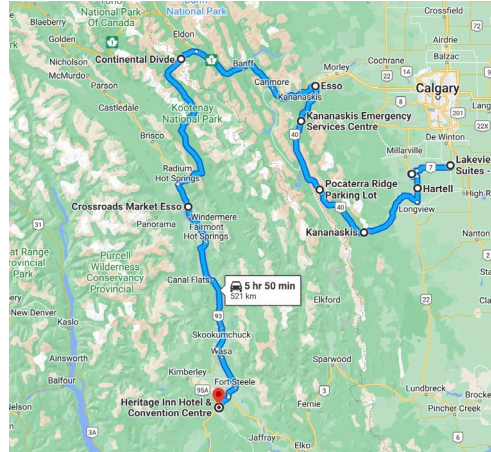




# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

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



Go To Google Maps: <https://goo.gl/maps/ADQ19QhQDS675SNe8>

Daily Stops		
<b>Highwood Pass is Closed Until June New Map Will be put up at That Time</b>		
<b>CHECK-IN At Lakeview Inn &amp; Suites Is From 0630 to 0715 ONLY</b>		
• <b>Check-In</b>	<a href="#">Lakeview Inns &amp; Suites</a> - Okotoks, Okotoks, AB	
<b>A. Depart</b>	<a href="#">Lakeview Inns &amp; Suites</a> - Okotoks, Okotoks, AB	
<b>B. Breakfast/Check-In</b>	<a href="#">Royal Canadian Legion Branch 78</a> , Turner Valley, AB	
<b>CHECK-IN At Legion Br 78 Is From 0800 to 0830 ONLY</b>		
<b>C. Depart</b>	<a href="#">Royal Canadian Legion Branch 78</a> , Turner Valley,	
<b>D. Depart</b>	<a href="#">Kananaskis, AB</a>	
<b>E. Photo</b>	<a href="#">Pocaterra Ridge Parking Lot</a> , Kananaskis, AB	
<b>F. Lunch</b>	<a href="#">Kananaskis Emergency Services</a> , Kananaskis, AB	
<b>G. Fuel/Check-In</b>	<a href="#">Esso</a> , 888 Nakoda Way, Kananaskis, AB	
<b>H. Photo</b>	<a href="#">Continental Divide</a> , East Kootenay, BC	
<b>I. Rest Fuel</b>	<a href="#">Crossroads Market Esso</a> , Invermere, BC	
• <b>Host Hotel</b>	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , Cranbrook, BC	
• <b>Dinner</b>	<a href="#">Royal Canadian Legion Branch 24</a> (Located in Host Hotel)	
Contacts		
<b>Main Point of Contact</b>	<a href="#">Carola Singer (AB Team Lead)</a>	<a href="mailto:AB@therollingbarrage.com">AB@therollingbarrage.com</a>
Sunray	<a href="#">Jim Gordon</a>	<a href="mailto:COO@therollingbarrage.com">COO@therollingbarrage.com</a>
Sunray Minor	<a href="#">Warren Cave</a>	<a href="mailto:Riding.Groups@therollingbarrage.com">Riding.Groups@therollingbarrage.com</a>



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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	K MS
<b>CHECK-IN At Lakeview Inn &amp; Suites Is From 0630 to 0715 ONLY</b>						
<b>Okotoks</b> <a href="#">Lakeview Inns &amp; Suites</a> - 22 Southridge Dr, Okotoks, AB T1S 1N1	<b>Check-In</b> Starts at 0630			<b>MARSHALL AREA IS HOTEL NORTHEAST PARKING LOT</b>		
Lakeview Inns & Suites - 22 Southridge Dr, Okotoks, AB T1S 1N1	0730	<b>Turner Valley</b> <a href="#">Royal Canadian Legion Branch 78</a> , 121 Sunset Blvd E, Turner Valley, AB T0L 2A0	0750	<b>Breakfast Check-In</b>	60 min	25 km
<b>CHECK-IN At Legion Br 78 Is From 0800 to 0830 ONLY</b>						
Royal Canadian Legion Branch 78, 121 Sunset Blvd E, Turner Valley, AB T0L 2A0	0900	<a href="#">Pocaterra Ridge Parking Lot</a> , Kananaskis, AB T0L 2C0	1030	<b>Photo</b>	15 min	99 km
Pocaterra Ridge Parking Lot, Kananaskis, AB T0L 2C0	1045	<a href="#">Kananaskis Emergency Services Centre</a> HWY 40, 43.8km from last stop turn right on Boundary Road Kananaskis, AB T0L 2C0	1130	<b>Lunch Stop</b>	60 min	44 km
Kananaskis Emergency Services Centre HWY 40, 43.8km from the last stop turn right on Boundary Road Kananaskis, AB T0L 2C	1230	<a href="#">ESSO</a> 888 Nakoda Way, Kananaskis, AB T0L 1N0	1245	<b>Fuel Check-In</b>	30 min	23 km
<b>FUEL ON OWN and RETURN to LUNCH AREA</b>						
<a href="#">ESSO</a> 888 Nakoda Way, Kananaskis, AB T0L 1N0	1315	<a href="#">Continental Divide</a> , East Kootenay, BC V0A 1J0	1415	<b>Photo</b>	15 min	94 km
<a href="#">Continental Divide</a> , East Kootenay, BC V0A 1J2	1430	<a href="#">Crossroads Market Esso</a> , 548 BC-93 #95, Invermere, BC V0A 1K2	1545	<b>Fuel</b>	30 min	108 km
<a href="#">Crossroads Market Esso</a> , 548 BC-93 #95, Invermere, BC V0A 1K2	1615	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , 803 Cranbrook St N, Cranbrook, BC V1C 3S2	1730	<b>Final</b>		129 km
<b>Hotel:</b>		<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , 803 Cranbrook St N, Cranbrook, BC V1C 3S2				



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Dinner:		<a href="#">Royal Canadian Legion</a> <a href="#">Branch 24</a> 803 Cranbrook St N, Cranbrook, BC				
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TOTAL DAILY KM: 523

**IMPORTANT Special Notes:**

TOTAL KM TRAVELED: 8729

**EVERYONE**, Please bring \$10 in the morning at registration for our lunch stop. We are not allowed to conduct any financial transactions in Kananaskis Park which is why we need to collect the money before hand