmouth , Dartmouth, NS	
A. Depart	Delta Hotels by Marriott Dartmouth , Dartmouth, NS	
B. Brunch/Fuel/Check-In	Royal Canadian Legion Bn 09 , 35 Windsor, NS	
Memorial	United Church , Shubenacadie, NS	
C. Fuel	Petro-Canada , Debert, NS	
D. Fuel/Rest/Check-In	Big Stop Irving , Aulac	
E. Rest Stop	COWS Creamery , Charlottetown, PEI	
F. Arrive	Dutch Inn , Cornwall, PEI	
• Host Hotel	Dutch Inn , Cornwall, PEI	
• Dinner		
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 05 (Sat, 05 Aug 2023) – Dartmouth NS – Charlottetown PEI

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
Halifax Delta Hotels by Marriott Dartmouth , 240 Brownlow Ave, Dartmouth, NS B3B 1X6	Check-In Starts at 0700			Marshall in Large Parking Lot In Front of Hotel		
Delta Hotels by Marriott Dartmouth , 240 Brownlow Ave, Dartmouth, NS B3B 1X6	0800	Windsor Royal Canadian Legion Bn 09 , 35 Empire Ln, Windsor, NS B0N 2T0	0900	Brunch/ Small Tanks Fuel/ Check-In	90 min	72 km
SMALL TANKS FUEL ON OWN RETURN TO LEGION						
Royal Canadian Legion Bn 09, 35 Empire Ln, Windsor, NS B0N 2T0	1030	United Church , 2869 Nova Scotia Trunk 2, Shubenacadie, NS B0N 2H0	1130	Memorial	30 min	68 km
Park in church parking lot, walk to neighboring park, Pay Respects to RCMP Const. Stevenson						
United Church, 2869 Nova Scotia Trunk 2, Shubenacadie, NS B0N 2H0	1200	Petro-Canada , 10639 Nova Scotia Trunk 2, Debert, NS B0M 1G0	1230	Fuel	30 mins	109 km
Petro-Canada, 10639 Nova Scotia Trunk 2, Debert, NS B0M 1G0	1300	Irving Big Stop Irving , 170 Aulac Rd, Aulac, NB E4L 2W8	1400	Check In Fuel/Rest	45 min	97 km
Big Stop Irving, 170 Aulac Rd, Aulac, NB E4L 2W8	1445	COWS Creamery , 12 Milky Wy, Charlottetown, PEI C1E 2E2	1600	Rest/Ice Cream Stop	45 min	115
COWS Creamery, 12 Milky Wy, Charlottetown, PEI C1E 2E2	1645	Dutch Inn , 73 Main St, Cornwall, PEI COA 1H8	1700	Final		2 km
Hotel:		Dutch Inn , 73 Main St, Cornwall, PEI COA 1H8				
Dinner Reservations:						

TOTAL DAILY KM: 427
TOTAL KM TRAVELED: 2156

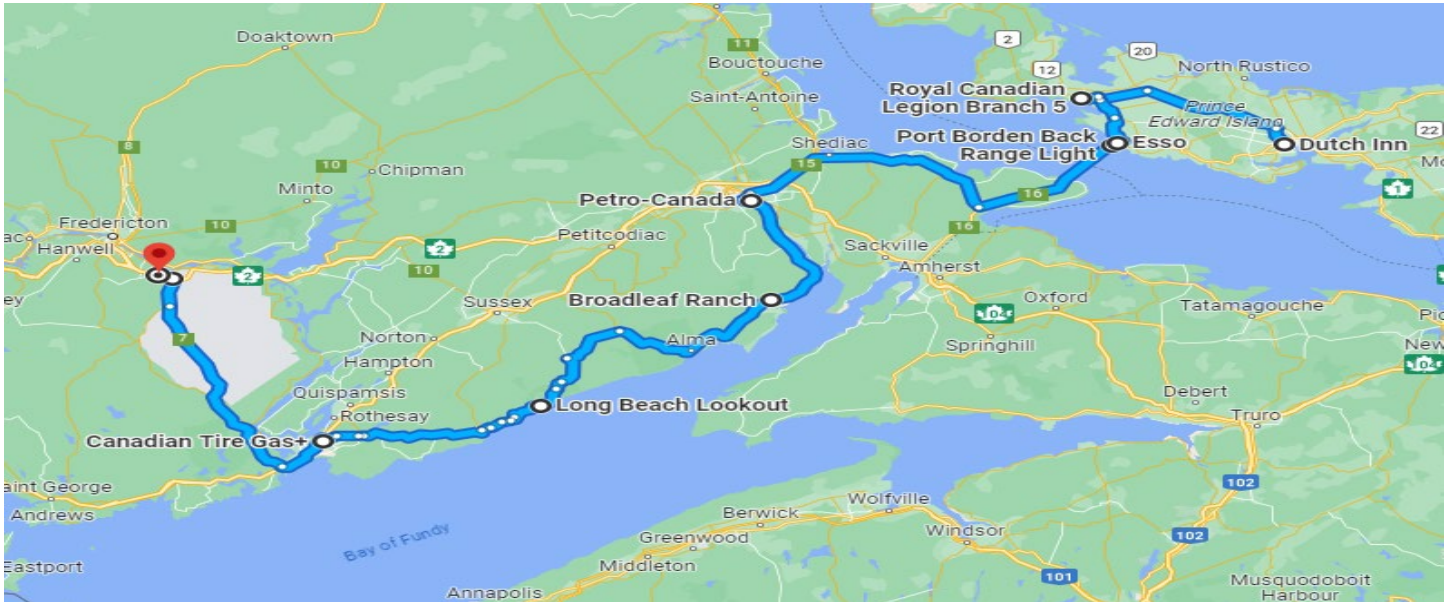
Special Notes:



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Coast to Coast Ride To Combat PTSD

Day 06 (Sun, 06 Aug 2023) – Charlottetown PEI – Oromocto NB



Go to Google Maps: <https://goo.gl/maps/na8KaGuA5vqy1AGR6>

Daily Stops		
• Check-In	Dutch Inn , Charlottetown PEI	
A. Depart	Dutch Inn , Charlottetown PEI	
B. Rest/Check-In	Royal Canadian Legion Branch 5 , Summerside PEI	
C. Fuel	Esso , Borden-Carleton PEI	
D. Photo	Port Borden Back Range Light , Unnamed Road, Borden-Carleton, PEI	
E. Toll	Confederation Bridge \$20.00 Per Bike	
F. Fuel/Check-In	Petro-Canada , Riverview NB	
G. Donation/Lunch	Broad Leaf Ranch , Hopewell Hill NB	
G. Check-In		
Fundy PKWY Closed Until May 19, if Corrections to Route Must be Made They Will be at That Time		
H. Park Entrance/Toll	Fundy Park Entrance, 45.502829, -65.321019 \$10.00 Per Person	
I. Fuel/Check-In	Canadian Tire Gas , St. John NB	
• Host Hotel	Days Inn , Oromocto NB	
• Dinner	Legion Branch 93 , Oromocto NB	
Contacts		
Main Point of Contact	Stephen Vessey	PEI@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 06 (Sun, 06 Aug 2023) – Charlottetown PEI – Oromocto NB

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
Cornwall DUTCH INN 73 Main St, Cornwall, PE COA 1H8	Check-In Starts at 0600			MARSHALL IN SOUTHWEST PARKING LOT		
DUTCH INN 73 Main St, Cornwall, PEI COA 1H8	0700	Royal Canadian Legion Branch 5 , 340 Notre Dame St, Summerside, PEI C1N 1S5	0745	Rest Check-In	30 min	57 km
Royal Canadian Legion Branch 5, 340 Notre Dame St, Summerside, PEI C1N 1S5	0815	Esso 141 Abegweit Blvd, Borden- Carleton, PEI, COB 1X0	0840	Fuel	30 min	25 km
Esso 141 Abegweit Blvd Borden-Carleton, PEI COB 1X0	0910	Port Borden Back Range Light , Unnamed Road, Borden-Carleton, PEI COB 1X0	0915	Photo	30 min	2 km
Port Borden Back Range Light, Unnamed Road, Borden- Carleton, PEI COB 1X0	0945	Confederation Bridge	0950	\$20.00 Per Bike		2 km
Confederation Bridge	0950	Petro-Canada 506 Hillsborough Rd, Riverview, NB E1B 4E7	1105	Fuel	45 min	115 km
Petro-Canada 506 Hillsborough Rd, Riverview, NB E1B 4E7	1150	Hopewell Hill NB Retreat Broadleaf Ranch 5526 Route 114, Hopewell Hill NB E4H 3N5	1230	Donation/ Lunch Check-In	90 min	47 km
Fundy PKWY Closed Until May 19, if Corrections to Route Must be Made They Will be at That Time						
Broadleaf Ranch 5526 Route 114, Hopewell Hill NB E4H 3N5	1400	Fundy Trail Entrance 45.502829, -65.321019	1500	\$10 per person		78 km
Fundy Trail Entrance 45.502829, -65.321019	1500	Canadian Tire Gas 564 Rothesay Ave, Saint John, NB E2J 2C7	1620	Fuel	30 min	105 km
Canadian Tire Gas 564 Rothesay Ave, Saint John, NB E2J 2C7	1650	Days Inn 60 Brayson Blvd Oromocto, NB E2V 4T9	1750	Final		101 km
Hotel:		Days Inn 60 Brayson Blvd Oromocto, NB E2V 4T9				



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Coast to Coast Ride To Combat PTSD

Day 06 (Sun, 06 Aug 2023) – Charlottetown PEI – Oromocto NB

Dinner Reservations:	1900	Legion Branch 93 284 Restigouche Rd Oromocto, NB E2V 2H5			20 min walk	1.5 km
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TOTAL DAILY KM: 534

TOTAL KM TRAVELED: 2690

Special Notes:

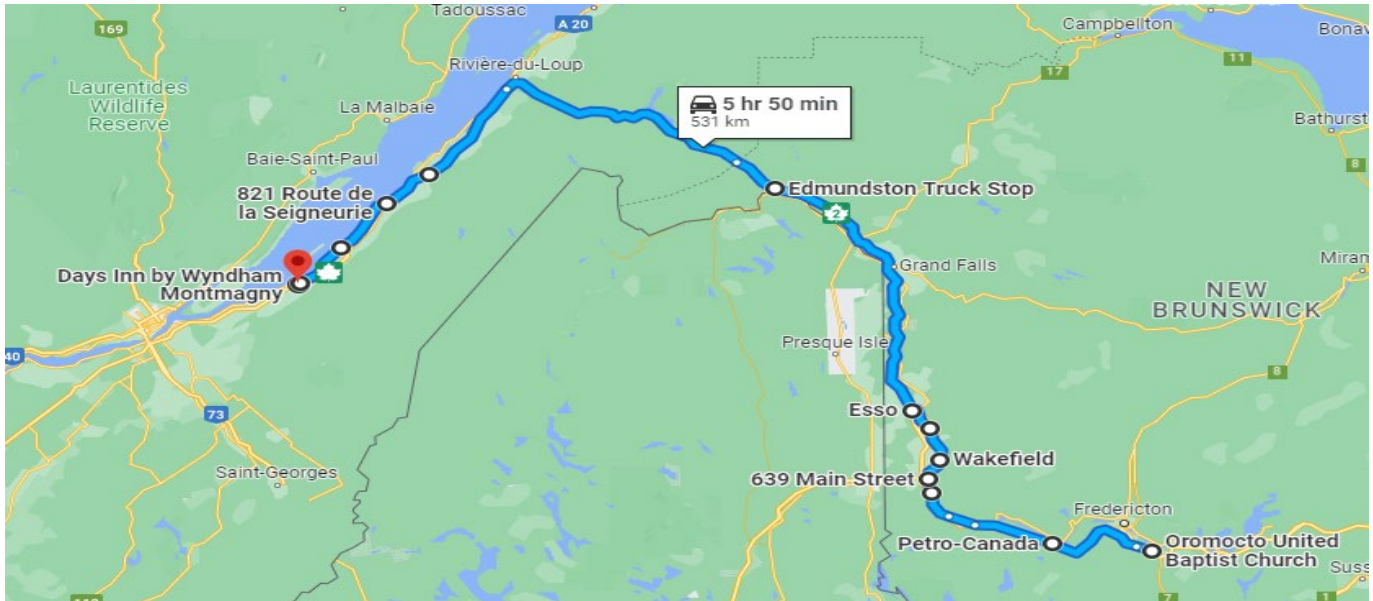
- **Confederation Bridge Costs \$20.00.**
- **Fundy Park Costs \$10.00 per person. Money for Fundy Trail will be collected in Charlottetown, PEI and the other registration stops.**
- **Shuttle to Dinner from 1830-2100.**



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Coast to Coast Ride To Combat PTSD

Day 07 (Mon, 07 Aug 2023) – Oromocto NB – Montmagny QC



Go to Google Maps: <https://goo.gl/maps/5So4Rc53PVxECHSZ6>

Daily Stops		
• Check-In	Oromocto United Baptist Church , Oromocto, NB	
A. Depart	Oromocto United Baptist Church , Oromocto, NB	
B. Rest/Fuel	Petro-Canada , Lake George, NB	
C. Fuel/Check-In	Esso , Florenceville-Bristol, NB	
D. Lunch/Fuel/Check-In	Edmundston truck Stop , Edmundston, NB,	
Eat Where you Want be at MARSHALL AREA Mall Parking Lot NO LATER Than 1300 if You Have ALREADY CHECKED-IN		
TIME ZONE CHANGE AFTER Edmundston Truck Stop 1 HR BACK		
E. Fuel	Ultramar - Gas Station, Saint-Pacôme, QC	
F. Photo	Musée maritime du Québec - L'Islet, QC	
G. Final	Maniac Moto et Maniac Branché , Montmagny, QC	
• Host Hotel	Days Inn by Wyndham Montmagny , Montmagny, QC	
• Dinner		
Contacts		
Main Point of Contact	Linda Griffin (NB Lead)	NB@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 07 (Mon, 07 Aug 2023) – Oromocto NB – Montmagny QC

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
Check-In Oromocto United Baptist Church , 10 Doyle Dr #0B4, Oromocto, NB E2V 0B4	Check-In Starts at 0600			MARSHALL AREA		
Oromocto United Baptist Church, 10 Doyle Dr #0B4, Oromocto, NB E2V 0B4	0700	Petro-Canada , 10 Route 635, Lake George, NB E6K 3P9	0730	Rest	45 min	29 km
Petro-Canada, 10 Route 635, Lake George, NB E6K 3P9	0815	Esso , 305 Rte 110, Florenceville-Bristol, NB E7L 3P8	0930	Fuel Check-In	60 min	103 km
Esso, 305 Rte 110, Florenceville-Bristol, NB E7L 3P8	1030	Edmundston Edmundston Truck Stop 100 Grey Rock Rd Edmundston, NB E3V 4E8	1145	Lunch/Fuel Check-In	90 min	134 km
Eat Where you Want be at MARSHALL AREA Mall Parking Lot NO LATTER Than 1300 if You Have ALREADY CHECKED-IN						
TIME ZONE CHANGE AFTER Edmundston Truck Stop 1 HR BACK						
Edmonston Truck Stop 100 Grey Rock Rd Edmonston, NB E3V 4E8	1315	Ultramar - Gas Station, 2 Chem. du Fronteau, Saint-Pacôme, QC G0L 3X0	1400	Fuel	30 mins	170 km
Ultramar - Gas Station, 2 Chem. du Fronteau, Saint-Pacôme, QC G0L 3X0	1430	Musée maritime du Québec - Captain J. E. Bernier, 55 Chem. des Pionniers E, L'Islet, Quebec G0R 2B0	1515	Photo	45 min	55 km
Musée maritime du Québec - Captain J. E. Bernier, 55 Chem. des Pionniers E, L'Islet, Quebec G0R 2B0	1600	Maniac Moto et Maniac Branché , 4 Bd Taché O, Montmagny, QC G5V 3A1	1620	Final	60 min	23 km
Make Your Own Way to Hotel						
Maniac Moto et Maniac Branché, 4 Bd Taché O, Montmagny, QC G5V 3A1		Days Inn by Wyndham Montmagny , 218 Chem. des Poirier, Montmagny, Quebec G5V 4J9				2 km



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 07 (Mon, 07 Aug 2023) – Oromocto NB – Montmagny QC

Hotel:		Days Inn by Wyndham Montmagny , 218 Chem. des Poirier, Montmagny, Quebec G5V 4J9				
Dinner Reservations:						

TOTAL DAILY KM: 516
TOTAL KM TRAVELED: 3206

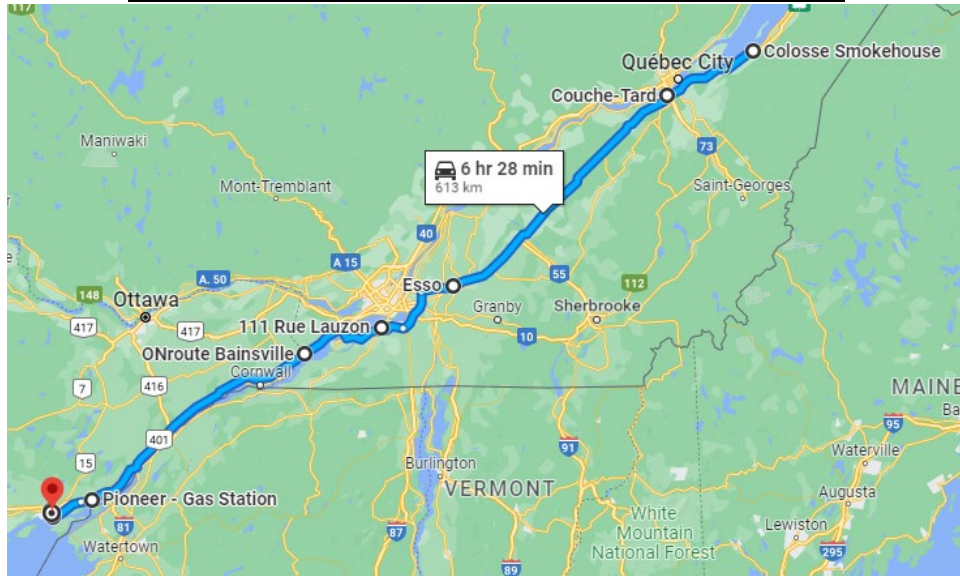
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 08 (Tue, 08 Aug 2023) – Montmagny QC – Kingston ON



Go to Google Maps; <https://goo.gl/maps/36Q4YdsDJz3K48Nu6>

Daily Stops		
• Check-In	Colosse Smokehouse , 222 Chem. des Poirier, Montmagny, QC G5V 3X8	
A. Depart	Colosse Smokehouse , 222 Chem. des Poirier, Montmagny, QC G5V 3X8	
B. Rest Stop	Resto Normandin St- Nicolas , Lévis QC	
C. Fuel	Esso , Sainte-Madeleine Quebec	
D. Fuel/Lunch/Check-In	Chateauguay Community Church , Châteauguay QC	
E. Fuel	ONroute Bainsville , Bainsville, ON	
F. Fuel/Check-In	Pioneer - Gas Station, Gananoque, ON	
G. Final	Holiday Inn Express & Suites Kingston Central , Kingston ON	
• Host Hotel	Holiday Inn Express & Suites Kingston Central , Kingston ON	
• Dinner	Royal Canadian Legion Branch 560 , Kingston, ON	
Contacts		
Main Point of Contact	Jacques Boucher (QC Lead)	QC@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 08 (Tue, 08 Aug 2023) – Montmagny QC – Kingston ON

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
Montmagny Colosse Smokehouse , 222 Chem. des Poirier, Montmagny, QC G5V 3X8	Check-In Starts at 0600			MARSHALL AREA		
Colosse Smokehouse, 222 Chem. des Poirier, Montmagny, QC G5V 3X8	0700	Resto Normandin St- Nicolas 1505 Rte des Rivières, Lévis, QC G7A 2N9	0745	Rest/Fuel	45 mins	67 km
Resto Normandin, St- Nicolas 1505 Rte des Rivières, Lévis, QC G7A 2N9	0830	Esso , 5 Rang St.-Simon, Sainte-Madeleine, Quebec J0H 1S0	1030	Fuel	45 mins	193 km
Esso, 5 Rang St.-Simon, Sainte-Madeleine, Quebec J0H 1S0	1115	Chateaugay Chateaugay Community Church 111 Rue Lauzon, Châteaugay, QC J6K 1C7	1200	Lunch Check-In	60 min	72 km
Chateaugay Community Church 111 Rue Lauzon, Châteaugay, QC J6K 1C7	1300	ONroute Bainsville , 22064 N Service Rd, Bainsville, ON K0C 1E0	1345	Fuel	30 min	64 km
ONroute Bainsville, 22064 N Service Rd, Bainsville, ON K0C 1E0	1415	Gananoque Pioneer - Gas Station, 560 King St E, Gananoque, ON K7G 1H2	1600	Fuel/ Check-In	45 min	180 km
Pioneer - Gas Station, 560 King St E, Gananoque, ON K7G 1H2	1645	Holiday Inn Express & Suites Kingston Central , an IHG Hotel, 11 Benson St, Kingston, ON K7K 5W2	1715	Final		34 km
Hotel:		Holiday Inn Express & Suites Kingston Central , an IHG Hotel, 11 Benson St, Kingston, ON K7K 5W2				
Dinner:		Royal Canadian Legion Branch 560 , 734 Montreal St, Kingston, ON K7K 3J4		Shuttles From Hotel Start at:		

TOTAL DAILY KM: 612
TOTAL KM TRAVELED: 3818

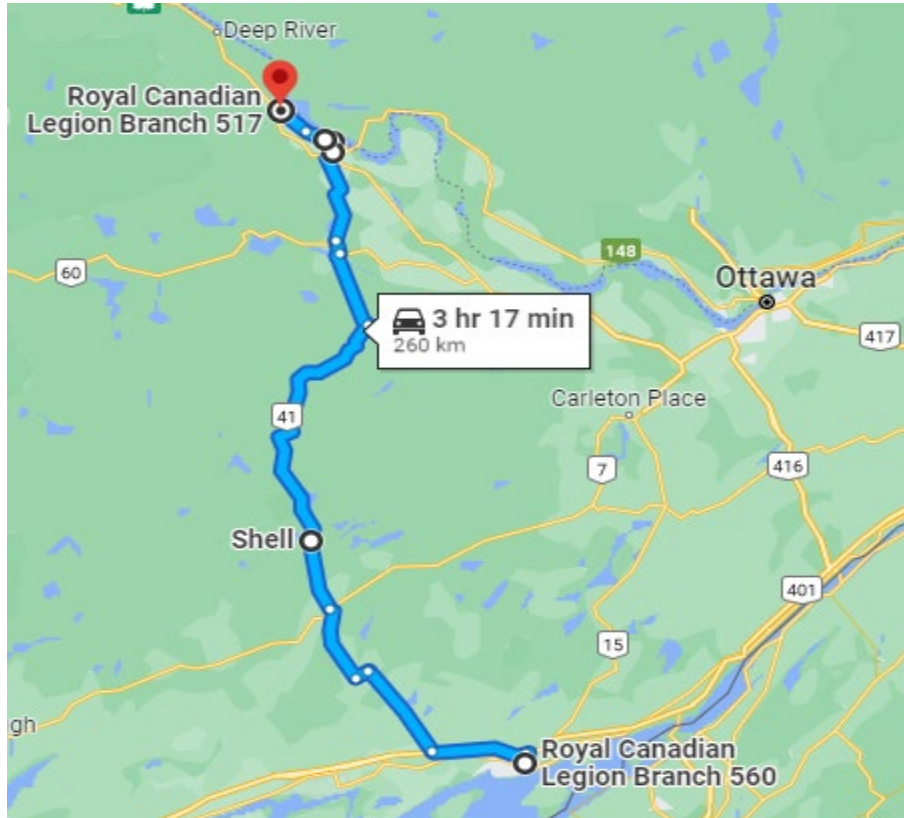
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 09 (Wed, 09 Aug 2023) – Kingston ON – Petawawa ON



Go to Google Maps: <https://goo.gl/maps/rbEBHLznf6AzHA926>

Daily Stops		
MAKE YOUR OWN WAY to LEGION Br. 560 FOR CHECK-IN and BREAKFAST		
• Marshal/BREAKY/Check-In	Royal Canadian Legion Branch 560 , Kingston, ON	
A. Depart	Royal Canadian Legion Branch 560 , Kingston, ON	
B. Fuel/Rest	Shell , 14265 Hwy 41, Cloyne, ON K0H 1K0	
C. Fuel/Check-In	Pembroke Big Stop Restaurant , Pembroke, ON	
D. Stop /event	Royal Canadian Legion Branch 517, Petawawa, ON	
• Host Hotel	Quality Inn & Suites , Petawawa, ON	
• Dinner		
Contacts		
Main Point of Contact	Pat Alden (ON Team Lead)	ON@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 09 (Wed, 09 Aug 2023) – Kingston ON – Petawawa ON

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
MAKE YOUR OWN WAY to LEGION Br. 560 FOR CHECK-IN and BREAKFAST						
Kingston Royal Canadian Legion Branch 560 , 734 Montreal St, Kingston, ON K7K 3J4	Check-In Starts at 0730			Marshal Area		
Royal Canadian Legion Branch 560, 734 Montreal St, Kingston, ON K7K 3J4	0930	Shell , 14265 Hwy 41, Cloyne, ON K0H 1K0	1045	Fuel/Rest	30 min	101 km
Shell, 14265 Hwy 41, Cloyne, ON K0H 1K0	1115	Pembroke Big Stop Restaurant , 1751 Paul Martin Dr, Pembroke, ON K8A 6W5	1245	Fuel Check-In	45 min	134 km
Pembroke Big Stop Restaurant, 1751 Paul Martin Dr, Pembroke, ON K8A 6W5	1330	Royal Canadian Legion Branch 517 , 3583 Petawawa Blvd, Petawawa, ON K8H 2Y1	1400	Lunch		25 km
Royal Canadian Legion Branch 517, 3583 Petawawa Blvd, Petawawa, ON K8H 2Y1		Quality Inn & Suites , 3119-B Petawawa Blvd, Petawawa, ON K8H 1X9		Final		3 km
MAKE YOUR OWN WAY TO HOTELS Possible Live Band At Rec Center 1730						
Hotel:		Quality Inn & Suites , 3119-B Petawawa Blvd, Petawawa, ON K8H 1X9				
Dinner:						

TOTAL DAILY KM: 263
TOTAL KM TRAVELED: 4081

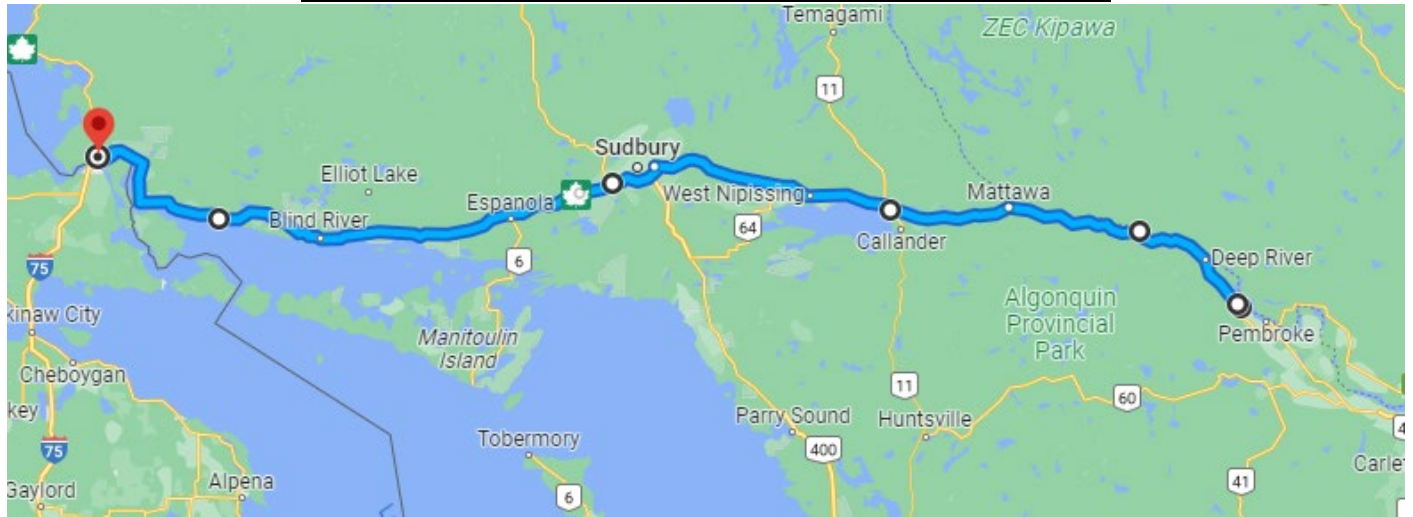
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 10 (Thurs, 10 Aug 2023) – Petawawa ON – Sault Ste. Marie ON



Go to Google Maps: <https://goo.gl/maps/7ZvpEjxvbg4AeVDP8>

Daily Stops		
CHECK-IN and MARSHALL AREA IN PARKING LOT RIGHT BEHIND QUALITY INN		
• Check-In	Petawawa Mini Golf , Petawawa, ON	
A. Depart	Petawawa Mini Golf , Petawawa, ON	
B. Rest	Yates General Store & Gas station , Stonecliffe, ON	
C. Fuel	MacEwen North Bay , North Bay, ON	
Fuel/Lunch/Check-In	Esso , Lively, ON	
LUNCH ON YOUR OWN - MARSHALL BACK AT ESSO by 1130		
D. Fuel/Rest/Check-In	Esso , 10 Lakeside Dr, Thessalon, ON P0R 1K0	
• Host Hotel	Water Tower Inn - Sault Ste. Marie, ON	
• Dinner		
Contacts		
Main Point of Contact	Pat Alden (ON Team Lead)	ON@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 10 (Thurs, 10 Aug 2023) – Petawawa ON – Sault Ste. Marie ON

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
CHECK-IN and MARSHALL AREA IN PARKING LOT RIGHT BEHIND QUALITY INN						
Petawawa Petawawa Mini Golf , Petawawa, ON	Check-In Starts at 0600			Marshall Area		
Petawawa Mini Golf, Petawawa, ON	0700	Yates General Store & Gas station , 40742 ON-17, Stonecliffe, ON K0J 2K0	0745	Rest	30 min	71 km
Yates General Store & Gas station, 40742 ON-17, Stonecliffe, ON K0J 2K0	0815	MacEwen North Bay , 1375 Seymour St, North Bay, ON P1B 9V6	0945	Fuel	30 min	126 km
MacEwen North Bay, 1375 Seymour St, North Bay, ON P1B 9V6	1015	Lively Esso , 105 Regional Rd 24, Lively, ON P3Y 1C3	1200	Fuel Lunch Check-In	90 min	146 km
LUNCH ON YOUR OWN - MARSHALL BACK AT ESSO by 1315						
Esso, 105 Regional Rd 24, Lively, ON P3Y 1C3	1330	Thessalon Esso , 10 Lakeside Dr, Thessalon, ON P0R 1K0	1545	Fuel Check-In	45 min	204 km
Esso, 10 Lakeside Dr, Thessalon, ON P0R 1K0	1630	Water Tower Inn - 360 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z7	1730	Final		88 km
Hotel:		Water Tower Inn - 360 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z7				
Dinner:						

TOTAL DAILY KM: 635
TOTAL KM TRAVELED: 4770

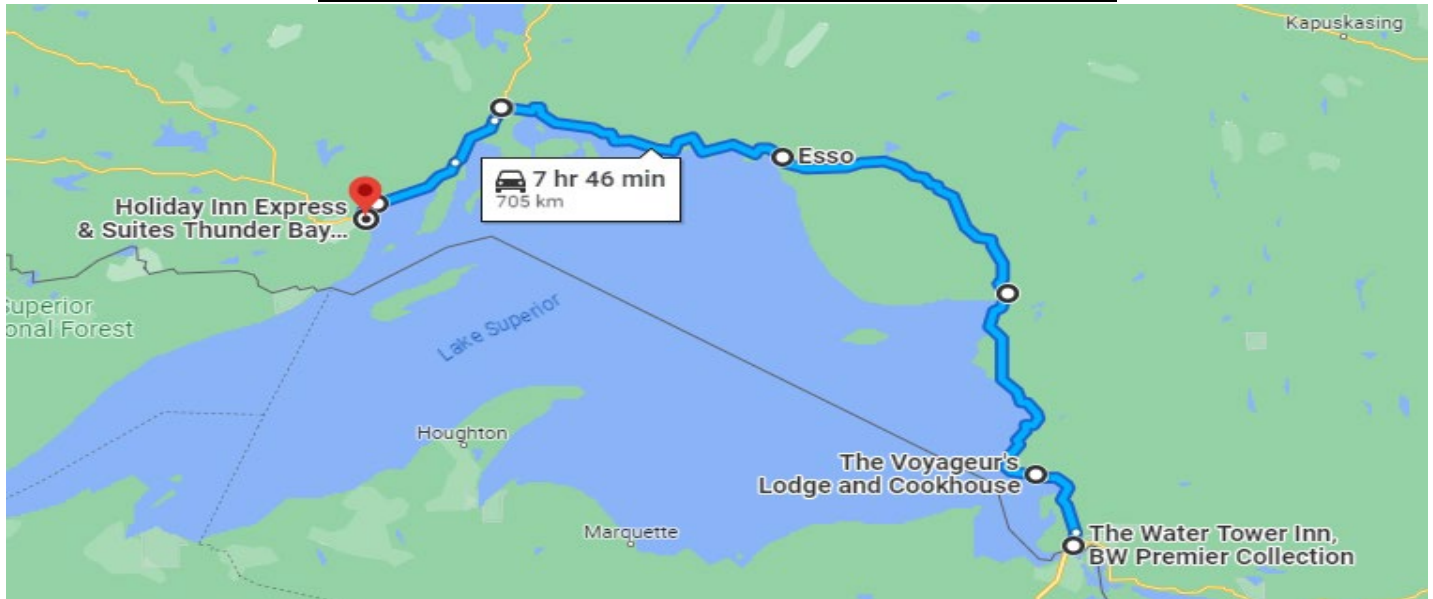
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 11 (Fri, 11 Aug 2023) – Sault Ste. Marie ON – Thunder Bay ON



Go to Google Maps: <https://goo.gl/maps/oQRWug6ZRTeOVvrL6>

Daily Stops		
• Check-In	The Water Tower Inn –Sault Ste Marie Ontario	
A. Depart	The Water Tower Inn –Sault Ste Marie Ontario	
B. Rest/fuel	The Voyageur's Lodge and Cookhouse , Batchawana Bay, ON	
C. Fuel/Brunch/Check-In	Petro-Canada , Wawa, ON	
Marshall at Michipicoten Memorial Community Centre, Wawa, ON, Brunch on Your Own/Check-In		
D. Fuel	ESSO –Marathon, ON	
E. Fuel	Nipigon Petro Canada –Nipigon, ON	
F. Memorial	Terry Fox Monument and Statue - Shuniah, ON	
• Host Hotel	Holiday Inn Thunder Bay , an IHG Hotel, Thunder Bay, ON	
• Dinner		
Contacts		
Main Point of Contact	Pat Alden (ON Team Lead)	ON@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 11 (Fri, 11 Aug 2023) – Sault Ste. Marie ON – Thunder Bay ON

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
Sault Ste. Marie The Water Tower Inn, BW Premier Collection , 360 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z7	Check-In Starts at 0600			MARSHALL AREA PARKING LOT BEHIND SHELL STATION		
The Water Tower Inn, BW Premier Collection, 360 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z7	0700	The Voyageur's Lodge and Cookhouse , ON-17, Batchawana Bay, ON POS 1A0	0745	Rest/Fuel if you NEED It	30 min	64 km
The Voyageur's Lodge and Cookhouse, ON-17, Batchawana Bay, ON POS 1A0	0815	Wawa Petro-Canada Charging Station , 137 Mission Rd, Wawa, ON POS 1K0	1000	Rest/ Fuel Brunch	90 min	159 km
Marshall at Michipicoten Memorial Community Centre, Wawa, ON, by 1115, Brunch on Your Own Check-In						
Michipicoten Memorial Community Centre, 3 Chris Simon Dr, Municipality Of Wawa, ON POS 1K0	1130	ESSO – ON-17, Marathon, ON P0T 2E	1315	Fuel	45 min	182 km
ESSO – ON-17, Marathon, ON P0T 2E0	1400	Nipigon Petro Canada – 498 ON-17, Nipigon, ON P0T 2J0	1600	Fuel	30 min	184 km
After Fueling Marshall in Truck Parking Lot Beside Petro - Can						
Township Of Nipigon, Ontario Truck Parking Lot Beside Petro - Can	1630	Terry Fox Monument and Statue - 1000 ON-11 #11, Shuniah, ON P7A 0A1	1730	Memorial RV with EMS Check-In	45 min	97 km
Terry Fox Monument and Statue - 1000 ON-11 #11, Shuniah, ON P7A 0A1	1815	Holiday Inn Thunder Bay , an IHG Hotel, 1041 Carrick St, Thunder Bay, ON P7B 6L9	1835	Final		18 km
Hotel:		Holiday Inn Thunder Bay , an IHG Hotel, 1041 Carrick St, Thunder Bay, ON P7B 6L9				
Dinner:						

TOTAL DAILY KM: 706

TOTAL KM TRAVELED: 5476

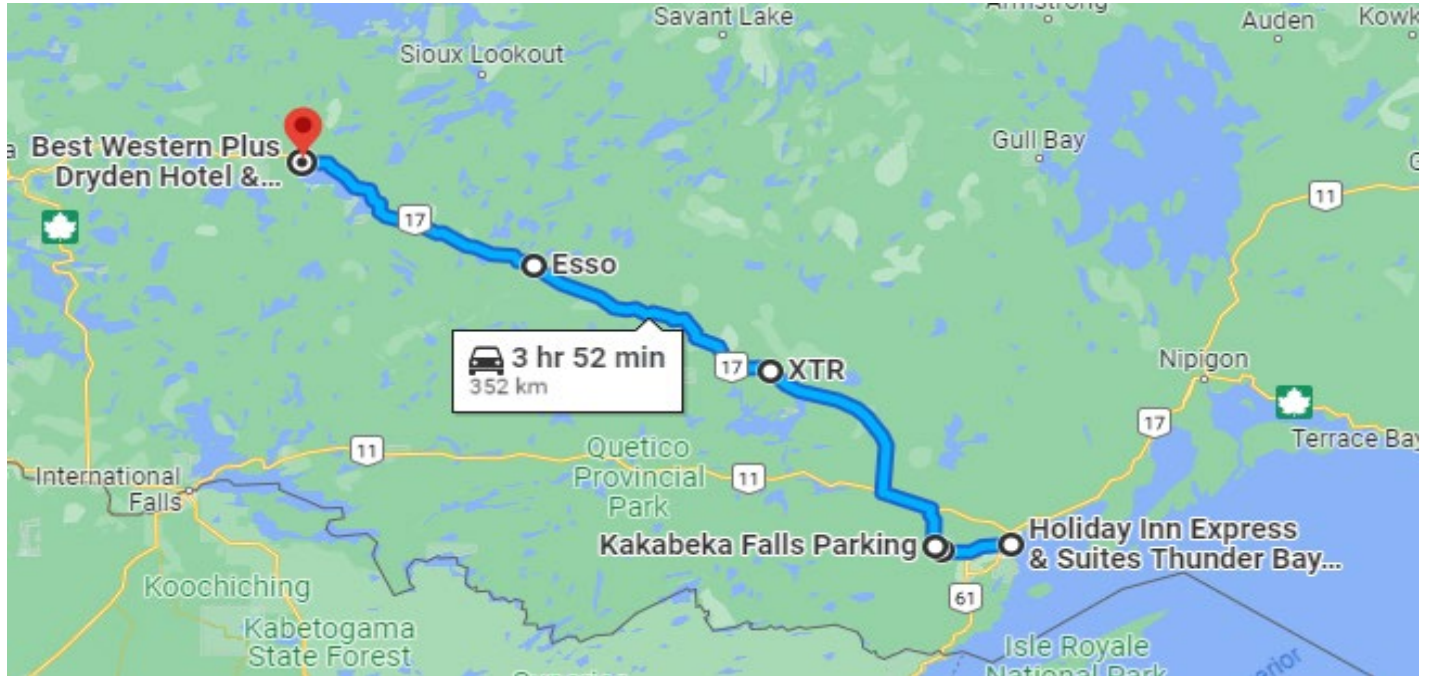
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 12 (Saturday 12 Aug 202) – Thunder Bay ON – Dryden ON



Go to Google Maps: <https://goo.gl/maps/kN7m1mYvBt2AAW8s7>

Daily Stops		
• Check-In	Holiday Inn Express & Suites Thunder Bay, Thunder Bay, ON	
A. Depart	Holiday Inn Express & Suites Thunder Bay, Thunder Bay, ON	
B. Breakfast	Royal Canadian Legion Branch 225 , Kakabeka Falls, ON	
Photo	Kakabeka Falls Parking , Municipality Of Oliver Paipooonge, ON	
C. Fuel	XTR - Upsala, ON	
TIME ZONE CHANGE AFTER UPSALA 1 HR BACK		
D. Fuel/Snack	Esso - Ignace, ON	
• Host Hotel	Best Western Plus Dryden, ON	
• Dinner	Royal Canadian Legion Branch 63 , Dryden, ON	
Contacts		
Main Point of Contact	Pat Alden (ON Team Lead)	ON@therollingbarrage.co
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 12 (Saturday 12 Aug 202) – Thunder Bay ON – Dryden ON

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
Thunder Bay Holiday Inn Express & Suites Thunder Bay, an IHG Hotel, 1041 Carrick St, Thunder Bay, ON P7B 6L9	Check-In Starts at 0800			MARSHALL AREA SOUTH PARKING LOT		
Holiday Inn Express & Suites Thunder Bay, an IHG Hotel, 1041 Carrick St, Thunder Bay, ON P7B 6L9	0900	Royal Canadian Legion Branch 225 , 4556 Trans-Canada Hwy, Kakabeka Falls, ON P0T 1W0	0920	Breakfast	60 min	27 km
Royal Canadian Legion Branch 225, 4556 Trans-Canada Hwy, Kakabeka Falls, ON P0T 1W0	1030	Kakabeka Falls Parking , Municipality Of Oliver Paipooonge, ON P0T 1W0	1035	Photo	45 min	3 km
Kakabeka Falls Parking, Municipality Of Oliver Paipooonge, ON P0T 1W0	1115	XTR , 4810 ON-17, Upsala, ON P0T 2Y0	1230	Fuel/Snack	45 min	111 km
TIME ZONE CHANGE AFTER UPSALA 1 HR BACK						
XTR, 4810 ON-17, Upsala, ON P0T 2Y0	1315	Ignace , Esso – 104 Main St, Ignace, ON P0T 1T0	1315	Fuel/Snack Check-In	45 min	106 km
ESSO – 104 Main St, Ignace, ON P0T 1T0	1400	Best Western Plus Dryden Hotel & Conference Centre, 349 Government St, Dryden, ON P8N 2P4	1515	Final		105 km
Hotel:		Best Western Plus Dryden Hotel & Conference Centre, 349 Government St, Dryden, ON P8N 2P4				
Dinner:		Royal Canadian Legion Branch 63 , 34 Queen St, Dryden, ON P8N 1A1				

TOTAL DAILY KM: 352

TOTAL KM TRAVELED: 5828

Special Notes:

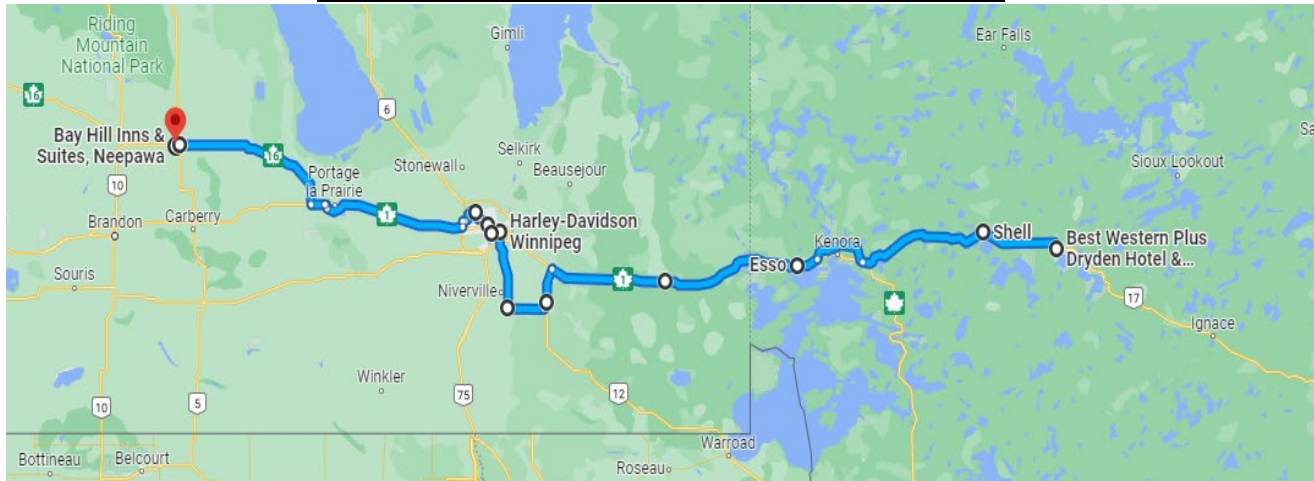
- Kakabeka Falls Legion for breakfast Possibly.
- Dryden Legion for dinner Possibly.



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 13 (Sun, 13 Aug 2023) – Dryden, ON – Neepawa, MB



Go to Google Maps: <https://goo.gl/maps/F1FQMyPFADLPo67e7>

Daily Stops		
• Check-In	Best Western Plus Dryden Hotel & Conference Centre , Dryden, ON	
A. Depart	Best Western Plus Dryden Hotel & Conference Centre , Dryden, ON	
B. Rest	Shell , Vermilion Bay, ON	
C. Fuel	Esso , Clearwater Bay, ON	
D. Fuel/Check-In	Shell , Trans-Canada Hwy, Prawda, MB	
E. Fuel/Lunch/Check-In	Big Freight Systems Inc. , Steinbach, MB	
F. Meet WPS/ Check-In	Harley-Davidson Winnipeg , , Winnipeg, MB	
G. Fuel	Flying J Travel Center , Headingley, MB	
H. Welcome	Riverbend Park , Neepawa, MB	
Dinner	Royal Canadian Legion Branch 23 , Neepawa, MB	
• Host Hotel	Bay Hills Inns & Suites , Neepawa, MB	
• Dinner	Royal Canadian Legion Branch 23 , Neepawa, MB	
Contacts		
Main Point of Contact	Mark Goldade (MB Team Lead)	MB@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 13 (Sun, 13 Aug 2023) – Dryden, ON – Neepawa, MB

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
Dryden Best Western Plus Dryden Hotel & Conference Centre , 349 Government St, Dryden, ON P8N 2P4	Check-In Starts at 0600			MARSHALL AREA IN EAST PAKING LOT or HUSKY BESIDE HOTEL		
Best Western Plus Dryden Hotel & Conference Centre, 349 Government St, Dryden, ON P8N 2P4	0700	Shell , Trans-Canada Hwy, ON-17, Vermilion Bay, ON P0V 2V0	0730	Rest	30 min	45 km
Shell, Trans-Canada Hwy, ON-17, Vermilion Bay, ON P0V 2V0	0800	Esso , Hwy 17 W, Clearwater Bay, ON P0X 1S0	0915	Fuel	30 min	122 km
Esso, Hwy 17 W, Clearwater Bay, ON P0X 1S0	0945	Prawda Shell Gas Station Trans Canada Hwy, Hadashville, MB R0E 0X0	1030	Fuel Check-In	45 min	77 km
Prawda Shell Gas Station Trans Canada Hwy, Hadashville, MB R0E 0X0	1115	Steinbach Big Freight Ops Center 360 Hwy 12, Steinbach, MB R5G 1A6	1200	Fuel/Lunch Check-In	90 min	81 km
Fuel On Own Return to Big Freight						
Big Freight Ops Center 360 Hwy 12, Steinbach, MB R5G 1A6	1330	Winnipeg Winnipeg Harley Davidson 1377 Niakwa Rd E, Winnipeg, MB R2J 3T3	1415	RCMP - WPS Handover Check-In	45 min	62 km
Winnipeg Harley Davidson 1377 Niakwa Rd E, Winnipeg, MB R2J 3T3	1500	Flying J Travel Center 4100 Portage Av, Headingley, MB R4H 1C5	1530	Fuel WPS - RCMP Handover	30 min	20 km
Flying J Travel Center 4100 Portage Ave, Headingley, MB R4H 1C5	1600	Riverbend Park , 418 Davidson St, Neepawa, MB R0J 1H0	1800	Welcome/ Drive Around Loop		177 km
Riverbend Park, 418 Davidson St, Neepawa, MB R0J 1H0	1800	Royal Canadian Legion Branch 23 , 425 Brown Ave, Neepawa, MB R0J 1H0	1800	Dinner/and Presentations		450 m
After Dinner and Presentations Make Your Own Way to Hotel, If You Are Staying in Motel, it is Right Across Trans-Canada From Hotel						



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 13 (Sun, 13 Aug 2023) – Dryden, ON – Neepawa, MB

Royal Canadian Legion Branch 23, 425 Brown Ave, Neepawa, MB R0J 1H0		Bay Hills Inns & Suites 160 Main St W, Neepawa, MB R0J 1H0		Final		3 km
Hotel:		Bay Hills Inns & Suites 160 Main St W, Neepawa, MB R0J 1H0				
Dinner:		Royal Canadian Legion Branch 23 , 425 Brown Ave, Neepawa, MB R0J 1H0				

TOTAL DAILY KM: 608

TOTAL KM TRAVELED: 6436

Special Notes:

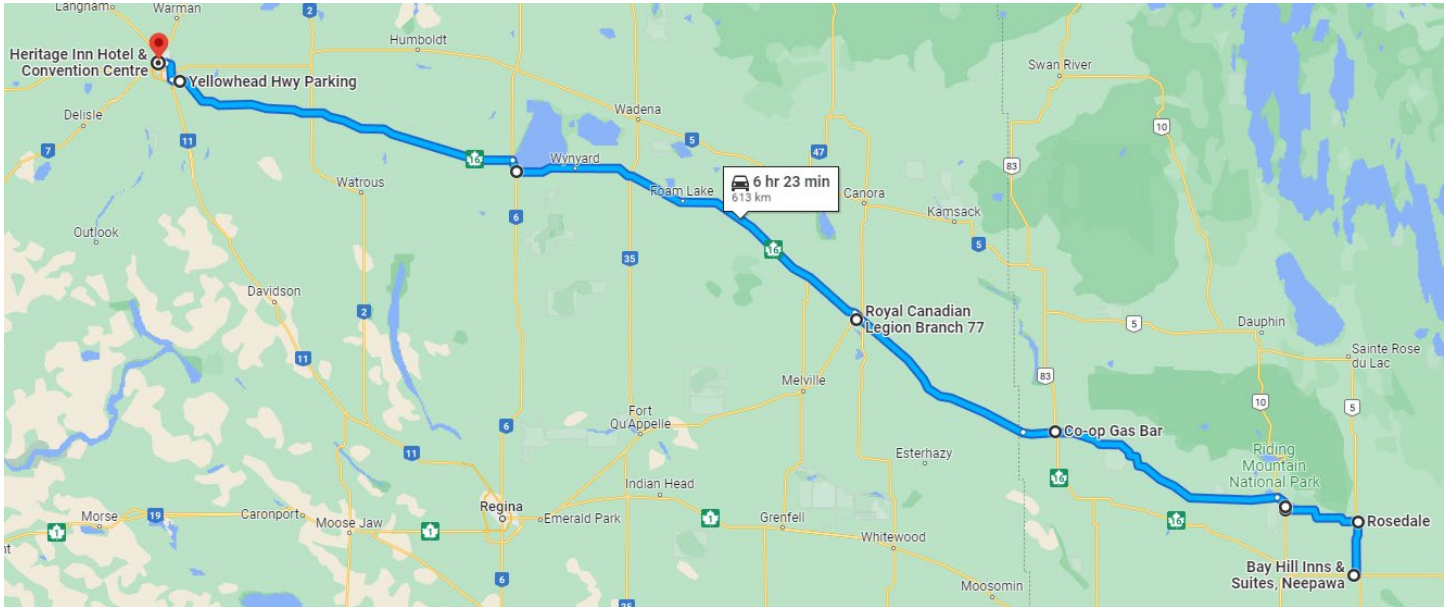
- **Breakfast served in the hotel in Dryden.**
- **Winnipeg Police Service will be escorting us through the city again this year!**
- **Town of Neepawa was a huge supporter in 2021 & 2022. We expect a huge turnout again this year. Expect to have lots of people out with their families to see the bikes and show support.**



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 14 (Mon, 14 Aug 2023) – Neepawa MB – Saskatoon SK



Go to Google Maps: <https://goo.gl/maps/iif6s7PN5MHoZYiv7>

Daily Stops		
• Check-In	Bay Hill Inns & Suites , Neepawa, MB	
A. Depart	Bay Hill Inns & Suites , Neepawa, MB	
B. Rest	Beatty's XTR Service , Erickson, MB	
C. Fuel	Co-op Gas Bar , Russell, MB	
TIME ZONE CHANGE AFTER Russell Co-op 1 HR BACK		
D. Fuel/Lunch/Check-In	Royal Canadian Legion Branch 77 , Yorkton, SK	
E. Fuel	24 Seven Travel Centre , Dafoe, SK	
Meet up with Saskatoon City Police for Escort to Hotel STAY ON YOUR BIKES		
• Host Hotel	Heritage Inn Hotel & Convention Centre , Saskatoon, SK	
• Dinner		
Contacts		
Main Point of Contact	Mark Goldade (MB Team Lead)	MB@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 14 (Mon, 14 Aug 2023) – Neepawa MB – Saskatoon SK

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
Neepawa Bay Hill Inns & Suites 160 Main St W, Neepawa, MB R0J 1H0	Check-In Starts at 0700			MARSHALL AREA on EAST SIDE OF HOTEL		
Bay Hill Inns & Suites 160 Main St W, Neepawa, MB R0J 1H0	0800	Beatty's XTR Service , MB-10, Erickson, MB R0J 0P0	0845	Rest	30 min	58 km
Beatty's XTR Service, MB-10, Erickson, MB R0J 0P0	0915	Russell Co-op Gas Bar 206 Main St, Russell, MB R0J 1W0	1030	Fuel	45 min	113 km
TIME ZONE CHANGE AFTER Russell Co-op 1 HR BACK						
Russell Co-op Gas Bar 206 Main St, Russell, MB R0J 1W0	1115	Yorkton Royal Canadian Legion #77 387B Parkview Rd, Yorkton, SK S3N 2L4	1115	Lunch Check-In	90 min	103 km
Fuel on Own and Return to Legion						
Royal Canadian Legion #77 387B Parkview Rd, Yorkton, SK S3N 2L4	1245	24 Seven Travel Centre Jct 6 & SK-16, Dafoe, SK S0K 1C0	1430	Fuel	45 min	167 km
24 Seven Travel Centre Jct 6 & SK-16, Dafoe, SK S0K 1C0	1515	Yellowhead Hwy Parking , Yellowhead Hwy, Saskatoon, SK	1630	Meet SCPD For Escort	15 min	151 km
Yellowhead Hwy Parking, Yellowhead Hwy, Saskatoon, SK	1645	Heritage Inn Hotel & Convention Centre , 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	1700 ???	Final		19 km
Hotel		Heritage Inn Hotel & Convention Centre , 102 Cardinal Crescent, Saskatoon, SK S7L 6H6				
Restaurant						

TOTAL DAILY KM: 611

TOTAL KM TRAVELED: 7047

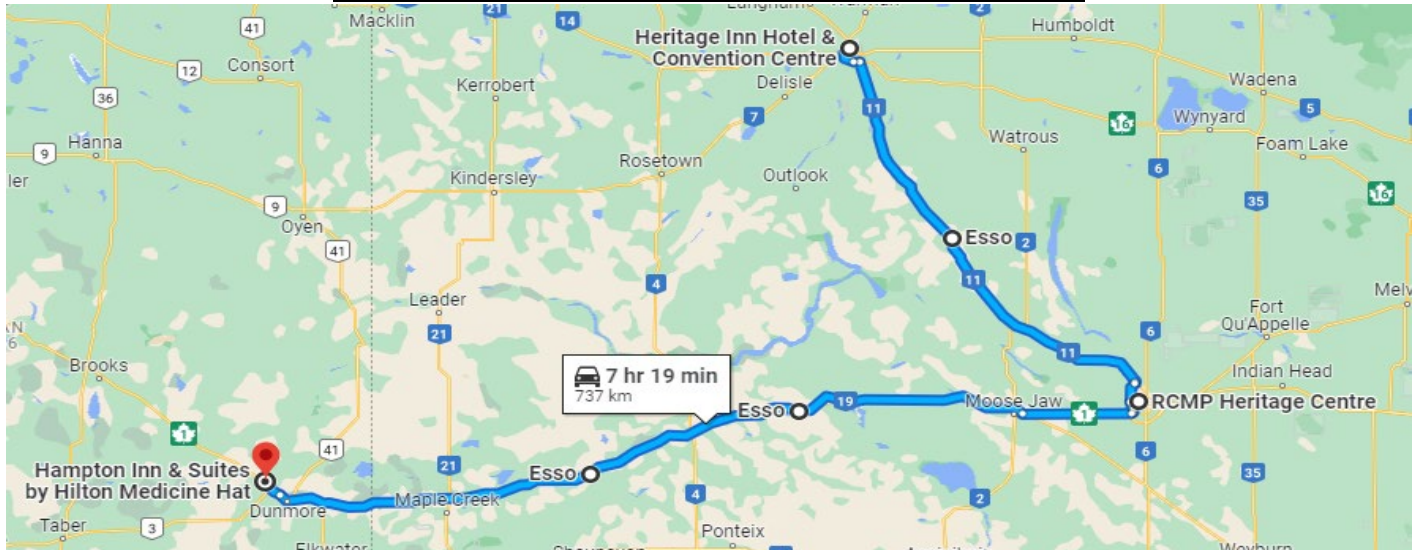
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 15 (Tues, 15 Aug 2023) – Saskatoon SK – Medicine Hat AB



Go to Google Maps: <https://goo.gl/maps/vGVufht7DHxmqsF6>

Daily Stops		
• Check-In	Heritage Inn Hotel & Convention Centre , Saskatoon, SK	
A. Depart	Heritage Inn Hotel & Convention Centre , Saskatoon, SK	
B. Rest/Fuel	Esso , Davidson, SK	
C. Lunch & Check In	RCMP Heritage Centre , Regina, SK	
D. Fuel	Esso , Morse, SK	
E. Fuel	Esso , Gull Lake, SK	
• Host Hotel	Hampton Inn & Suites by Hilton Medicine Hat , Medicine Hat, AB	
• Dinner		
Contacts		
Main Point of Contact	Richard LeBlanc (SK Team Lead)	SK@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 15 (Tues, 15 Aug 2023) – Saskatoon SK – Medicine Hat AB

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
Saskatoon Heritage Inn Hotel & Conference Center 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	Check-In Starts at 0600			MARSHALL IN REAR PARKING LOT		
Heritage Inn Hotel & Conference Center 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	0700	Esso , HWY 11 & ENTERPRISE LANE, Davidson, SK S0G 1A0	0815	Rest/Fuel	45 min	122 km
Esso, HWY 11 & ENTERPRISE LANE, Davidson, SK S0G 1A0	0900	Regina RCMP Heritage Center 5907 Dewdney Avenue, Regina, SK S4T 0P4	1015	Lunch Check-In Fuel On Own	90 min	145 km
RCMP Heritage Center 5907 Dewdney Avenue, Regina, SK S4T 0P4	1145	Esso , 101 George Ave, Morse, SK S0H 3C0	1330	Fuel	45 min	184 km
Esso, 101 George Ave, Morse, SK S0H 3C0	1415	Esso , SK-1 &, SK-37, Gull Lake, SK S0N 1N0	1515	Fuel small tanks	30 min	114 km
Esso, SK-1 &, SK-37, Gull Lake, SK S0N 1N0	1545	Hampton Inn & Suites 2510 Box Springs Blvd Medicine Hat, AB T1C 0C8	1730	Final		173 km
Hotel:		Hampton Inn & Suites 2510 Box Springs Blvd Medicine Hat, AB T1C 0C8				
Dinner:						

TOTAL DAILY KM: 738
 TOTAL KM TRAVELED: 7785

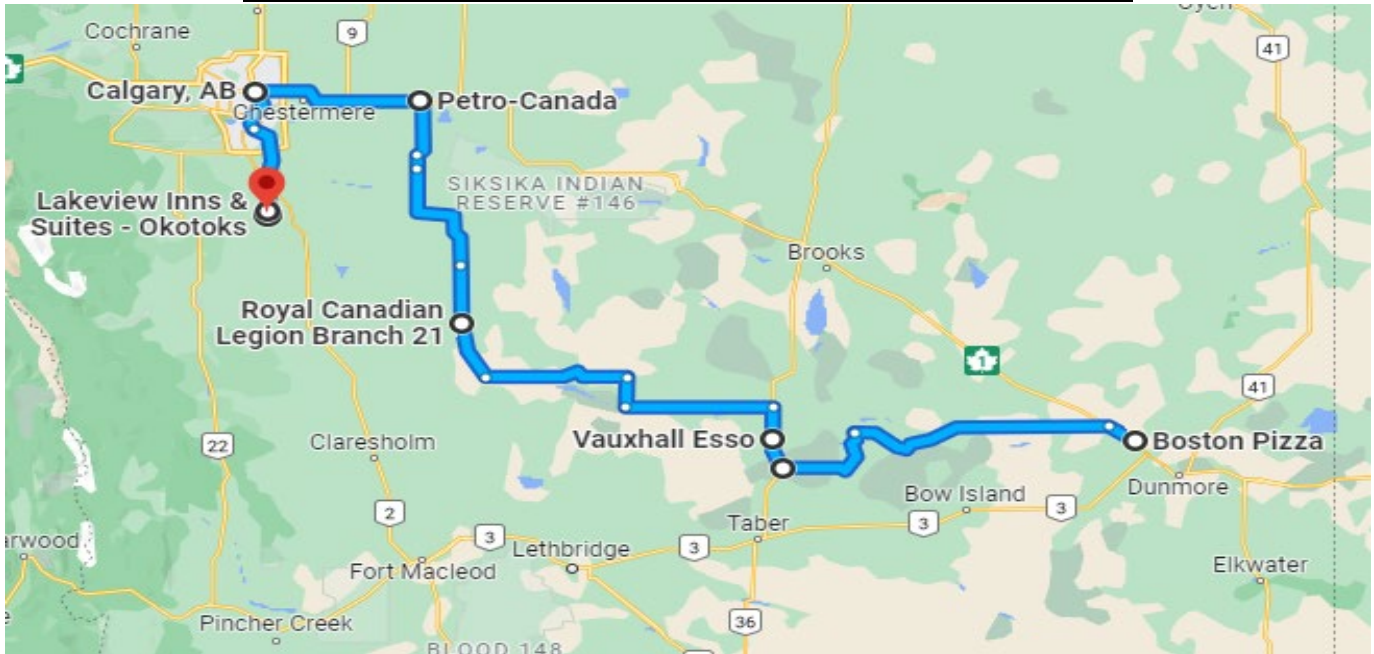
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 16 (Wednesday, August 16, 2023) – Medicine Hat, AB to Okotoks, AB



Go to Google Maps: <https://goo.gl/maps/vwHUyUCbyH2bqSqY7>

Daily Stops		
• Check-In	Boston Pizza , Medicine Hat, AB	
A. Depart	Boston Pizza , Medicine Hat, AB	
B. REST/Fuel	Esso Vauxhall, Vauxhall, AB	
C. Lunch/Fuel/Check-In	Royal Canadian Legion Br 21 , Vulcan, AB	
Fuel During Lunch and Return to Legion		
D. Fuel/Meet CPS/Check-In	Petro-Canada , Strathmore, AB	
• Host Hotel	Lakeview Inn and Suites , Okotoks, AB	
• Dinner		
Contacts		
Main Point of Contact	Carola Singer (AB Team Lead)	AB@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 16 (Wednesday, August 16, 2023) – Medicine Hat, AB to Okotoks, AB

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
Medicine Hat Boston Pizza , 2500 Box Springs Blvd NW, Medicine Hat, AB T1C 0C8	Check-In Starts at 0800			MARSHALL AREA IN FRONT PARKING LOT		
Boston Pizza, 2500 Box Springs Blvd NW, Medicine Hat, AB T1C 0C8	0930	Vauxhall Esso 409 1 St N, Vauxhall, AB TOK 2N0	1045	Rest/Fuel	45 min	129 km
Vauxhall Esso 409 1 St N, Vauxhall, AB TOK 2N0	1130	Vulcan Royal Canadian Legion Br 21 , 240 Sinclair Rd, Vulcan, AB T0L 2B0	1245	Lunch/Fuel Check-In	90 min	118 km
Fuel During Lunch and Return to Legion						
Royal Canadian Legion Br 21, 240 Sinclair Rd, Vulcan, AB T0L 2B0	1415	Petro-Canada , 604 Westmount Rd, Strathmore, AB T1P 1W8	1500	Fuel/Meet With CPS Check-In	45 min	83 km
Petro-Canada, 604 Westmount Rd, Strathmore, AB T1P 1W8	1545	Lakeview Inn and Suites 22 Southridge Drive Okotoks, Alberta	1700	Final		91 km
Hotel:		Lakeview Inn and Suites 22 Southridge Drive Okotoks, Alberta				
Dinner:	1830	BBQ and Reception:				

TOTAL DAILY KM: 421
 TOTAL KM TRAVELED: 8206

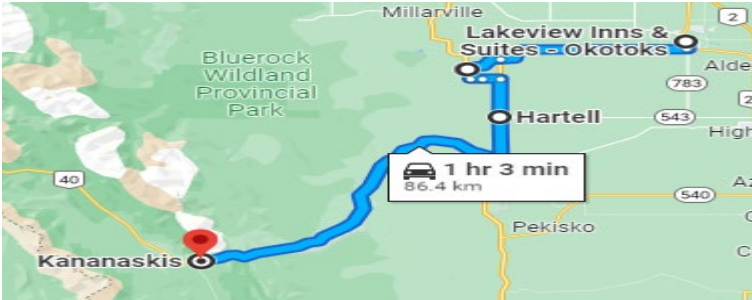
Special Notes:



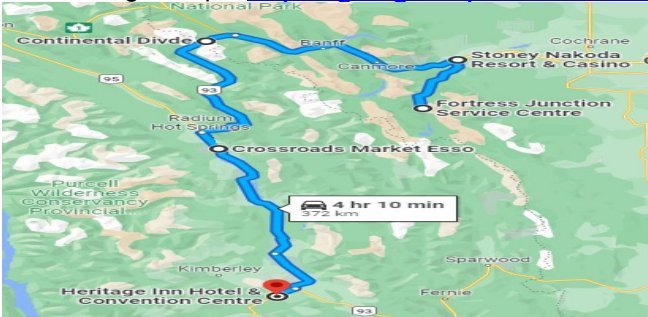
The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 17 (Thursday August 17, 2023) – Okotoks, AB - Cranbrook, BC



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Go to Google Maps: <https://goo.gl/maps/ksJmZGb6xnwz8ApT8>

Daily Stops		
Highwood Pass is Closed Until June New Map Will be put up at That Time		
CHECK-IN At Lakeview Inn & Suites Is From 0630 to 0715 ONLY		
• Check-In	Lakeview Inns & Suites - Okotoks, Okotoks, AB	
A. Depart	Lakeview Inns & Suites - Okotoks, Okotoks, AB	
B. Breakfast/Check-In	Royal Canadian Legion Branch 78 , Turner Valley, AB	
CHECK-IN At Legion Br 78 Is From 0800 to 0830 ONLY		
C. Depart	Royal Canadian Legion Branch 78 , Turner Valley,	
D. Photo	Pocaterra Ridge Parking Lot , Kananaskis, AB	
E. Rest/Fuel	Fortress Junction Service Centre , 69-1 Mt.Sparrowhawk Cres, AB	
F. Photo	Continental Divide , East Kootenay, BC	
G. Lunch/Fuel/Check-In	Stoney Nakoda Resort & Casino , Kananaskis, AB	
H. Rest Fuel	Crossroads Market Esso , Invermere, BC	
• Host Hotel	Heritage Inn Hotel & Convention Centre , Cranbrook, BC	
• Dinner	Royal Canadian Legion Branch 24 (Located in Host Hotel)	
Contacts		
Main Point of Contact	Carola Singer (AB Team Lead)	AB@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 17 (Thursday August 17, 2023) – Okotoks, AB - Cranbrook, 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
Highwood Pass is Closed Until June New Map Will be put up at That Time						
CHECK-IN At Lakeview Inn & Suites Is From 0630 to 0715 ONLY						
Okotoks Lakeview Inns & Suites - Okotoks, 22 Southridge Dr, Okotoks, AB T1S 1N1	Check-In Starts at 0630			MARSHALL AREA IS HOTEL NORTHEAST PARKING LOT		
Lakeview Inns & Suites - Okotoks, 22 Southridge Dr, Okotoks, AB T1S 1N1	0730	Turner Valley Royal Canadian Legion Branch 78 , 121 Sunset Blvd E, Turner Valley, AB T0L 2A0	0750	Breakfast Check-In	60 min	25 km
CHECK-IN At Legion Br 78 Is From 0800 to 0830 ONLY						
Royal Canadian Legion Branch 78, 121 Sunset Blvd E, Turner Valley, AB T0L 2A0	0900	Pocaterra Ridge Parking Lot , Kananaskis, AB T0L 2C0	1030	Photo	15 min	99 km
Pocaterra Ridge Parking Lot, Kananaskis, AB T0L 2C0	1045	Fortress Junction Service Centre , off Hwy #40, 40km south off Trans-Canada Alternative mailing: 69-1 Mt.Sparrowhawk Cres, AB T0L 2H0	1115	Fuel/Rest IF NO FUEL it is 192 km from start to next stop	45 min	26 km
Fortress Junction Service Centre, off Hwy #40, 40km south off Trans-Canada Alternative mailing: 69-1 Mt.Sparrowhawk Cres, AB T0L 2H0	1115	Stoney Nakoda Resort & Casino , 888 Nakoda Way, Kananaskis, AB T0L 1N0	1215	Fuel/Lunch Check-In	60 min	42 km
FUEL ON OWN and RETURN to LUNCH AREA						
Stoney Nakoda Resort & Casino, 888 Nakoda Way, Kananaskis, AB T0L 1N0	1315	Continental Divide , East Kootenay, BC V0A 1J0	1415	Photo	15 min	94 km
Continental Divide, East Kootenay, BC V0A 1J0	1430	Crossroads Market Esso , 548 BC-93 #95, Invermere, BC V0A 1K2	1545	Fuel	30 min	108 km
Crossroads Market Esso, 548 BC- 93 #95, Invermere, BC V0A 1K2	1615	Heritage Inn Hotel & Convention Centre , 803 Cranbrook St N, Cranbrook, BC V1C 3S2	1730	Final		129 km



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 17 (Thursday August 17, 2023) – Okotoks, AB - Cranbrook, BC

Hotel:		Heritage Inn Hotel & Convention Centre , 803 Cranbrook St N, Cranbrook, BC V1C 3S2				
Dinner:		Royal Canadian Legion Branch 24 803 Cranbrook St N, Cranbrook, BC				

TOTAL DAILY KM: 523
TOTAL KM TRAVELED: 8729

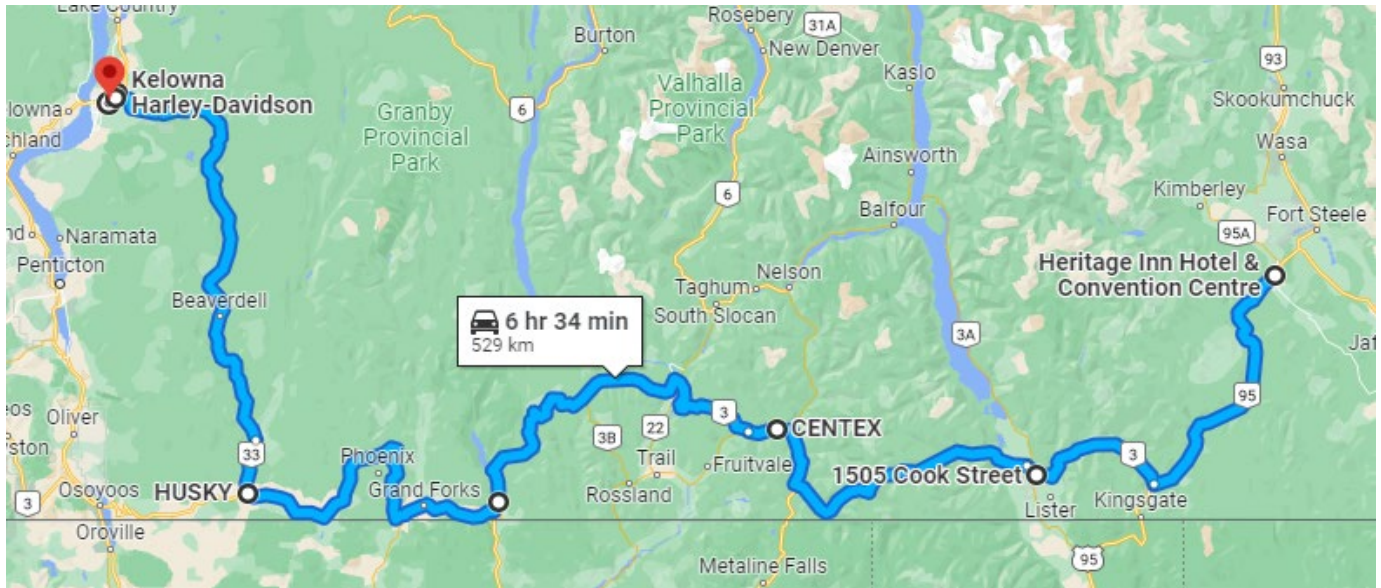
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 18 (Friday, 18 Aug 2023) – Cranbrook BC – Kelowna BC



Go to Google Maps: <https://goo.gl/maps/UL1Q3k8nDVSS5nmw7>

Daily Stops		
• Check-In	Heritage Inn Hotel & Convention Centre , Cranbrook, BC	
A. Depart	Heritage Inn Hotel & Convention Centre , Cranbrook, BC	
TIME ZONE CHANGE BEFORE CRESTON 1 HR BACK		
B. Rest	Creston Fire Hall , Creston, BC	
C. Fuel	CENTEX , Salmo, BC	
Marshall at Christina Lake Fire Hall and Move to Fuel as a Group Return to Fire Hall in Christina Lake on Your Own		
D. Fuel/Lunch/Check-In	Christina Lake Fire Hall , Christina Lake, BC	
E. Fuel	HUSKY , Rock Creek, BC	
F. Welcome	Kelowna Harley-Davidson , Kelowna, BC	
AFTER WELCOME MAKE YOUR OWN WAY TO HOTEL.		
• Host Hotel	Ramada by Wyndham Kelowna Hotel & Conference Center, Kelowna, BC	
• Dinner	Kelowna Harley-Davidson , Kelowna, BC	
Contacts		
Main Point of Contact	Daryl Innes (BC Team Lead)	BC@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 18 (Friday, 18 Aug 2023) – Cranbrook BC – Kelowna 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
CHECK-IN STARTS AT 0630 AND CLOSSES AT 0800						
Cranbrook Heritage Inn Hotel & Convention Centre, 803 Cranbrook St N, Cranbrook, BC V1C 3S2	Check-In Starts at 0700			MARSHALL AREA in HOTEL REAR PARKING LOT		
TIME ZONE CHANGE BEFORE CRESTON 1 HR BACK						
Heritage Inn Hotel & Convention Centre, 803 Cranbrook St N, Cranbrook, BC V1C 3S2	0830	Creston Fire Hall 1505 Cook St, Creston, BC V0B 1G0	0845	Rest	30 min	106 km
Creston Fire Hall 1505 Cook St, Creston, BC V0B 1G0	0915	CENTEX , 5920 BC-3, Salmo, BC V0G 1Z0	1015	Fuel	30 min	86 km
Marshall at Christina Lake Fire Hall and Move to Fuel as a Group Return to Fire Hall in Christina Lake on Your Own						
CENTEX, 5920 BC-3, Salmo, BC V0G 1Z0	1045	Christina lake Christina Lake Fire Hall , 1585 Swanson Rd, Christina Lake, BC V0H 1E0	1200	Fuel /Lunch Check-In	90 min	108 km
Christina Lake Fire Hall, 1585 Swanson Rd, Christina Lake, BC V0H 1E0	1400	HUSKY , 4140 BC-3, Rock Creek, BC V0H 1Y0	1515	Fuel	30 min	95 km
HUSKY, 4140 BC-3, Rock Creek, BC V0H 1Y0	1545	Kelowna Harley-Davidson , 888 McCurdy Pl, Kelowna, BC V1X 8C8	1715	Welcome/ Meal	90 min	130 km
AFTER WELCOME MAKE YOUR OWN WAY TO HOTEL.						
Kelowna Harley-Davidson, 888 McCurdy Pl, Kelowna, BC V1X 8C8	1845	Ramada by Wyndham Kelowna Hotel & Conference Center, 2170 Harvey Ave, Kelowna, BC V1Y 6G8		Final		4 km
Hotel:		Ramada by Wyndham Kelowna Hotel & Conference Center, 2170 Harvey Ave, Kelowna, BC V1Y 6G8				
Dinner:		Kelowna Harley-Davidson , 888 McCurdy Pl, Kelowna, BC V1X 8C8		Dinner		



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 18 (Friday, 18 Aug 2023) – Cranbrook BC – Kelowna BC

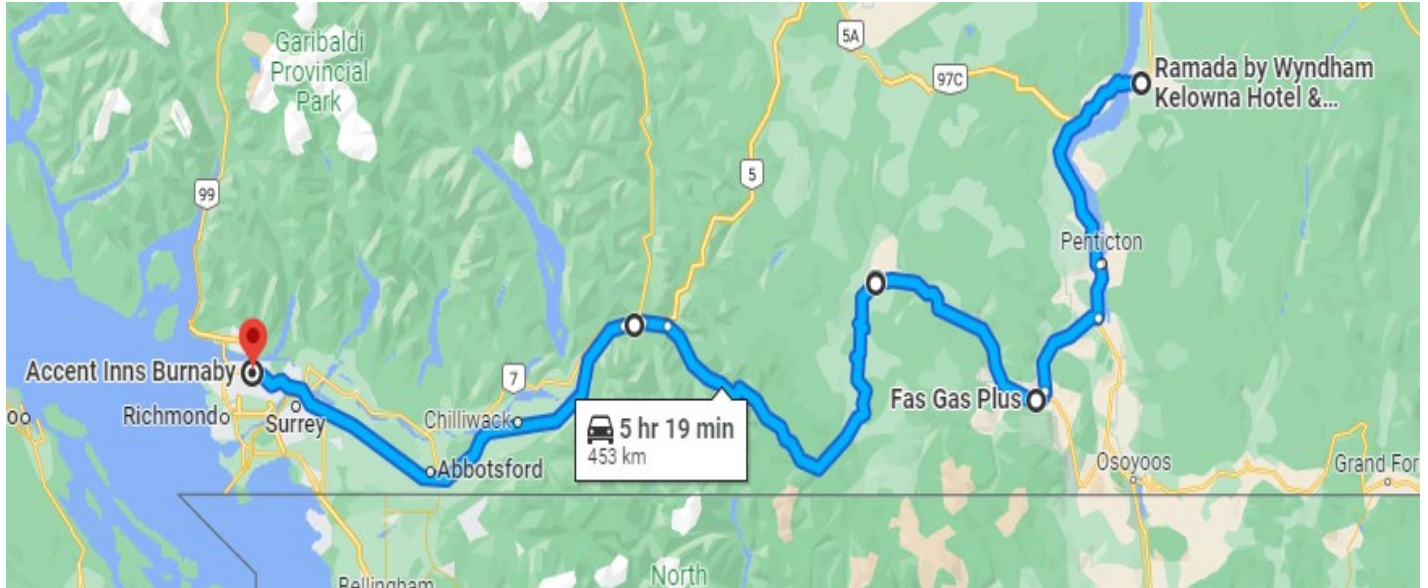
TOTAL DAILY KM: 528
TOTAL KM TRAVELED: 9257



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		
Check-In Starts at 0730 and Closes at 0830		
• Check-In	Ramada by Wyndham Kelowna Hotel & Conference Center, Kelowna, BC	
A. Depart	Ramada by Wyndham Kelowna Hotel & Conference Center, Kelowna, BC	
B. Rest	Fas Gas Plus , Keremeos, BC	
C. Lunch/Check-In	Royal Canadian Legion Branch 56 , Princeton, BC	
Check-In in Princeton Closes at 1200, Check-In in Hope Closes at 1430.		
D. Fuel/Check-In	Flying J Travel Center , Hope, BC	
• Host Hotel	Accent Inns Burnaby , Burnaby, BC	
• Dinner		
Contacts		
Main Point of Contact	Daryl Innes (BC Team Lead)	BC@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 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
Check-In Starts at 0730 and Closes at 0830						
Kelowna Ramada by Wyndham Kelowna Hotel & Conference Center, 2170 Harvey Ave, Kelowna, BC V1Y 6G8	Check-In Starts at 0730			MARSHALL AREA is in HOTEL PARKING LOT NORTHWEST SIDE		
Ramada by Wyndham Kelowna Hotel & Conference Center, 2170 Harvey Ave, Kelowna, BC V1Y 6G8	0900	Fas Gas Plus , 3163 BC-3, Keremeos, BC VOX 1N1	1015	Rest stop	30 mins	112 km
Fas Gas Plus, 3163 BC-3, Keremeos, BC VOX 1N1	1045	Princeton Royal Canadian Legion Branch 56 , 170 Bridge St, Princeton, BC VOX 1W0	1130	Lunch /Fuel Check-In	90 mins	64 km
Check-In in Princeton Closes at 1230, Princeton Fuel on OWN and Return to Legion Check-In in Hope Closes at 1500						
Princeton Royal Canadian Legion Branch 56, 170 Bridge St, Princeton, BC VOX 1W0	1300	Hope Flying J Travel Center , 63100 Flood Hope Rd, Hope, BC VOX 1L2	1430	Fuel/ Meet VPD Check-In	45 min	136 km
Hope Flying J Travel Center, 63100 Flood Hope Rd, Hope, BC VOX 1L2	1515	Accent Inns Burnaby , 3777 Henning Dr, Burnaby, BC V5C	1630	Final		140 km
Hotel:		Accent Inns Burnaby , 3777 Henning Dr, Burnaby, BC V5C				
Dinner Reservations:						

TOTAL DAILY KM: 455
TOTAL KM TRAVELED: 9712

Special Notes:

Escort Information 2023



The Rolling Barrage PTSD Foundation / The Rolling Barrage would like to thank all the participating First Responder Services. Without the support of police services, fire departments and emergency medical services from coast to coast The Rolling Barrage would be very difficult to navigate. The support you have afforded is greatly appreciated.

Thank you.

Sponsors 2023



Our Sponsors are integral to the mission of The Rolling Barrage PTSD Foundation and The Rolling Barrage. Please take the time to visit our Sponsors page. Engage them on social media and thank them for the support.

Supporters 2023

In 2017, a crucial aspect of the success of The Rolling Barrage was the supporters in the various communities that we stayed in overnight and passed through as the ride moved coast to coast.

From the hotels that facilitated us to block book rooms for riders' months in advance to restaurants and Legions that hosted us across the country and the communities that embraced us as their own, often feeding us along the way.

As we approach The Rolling Barrage VII in 2023 the community support that has been extended to us in the past has grown substantially. Communities across the country are important to our success as a coast-to-coast motorcycle ride and our overall success in our mission to raise awareness to battle the stigma associated with PTSD and other Mental and often Physical challenges that result from service to Canada and abroad by Military and First Responders.

Most of our supporters do not ride with us but The Rolling Barrage carries the memories and spirit of your support with us, and we are very grateful.

You ride with us in spirit and in our hearts.

*Thank
you*



Volunteers 2023



In 2016, The Rolling Barrage was an idea from our Founder, Scott Casey. Our first coast to coast ride was in 2017. It was made possible and now going into our 7th year is still made possible by our volunteers.

All the work you see done is all by volunteers. The routes, hotel block bookings, meal arrangements, raffles, auction, visits to memorials, merchandise design, operation of our merchandise shop, postings on social media, the website and more.

The Board of Directors and the Executive are all volunteers. Majority of them hold various positions or do different tasks to ensure The Rolling Barrage continues its mission.

The Provincial Representatives and Local Volunteers in the communities we pass through and stay overnight are also crucial as we proceed coast to coast.

Also very important are the riders. You often step up to assume positions such as part of the Safety Group or to help set up an evening's event or pack it up.

Thank you for all you do.

Riders 2023

We are going into a record year. The Rolling Barrage is returning to Newfoundland. The number of Registrants for “The Full Pull” is at record numbers. We are gaining traction in attendance not only from previous The Rolling Barrage participants but new riders as well.

Greatly encouraging is the increase in the First Responder community with riders from policing, fire departments, emergency medical, corrections and more. Recognition recently from the Commissioner of Canada’s second largest police force, the Ontario Provincial Police is a testament to not only our organization but the efforts of riders.

You, the riders who join The Rolling Barrage from coast to coast or points in between are the “Barrage.” For we are Not Silent.

Thank you,

The Rolling Barrage PTSD Foundation / The Rolling Barrage

