



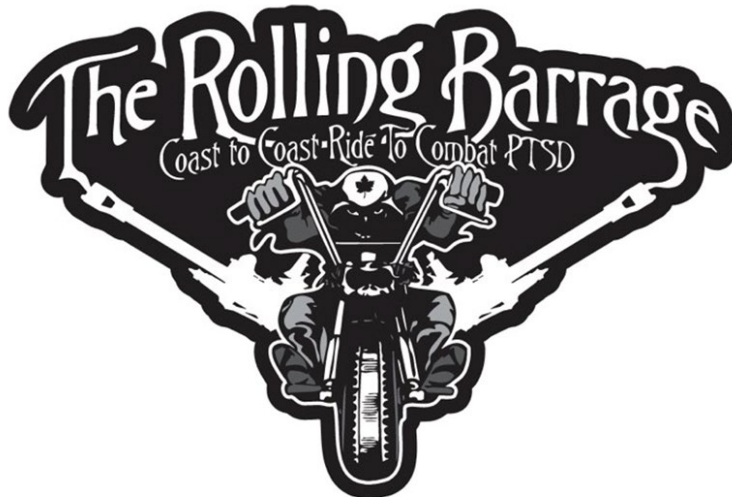
The Rolling Barrage VII  
Route Information Guide 2023  
Version 4.4  
August 07, 2023

# The Rolling Barrage VII – Route Information Guide – 2023

## Welcome

Welcome to The Rolling Barrage VII – Route Information Guide – 2023. The Route Information Guide is already in Version 4.4 for August 07, 2023. Likely there will be changes that will require further updates. As we have done in the past few months, we will continue to post updates on [The Rolling Barrage website](#), create a blog that provides general information on the changes and then post it on our [Facebook page](#).

The end goal is to provide you, the rider, with the most up to date and critical information as soon as possible whether you are doing the Full Pull or riding with us for 1 day.



# 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	THU AUGUST 10, 2023 PETAWAWA ON – SAULT STE. MARIE ON
WED AUGUST 02, 2023 GANDER NL – NORTH SYDNEY NS	FRI AUGUST 11, 2023 SAULT STE. MARIE ON – THUNDER BAY ON
THU AUGUST 03, 2023 NORTH SYDNEY NS – AULDS COVE NS	SAT AUGUST 12, 2023 THUNDER BAY ON – DRYDEN ON
FRI AUGUST 04, 2023 AULDS COVE NS – HALIFAX NS	SUN AUGUST 13, 2023 DRYDEN ON – NEEPAWA MB
SAT AUGUST 05, 2023 HALIFAX NS – CHARLOTTETOWN PEI	MON AUGUST 14, 2023 NEEPAWA MB – SASKATOON SK
SUN AUGUST 06, 2023 CHARLOTTETOWN PEI – OROMOCTO NB	TUE AUGUST 15, 2023 SASKATOON SK – MEDICINE HAT AB
MON AUGUST 07, 2023 OROMOCTO NB – MONTMAGNY QC	WED AUGUST 16, 2023 MEDICINE HAT AB – OKOTOKS AB
TUE AUGUST 08, 2023 MONTMAGNY QC – KINGSTON ON	THU AUGUST 17, 2023 OKOTOKS AB – CRANBROOK BC
WED AUGUST 09, 2023 KINGSTON ON – PETAWAWA ON	FRI AUGUST 18, 2023 CRANBROOK BC – KELOWNA BC
<b>FINAL LEG</b> SAT AUGUST 19, 2023 KELOWNA BC – VANCOUVER BC	

**WWW.THEROLLINGBARRAGE.COM**

## 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.

It helps expedite the process.



## First Responder – Escort Services



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 provided is greatly appreciated.

Thank you.

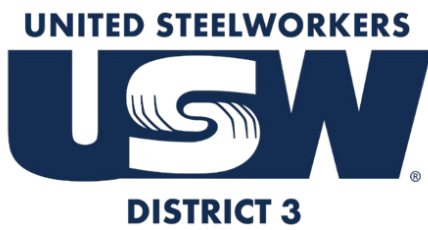
## Sponsors

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.

Sponsors – The Rolling Barrage VII – 2023



## Supporters – The Rolling Barrage VII – 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 forever grateful.

You ride with us in spirit and in our hearts.



## Volunteers – The Rolling Barrage VII – 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 7<sup>th</sup> 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. It takes close to a full calendar year to plan and execute the annual coast to coast ride.

The Board of Directors and the Executive are all volunteers.

Many 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 – The Rolling Barrage VII – 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](#)



## Route Sheets – The Rolling Barrage VII – 2023

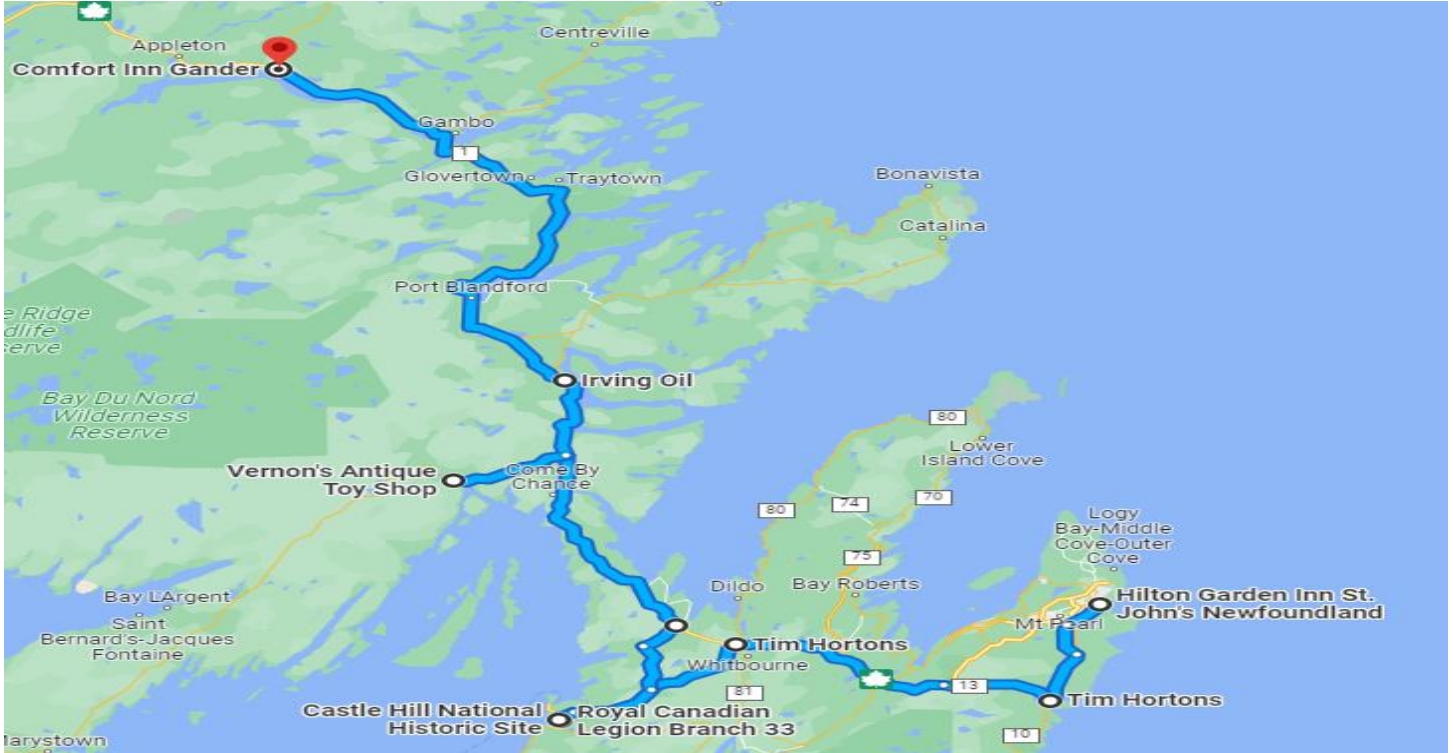
The following pages are the Routes Guides for all the stops starting Day 1 in Newfoundland to Day 19 in British Columbia.



# 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		
• <b>Check-In</b>	<a href="#">Hilton Garden Inn St. John's Newfoundland</a> , St. John's NL	
<b>A. Depart</b>	<a href="#">Hilton Garden Inn St. John's Newfoundland</a> , St. John's NL	
<b>B. Fuel for small Tanks/Rest</b>	<a href="#">Tim Hortons</a> , Whitbourne NL	
<b>C. Photo</b>	<a href="#">Castle Hill National Historic Site</a> , Jerseyside NL	
<b>D. Lunch/Check-In</b>	<a href="#">Royal Canadian Legion Branch 33</a> , Placentia NL	
<b>E. Rest/Photo's</b>	<a href="#">Vernon's Antique Toy Shop</a> , Swift Current NL	
<b>F. Fuel</b>	<a href="#">Irving Oil</a> , Clarenville NL	
• <b>Host Hotel</b>	<a href="#">Comfort Inn Gander</a> , Gander NL	
• <b>Dinner</b>		
<b>Main Point of Contact</b>	<b>Chris Sainsbury (NL Team Lead)</b>	<a href="mailto:NL@therollingbarrage.com">NL@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 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
<b>St. John's</b> <a href="#">Hilton Garden Inn St. John's</a> Newfoundland, 150 New Gower St, St. John's, NL A1C 0C1	<b>Check-In</b> Starts at 0600					
Hilton Garden Inn St. John's Newfoundland, 150 New Gower St, St. John's, NL A1C 0C1	0700	<a href="#">Tim Hortons</a> , 679 Trans-Canada Hwy, Whitbourne, NL A0B 3K0	0815	<b>Fuel for small Tanks/Rest</b>	60 min	99 km
Tim Hortons, 679 Trans-Canada Hwy, Whitbourne, NL A0B 3K0	0915	<a href="#">Castle Hill National Historic Site</a> , 1 Old Castle Hill Rd, Jersey side, NL A0B 2G0	0950	<b>Photo</b>	70 min	43 km
Castle Hill National Historic Site, 1 Old Castle Hill Rd, Jersey side, NL A0B 2G0	1100	<b>Placentia</b> <a href="#">Royal Canadian Legion Branch 33</a> , 1349 Beach Rd, Placentia, NL A0B 2Y0	1110	<b>Lunch/Check-In</b>	90 min	3 km
Royal Canadian Legion Branch 33, 1349 Beach Rd, Placentia, NL A0B 2Y0	1245	<a href="#">Vernon's Antique Toy Shop</a> , Swift Current, NL A0E 2W0	1415	<b>Rest/Photo's</b>	60 min	128 km
Vernon's Antique Toy Shop, Swift Current, NL A0E 2W0	1515	<a href="#">Irving Oil</a> , 130 Trans-Canada Hwy, Clarenville, NL A0E 1J0	1545	<b>Fuel</b>	45 min	49 km
Irving Oil, 130 Trans-Canada Hwy, Clarenville, NL A0E 1J0	1630	<a href="#">Comfort Inn Gander</a> , 112 Trans-Canada Hwy, Gander, NL A1V 1P8	1800	<b>Final</b>		147 km
Hotel:		<a href="#">Comfort Inn Gander</a> , 112 Trans-Canada Hwy, Gander, NL A1V 1P8				
<b>Dinner Reservations:</b>						

**TOTAL DAILY KM: 469**

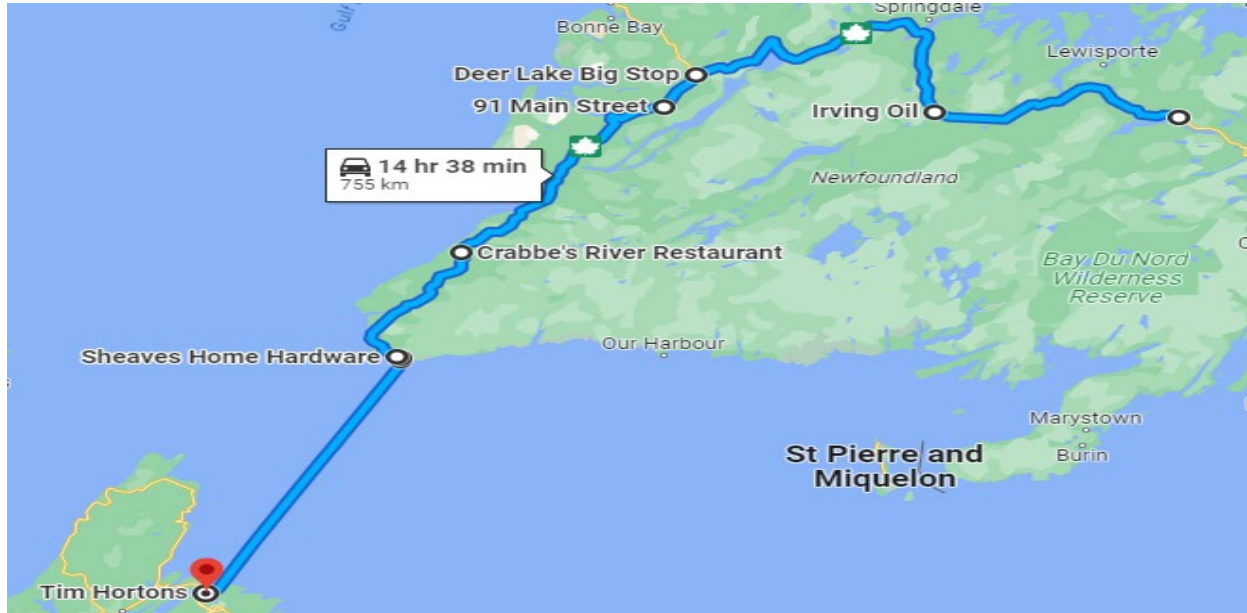
**Special Notes:**



# 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/LZgPQ8SPC48dpvK8>

Daily Stops		
• <b>Check-In</b>	<a href="#">Comfort Inn Gander</a> , Gander NL, <b>Marshall Area Across From Hotel</b>	
A. Depart	<b>MARSHALL AREA</b> , <a href="#">Picnic Spot TCH Gander</a> , Gander, NL	
B. Fuel small Tanks	<a href="#">Irving Oil</a> , Badger NL	
C. Fuel Everyone	<a href="#">Deer Lake Big Stop</a> , Deer Lake NL	
D. Lunch/Check-In	<a href="#">Royal Canadian Legion</a> , Pasadena, NL	
E. Fuel small Tanks	<a href="#">Crabbe's River Restaurant</a> , NL <b>Small Tank Bikes Fuel</b>	
<b>ALL BIKES WILL FUEL AT IRVING or NORTH ATLANTIC IN PORT AUX BASQUE AND MEET AT MARSHALL POINT</b>		
F. Marshall Here After Fueling	<a href="#">Sheaves Home Hardware</a> , Grand Bay East NL	
G. Dinner	<a href="#">Royal Canadian Legion Branch 11</a> , Channel-Port aux Basques NL	
<b>ALL RIDERS MAKE YOUR OWN WAY TO FERRY CHECK IN YOU MUST BE CHECKED IN AT LEAST 2 HOURS PRIOR TO BOARDING NOT SAILING</b>		
H. Boat Check-In	<a href="#">Marine Atlantic Vehicle Check-in</a> , Channel-Port aux Basques NL	
<b>Time Change While on Boat ½ Hour Back</b>		
I. Thurs, 03 Aug 2023	<a href="#">Tim Hortons</a> , North Sydney NS	
Contacts		
<b>Main Point of Contact</b>	<b>Chris Sainsbury (NL Team Lead)</b>	<a href="mailto:NL@therollingbarrage.com">NL@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 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
<b>Gander</b> <a href="#">Comfort Inn Gander</a> , 112 Trans-Canada Hwy, Gander, NL A1V 1P8	<b>Check-In</b> Starts at 0600			<b>MARSHALL AREA ACROSS FROM HOTEL</b>		
<b>MARSHALL AREA</b> Picnic Spot TCH Gander, 109 Trans-Canada Hwy, Gander, NL A0G 1C0	0700	<a href="#">Irving Oil</a> , 2 Badger Rd, Badger, NL A0H 1A0	0830	<b>Fuel small Tanks/Rest</b>	30 min	123 km
Irving Oil, 2 Badger Rd, Badger, NL A0H 1A0	0900	<a href="#">Deer Lake Big Stop</a> , 62 Trans-Canada Hwy, Deer Lake, NL A8A 2E4	1100	<b>Fuel</b>	45 min	181 km
Deer Lake Big Stop, 62 Trans-Canada Hwy, Deer Lake, NL A8A 2E4	1145	<b>Pasadena</b> <a href="#">Royal Canadian Legion</a> , 91 Main St, Pasadena, NL A0L 1K0	1205	<b>Lunch/Check-In</b>	90 min	24 km
Royal Canadian Legion, 91 Main St, Pasadena, NL A0L 1K0	1330	<a href="#">Crabbe's River Restaurant</a> , Newfoundland and Labrador A0N 1G0	1500	<b>Fuel small Tanks</b>	30 min	147 km
<b>ALL BIKES WILL FUEL AT IRVING or NORTH ATLANTIC IN PORT AUX BASQUE AND MEET AT MARSHALL POINT</b>						
Crabbe's River Restaurant, Newfoundland and Labrador A0N 1G0	1530	<a href="#">Sheaves Home Hardware</a> , 10 High St, Grand Bay East, NL A0N 1K0	1630	<b>Marshall Here After Fueling</b>	45 min	94 km
Sheaves Home Hardware, 10 High St, Grand Bay East, NL A0N 1K0	1715	<a href="#">Royal Canadian Legion Branch 11</a> , 3 Read St, Channel-Port aux Basques, NL A0M 1C0	1730	<b>Dinner</b>	120 min	3 km
<b>ALL RIDERS MAKE YOUR OWN WAY TO FERRY CHECK IN YOU MUST BE CHECKED IN AT LEAST 2 HOURS PRIOR TO BOARDING NOT SAILING</b>						
Royal Canadian Legion Branch 11, 3 Read St, Channel-Port aux Basques, NL A0M 1C0	1930	<a href="#">Marine Atlantic Vehicle Check-in</a> , 10 Marine Dr, Channel-Port aux Basques, NL A0M 1C0		<b>Must Check In At Least 2 Hours Prior To Boarding</b>		3 km
<b>Time Change While on Boat ½ Hour Back</b>						
Marine Atlantic Vehicle Check-in, 10 Marine Dr, Channel-Port aux Basques, NL A0M 1C0	2345	<a href="#">Tim Hortons</a> , 106 King St, North Sydney, NS B2A 2T6	0700 to 0800	<b>Rest 60 min</b>	<b>Meet Up with Mainland Crew</b>	

**Special Notes:**

**TOTAL DAILY KM: 591 With Boat: 769**



# The Rolling Barrage

Coast to Coast Ride To Combat PTSD

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

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

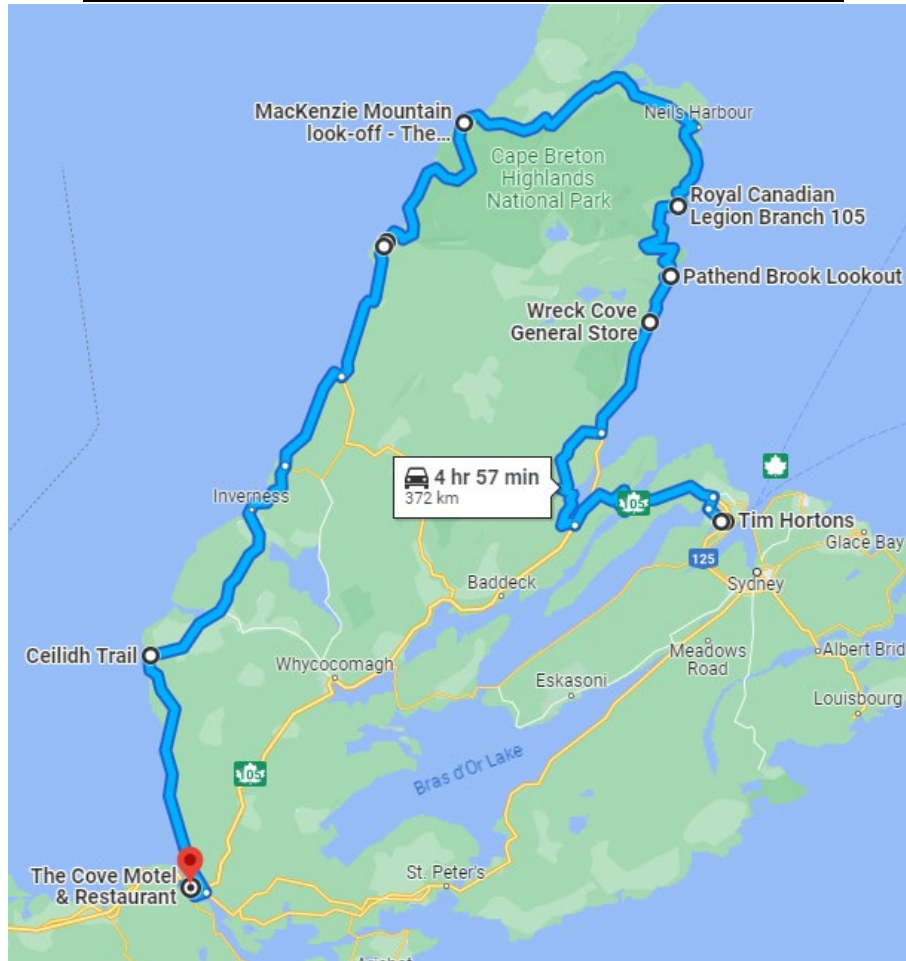
**TOTAL KM TRAVELED: 1060**



# 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/MjviGdEdKV6zZKpp9>

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. Fuel for small tanks only</b>	<a href="#">Wreck Cove General Store</a> , Birch Plain, NS
<b>C. Photo</b>	<a href="#">Pathend Brook Lookout</a> , Wreck Cove, NS
<b>D. Lunch &amp; Check-In</b>	<a href="#">Royal Canadian Legion Branch 105</a> , Cabot Trail, Ingonish, Nova Scotia
<b>E. Rest/Photos</b>	<a href="#">MacKenzie Mountain look-off</a> - The Highland Plateau, 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



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

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

• Host Hotel	<a href="#">The Cove Motel</a> & Restaurant, 2 <sup>nd</sup> <a href="#">Hearthstone Inn Port Hawkesbury</a>	
• Dinner	<a href="#">Cove Motel</a> or <a href="#">Hearthstone Inn Port Hawkesbury</a>	
<b>Contacts</b>		
<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> <b>North Sydney</b> , Nova Scotia, Walmart Parking Lot, Northeast Corner	<b>Check-In</b> Starts at 0700	<b>Newfoundland Crew arrives between 0700 &amp; 0800</b> <b>ALL SMALL TANK BIKES WILL MARSHAL AT REAR OF DETACHMENT 4, YOU WILL ALL PULL OUT and FUEL at WRECK COVE GENERAL STORE</b>				
North Sydney, Nova Scotia, Walmart Parking Lot, Northeast Corner	0900	<u>Wreck Cove General Store</u> , 42470 Cabot Trail, Birch Plain, NS B0C 1H0	<b>All Small Tanks Fuel, Last Premium till Cheticamp</b> <b>Meet at Lookout or if IN climate</b> <b>Weather the Legion</b> <b>Travel as a group</b>			
Wreck Cove General Store, 42470 Cabot Trail, Birch Plain, NS B0C 1H0		<u>Pathend Brook Lookout</u> , HJM8+R9, Wreck Cove, NS B0C 1H0	1030	<b>Rest/Small Tank Bikes Meet Up</b>	30 min	98 km
Pathend Brook Lookout, HJM8+R9, Wreck Cove, NS B0C 1H	1100	<b>Ingonish</b> <u>Royal Canadian Legion Branch 105</u> , 35969 Cabot Trail, Ingonish, NS B0C 1K0	1130	<b>Lunch and Check-In</b>	90 mins	24 km
Royal Canadian Legion Branch 105, 35969 Cabot Trail, Ingonish, NS B0C 1K0	1300	<u>MacKenzie Mountain look-off</u> - The Highland Plateau, 23305-23083, NS-30, Pleasant Bay, NS B0E 2P0	1400	<b>Rest/Photos</b>	30 min	68 km
MacKenzie Mountain look-off - The Highland Plateau, 23305- 23083, NS-30, Pleasant Bay, NS B0E 2P0	1430	<u>Harbour Authority of Cheticamp</u> , 15461 Cabot Trail, Cheticamp, NS B0E 1H0	1500	<b>Riders Will be Dispatched to Fuel by Lead Tail Gunner</b>		37 km
Harbour Authority of Cheticamp, 15461 Cabot Trail, Cheticamp, NS B0E 1H0		<u>Petro-Canada</u> , 15437 Cabot Trail, Cheticamp, NS B0E 1H0		<b>All bikes Fuel 228 km from Start</b>	20-30 min	110 m
<b>After Fueling Marshall in Parking Lot Behind Cheticamp Fire Hall</b>						
Petro-Canada, 15437 Cabot Trail, Cheticamp, NS B0E 1H0		<b>Cheticamp</b> <u>Cheticamp Fire Hall</u> , 15 Barren Rd, Cheticamp, NS B0E 1H0		<b>Rest Check-In</b>	45 min	950 m



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

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

Cheticamp Fire Hall, 15 Barren Rd, Chéticamp, NS B0E 1H0	1600	<a href="#">The Cove Motel</a> & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	1800	<b>Final</b>		143 km
<b>Hotel:</b>		<a href="#">The Cove Motel</a> & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	<b>The Cove Motel Has Live Music Days Ride Ends at The Cove Motel</b>			
<b>Secondary Hotel</b>		<a href="#">Hearthstone Inn</a> 388 NS-4, Port Hastings, NS B9A 1M5				
<b>Dinner:</b>		<b>Both Hotels have Restaurants</b>				

- **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.**

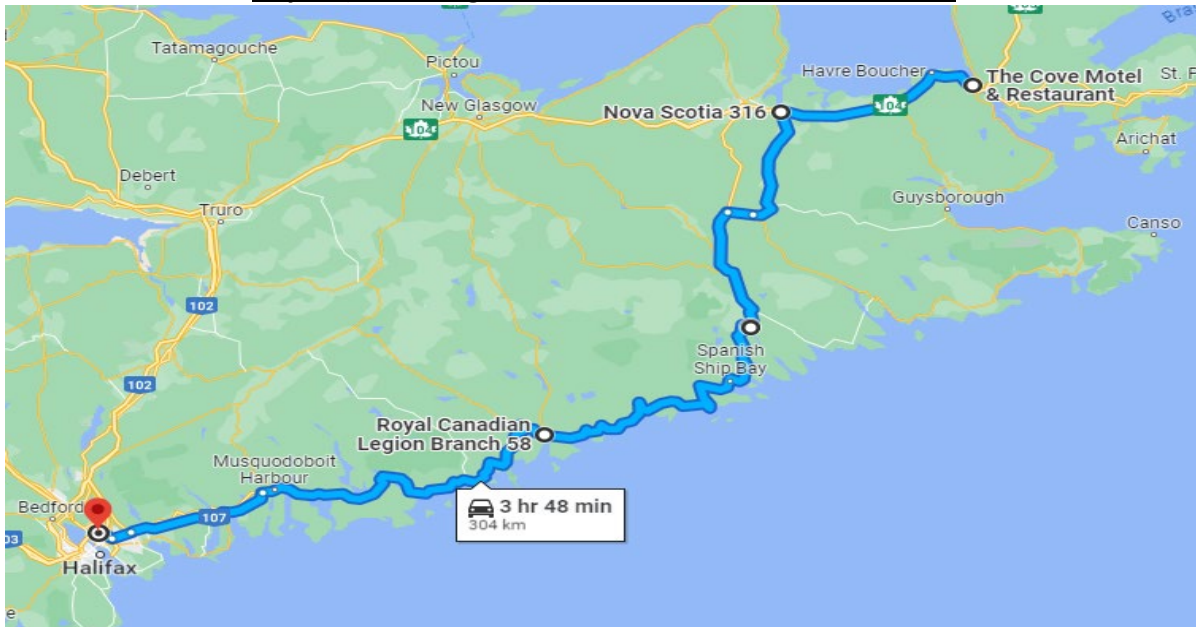
**TOTAL DAILY KM: 372**  
**TOTAL KM TRAVELED: 1432**



# 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/LDHbM7h4S6fLftnU8>

Daily Stops		
• <b>Check-In</b>	<a href="#">Cove Motel</a>	
<b>A. Depart</b>	<a href="#">Cove Motel</a>	
<b>B. Historical</b>	<a href="#">Sherbrooke Village</a> , Sherbrooke, NS	
<b>C. Lunch/Check-In</b>	<a href="#">Royal Canadian Legion Branch 58</a> , Watt Section, NS	
• <b>Host Hotel</b>	<a href="#">Delta Hotels by Marriott Dartmouth</a> , Dartmouth, NS	
• <b>Dinner</b>	<a href="#">HCMS Sackville</a> – Halifax Harbour	
Contacts		
<b>Main Point of Contact</b>	<b>Ian Hutchings (NS Lead)</b>	<a href="mailto:ns@therollingbarrage.com">ns@therollingbarrage.com</a>
<b>Sunray</b>	<b>Jim Gordon</b>	<a href="mailto:COO@therollingbarrage.com">COO@therollingbarrage.com</a>
<b>Sunray Minor</b>	<b>Warren Cave</b>	<a href="mailto:Riding.Groups@therollingbarrage.com">Riding.Groups@therollingbarrage.com</a>



# 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
<b>Frankville</b> <a href="#">The Cove Motel</a> & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	<b>Check-In</b> Starts at 0800			<b>TRB LEAVES FROM THE COVE MOTEL</b>		
The Cove Motel & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	0900	<a href="#">Sherbrooke Village</a> , 42 Main St, Sherbrooke, NS B0J 3C0	1015	<b>Historical</b>	60 mins	103 km
Sherbrooke Village, 42 Main St, Sherbrooke, NS B0J 3C0	1115	<b>Watt Section</b> <a href="#">Royal Canadian Legion Branch 58</a> , Downstairs, 23566, Nova Scotia Trunk 7, Watt Section, NS B0J 3B0	1215	<b>Lunch Check-In</b>	120 mins	77 km
<b>Small Tank Bikes Fuel on Own and Return to Legion</b> <a href="#">Church Point Variety</a> , <a href="#">Wilsons Gas</a> , <a href="#">Irving Oil</a>						
Royal Canadian Legion Branch 58, Downstairs, 23566, Nova Scotia Trunk 7, Watt Section, NS B0J 3B0	1415	<a href="#">Delta Hotels by Marriott Dartmouth</a> , 240 Brownlow Ave, Dartmouth, NS B3B 1X6	1600	<b>Final</b>		112 km
<b>Hotel:</b>		<a href="#">Delta Hotels by Marriott Dartmouth</a> , 240 Brownlow Ave, Dartmouth, NS B3B 1X6				
<b>Dinner Reservations:</b>	1830	<a href="#">HMCS Sackville</a> – All riders Free Diner -		<b>Bus is Laid on from Hotel to HMCS Sackville and Return</b>		

**Special Notes :**

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

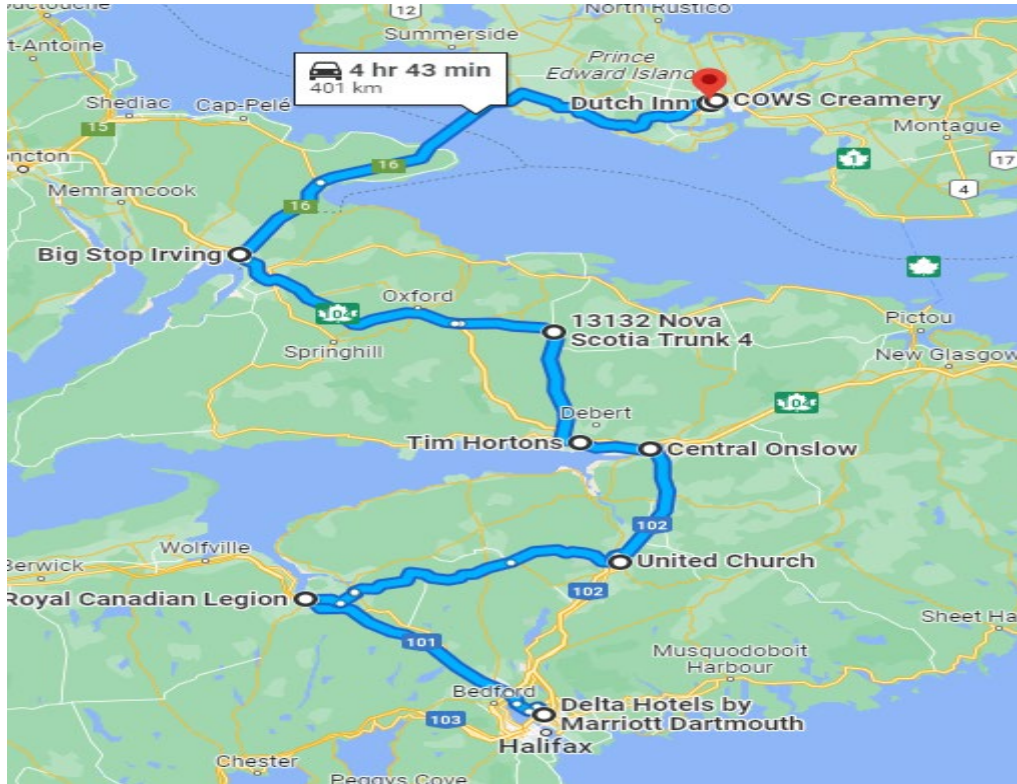
- 1) Busker Festival and Natal day weekend in Halifax, so will be very busy with lots to see and do on both harbour fronts.**
- 2) Bus is Laid on from Hotel to HMCS Sackville**



# The Rolling Barrage

## 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/HAERuCgn6Z4PiRuY7>

Daily Stops		
• <b>Check-In</b>	<a href="#">Delta Hotels by Marriott Dartmouth</a> , Dartmouth, NS	
<b>A. Depart</b>	<a href="#">Delta Hotels by Marriott Dartmouth</a> , Dartmouth, NS	
<b>B. Brunch/Fuel/Check-In</b>	<a href="#">Royal Canadian Legion Bn 09</a> , 35 Windsor, NS	
<b>Memorial</b>	<a href="#">United Church</a> , Shubenacadie, NS	
<b>C. Fuel</b>	<a href="#">Petro-Canada</a> , Debert, NS	
<b>D. Fuel/Rest/Check-In</b>	<a href="#">Big Stop Irving</a> , Aulac	
<b>E. Rest Stop</b>	<a href="#">COWS Creamery</a> , Charlottetown, PE	
<b>F. Arrive</b>	<a href="#">Dutch Inn</a> , Cornwall, PE	
• <b>Host Hotel</b>	<a href="#">Dutch Inn</a> , Cornwall, PE	
• <b>Dinner</b>		
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 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
<b>Halifax</b> <a href="#">Delta Hotels by Marriott</a> <a href="#">Dartmouth</a> , 240 Brownlow Ave, Dartmouth, NS B3B 1X6	<b>Check-In</b> Starts at 0700			<b>Marshall in Large Parking Lot in Front of Hotel</b>		
<a href="#">Delta Hotels by Marriott</a> <a href="#">Dartmouth</a> , 240 Brownlow Ave, Dartmouth, NS B3B 1X6	0800	<b>Windsor</b> <a href="#">Royal Canadian Legion Bn 09</a> , 35 Empire Ln, Windsor, NS B0N 2T0	0900	<b>Brunch/ Small Tanks Fuel/ Check-In</b>	90 min	72 km
<b>SMALL TANKS FUEL ON OWN RETURN TO LEGION</b>						
Royal Canadian Legion Bn 09, 35 Empire Ln, Windsor, NS B0N 2T0	1030	<a href="#">United Church</a> , 2869 Nova Scotia Trunk 2, Shubenacadie, NS B0N 2H0	1130	<b>Memorial</b>	60 min	68 km
Park in church parking lot, walk to neighboring park, Pay Respects to <b>RCMP Const. Stevenson</b>						
United Church, 2869 Nova Scotia Trunk 2, Shubenacadie, NS B0N 2H0	1230	<a href="#">Petro-Canada</a> , 10639 Nova Scotia Trunk 2, Debert, NS B0M 1G0	1315	<b>Fuel</b>	30 mins	54 km
Petro-Canada, 10639 Nova Scotia Trunk 2, Debert, NS B0M 1G0	1345	<b>Irving</b> <a href="#">Big Stop Irving</a> , 170 Aulac Rd, Aulac, NB E4L 2W8	1445	<b>Check In Fuel/Rest</b>	60 min	105 km
Big Stop Irving, 170 Aulac Rd, Aulac, NB E4L 2W8	1545	<a href="#">COWS Creamery</a> , 12 Milky Wy, Charlottetown, PE C1E 2E2	1745	<b>Rest/Ice Cream Stop</b>	45 min	115
COWS Creamery, 12 Milky Wy, Charlottetown, PE C1E 2E2	1830	<a href="#">Dutch Inn</a> , 73 Main St, Cornwall, PE COA 1H8	5 min	<b>Final</b>		2 km
<b>Hotel:</b>		<a href="#">Dutch Inn</a> , 73 Main St, Cornwall, PE COA 1H8				
<b>Dinner Reservations:</b>						

**TOTAL DAILY KM: 427**  
**TOTAL KM TRAVELED: 2156**

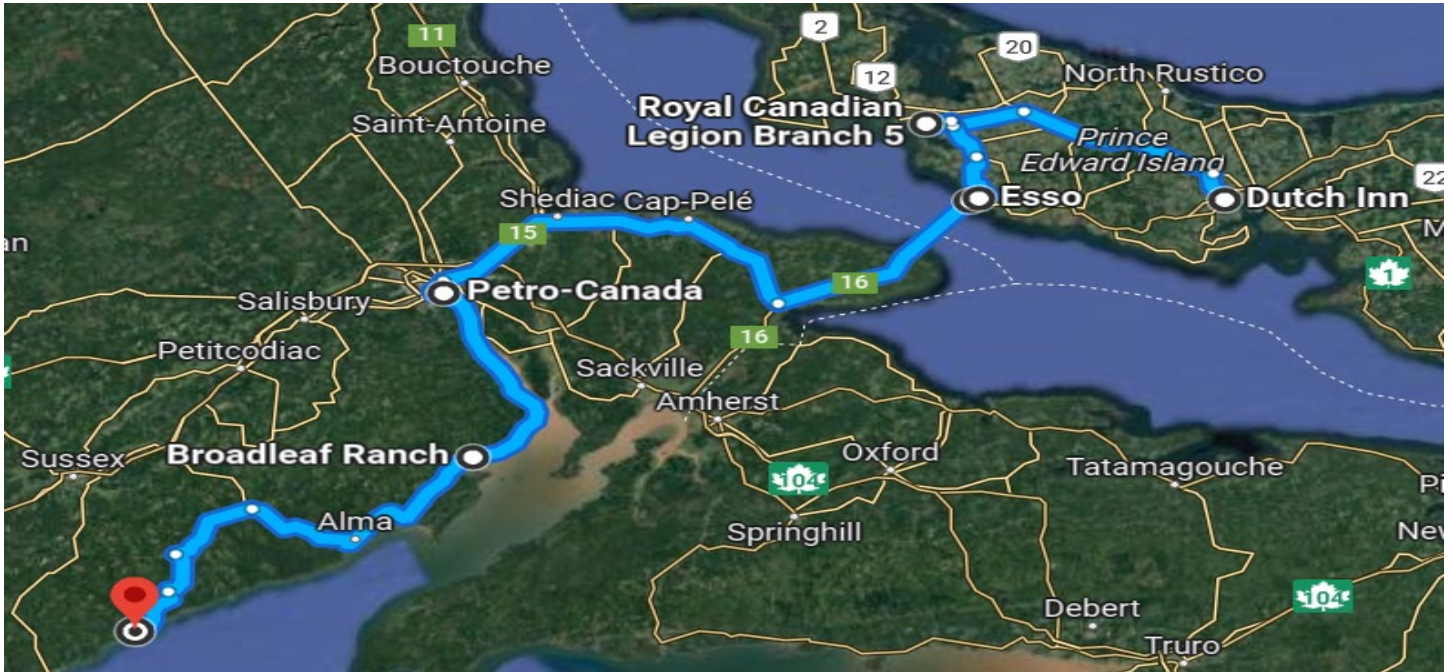
Special Notes:



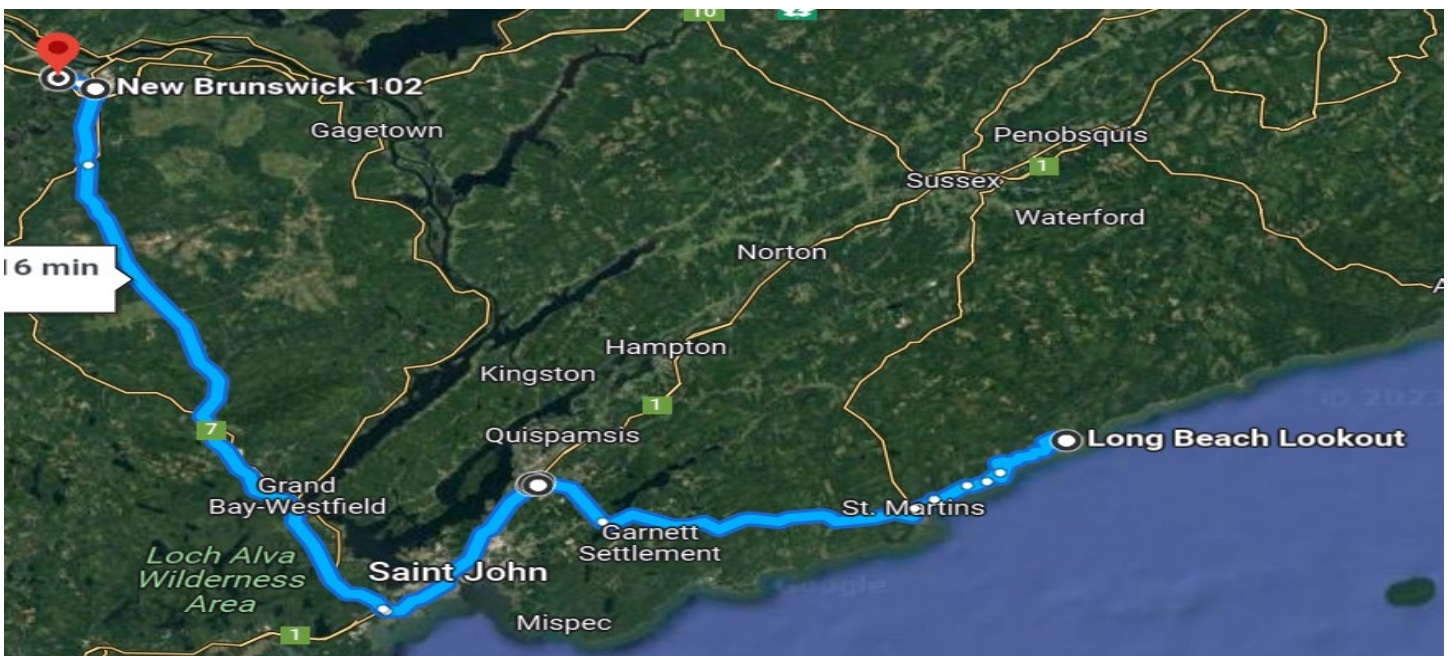
# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 06 (Sun, 0106 Aug 2023) – Charlottetown PEL – Oromocto NB



Go to Google Maps: <https://goo.gl/maps/ThjTjCcUkkUrTBvs9>



Go to Google Maps: <https://goo.gl/maps/2AX9mfziZnYpftpB8>



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 06 (Sun, 0106 Aug 2023) – Charlottetown PEI – Oromocto NB

Daily Stops		
• <b>Check-In</b>	<a href="#">Dutch Inn</a> , Charlottetown PE	
<b>A. Depart</b>	<a href="#">Dutch Inn</a> , Charlottetown PE	
<b>B. Rest/Check-In</b>	<a href="#">Royal Canadian Legion Branch 5</a> , Summerside PE	
<b>C. Fuel</b>	<a href="#">Esso</a> , Borden-Carleton PE	
<b>D. Photo</b>	<a href="#">Port Borden Back Range Light</a> , Unnamed Road, Borden-Carleton, PE	
<b>E. Toll</b>	<b>Confederation Bridge</b> \$20.00 Per Bike	
<b>F. Fuel/Check-In</b>	<a href="#">Petro-Canada</a> , Riverview NB	
<b>Donation/Lunch</b>	<a href="#">Broad Leaf Ranch</a> , Hopewell Hill NB	
<b>G. Check-In</b>		
<b>H. Park Entrance/Toll</b>	<b>Fundy Park Entrance</b> , 45.502829, -65.321019 \$10.00 Per Person	
<b>I. Fuel/Check-In</b>	<a href="#">Irving Oil</a> , Rothesay, NB	
• <b>Host Hotel</b>	<a href="#">Days Inn</a> , Oromocto NB	
• <b>Dinner</b>	<a href="#">Legion Branch 93</a> , Oromocto NB	
Contacts		
<b>Main Point of Contact</b>	<b>Stephen Vessey</b>	<a href="mailto:PEI@therollingbarrage.com">PEI@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 06 (Sun, 0106 Aug 2023) – Charlottetown PEL – 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
<b>Cornwall</b> <a href="#">DUTCH INN</a> 73 Main St, Cornwall, PE COA 1H8	<b>Check-In</b> Starts at 0600			<b>MARSHALL IN SOUTH WEST PARKING LOT</b>		
DUTCH INN 73 Main St, Cornwall, PE COA 1H8	0700	<a href="#">Royal Canadian Legion Branch 5</a> , 340 Notre Dame St, Summerside, PE C1N 1S5	0745	<b>Rest Check-In</b>	30 min	57 km
Royal Canadian Legion Branch 5, 340 Notre Dame St, Summerside, PE C1N 1S5	0815	<a href="#">Esso</a> 141 Abegweit Blvd, Borden- Carleton, PE, COB 1X0	0840	<b>Fuel</b>	30 min	25 km
Esso 141 Abegweit Blvd Borden-Carleton, PE COB 1X0	0910	<a href="#">Port Borden Back Range Light</a> , Unnamed Road, Borden- Carleton, PE COB 1X0	0915	<b>Photo</b>	30 min	2 km
Port Borden Back Range Light, Unnamed Road, Borden- Carleton, PE COB 1X0	0945	<b>Confederation Bridge</b>	0950	<b>\$20.00 Per Bike</b>		2 km
Confederation Bridge	0950	<a href="#">Petro-Canada</a> 506 Hillsborough Rd, Riverview, NB E1B 4E7	1105	<b>Fuel</b>	45 min	115 km
Petro-Canada 506 Hillsborough Rd, Riverview, NB E1B 4E7	1150	<a href="#">Hopewell Hill NB Retreat</a> Broadleaf Ranch 5526 Route 114, Hopewell Hill NB E4H 3N5	1230	<b>Donation/ Lunch Check-In</b>	90 min	47 km
Broadleaf Ranch 5526 Route 114, Hopewell Hill NB E4H 3N5	1400	<b>Fundy Trail Entrance</b> <b>45.502829, -65.321019</b>	1500	<b>\$10 per person</b>		78 km
Fundy Trail Entrance 45.502829, -65.321019	1500	<a href="#">Irving Oil</a> , 2870 Hwy 1 Exit 137B, Rothesay, NB E2E 6H1	1620	<b>Fuel</b>	30 min	105 km
Irving Oil, 2870 Hwy 1 Exit 137B, Rothesay, NB E2E 6H1	1650	<a href="#">Days Inn</a> 60 Brayson Blvd Oromocto, NB E2V 4T9	1750	<b>Final</b>		101 km
<b>Hotel:</b>		<a href="#">Days Inn</a> 60 Brayson Blvd Oromocto, NB E2V 4T9				



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

Day 06 (Sun, 0106 Aug 2023) – Charlottetown PEL – Oromocto NB

Dinner Reservations:	1900	<a href="#">Legion Branch 93</a> 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:**

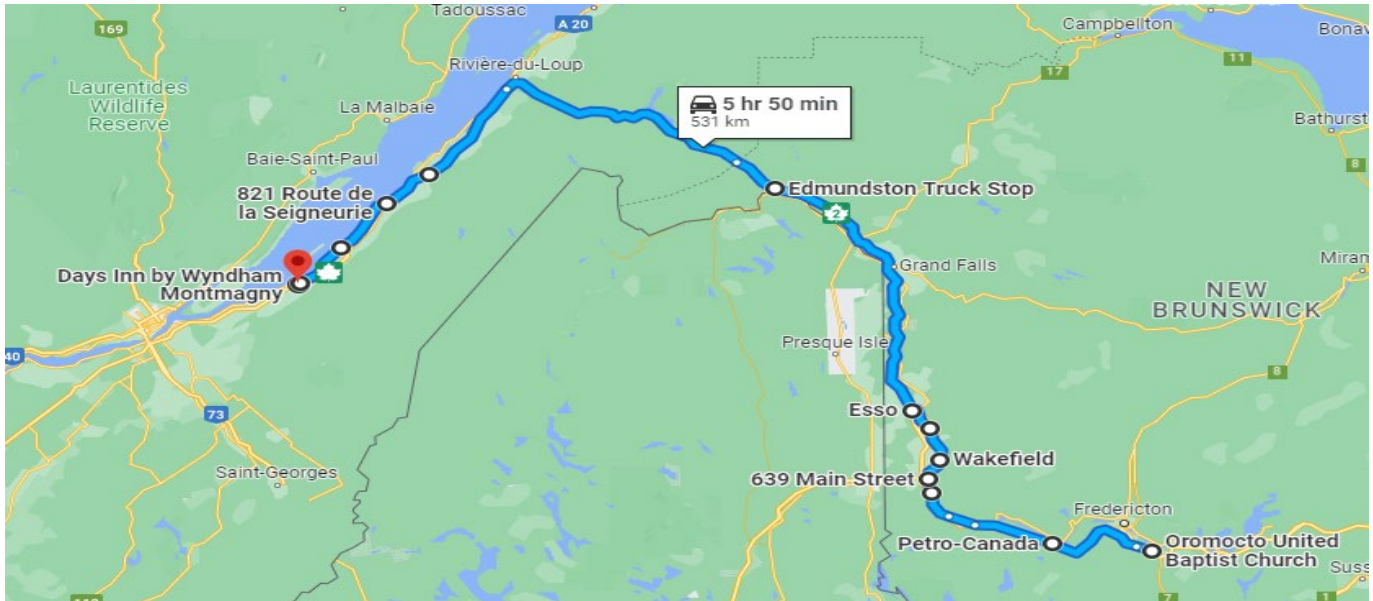
- **Confederation Bridge Costs \$20.00.**
- **Fundy Park Costs \$10.00 per person. Money for Fundy Trail will be collected in Charlottetown and the other registration stops.**
- **Shuttle to Dinner from 1830-2100.**



# The Rolling Barrage

## 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		
• <b>Check-In</b>	<a href="#">Oromocto United Baptist Church</a> , Oromocto, NB	
<b>A. Depart</b>	<a href="#">Oromocto United Baptist Church</a> , Oromocto, NB	
<b>B. Rest/Fuel</b>	<a href="#">Petro-Canada</a> , Lake George, NB	
<b>C. Fuel/Check-In</b>	<a href="#">Esso</a> , Florenceville-Bristol, NB	
<b>D. Lunch/Fuel/Check-In</b>	<a href="#">Edmundston truck Stop</a> , Edmundston, NB,	
Eat Where you Want be at <a href="#">MARSHALL AREA</a> Mall Parking Lot NO LATER Than 1300 if You Have ALREADY CHECKED-IN		
<b>TIME ZONE CHANGE AFTER Edmundston Truck Stop 1 HR BACK</b>		
<b>E. Fuel</b>	<a href="#">Ultramar</a> - Gas Station, Saint-Pacôme, QC	
<b>F. Photo</b>	<a href="#">Musée maritime du Québec</a> - L'Islet, QC	
<b>G. Final</b>	<a href="#">Maniac Moto et Maniac Branché</a> , Montmagny, QC	
• <b>Host Hotel</b>	<a href="#">Days Inn by Wyndham Montmagny</a> , Montmagny, QC	
• <b>Dinner</b>		
Contacts		
<b>Main Point of Contact</b>	<a href="#">Linda Griffin (NB Lead)</a>	<a href="mailto:NB@therollingbarrage.com">NB@therollingbarrage.com</a>
<b>Sunray</b>	<a href="#">Jim Gordon</a>	<a href="mailto:COO@therollingbarrage.com">COO@therollingbarrage.com</a>
<b>Sunray Minor</b>	<a href="#">Warren Cave</a>	<a href="mailto:Riding.Groups@therollingbarrage.com">Riding.Groups@therollingbarrage.com</a>



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

<b>Hotel:</b>		<a href="#">Days Inn by Wyndham Montmagny</a> , 218 Chem. des Poirier, Montmagny, Quebec G5V 4J9				
<b>Dinner Reservations:</b>						

**TOTAL DAILY KM: 516**  
**TOTAL KM TRAVELED: 3206**

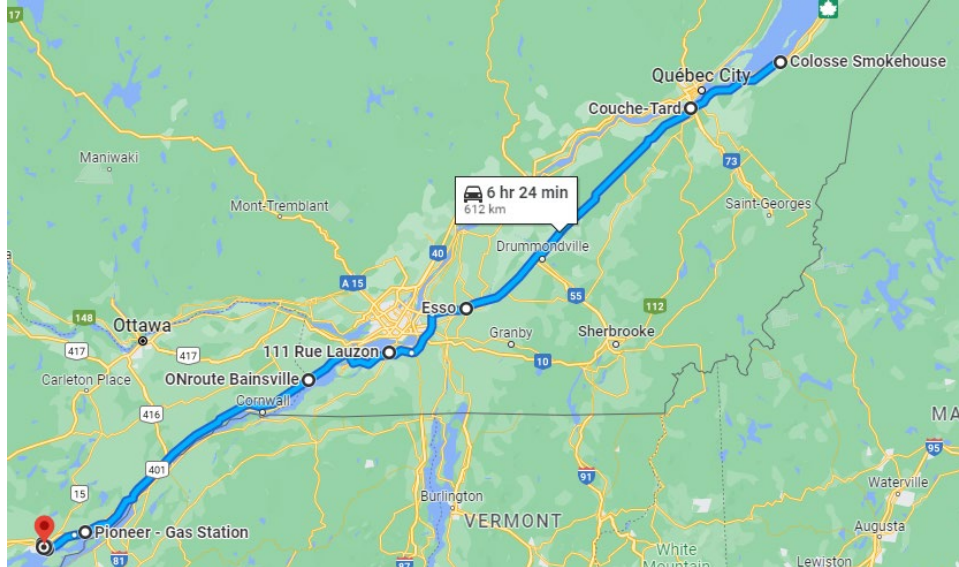
Special Notes:



# 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/9K53v9iweN2BC4as7>

Daily Stops		
• <b>Check-In</b>	<a href="#">Colosse Smokehouse</a> , 222 Chem. des Poirier, Montmagny, QC G5V 3X8	
<b>A. Depart</b>	<a href="#">Colosse Smokehouse</a> , 222 Chem. des Poirier, Montmagny, QC G5V 3X8	
<b>B. Rest Stop</b>	<a href="#">Resto Normandin St- Nicolas</a> , Lévis QC	
<b>C. Fuel</b>	<a href="#">Esso</a> , Sainte-Madeleine Quebec	
<b>D. Fuel/Lunch/Check-In</b>	<a href="#">Chateauguay Community Church</a> , Châteauguay QC	
<b>E. Fuel</b>	<a href="#">ONroute Bainsville</a> , Bainsville, ON	
<b>F. Fuel/Check-In</b>	<a href="#">Pioneer</a> - Gas Station, Gananoque, ON	
<b>G. Final</b>	<a href="#">Holiday Inn Express &amp; Suites Kingston Central</a> , Kingston ON	
• <b>Host Hotel</b>	<a href="#">Holiday Inn Express &amp; Suites Kingston Central</a> , Kingston ON	
• <b>Dinner</b>	<a href="#">Royal Canadian Legion Branch 560</a> , Kingston, ON	
Contacts		
<b>Main Point of Contact</b>	<b>Jacques Boucher (QC Lead)</b>	<a href="mailto:QC@therollingbarrage.com">QC@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 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
<b>Montmagny</b> <a href="#">Colosse Smokehouse</a> , 222 Chem. des Poirier, Montmagny, QC G5V 3X8	<b>Check-In</b> Starts at 0600			<b>MARSHALL AREA</b>		
Colosse Smokehouse, 222 Chem. des Poirier, Montmagny, QC G5V 3X8	0700	<a href="#">Resto Normandin St- Nicolas</a> 1505 Rte des Rivières, Lévis, QC G7A 2N9	0745	<b>Rest/ Fuel</b>	45 mins	67 km
Resto Normandin, St- Nicolas 1505 Rte des Rivières, Lévis, QC G7A 2N9	0830	<a href="#">Esso</a> , 5 Rang St.-Simon, Sainte-Madeleine, Quebec J0H 1S0	1030	<b>Fuel</b>	45 mins	193 km
Esso, 5 Rang St.-Simon, Sainte-Madeleine, Quebec J0H 1S0	1115	<b>Chateauguay</b> <a href="#">Chateauguay Community Church</a> 111 Rue Lauzon, Châteauguay, QC J6K 1C7	1200	<b>Lunch Check-In</b>	60 min	72 km
Chateauguay Community Church 111 Rue Lauzon, Châteauguay, QC J6K 1C7	1300	<a href="#">ONroute Bainsville</a> , 22064 N Service Rd, Bainsville, ON K0C 1E0	1345	<b>Fuel</b>	30 min	64 km
ONroute Bainsville, 22064 N Service Rd, Bainsville, ON K0C 1E0	1415	<b>Gananoque</b> <a href="#">Pioneer</a> - Gas Station, 560 King St E, Gananoque, ON K7G 1H2	1600	<b>Fuel/ Check-In</b>	45 min	180 km
Pioneer - Gas Station, 560 King St E, Gananoque, ON K7G 1H2	1645	<a href="#">Holiday Inn Express &amp; Suites Kingston Central</a> , an IHG Hotel, 11 Benson St, Kingston, ON K7K 5W2	1715	<b>Final</b>		34 km
<b>Hotel:</b>		<a href="#">Holiday Inn Express &amp; Suites Kingston Central</a> , an IHG Hotel, 11 Benson St, Kingston, ON K7K 5W2				
<b>Dinner:</b>	<b>\$20</b>	<a href="#">Royal Canadian Legion Branch 560</a> , 734 Montreal St, Kingston, ON K7K 3J4		Shuttles Hotel to Legion: 1745-1945. Dinner: 1800-1930 Mayor's Welcome: 1830. Live Entertainment: 1900. Shuttles Legion to Hotel: 2200-2400		



# The Rolling Barrage

Coast to Coast Ride To Combat PTSD

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

Special Notes:

TOTAL DAILY KM: 612  
TOTAL KM TRAVELED: 3818



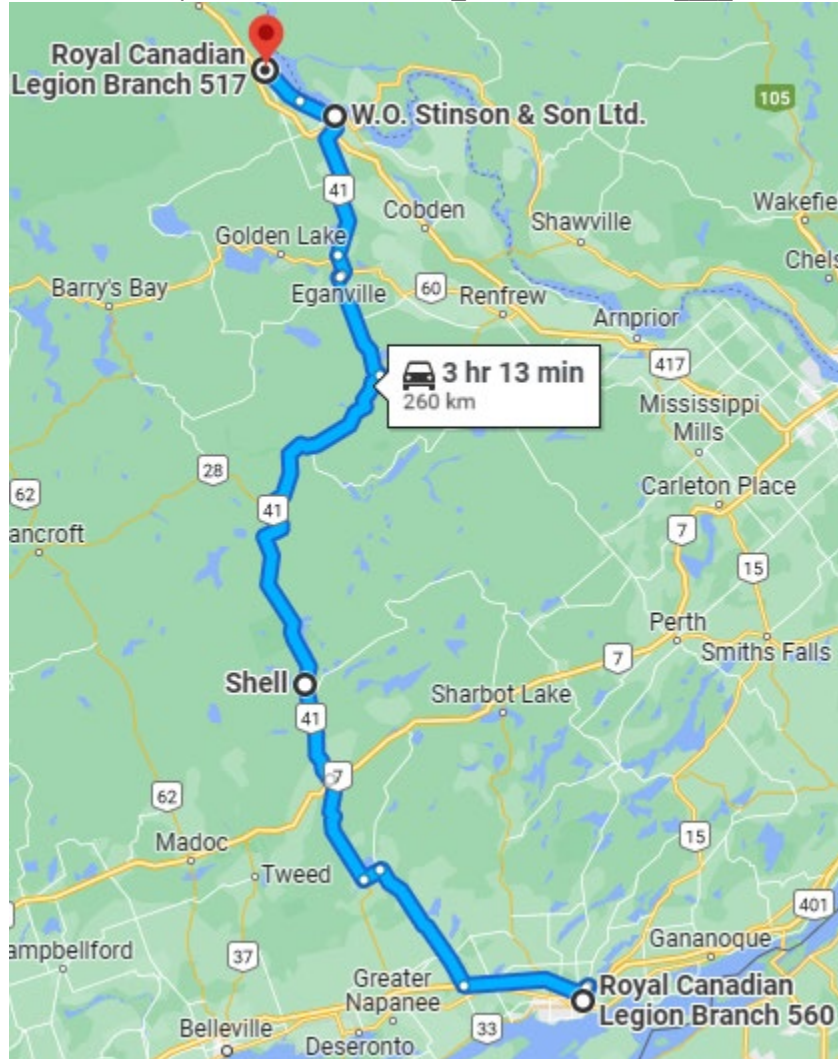


# The Rolling Barrage

Coast to Coast Ride To Combat PTSD

**(Wednesday August 9, 2023) – Kingston to Petawawa ON**

Today's ride is dedicated to Derrick Mclachen.



Go to Google Maps [RCL 560 Kingston to RCL Petawawa](#)

Daily Stops	
• <b>Registration</b>	Royal Canadian Legion Branch 560, 734 Montreal St, Kingston, ON K7K 3J4
A. <b>Depart</b>	Royal Canadian Legion Branch 560, 734 Montreal St, Kingston, ON K7K 3J4
B. <b>Fuel Stop</b>	<a href="#">Shell</a> , 14265 Hwy 41, Cloyne, ON K0H 1K0
C. <b>Fuel stop</b>	Stinson Fuels 294 MaKay St, Pembroke, ON K8A 1C5
D. <b>Event/supper</b>	3583 Petawawa Blvd, Petawawa, ON K8H 2Y1
E. <b>Stop /event</b>	<a href="#">Royal Canadian Legion</a> Branch 517, 3583 Petawawa Blvd, Petawawa, ON K8H 2Y1



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

**(Wednesday August 9, 2023) – Kingston to Petawawa ON**

<b>F. Hotel</b>		<a href="#">Quality Inn &amp; Suites</a> , 3119-B Petawawa Blvd, Petawawa, ON K8H 1X9				
<b>Contacts</b>						
Main Point of Contact	Pat Alden (ON Team Lead)	613-371-3414	<a href="mailto:ON@therollingbarrage.com">ON@therollingbarrage.com</a>			
<b>Contacts</b>						
<b>Main Point of Contact</b>	Pat Alden	613-371-3414 ( <a href="mailto:on@therollingbarrage.com">on@therollingbarrage.com</a> )				
<b>Road Captain</b>	<b>Jim Gordon</b>	403-846-5207( <a href="mailto:COO@therollingbarrage.com">COO@therollingbarrage.com</a> )				
<b>Road 2 I/C</b>	<b>Warren Cave</b>	780-990-7935( <a href="mailto:riding.groups@therollingbarrage.com">riding.groups@therollingbarrage.com</a> )				
<b>Detailed Itinerary – (Red Text Denotes Registration Points)</b>						
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS
Breakfast at the hotels	<b>0700</b>	Breakfast at the hotels	<b>1000</b>	meal		
<b>Registration</b> Royal Canadian Legion Branch 560, 734 Montreal St, Kingston, ON K7K 3J4	1000		1100	Registration	60 min	0
<b>City event</b> Light snack Breakfast at the legion	1000	Light snack Breakfast at the legion	1100		60 min	0
<b>Safety Briefing</b>	1100		1115		15 min	0
Royal Canadian Legion Branch 560, 734 Montreal St, Kingston, ON K7K 3J4	1115	<a href="#">Shell</a> , 14265 Hwy 41, Cloyne, ON K0H 1K0	1230	Fuel Stop	30 min	102 kms
<a href="#">Shell</a> , 14265 Hwy 41, Cloyne, ON K0H 1K0	1300	W.O. Stinson Fuel 294 MacKay St, Pembroke, K8A 1C5	1430	Fuel stop[	30 min	134 km
W.O. Stinson fuel 294 MacKay St, Pembroke, K8A 1C5	1500	<a href="#">Royal Canadian Legion</a> Branch 517, 3583 Petawawa Blvd, Petawawa, ON K8H 2Y1	1545	Welcome by base leadership	20 min	25 km
<a href="#">Royal Canadian Legion</a> Branch 517, 3583 Petawawa Blvd, Petawawa, ON K8H 2Y1	1630	<a href="#">Quality Inn &amp; Suites</a> , 3119-B Petawawa Blvd, Petawawa, ON K8H 1X9	1634	Hotel	4 min	2.4 kms
<b>Hotel</b>		<a href="#">Quality Inn &amp; Suites</a> , 3119-B Petawawa Blvd, Petawawa, ON K8H 1X9				
Dinner –Royal Canadian Legion	1800		2200	Dinner	4 hrs	0



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

**(Wednesday August 9, 2023) – Kingston to Petawawa ON**

### **Special Notes:**

For the arrival in Kingston 8 August

- Kingston police will be meeting us at the fuel stop in Gananoque and escort us to the hotels.
- The route in will be up Hwy 15 then cross the new bridge into Kingston
- With Jason(fire) and Shaun asking we are trying to get a ladder and flags as this will look really good for the drone to take pictures (Shaun has set it up)
- 1745 to 1745 shuttles will run from the hotels to the Legion
- Ready for 1800-1815 Hrs we have a Town Cryer. The mayor will not be there now as a special council meeting is happening. We have the base commander and BCWO present to be named. I would also like to add the board members who are there also named by the Town Cryer.
- The meal will be free for Military and RCMP and families. We suggested all pay the \$20 then the donation by the legion will be bigger.
- Shaun has sourced several items to be raffled off, the proceeds donated to The Rolling Barrage
- There are 2 Bands that will play for no cost to TRB
- Shuttles will return riders to the hotels from 2200-2359Hrs
- Cana Connect will have 12-15 of their people at the legion for the nights events.
- Day 9 is in the middle of the ride, so Shaun and I have talked about making it a relaxing day with a very picturesque ride.

### **Departure from Kingston**

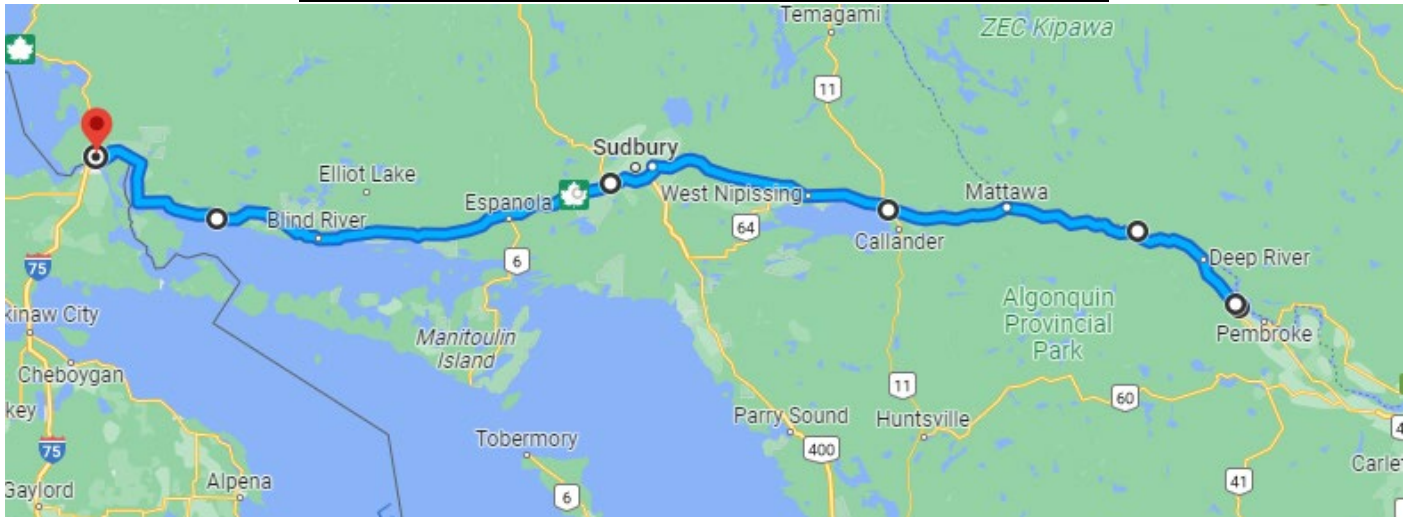
- We have 3 hotels in Kingston. 2 of the 3 have breakfast. The owners of the chain will give people staying at the no breakfast hotel a voucher for breakfast at one that does.
- Cana Connect has been contacted and will still do the coffee and bagels at the Legion.
- The route out of Kingston has been approved and supported by Kingston Police for a safe exit from the City
- The Cloyne gas stop has 6 pumps, there are not a lot of big stations in that area of Ontario, big tanks should be OK 234km to the fuel stop in Pembroke
- I picked up the fuel cards from W.O. Stinson for \$500
- The legion will have a supper \$10 per person. 2 bands lined up.. to and from the hotel can be by taxi as no shuttles avail.



# 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		
<b>CHECK-IN and MARSHALL AREA IN PARKING LOT RIGHT BEHIND QUALITY INN</b>		
• <b>Check-In</b>	<a href="#">Petawawa Mini Golf</a> , Petawawa, ON	
<b>A. Depart</b>	<a href="#">Petawawa Mini Golf</a> , Petawawa, ON	
<b>B. Rest</b>	<a href="#">Yates General Store &amp; Gas station</a> , Stonecliffe, ON	
<b>C. Fuel</b>	<a href="#">MacEwen North Bay</a> , North Bay, ON	
<b>Fuel/Lunch/Check-In</b>	<a href="#">Esso</a> , Lively, ON	
<b>LUNCH ON YOUR OWN - MARSHALL BACK AT ESSO by 1130</b>		
<b>D. Fuel/Rest/Check-In</b>	<a href="#">Esso</a> , 10 Lakeside Dr, Thessalon, ON P0R 1K0	
• <b>Host Hotel</b>	<a href="#">Water Tower Inn</a> - Sault Ste. Marie, ON	
• <b>Dinner</b>		
Contacts		
<b>Main Point of Contact</b>	Pat Alden (ON Team Lead)	<a href="mailto:ON@therollingbarrage.com">ON@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 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
<b>CHECK-IN and MARSHALL AREA IN PARKING LOT RIGHT BEHIND QUALITY INN</b>						
<b>Petawawa</b> <a href="#">Petawawa Mini Golf</a> , Petawawa, ON	<b>Check-In</b> Starts at 0600			<b>Marshall Area</b>		
Petawawa Mini Golf, Petawawa, ON	0700	<a href="#">Yates General Store &amp; Gas station</a> , 40742 ON-17, Stonecliffe, ON K0J 2K0	0745	<b>Rest</b>	30 min	71 km
Yates General Store & Gas station, 40742 ON-17, Stonecliffe, ON K0J 2K0	0815	<a href="#">MacEwen North Bay</a> , 1375 Seymour St, North Bay, ON P1B 9V6	0945	<b>Fuel</b>	30 min	126 km
MacEwen North Bay, 1375 Seymour St, North Bay, ON P1B 9V6	1015	<b>Lively</b> <a href="#">Esso</a> , 105 Regional Rd 24, Lively, ON P3Y 1C3	1200	<b>Fuel</b> <b>Lunch</b> <b>Check-In</b>	90 min	146 km
<b>LUNCH ON YOUR OWN - MARSHALL BACK AT ESSO by 1315</b>						
Esso, 105 Regional Rd 24, Lively, ON P3Y 1C3	1330	<b>Thessalon</b> <a href="#">Esso</a> , 10 Lakeside Dr, Thessalon, ON P0R 1K0	1545	<b>Fuel</b> <b>Check-In</b>	45 min	204 km
Esso, 10 Lakeside Dr, Thessalon, ON P0R 1K0	1630	<a href="#">Water Tower Inn</a> - 360 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z7	1730	<b>Final</b>		88 km
<b>Hotel:</b>		<a href="#">Water Tower Inn</a> - 360 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z7				
<b>Dinner:</b>						

**TOTAL DAILY KM: 635**  
**TOTAL KM TRAVELED: 4770**

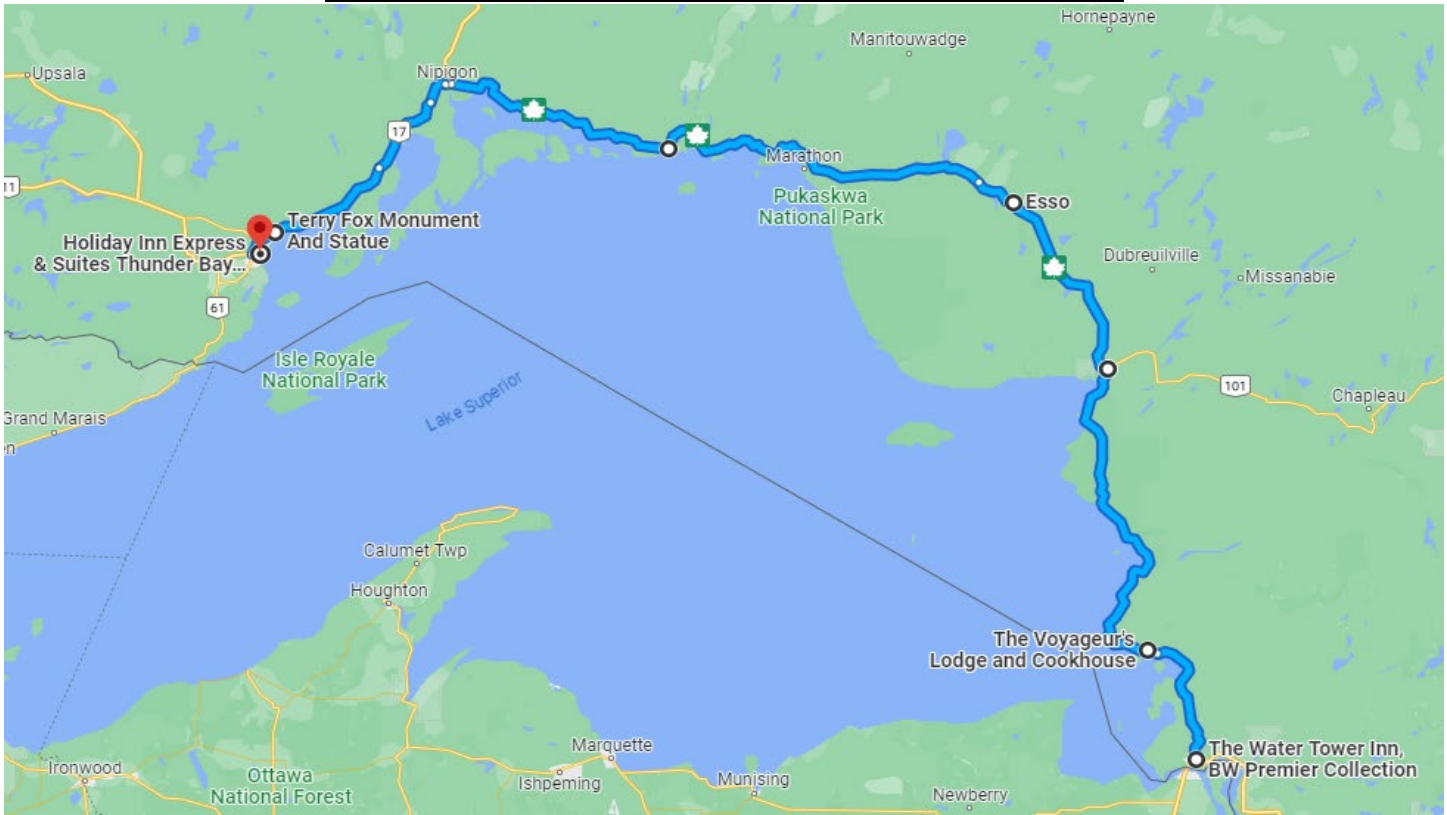
**Special Notes:**



# 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/TJAwRZKrkNdkyKTe9>

Daily Stops		
• <b>Check-In</b>	<a href="#">The Water Tower Inn</a> –Sault Ste Marie Ontario	
<b>A. Depart</b>	<a href="#">The Water Tower Inn</a> –Sault Ste Marie Ontario	
<b>B. Rest/fuel</b>	<a href="#">The Voyageur's Lodge and Cookhouse</a> , Batchawana Bay, ON	
<b>C. Fuel/Brunch/Check-In</b>	<a href="#">Petro-Canada</a> , Wawa, ON	
	<b>Marshall at <a href="#">Michipicoten Memorial Community Centre</a>, Wawa, ON, Check-In</b>	
<b>D. Fuel</b>	<a href="#">Esso</a> , White River, ON	
<b>E. Fuel</b>	<a href="#">Canco</a> , Terrace Bay, ON	
<b>F. Memorial</b>	<a href="#">Terry Fox Monument and Statue</a> - Shuniah, ON	
• <b>Host Hotel</b>	<a href="#">Holiday Inn Thunder Bay</a> , an IHG Hotel, Thunder Bay, ON	
• <b>Dinner</b>		
Contacts		
<b>Main Point of Contact</b>	Pat Alden (ON Team Lead)	<a href="mailto:ON@therollingbarrage.com">ON@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 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
<b>Sault Ste. Marie</b> <a href="#">The Water Tower Inn, BW Premier Collection</a> , 360 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z7	<b>Check-In</b> Starts at 0600			<b>MARSHALL AREA PARKING LOT BEHIND SHELL STATION</b>		
The Water Tower Inn, BW Premier Collection, 360 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z7	0700	<a href="#">The Voyageur's Lodge and Cookhouse</a> , ON-17, Batchawana Bay, ON POS 1A0	0745	<b>Rest/Fuel if you NEED It</b>	30 min	64 km
The Voyageur's Lodge and Cookhouse, ON-17, Batchawana Bay, ON POS 1A0	0815	<b>Wawa</b> <a href="#">Petro-Canada Charging Station</a> , 137 Mission Rd, Wawa, ON POS 1K0	1000	<b>Fuel/Small Tanks</b>	30 min	159 km
<b>Marshall at Michipicoten Memorial Community Centre, Wawa, ON, by 1025, Check-In (Truck to be at Memorial Center 1 hr Prior to Departure for Registration)</b>						
Michipicoten Memorial Community Centre, 3 Chris Simon Dr, Municipality of Wawa, ON POS 1K0	1030	<a href="#">Esso</a> , 201 ON-17, White River, ON P0M 3G0	1130	<b>Fuel/Lunch</b>	60 min	92 km
Esso, 201 ON-17, White River, ON P0M 3G0	1230	<a href="#">Canco</a> , 1151 Trans-Canada Hwy, Terrace Bay, ON P0T 2W0	1420	<b>Fuel/Small tanks</b>	45 min	168 km
Canco, 1151 Trans-Canada Hwy, Terrace Bay, ON P0T 2W0	1500	<a href="#">Terry Fox Monument and Statue</a> - 1000 ON-11 #11, Shuniah, ON P7A 0A1	1715	<b>Memorial RV with EMS Check-In</b>	60 min	204 km
Terry Fox Monument and Statue - 1000 ON-11 #11, Shuniah, ON P7A 0A1	1815	<a href="#">Holiday Inn Thunder Bay</a> , an IHG Hotel, 1041 Carrick St, Thunder Bay, ON P7B 6L9	1835	<b>Final</b>		18 km
<b>Hotel:</b>		<a href="#">Holiday Inn Thunder Bay</a> , an IHG Hotel, 1041 Carrick St, Thunder Bay, ON P7B 6L9				
<b>Dinner:</b>						

TOTAL DAILY KM: 706

TOTAL KM TRAVELED: 5476

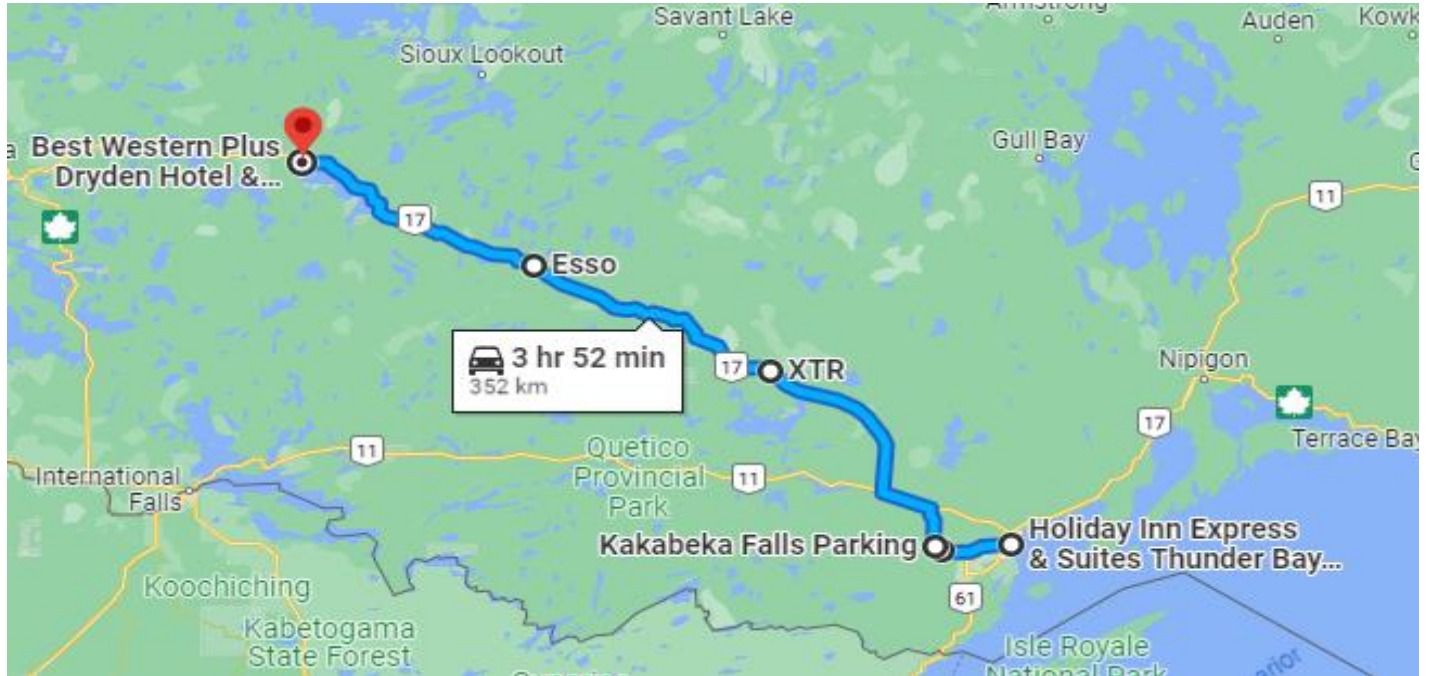
**Special Notes:**



# 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		
• <b>Check-In</b>	<a href="#">Holiday Inn Express &amp; Suites</a> Thunder Bay, Thunder Bay, ON	
<b>A. Depart</b>	<a href="#">Holiday Inn Express &amp; Suites</a> Thunder Bay, Thunder Bay, ON	
<b>B. Breakfast</b>	<a href="#">Royal Canadian Legion Branch 225</a> , Kakabeka Falls, ON	
<b>Photo</b>	<a href="#">Kakabeka Falls Parking</a> , Municipality Of Oliver Paipooonge, ON	
<b>C. Fuel</b>	<a href="#">XTR</a> - Upsala, ON	
<b>TIME ZONE CHANGE AFTER UPSALA 1 HR BACK</b>		
<b>D. Fuel/Snack</b>	<a href="#">Esso</a> - Ignace, ON	
• <b>Host Hotel</b>	<a href="#">Best Western Plus</a> Dryden, ON	
• <b>Dinner</b>	<a href="#">Royal Canadian Legion Branch 63</a> , Dryden, ON	
Contacts		
<b>Main Point of Contact</b>	<b>Pat Alden (ON Team Lead)</b>	<a href="mailto:on@therollingbarrage.com">on@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 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
<b>Thunder Bay</b> <a href="#">Holiday Inn Express &amp; Suites</a> Thunder Bay, an IHG Hotel, 1041 Carrick St, Thunder Bay, ON P7B 6L9	<b>Check-In</b> Starts at 0800			<b>MARSHALL AREA SOUTH PARKING LOT</b>		
Holiday Inn Express & Suites Thunder Bay, an IHG Hotel, 1041 Carrick St, Thunder Bay, ON P7B 6L9	0900	<a href="#">Royal Canadian Legion Branch 225</a> , 4556 Trans-Canada Hwy, Kakabeka Falls, ON P0T 1W0	0920	<b>Breakfast</b>	60 min	27 km
Royal Canadian Legion Branch 225, 4556 Trans-Canada Hwy, Kakabeka Falls, ON P0T 1W0	1030	<a href="#">Kakabeka Falls Parking</a> , Municipality of Oliver Paipoonge, ON P0T 1W0	1035	<b>Photo</b>	45 min	3 km
Kakabeka Falls Parking, Municipality of Oliver Paipoonge, ON P0T 1W0	1115	<a href="#">XTR</a> , 4810 ON-17, Upsala, ON P0T 2Y0	1230	<b>Fuel/Snack</b>	45 min	111 km
TIME ZONE CHANGE AFTER UPSALA 1 HR BACK						
XTR, 4810 ON-17, Upsala, ON P0T 2Y0	1315	<a href="#">Ignace, Esso</a> – 104 Main St, Ignace, ON P0T 1T0	1315	<b>Fuel/Snack Check-In</b>	45 min	106 km
ESSO – 104 Main St, Ignace, ON P0T 1T0	1400	<a href="#">Best Western Plus Dryden</a> Hotel & Conference Centre, 349 Government St, Dryden, ON P8N 2P4	1515	<b>Final</b>		105 km
<b>Hotel:</b>		<a href="#">Best Western Plus Dryden</a> Hotel & Conference Centre, 349 Government St, Dryden, ON P8N 2P4				
<b>Dinner:</b>		<a href="#">Royal Canadian Legion Branch 63</a> , 34 Queen St, Dryden, ON P8N 1A1				

**TOTAL DAILY KM: 352**  
**TOTAL KM TRAVELED: 5828**

**Special Notes:**

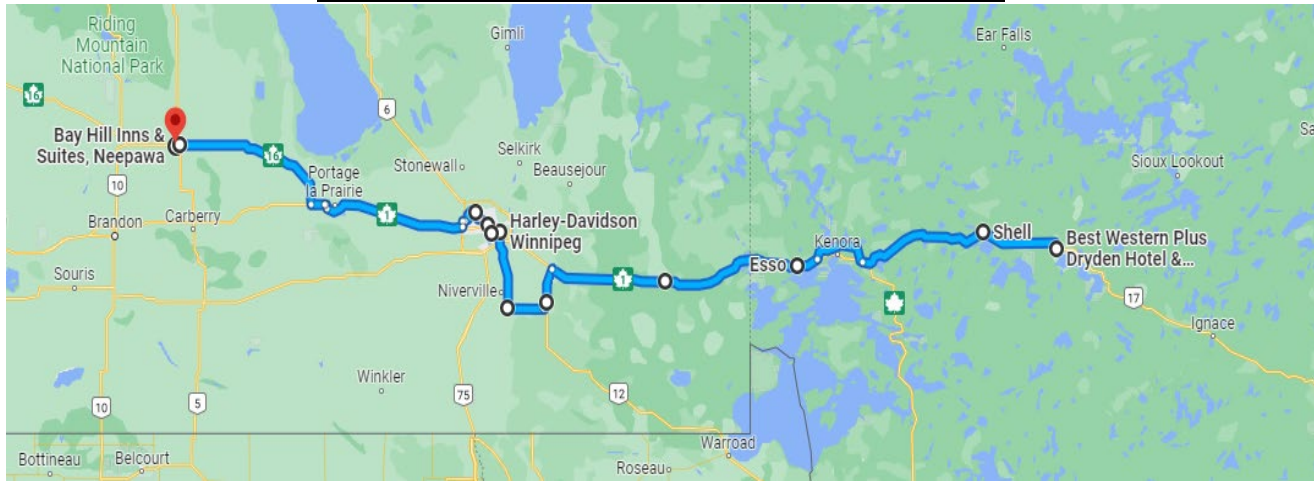
- Kakabeka Falls Legion for breakfast Possibly.
- Dryden Legion for dinner Possibly.



# 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		
• <b>Check-In</b>	<a href="#">Best Western Plus Dryden Hotel &amp; Conference Centre</a> , Dryden, ON	
<b>A. Depart</b>	<a href="#">Best Western Plus Dryden Hotel &amp; Conference Centre</a> , Dryden, ON	
<b>B. Rest</b>	<a href="#">Shell</a> , Vermilion Bay, ON	
<b>C. Fuel</b>	<a href="#">Esso</a> , Clearwater Bay, ON	
<b>D. Fuel/Check-In</b>	<a href="#">Shell</a> , Trans-Canada Hwy, Prawda, MB	
<b>E. Fuel/Lunch/Check-In</b>	<a href="#">Big Freight Systems Inc.</a> , Steinbach, MB	
<b>F. Meet WPS/ Check-In</b>	<a href="#">Harley-Davidson Winnipeg</a> , , Winnipeg, MB	
<b>G. Fuel</b>	<a href="#">Flying J Travel Center</a> , Headingley, MB	
<b>H. Dinner</b>	<a href="#">Royal Canadian Legion Branch 23</a> , Neepawa, MB	
• <b>Host Hotel</b>	<a href="#">Bay Hills Inns &amp; Suites</a> , Neepawa, MB	
• <b>Dinner</b>	<a href="#">Royal Canadian Legion Branch 23</a> , Neepawa, MB	
Contacts		
<b>Main Point of Contact</b>	<b>Mark Goldade (MB Team Lead)</b>	<a href="mailto:MB@therollingbarrage.com">MB@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 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
<b>Dryden</b> <a href="#">Best Western Plus Dryden Hotel &amp; Conference Centre</a> , 349 Government St, Dryden, ON P8N 2P4	<b>Check-In</b> Starts at 0600			<b>MARSHALL AREA IN EAST Hotel PAKING LOT or HUSKY BESIDE HOTEL</b>		
Best Western Plus Dryden Hotel & Conference Centre, 349 Government St, Dryden, ON P8N 2P4	0700	<a href="#">Shell</a> , Trans-Canada Hwy, ON-17, Vermilion Bay, ON P0V 2V0	0730	<b>Rest</b>	30 min	45 km
Shell, Trans-Canada Hwy, ON-17, Vermilion Bay, ON P0V 2V0	0800	<a href="#">Esso</a> , Hwy 17 W, Clearwater Bay, ON P0X 1S0	0915	<b>Fuel</b>	30 min	122 km
Esso, Hwy 17 W, Clearwater Bay, ON P0X 1S0	0945	<b>Prawda</b> <a href="#">Shell Gas Station</a> Trans Canada Hwy, Hadashville, MB R0E 0X0	1030	<b>Fuel</b> <b>Check-In</b>	45 min	77 km
Prawda Shell Gas Station Trans Canada Hwy, Hadashville, MB R0E 0X0	1115	<b>Steinbach</b> <a href="#">Big Freight Ops Center</a> 360 Hwy 12, Steinbach, MB R5G 1A6	1200	<b>Fuel/Lunch</b> <b>Check-In</b>	90 min	81 km
<b>Fuel On Own Return to Big Freight</b>						
Big Freight Ops Center 360 Hwy 12, Steinbach, MB R5G 1A6	1330	<b>Winnipeg</b> <a href="#">Winnipeg Harley Davidson</a> 1377 Niakwa Rd E, Winnipeg, MB R2J 3T3	1415	<b>RCMP - WPS</b> <b>Handover</b> <b>Check-In</b>	45 min	62 km
Winnipeg Harley Davidson 1377 Niakwa Rd E, Winnipeg, MB R2J 3T3	1500	<a href="#">Flying J Travel Center</a> 4100 Portage Av, Headingley, MB R4H 1C5	1530	<b>Fuel</b> <b>WPS - RCMP</b> <b>Handover</b>	30 min	20 km
Flying J Travel Center 4100 Portage Ave, Headingley, MB R4H 1C5	1600	<a href="#">Royal Canadian Legion Branch 23</a> , 425 Brown Ave, Neepawa, MB R0J 1H0	1800	<b>Dinner/and Presentations</b>		177 km
<b>After Dinner and Presentations Make Your Own Way to Hotel, If You Are Staying in Motel, it is Right Across Trans-Canada from Hotel</b>						
Royal Canadian Legion Branch 23, 425 Brown Ave, Neepawa, MB R0J 1H0		<a href="#">Bay Hills Inns &amp; Suites</a> 160 Main St W, Neepawa, MB R0J 1H0		<b>Final</b>		3 km
<b>Hotel:</b>		<a href="#">Bay Hills Inns &amp; Suites</a>				



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

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

		160 Main St W, Neepawa, MB R0J 1H0				
Dinner:		<a href="#">Royal Canadian Legion Branch 23</a> , 425 Brown Ave, Neepawa, MB R0J 1H0				

**TOTAL DAILY KM: 608**

**TOTAL KM TRAVELED: 6436**

**Special Notes:**

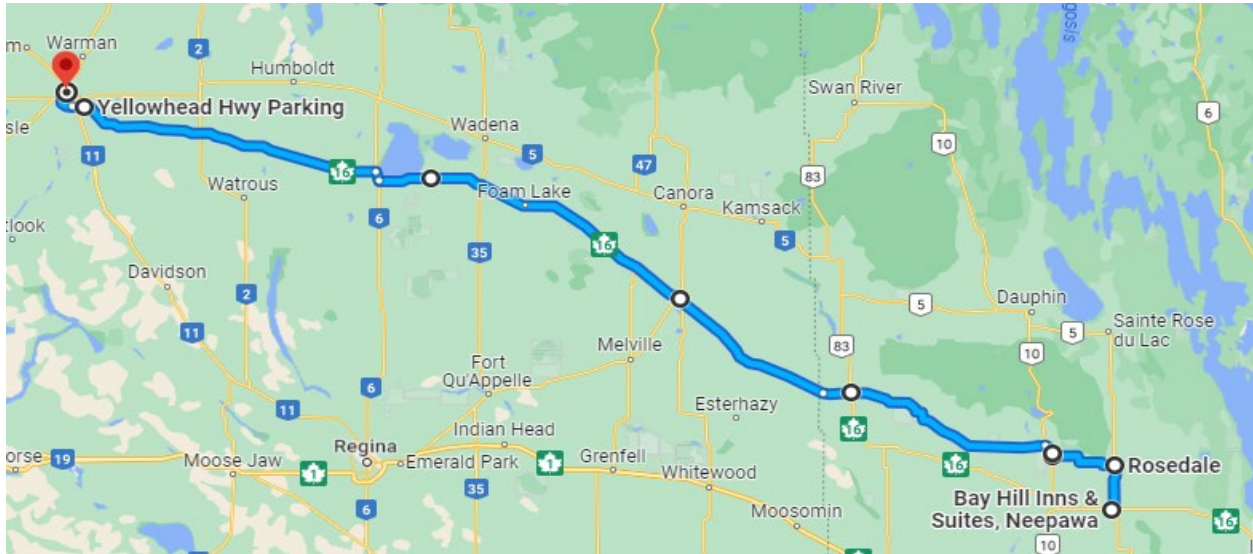
- **Breakfast served in the hotel in Dryden.**
- **Winnipeg Police Service will be escorting us through the city again this year!**
- **Town of Neepawa was a huge supporter in 2021 & 2022. We expect a huge turnout again this year. Expect to have lots of people out with their families to see the bikes 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/Qo2niytcnNUYaseH8>

Daily Stops		
• <b>Check-In</b>	<a href="#">Bay Hill Inns &amp; Suites</a> , Neepawa, MB	
<b>A. Depart</b>	<a href="#">Bay Hill Inns &amp; Suites</a> , Neepawa, MB	
<b>B. Rest</b>	<a href="#">Beatty's XTR Service</a> , Erickson, MB	
<b>C. Fuel</b>	<a href="#">Co-op Gas Bar</a> , Russell, MB	
<b>TIME ZONE CHANGE AFTER Russell Co-op 1 HR BACK</b>		
<b>D. Fuel/Lunch/Check-In</b>	<a href="#">Yorkton Fire Protective Services</a> , Yorkton, SK	
<b>E. Fuel</b>	<a href="#">Co-op Gas Bar</a> , Wynyard, SK	
<b><a href="#">Meet up with Saskatoon City Police for Escort to Hotel</a> STAY ON YOUR BIKES</b>		
• <b>Host Hotel</b>	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , Saskatoon, SK	
• <b>Dinner</b>	<a href="#">Lynx Wing</a> , Saskatoon, SK	
Contacts		
<b>Main Point of Contact</b>	<b>Mark Goldade (MB Team Lead)</b>	<a href="mailto:MB@therollingbarrage.com">MB@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 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
<b>Neepawa</b> <a href="#">Bay Hill Inns &amp; Suites</a> 160 Main St W, Neepawa, MB R0J 1H0	<b>Check-In</b> Starts at 0700			<b>MARSHALL AREA on EAST SIDE OF HOTEL</b>		
Bay Hill Inns & Suites 160 Main St W, Neepawa, MB R0J 1H0	0800	<a href="#">Beatty's XTR Service</a> , MB-10, Erickson, MB R0J 0P0	0845	<b>Rest</b>	30 min	58 km
Beatty's XTR Service, MB-10, Erickson, MB R0J 0P0	0915	<a href="#">Russell Co-op Gas Bar</a> 206 Main St, Russell, MB R0J 1W0	1030	<b>Fuel</b>	45 min	113 km
<b>TIME ZONE CHANGE AFTER Russell Co-op 1 HR BACK</b>						
Russell Co-op Gas Bar 206 Main St, Russell, MB R0J 1W0	1115	<b>Yorkton</b> <a href="#">Yorkton Fire Protective Services</a> , 9 Smith St E, Yorkton, SK S3N 0H2 Rear Parking Lot	1115	<b>Lunch</b> <b>Check-In</b>	90 min	103 km
<b>Fuel on Own and Return to Fire Hall</b>						
Yorkton Fire Protective Services, 9 Smith St E, Yorkton, SK S3N 0H2 Rear Parking Lot	1245	<a href="#">Co-op Gas Bar</a> , 581 South Service Road, Wynyard, SK S0A 4T0	1430	<b>Fuel</b>	45 min	140 km
Co-op Gas Bar, 581 South Service Road, Wynyard, SK S0A 4T0	1515	<a href="#">Yellowhead Hwy Parking</a> , Yellowhead Hwy, Saskatoon, SK	1630	<b>Meet SCPD</b> <b>For Escort</b>	15 min	177 km
Yellowhead Hwy Parking, Yellowhead Hwy, Saskatoon, SK	1645	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	1700 ???	<b>Final</b>		19 km
Hotel		<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , 102 Cardinal Crescent, Saskatoon, SK S7L 6H6				
Restaurant	1900	<a href="#">Lynx Wing</a> 2407 Ave C North, Saskatoon, SK S7L 6T1		Shuttle Start: Shuttle Stop:		

**TOTAL DAILY KM: 611**



# The Rolling Barrage

Coast to Coast Ride To Combat PTSD

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

**Special Notes:**

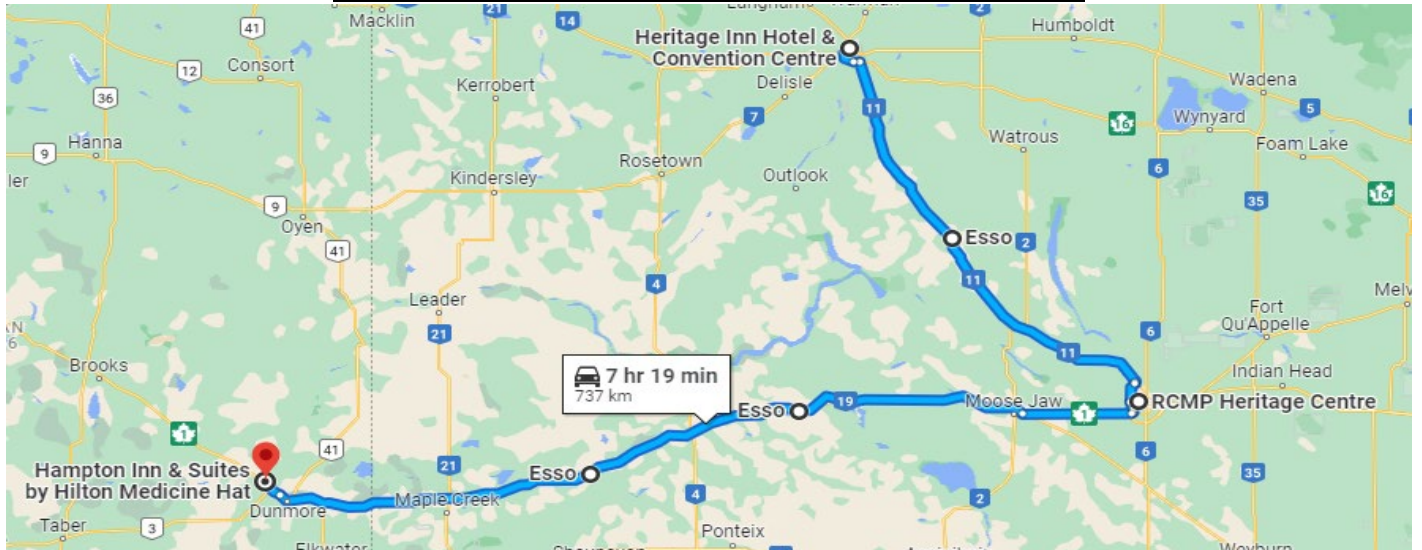
**TOTAL KM TRAVELED: 7047**



# 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		
• <b>Check-In</b>	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , Saskatoon, SK	
<b>A. Depart</b>	<a href="#">Heritage Inn Hotel &amp; Convention Centre</a> , Saskatoon, SK	
<b>B. Rest/Fuel</b>	<a href="#">Esso</a> , Davidson, SK	
<b>C. Lunch &amp; Check In</b>	<a href="#">RCMP Heritage Centre</a> , Regina, SK	
<b>D. Fuel</b>	<a href="#">Esso</a> , Morse, SK	
<b>E. Fuel</b>	<a href="#">Esso</a> , Gull Lake, SK	
• <b>Host Hotel</b>	<a href="#">Hampton Inn &amp; Suites by Hilton Medicine Hat</a> , Medicine Hat, AB	
• <b>Dinner</b>		
Contacts		
<b>Main Point of Contact</b>	<b>Richard LeBlanc (SK Team Lead)</b>	<a href="mailto:SK@therollingbarrage.com">SK@therollingbarrage.com</a>
Sunray	<b>Jim Gordon</b>	<a href="mailto:COO@therollingbarrage.com">COO@therollingbarrage.com</a>
Sunray Minor	<b>Warren Cave</b>	<a href="mailto:Riding.Groups@therollingbarrage.com">Riding.Groups@therollingbarrage.com</a>





# 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
<b>Saskatoon</b> <a href="#">Heritage Inn Hotel &amp; Conference Center</a> 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	<b>Check-In</b> Starts at 0600			<b>MARSHALL IN REAR PARKING LOT</b>		
Heritage Inn Hotel & Conference Center 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	0700	<a href="#">Esso</a> , 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	<b>Regina</b> <a href="#">RCMP Heritage Center</a> 5907 Dewdney Avenue, Regina, SK S4T 0P4	1015	<b>Lunch</b> <b>Check-In</b> <b>Fuel On Own</b>	90 min	145 km
RCMP Heritage Center 5907 Dewdney Avenue, Regina, SK S4T 0P4	1145	<a href="#">Esso</a> , 101 George Ave, Morse, SK S0H 3C0	1330	Fuel	45 min	184 km
Esso, 101 George Ave, Morse, SK S0H 3C0	1415	<a href="#">Esso</a> , 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	<a href="#">Hampton Inn &amp; Suites</a> 2510 Box Springs Blvd Medicine Hat, AB T1C 0C8	1730	Final		173 km
<b>Hotel:</b>		<a href="#">Hampton Inn &amp; Suites</a> 2510 Box Springs Blvd Medicine Hat, AB T1C 0C8				
<b>Dinner:</b>						

TOTAL DAILY KM: 738  
 TOTAL KM TRAVELED: 7785

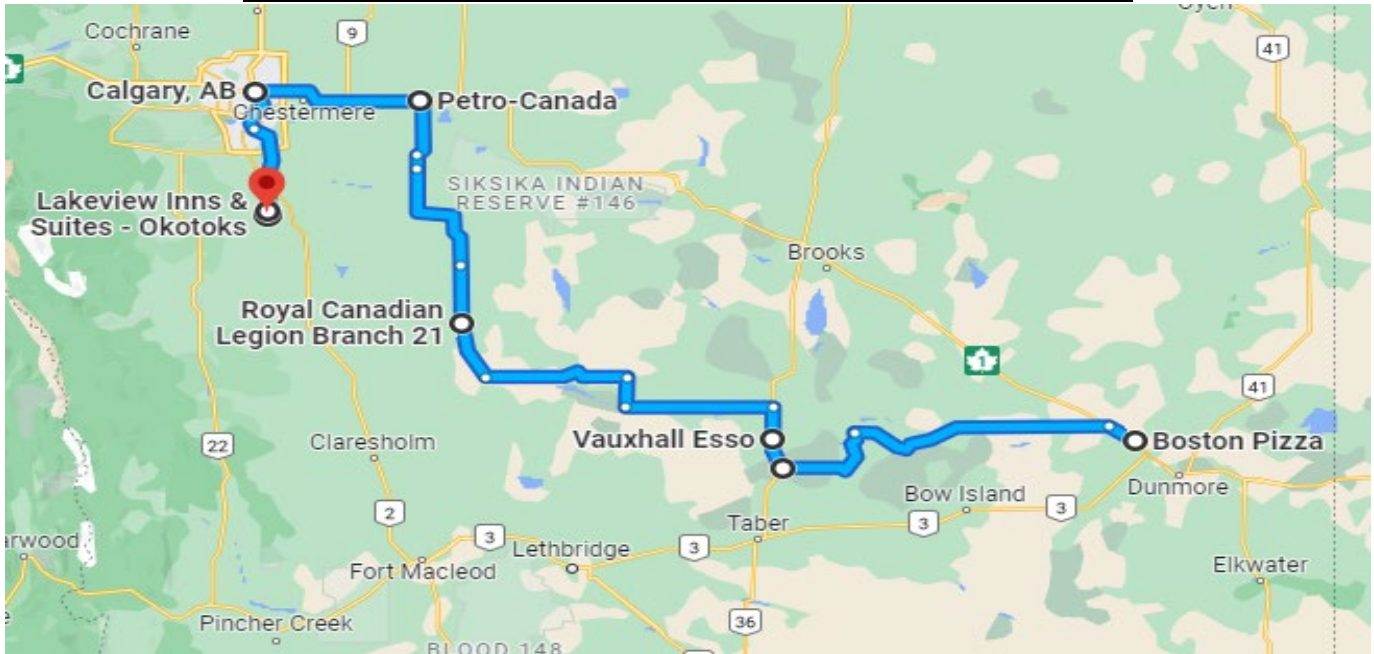
Special Notes:



# 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		
• <b>Check-In</b>	<a href="#">Boston Pizza</a> , Medicine Hat, AB	
<b>A. Depart</b>	<a href="#">Boston Pizza</a> , Medicine Hat, AB	
<b>B. REST/Fuel</b>	<a href="#">Esso</a> Vauxhall, Vauxhall, AB	
<b>C. Lunch/Fuel/Check-In</b>	<a href="#">Royal Canadian Legion Br 21</a> , Vulcan, AB	
<b>Fuel During Lunch and Return to Legion</b>		
<b>D. Fuel/Meet CPS/Check-In</b>	<a href="#">Petro-Canada</a> , Strathmore, AB	
• <b>Host Hotel</b>	<a href="#">Lakeview Inn and Suites</a> , Okotoks, AB	
• <b>Dinner</b>	<a href="#">The George Traditional House</a> , Okotoks, AB	
Contacts		
<b>Main Point of Contact</b>	<b>Carola Singer (AB Team Lead)</b>	<a href="mailto:AB@therollingbarrage.com">AB@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 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
<b>Medicine Hat</b> <a href="#">Boston Pizza</a> , 2500 Box Springs Blvd NW, Medicine Hat, AB T1C 0C8	<b>Check-In</b> Starts at 0800			<b>MARSHALL AREA IN FRONT            PARKING LOT</b>		
Boston Pizza, 2500 Box Springs Blvd NW, Medicine Hat, AB T1C 0C8	0930	<a href="#">Vauxhall Esso</a> 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	<b>Vulcan</b> <a href="#">Royal Canadian Legion Br 21</a> , 240 Sinclair Rd, Vulcan, AB T0L 2B0	1245	<b>Lunch/Fuel</b> <b>Check-In</b>	90 min	118 km
Fuel During Lunch and Return to Legion						
Royal Canadian Legion Br 21, 240 Sinclair Rd, Vulcan, AB T0L 2B0	1415	<a href="#">Petro-Canada</a> , 604 Westmount Rd, Strathmore, AB T1P 1W8	1500	<b>Fuel/Meet</b> <b>With CPS</b> <b>Check-In</b>	45 min	83 km
Petro-Canada, 604 Westmount Rd, Strathmore, AB T1P 1W8	1545	<a href="#">Lakeview Inn and Suites</a> 22 Southridge Drive Okotoks, Alberta	1700	Final		91 km
<b>Hotel:</b>		<a href="#">Lakeview Inn and Suites</a> 22 Southridge Drive Okotoks, Alberta				
<b>Dinner:</b>	1830	<b>BBQ and Reception:</b> <a href="#">The George Traditional House</a> #101 31 Southridge Drive, Okotoks, Alberta				

TOTAL DAILY KM: 421  
 TOTAL KM TRAVELED: 8206

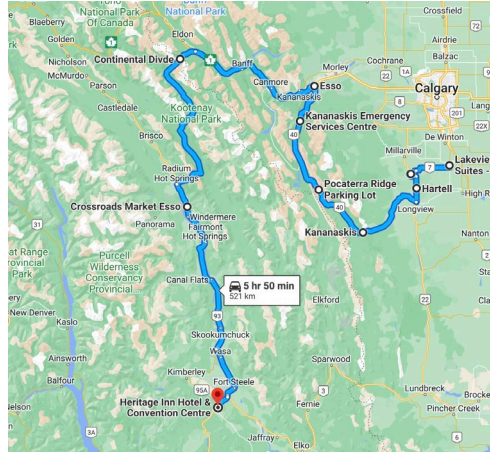
Special Notes:



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

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



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>



# 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	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				



# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

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

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**

Special Notes:

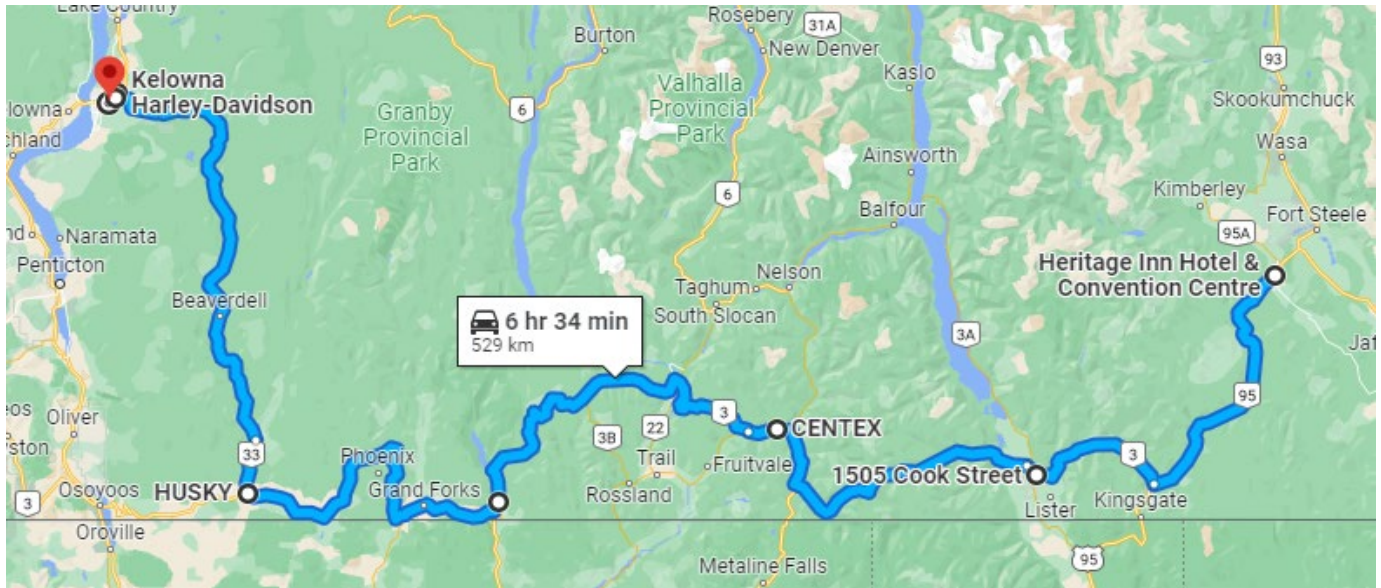
**TOTAL KM TRAVELED: 8729**



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





# The Rolling Barrage

## Coast to Coast Ride To Combat PTSD

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

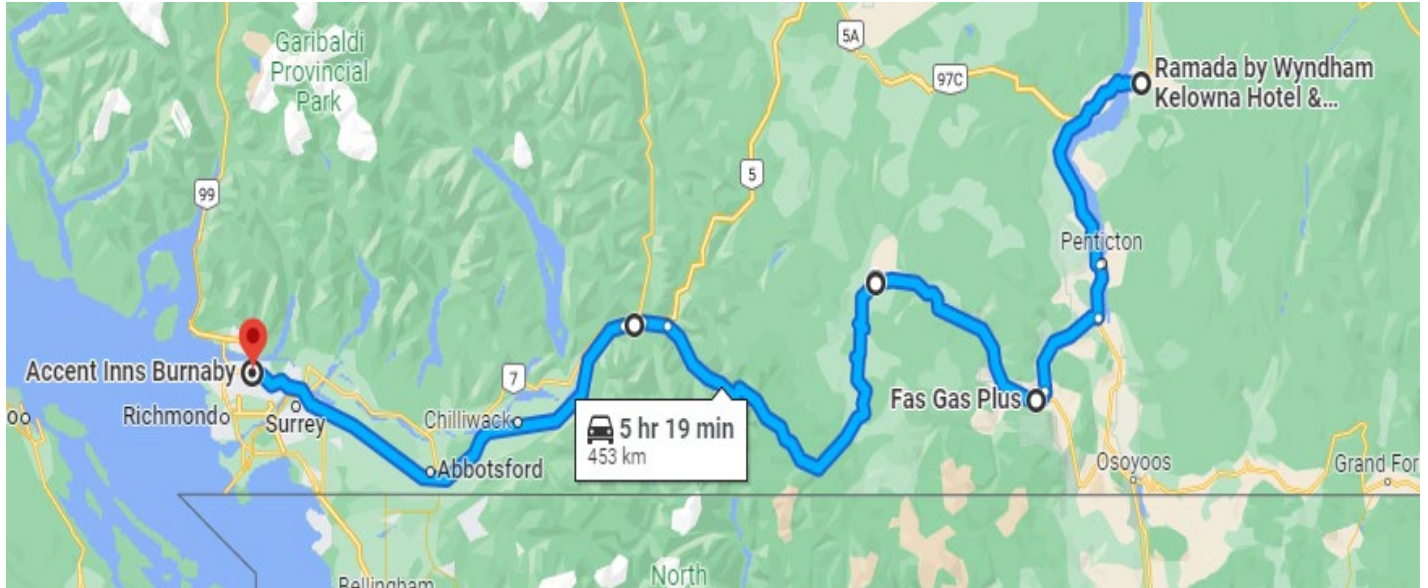
TOTAL DAILY KM: 528  
TOTAL KM TRAVELED: 9257



# 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		
<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:**