

The Rolling Barrage VIII – Route Information Guide - 2024



The Rolling Barrage VIII
Route Information Guide 2024
Version 3.0
May 10 2024



National
Défence

Défense
nationale



CANADIAN
ARMED FORCES



100 YEARS OF YOUR AIR FORCE
ROYAL CANADIAN AIR FORCE
1924-2024

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AVIATION ROYALE CANADIENNE



Canada



The Rolling Barrage VII – Route Information Guide – 2024

Welcome

Welcome to The Rolling Barrage VIII – Route Information Guide – 2024. The Route Information Guide is in Version 1.0 for March, 2024. 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.

Route and Registration

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

Updates to the information contained within the document is subject to change such as dinner arrangements 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 before the commencement of The Rolling Barrage VIII – 2024 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.
- 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.

Volunteers

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 8th year is still made possible by our volunteers.

All the work you see is done by volunteers.

No one is employed, and no one is on salary within the organization at all.

The routes, hotel block bookings, meal arrangements, raffles, auctions, visits to memorials, merchandise design, operation of our merchandise shop, postings on social media, the website, and more. This very document you are reading is all from Volunteers. It takes a full calendar year to plan and execute the annual coast-to-coast ride.

The Board of Directors and the Executive are all volunteers. Provincial Reps and Liaisons 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 rider, passengers, and participants. This is you. Without you, there is no ride,

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 and Passengers

We are approaching what we are positive will be another record year.

The Rolling Barrage VIII 2024 will be Kick Stands Up in Newfoundland and end at Kick Stands Down in British Columbia.

The number of Registrants for “The Full Pull”, Provincially / Inter-Provincially are trending into what we believe will be a record year in Rider / Passenger participation.

We are gaining traction in attendance not only from previous The Rolling Barrage participants but new riders are joining in on the experience.

Greatly encouraging is the continued increase in the First Responder community with riders from policing, fire departments, emergency medical, corrections, and more.

Recognition 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 Rider and Participant Testimonies also speak volumes to The Rolling Barrage as an event and its overall mission.

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

Thank you,

[The Rolling Barrage PTSD Foundation / The Rolling Barrage](#)



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

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 on our website. Engage them on social media and thank them for their support.





Supporting Sponsors

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 facilitate us with block book rooms for riders' months in advance to restaurants and Legions that host us across the country and the communities that embrace us as their own, often feeding us along the way. We thank you.

We also experienced during The Rolling Barrage VII in 2023 wonderful support from businesses and organizations that also contributed directly and financially to The Rolling Barrage PTSD Foundation.

As we approach The Rolling Barrage VIII in 2024 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 the 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.

On our website, we have a Supporting Sponsors page that contains the logo or trademark of our Supporting Sponsors. They also will have a link to their website or social media.

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

We sincerely thank you, all of you.

Route / Event Changes

Changes in the Route Documents while unfortunate and The Rolling Barrage does absolutely everything within our ability to ensure our routes and timings are as accurate as possible, we do not control **Road Closures, Construction Projects** whether planned or based on **Emergencies, Weather, Natural Disasters** or **Crisis** based incidents, and **Accidents**.

Some **Events** can also change such as **Breakfast, Lunch or Dinner** locations.

We will note here on this page in updated versions as quickly as possible significant changes to the Route Guide Version. Minimally we will do our best to notify via Social Media on our Facebook page. <https://www.facebook.com/therollingbarrage>

Route / Event Changes – Current Status

March 31 – 2024 – Version 1.0 – Tire Dip – location/route not added for British Columbia

- Day 7 – Levis QC – routes/activities not added. Will be added at a later date.
- Day 17 – Jasper – AB – routes/activities not added. Will be added at a later date.

April 29 – 2024 – Version 2.0

- Day 15 – minor route changes
- Day 21 – minor route changes

May 04 – 2024 – Version 2.0

- Day 6 – added a supplementary route and map for construction re-routing in Levis QC

May 10 – 2024 – Version 3.0

- Day 7 – Saturday August 3rd, 2024 – Rest Day – Levis QC
- Day 17 – Tuesday August 13th 2024 – Rest Day – Jasper AB

The
Rolling Barrage
Coast to Coast Ride To Combat PTSD

The Rolling Barrage VIII – 2024 Ride Poster



The poster features a central illustration of a motorcycle rider in silhouette, wearing a helmet with a maple leaf emblem, riding a motorcycle. The rider is positioned in front of a large, stylized graphic of a biplane. The background is a dark blue sky with several vintage military aircraft flying. The title 'The Rolling Barrage' is written in a large, white, serif font across the middle. Below the title, the subtitle 'COAST TO COAST RIDE TO COMBAT PTSD' is written in a bold, yellow, sans-serif font. A QR code is located on the left side of the poster. The text 'A ROLLING FUNDRAISER IN SUPPORT OF VETERANS, ACTIVE DUTY MILITARY AND 1ST RESPONDERS' is on the left, and 'A SHOW OF BROTHERHOOD STRENGTH, AND UNITY TO CONQUER THE STIGMA OF PTSD' is on the right. The main section is titled '2024 RIDE DATES & LOCATIONS' in large, bold, yellow and white text. Below this, a list of dates and locations is provided in two columns. The final leg is highlighted with '100TH FINAL LEG' and 'Aldergrove BC Night of - August 17'. The website 'WWW.THEROLLINGBARRAGE.COM' is at the bottom.

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

2024 RIDE DATES & LOCATIONS

St. John's NL Nights of - July 25-26-27	Sault Ste. Marie ON Night of - August 06
Gander NL Night of - July 28	Thunder Bay ON Night of - August 07
Ferry - Last Boat, 23:45hrs July 29th	Kenora ON Night of - August 08
Aulds Cove NS Night of - July 30	Neepawa MB Night of - August 09
Dartmouth NS Night of - July 31	Saskatoon SK Night of - August 10
Oromocto NB Night of - August 01	Stony Plain AB Night of - August 11
🍁 Levis QC Nights of - August 2 & 3 🍁	🍁 Jasper AB Nights of - August 12 & 13 🍁
Kingston ON Night of - August 04	Okotoks AB Night of - August 14
Barrie ON Night of - August 05	Cranbrook BC Night of - August 15
	Princeton BC Night of - August 16
	100TH FINAL LEG Aldergrove BC Night of - August 17

WWW.THEROLLINGBARRAGE.COM



Route Sheets

The following pages are the Route Sheets which in turn is part of the entire Route Information Guide. The Route Sheets start in Newfoundland and end in British Columbia.

The information contained within the Route Sheets is as accurate as possible. Factors that can affect timings for example are **construction projects** that can start after the publishing of route sheets. This can affect travel times and potential traffic patterns.

Weather is and can be unpredictable. This can also influence timings within the route sheets. Depending on the weather type an effort to ride through it to get out of the weather conditions is an option based on safety first and foremost. In some cases, due to safety-related issues, the ride has to delay.

Natural disasters or areas currently under Emergency Management control by local municipalities or provincial authorities can also impact everything from routes to timings. When feasible we will endeavor to communicate the situation as quickly as possible on our Facebook page minimally.

Accidents can occur at any time. In the past, there have been unfortunate accidents that have taken place that the ride encounters. Depending on the severity of the accident it can delay the ride. This may be due to the route being a highway with limiting by-pass options or authorities, and first responders, closing the road until the matter has been investigated and the roadway re-opened. When feasible we will communicate the situation as quickly as possible. However, the safety of the active ride, riders, and participants is paramount.



The Rolling Barrage





Coast to Coast Ride To Combat PTSD

Day Ride & NL Tire Dip (Sat, 27 July 2024)



Go to Google Maps: <https://maps.app.goo.gl/8RMbGqYjkenycMc4A>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Full Pullers Must/Check-In	Holiday Inn St. John's Newfoundland , St. John's NL	
A. Depart	Holiday Inn St. John's Newfoundland , St. John's NL	
B. Presentation	Government House St. John's NL	
C. Monument	War Memorial St. John's NL	
Merch Truck	Merch Truck Will Be at Bellow Address Prior to TRB for Sales and Check-In	
D. Lunch/Event	Rugged Rock Harley-Davidson , Mount Pearl, NL	
E. Monument	War Memorial , Conception Bay South, NL A1X 7B2	
Merch Truck	Merch Truck Will Be at Bellow Address Prior to TRB for Sales	
F. Tire Dip/ Supper	Royal Canadian Legion Branch 32 , Bay Roberts, NL	
• Host Hotel	Holiday Inn St. John's Newfoundland , St. John's, NL	
Contacts		
Main Point of Contact	Chad Sainsbury (NL Lead)	NL@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
St. John's Holiday Inn St. John's Newfoundland , 180 Portugal Cove Rd, St. John's, NL A1B 2N2	Check-In Starts at 08:00	All Full Pullers Must Check-In for TRB 2024 so YOU DON'T HAVE TO in the MORNING					
Holiday Inn St. John's Newfoundland, 180 Portugal Cove Rd, St. John's, NL A1B 2N2	09:00	Government House , 50 Military Rd, St. John's, NL A1C 5W4	09:10	Scroll Presentation	30 min	3 km	2 mi
Government House, 50 Military Rd, St. John's, NL A1C 5W4	09:40	War Memorial , 90-94 Water St, St. John's, NL A1C 1A4	09:45	Memorial/ Bike Blessing	60 min	750 m	.5 mi
War Memorial, 90-94 Water St, St. John's, NL A1C 1A4	10:45	Rugged Rock Harley-Davidson , 12 Allston St, Mount Pearl, NL A1N 0A4	11:05	Lunch Event 	115 min	20 km	12 mi
Rugged Rock Harley-Davidson, 12 Allston St, Mount Pearl, NL A1N 0A4	13:00	War Memorial , 12 Remembrance Sq, Conception Bay South, NL A1X 7B2	13:15	Memorial	30 min	15 km	9 mi
War Memorial 12 Remembrance Sq, Conception Bay South, NL A1X 7B2	13:45	Royal Canadian Legion Br 32 , 108 Water St, Bay Roberts, NL	14:50	Tire dip 	100 Min	61 km	38 mi
Royal Canadian Legion Br 32 108 Water St, Bay Roberts, NL	16:30	Royal Canadian Legion Br 32 , 108 Water St, Bay Roberts, NL	16:30	Supper	90 Min		
Royal Canadian Legion Br 32 108 Water St, Bay Roberts, NL	18:00	Holiday Inn St. John's Newfoundland , 180 Portugal Cove Rd, St. John's, NL A1B 2N2	19:00	Final Get Ready for KSU at 0800		92 km	57 mi
HOST HOTEL		Holiday Inn St. John's Newfoundland, 180 Portugal Cove Rd, St. John's, NL A1B 2N2					
DINNER		Royal Canadian Legion Br 32, 108 Water St, Bay Roberts, NL					

TOTAL DAILY KM: 191 TOTAL DAILY MILES: 119
TOTAL RIDE KM: 191 TOTAL RIDE MILES: 119

Special Notes:

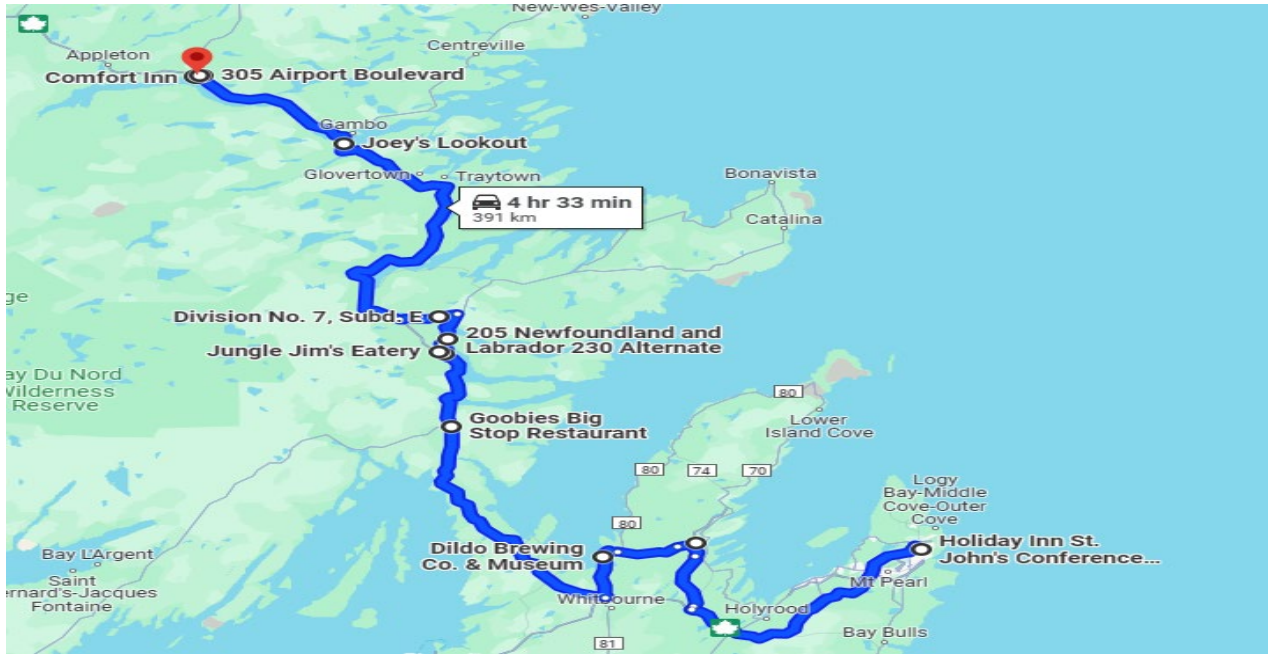
Low Tide 0609, High Tide 1220, Low Tide 1856



The Rolling Barrage





Coast to Coast Ride To Combat PTSD

Day 01 (Sunday, 28 July 2024) St. John's NL – Gander NL



Go to Google Maps: <https://maps.app.goo.gl/wSTfbydkvZJ6a9sEA>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In	Holiday Inn St. John's Newfoundland , St. John's NL	
A. Depart	Holiday Inn St. John's Newfoundland , St. John's NL	
B. Rest	Dildo Brewing Co. & museum , Dildo NL	
C. Fuel	Goobies Big Stop , Come By Chance NL	
Merch Truck	Merch Truck Will Be at Address Below Prior to TRB for Sales and Check-In	
D. Lunch/Check-In	Jungle Jims Eatery , Clarenville NL	
E. Photo	Joey's Lookout , Gambo, NL AOG 2PO	
F. Monument	Town of Gander Compassion Monument , Gander NL	
• Host Hotel	Comfort Inn Gander , Gander NL	
Merch Truck	Merch Truck Will Be at Address Below Prior to TRB for Sales	
• Dinner	Royal Canadian Legion Br 8 , Gander NL	
Main Point of Contact	Chad Sainsbury (NL Lead)	NL@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
St. John's Holiday Inn St. John's 180 Portugal Cove Rd, St. John's, NL A1B 2N2	Check-In Starts at 07:00						
Holiday Inn St. John's, 180 Portugal Cove Rd, St. John's, NL A1B 2N2	08:00	Dildo Brewing Co. & Museum , 90 Front Rd, Dildo, NL A0B 1P0	09:20	Rest	60 min	116 km	71 mi
Dildo Brewing Co. & Museum, 90 Front Rd, Dildo, NL A0B 1P0	10:15	Goobies Big Stop , 162Trans-Canada Hwy, Come By Chance, NL A0B 1N0	11:15	Fuel	45 min	88 km	55 mi
Goobies Big Stop, 162Trans-Canada Hwy, Come By Chance, NL A0B 1N0	12:00	Clareville Jungle Jims Eatery , 64 Manitoba Dr, Clareville, NL A5A 1K6	12:30	Lunch/Check-In 	90 min	30 km	18 mi
Jungle Jims Eatery, 64 Manitoba Dr, Clareville, NL A5A 1K6	14:00	Joey's Lookout , Gambo, NL A0G 2P0	15:15	Photo	30 min	118 km	73 mi
Joey's Lookout, Gambo, NL A0G 2P0	15:45	Town of Gander Compassion Monument , 100 Elizabeth Dr, Gander, NL A1V 1G7	16:15	Monument	45 min	40 km	25 mi
Town of Gander Compassion Monument, 100 Elizabeth Dr, Gander, NL A1V 1G7	17:00	Comfort Inn Gander , 112 Trans-Canada Hwy, Gander, NL A1V 1P8	17:05	Final		2 km	1 mi
HOST HOTEL		Comfort Inn Gander, 112 Trans-Canada Hwy, Gander, NL A1V 1P8					
DINNER	18:00	Royal Canadian Legion Br 8 , Gander NL					

TOTAL DAILY KM: 392 TOTAL DAILY MILES: 244
TOTAL RIDE KM: 583 TOTAL RIDE MILES: 362

Special Notes:

Lunch Menu Jungle Jim's Set Menu; Included are a pop or coffee:

-2pc Fish & Chips -Safari Club & Fries BBQ Bacon Cheddar Burger & Fries

-Jungle Chicken Salad -Honey Garlic Chicken Bowl (Gluten Free)

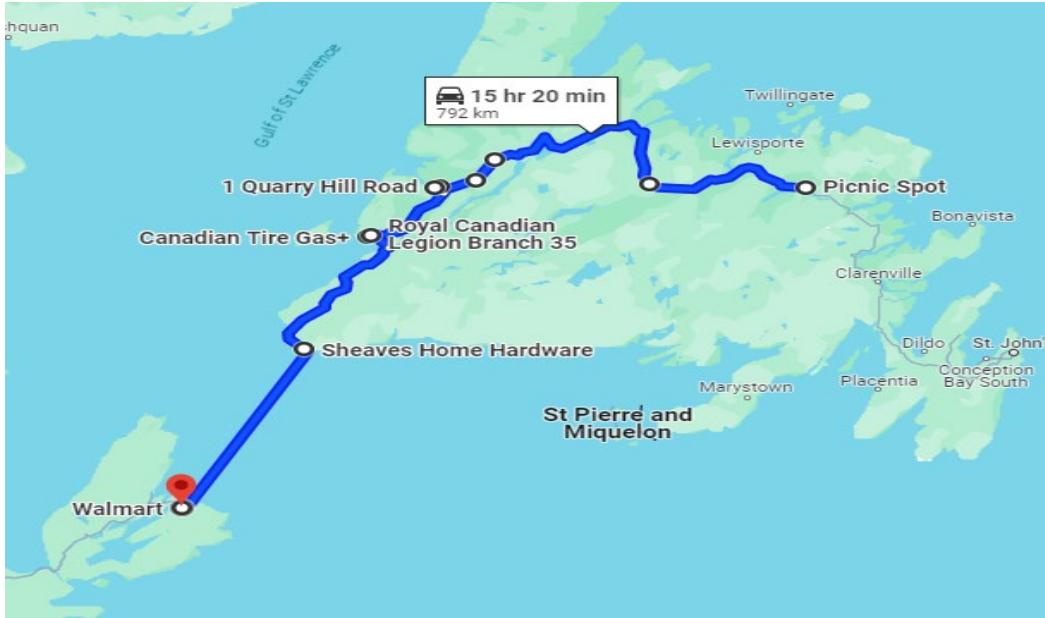
Dinner Is Hosted by The Gander Military Family Resource Centre at The Royal Canadian Legion Br 8 (Use Link in Detailed Itinerary)



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Coast to Coast Ride To Combat PTSD

Day 02 (Mon, 29 July 2024) – Gander NL – North Sydney NS



Go to Google Maps: <https://maps.app.goo.gl/s9HxYpfDosBFnfui9>

Daily Stops	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
• Check In	Marshall Area Across from Hotel Picnic Spot TCH Gander,
A. Depart	Marshall Area Across from Hotel Picnic Spot TCH Gander,
B. Fuel small Tanks	Irving Oil, Badger NL
Merch Truck	Merch Truck Will Be at Address Below Prior to TRB for Sales
C. Fuel	Deer Lake Big Stop, Deer Lake NL
Merch Truck	Merch Truck Will Be at Below Address Prior to TRB for Sales and Check-In
D. Lunch/Check-In	Royal Canadian Legion, Pasadena, NL
E. Fuel small Tanks	Canadian Tire gas bar, Stephenville NL
Merch Truck	Merch Truck Will Be at Address Below Prior to TRB for Sales
F. Dinner	Royal Canadian Legion Branch 35, Stephenville NL
ALL BIKES WILL FUEL AT IRVING or NORTH ATLANTIC IN PORT AUX BASQUE AND MEET AT MARSHALL POINT	
G. Marshall After Fueling	Sheaves Home Hardware, Grand Bay East NL
Merch Truck	Merch Truck Will Be at Address Below Prior to TRB for Sales
H. Boat Check-In	Marine Atlantic Vehicle Check-in, Channel-Port aux Basques NL
Time Change While on Boat ½ Hour Back	
I. Tuesday, 30 July 2024	Walmart, 116 King St, North Sydney, NS B2A 3R7
Contacts	
Main Point of Contact	Chad Sainsbury (NL Lead) NL@therollingbarrage.com
Sunray	Jim Gordon Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Gander MARSHALL AREA Picnic Spot TCH Gander, 109 Trans-Canada Hwy, Gander, NL A0G 1C0	Check-In Starts at 06:30	MARSHALL AREA ACROSS FROM HOTEL CHECK-IN TRAILER CLOSES AT 07:30					
MARSHALL AREA Picnic Spot TCH Gander, 109 Trans-Canada Hwy, Gander, NL A0G 1C0	08:00	Irving Oil , 2 Badger Rd, Badger, NL A0H 1A0	09:30	Fuel small Tanks Rest	30 min	123 km	76 mi
Irving Oil, 2 Badger Rd, Badger, NL A0H 1A0	10:00	Deer Lake Big Stop , 62 Trans-Canada Hwy, Deer Lake, NL A8A 2E4	11:45	Fuel	30 min	181 km	112 mi
Deer Lake Big Stop, 62 Trans-Canada Hwy, Deer Lake, NL A8A 2E4	12:15	Pasadena Royal Canadian Legion , 91 Main St, Pasadena, NL A0L 1K0	12:30	Lunch/Check-In 	90 min	24 km	15 mi
Royal Canadian Legion, 91 Main St, Pasadena, NL A0L 1K0	14:00	Canadian Tire gas bar , Stephenville NL	15:15	Fuel/Make Your Own Way to Legion	30 min	120 km	75 mi
Canadian Tire Gas+ 15-17 Main St, Stephenville, NL A2N 1H3	15:45	Royal Canadian Legion Branch 35 , 45 Oregon Dr, Stephenville, NL A2N 2X7	15:50	Dinner 	90 Min	3 Km	2 mi
ALL BIKES WILL FUEL AT IRVING or NORTH ATLANTIC IN PORT AUX BASQUE AND MEET AT MARSHALL POINT							
YOU MUST BE CHECKED IN AT LEAST 2 HOURS PRIOR TO BOARDING TIME NOT SAILING TIME							
WARNING							
IN THE WRECKHOUSE AREA, IT IS KNOWN TO HAVE HIGH WINDS STRONG ENOUGH TO BLOW TRACTOR TRAILERS OVER, BE PREPARED FOR IT.							
Royal Canadian Legion Branch 35, 45 Oregon Dr, Stephenville, NL A2N 2X7	17:30	Sheaves Home Hardware , 10 High St, Grand Bay East, NL A0N 1K0	19:15	Marshall Point	30 min	161 Km	100 mi
Sheaves Home Hardware, 10 High St, Grand Bay East, NL A0N 1K0	19:45	Marine Atlantic Vehicle Check-in , 10 Marine Dr, Channel-Port aux Basques, NL A0M 1C0	20:00	Must Check In At Least 2 Hours Prior To Boarding 		4 km	2 mi
Time Change While on Boat ½ Hour Back							
Marine Atlantic Vehicle Check-in, 10 Marine Dr, Channel-Port aux Basques, NL A0M 1C0	23:45	Walmart , 116 King St, North Sydney, NS B2A 3R7	07:00 to 08:00	Rest 60 min		Meet Up with Mainland Crew	

TOTAL DAILY KM: 616 TOTAL DAILY MILES: 382
TOTAL RIDE KM: 1199 TOTAL RIDE MILES: 744

Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 02 (Mon, 29 July 2024) – Gander NL – North Sydney NS

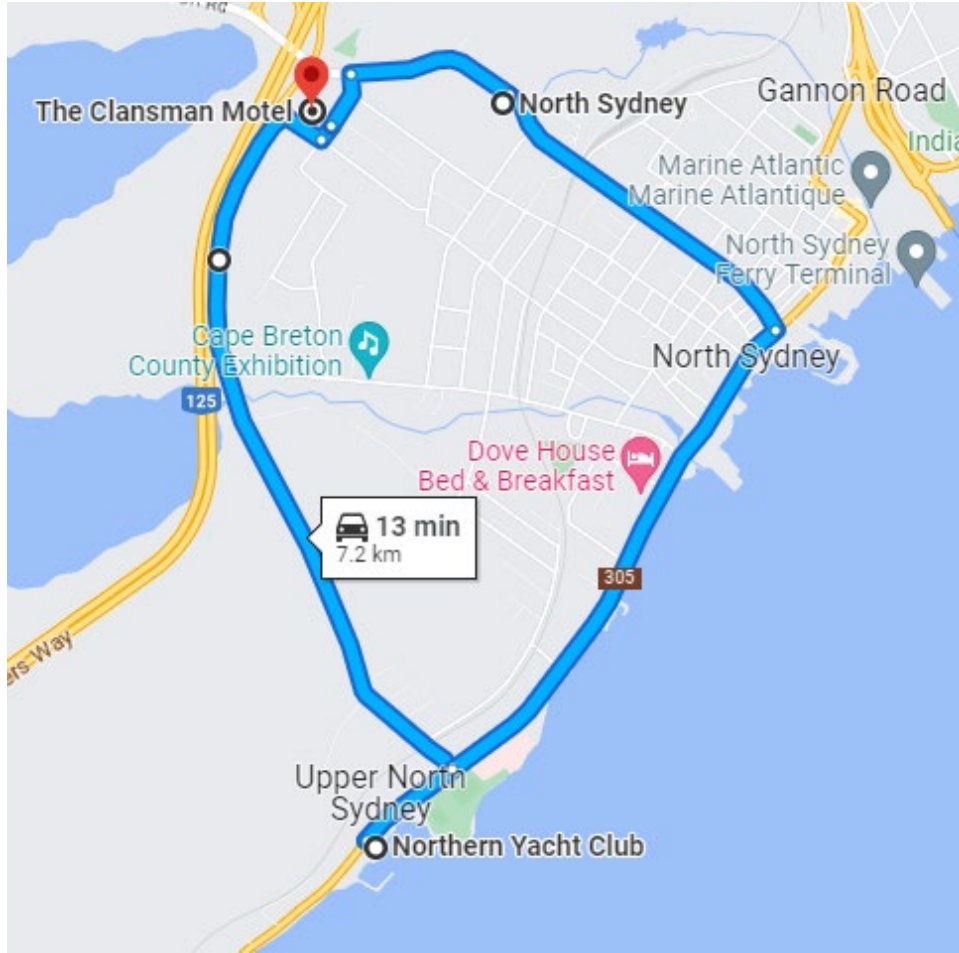
TRB will catch the last boat of the day/night on the 29th.



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 02.2 NS Tire Dip (Mon. 29 July 2024)



Go to Google Maps: <https://goo.gl/maps/TCRqfSaE6GJvpNzm6>

Daily Stops		
• Full Pullers Check-In	The Clansman Motel , North Sydney, NS	
A. Depart	The Clansman Motel , North Sydney, NS	
B. Tire Dip/Dinner	Northern Yacht Club , North Sydney, NS	
C. Morning Plan	Walmart Parking Lot	
D. Hotel	The Clansman Motel , North Sydney, NS	
Contacts		
Main Point of Contact	Ian Hutchings (NS Lead)	NS@therollingbarrage.com



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 02.2 NS Tire Dip (Mon. 29 July 2024)

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	Check-In Starts at 17:00	ALL FULL PULLERS MUST CHECK-IN for TRB 2024 At This Point so They DON'T HAVE to IN THE MORNING				
The Clansman Motel, 9 Baird St, North Sydney, NS B2A 0A9	17:45	Northern Yacht Club , 27 Seaview Dr, North Sydney, NS B2A 3N5	18:00	Tire Dip (for Full Pullers Starting in NS)/Dinner		3 km
Northern Yacht Club, 27 Seaview Dr, North Sydney, NS B2A 3N5	19:30	Walmart Parking Lot	19:45	Explain Plan for Morning		4 km
Walmart Parking Lot	20:00	The Clansman Motel , 9 Baird St, North Sydney, NS B2A 0A9	20:15	GET READY for KSU at 0645		1 km

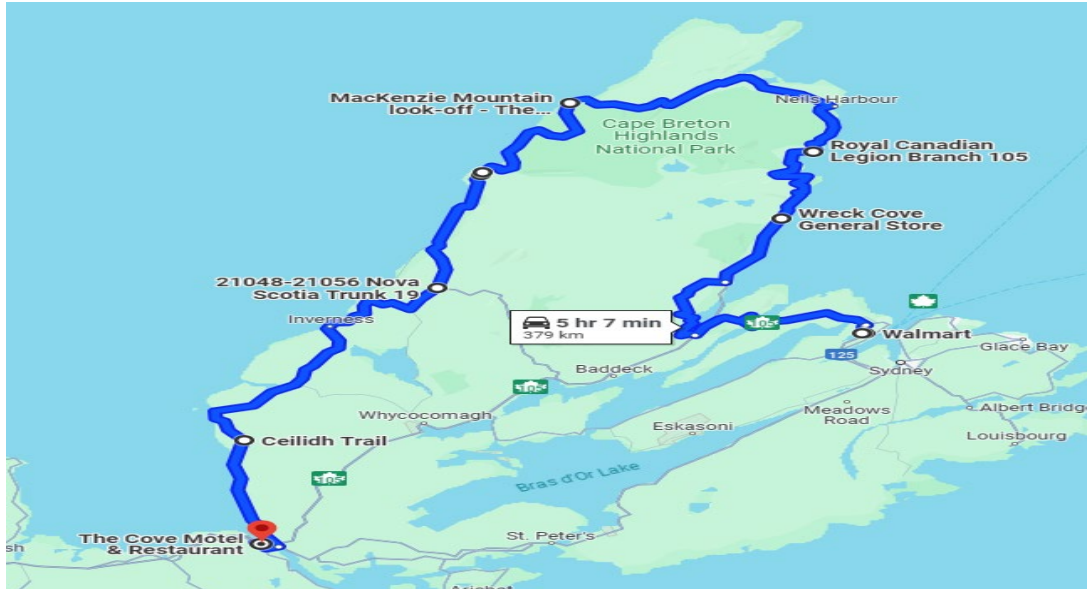
TOTAL DAILY KM: 8



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 03 (TUES July 30, 2024) North Sydney NS – Frankville NS



Go to Google Maps: <https://maps.app.goo.gl/agFxHSzR5R3F6wWJ7>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In	North Sydney , Nova Scotia, Walmart Parking Lot, Northeast Corner	
A. Depart	North Sydney , Nova Scotia, Walmart Parking Lot, Northeast Corner	
B. Rest/Fuel Small Tanks	Wreck Cove General Store , Birch Plain, NS	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
C. Lunch & Check-In	Royal Canadian Legion Branch 105 , Cabot Trail, Ingonish, Nova Scotia	
D. Rest/Photos	MacKenzie Mountain look-off - The Highland Plateau, Pleasant Bay, NS	
E. Marshall for Fuel	Harbour Authority of Cheticamp , Chéticamp, NS. Riders Will be Dispatched to Fuel by Lead Tail Gunner	
F. Fuel	Petro-Canada , Chéticamp, NS After Fueling Make Your Own Way to Cheticamp Fire Hall	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
G. Rest/Check-In	Cheticamp Fire Hall , Chéticamp, NS	
• Host Hotel	The Cove Motel & Restaurant, Frankville, NS B0H 1K0	
• Dinner	The Cove Motel & Restaurant, Frankville, NS B0H 1K0	
Contacts		
Main Point of Contact	Ian Hutchings	NS@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

Detailed Itinerary – Red Denotes Check-In Points
ENSURE FUEL IS TOPPED UP FOR NEXT MORNING

therollingbarrage@gmail.com www.therollingbarrage.com www.facebook.com/therollingbarrage	End the Stigma Not all wounds are visible Not all wounds are military	PTSD Support and Awareness Campaign Registered Non-Profit Organization Corporation Number 1297322-7
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Please arrive one hour prior to departure time to **Check-In**

Location of TRB Merch Truck for Sales and Registration Look for this Symbol



Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
North Sydney North Sydney , Nova Scotia, Walmart Parking Lot, Northeast Corner	Check-In Starts at 07:00	Newfoundland Crew arrives between 0700 & 0800 Marshall Area NE Corner of Walmart Parking Lot Beside Tim Hortons					
All Small Tanks Fuel at Wreck Cove General Store, Last Premium till Cheticamp							
North Sydney, Nova Scotia, Walmart Parking Lot, Northeast Corner	08:45	Wreck Cove General Store , 42470 Cabot Trail, Birch Plain, NS BOC 1H0	10:00	Rest/Fuel Small Tanks	45 min	89 km	55 mi
Wreck Cove General Store, 42470 Cabot Trail, Birch Plain, NS BOC 1H0	10:45	Ingonish Royal Canadian Legion Branch 105 , 35969 Cabot Trail, Ingonish, NS BOC 1K0	11:15	Lunch and Check-In	60 mins	34 km	21 mi
Royal Canadian Legion Branch 105, 35969 Cabot Trail, Ingonish, NS BOC 1K0	12:15	MacKenzie Mountain look- off - The Highland Plateau, 23305-23083, NS-30, Pleasant Bay, NS BOE 2P0	13:15	Rest/Photos	30 min	68 km	42 mi
MacKenzie Mountain look-off - The Highland Plateau, 23305- 23083, NS-30, Pleasant Bay, NS BOE 2P0	13:45	Harbour Authority of Cheticamp , 15461 Cabot Trail, Chéticamp, NS BOE 1H0	14:15	Riders Will be Dispatched to Fuel by Safety Crew		37 km	23 mi
Harbour Authority of Cheticamp, 15461 Cabot Trail, Chéticamp, NS BOE 1H0		Petro-Canada , 15437 Cabot Trail, Chéticamp, NS BOE 1H0		All bikes Fuel		110 m	
After Fueling Marshall in Parking Lot Behind Cheticamp Fire Hall							
Petro-Canada, 15437 Cabot Trail, Chéticamp, NS BOE 1H0		Chéticamp Cheticamp Fire Hall , 15 Barren Rd, Chéticamp, NS BOE 1H0		Rest Check-In	90 min	950 m	.5 mi
Cheticamp Fire Hall, 15 Barren Rd, Chéticamp, NS BOE 1H0	15:45	The Cove Motel & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	17:45	Final		143 km	89 mi
HOST HOTEL	The Cove Motel & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0			The Cove Motel Has Live Music Days Ride Ends at The Cove Motel			
DINNER	The Cove Motel & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0						

**TOTAL DAILY KM: 372 TOTAL DAILY MILES: 231
TOTAL RIDE KM: 1571 TOTAL RIDE MILES: 975**

Special Notes:

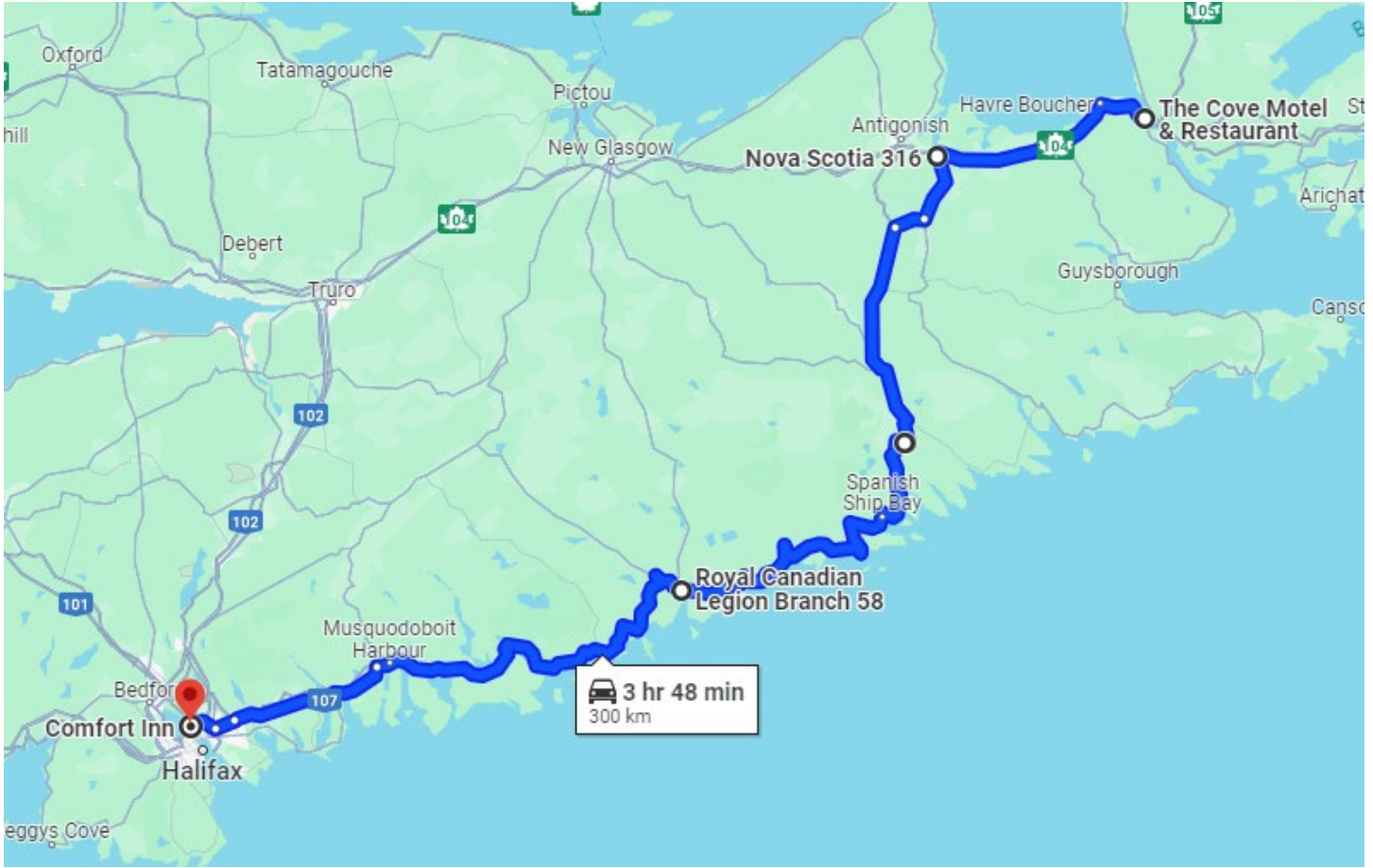
After fueling in Chéticamp All bikes Rally to Chéticamp Fire Hall



The Rolling Barrage





Coast to Coast Ride To Combat PTSD

Day 04 (WED July 31, 2024) Frankville NS – Dartmouth NS



Go to Google Maps: <https://maps.app.goo.gl/j7iZjoigxFVHcVGX9>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In	Cove Motel , Frankville, NS B0H 1K0	
A. Depart	Cove Motel , Frankville, NS B0H 1K0	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
B. Historical/Check-In	Sherbrooke Village , Sherbrooke, NS	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
C. Lunch/Fuel on Own/Check-In	Royal Canadian Legion Branch 58 , Watt Section, NS	
• Host Hotel	Comfort Inn , Dartmouth, NS B3A 1J7	
• Dinner	Ship Victory Restaurant & Lounge , Dartmouth, NS B3A 1J7	
Contacts		
Main Point of Contact	Ian Hutchings (NS Lead)	NS@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Frankville The Cove Motel & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	Check-In Starts at 08:00						
The Cove Motel & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	09:00	Sherbrooke Sherbrooke Village , 42 Main St, Sherbrooke, NS B0J 3C0	10:15	Historical Check-In 	90 mins	104 km	65 mi
Sherbrooke Village, 42 Main St, Sherbrooke, NS B0J 3C0	11:45	Watt Section Royal Canadian Legion Branch 58 , Downstairs, 23566, Nova Scotia Trunk 7, Watt Section, NS B0J 3B0	12:45	Lunch/Fuel on Own Check-In 	120 mins	77 km	48 mi
ALL Bikes Fuel on Own and Return to Legion (Links Below) Church Point Variety , Wilsons Gas , Irving Oil							
Royal Canadian Legion Branch 58, Downstairs, 23566, Nova Scotia Trunk 7, Watt Section, NS B0J 3B0	14:45	Comfort Inn , 456 Windmill Rd, Dartmouth, NS B3A 1J7	16:30	Final		119 km	74 mi
HOST HOTEL		Comfort Inn, 456 Windmill Rd, Dartmouth, NS B3A 1J7					
DINNER		Ship Victory Restaurant & Lounge , 400 Windmill Rd, Dartmouth, NS B3A 1J7		280 m walk from hotel			

TOTAL DAILY KM: 300 TOTAL DAILY MILES: 187
TOTAL RIDE KM: 1871 TOTAL RIDE MILES: 1162

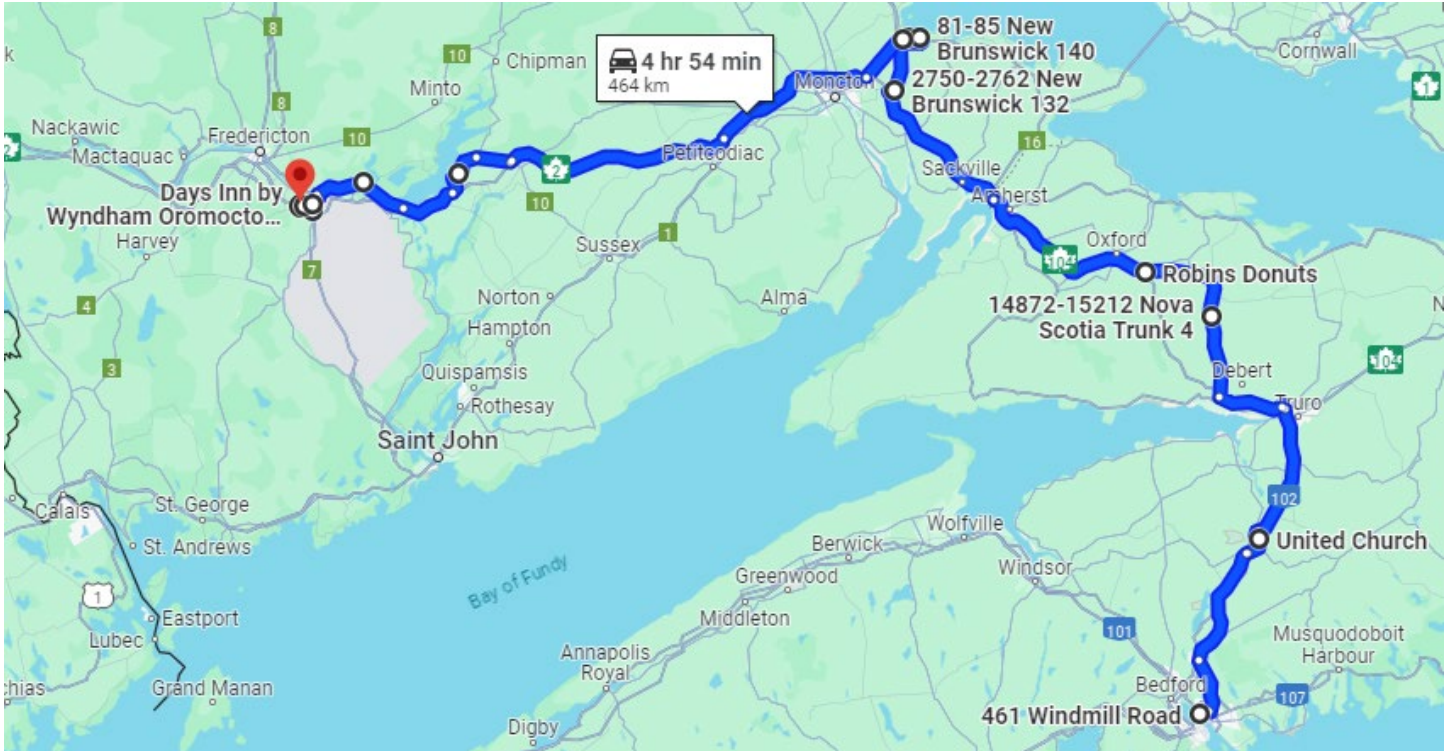
Special Notes:



The Rolling Barrage






Coast to Coast Ride To Combat PTSD

Day 05 (Thurs 01 Aug 2024) Dartmouth NS - Oromocto NB



Go to Google Maps: <https://maps.app.goo.gl/DPEsm5icBJWkiWxY9>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In (North Lot)	Glow The Event Store , Dartmouth, NS B3A 1J9	
A. Depart (North Lot)	Glow The Event Store , Dartmouth, NS B3A 1J9	
B. Memorial	United Church , Shubenacadie, NS	
C. Fuel	Ultramar , Oxford, NS	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
D. Lunch/Fuel on own/ Check In	Shediac Legion Branch 33 , Shediac, NB E4P 2G1	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales	
E. Photo	Shediac Big Lobster , Shediac NB, E4P 2A5	
• Host Hotel	Days Inn , Oromocto, NB E2V 4T9	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales	
• Dinner	Geary Lion's Club , Geary, NB E2V 3W6	
Contacts		
Main Point of Contact	Ian Hutchings (NS Lead)	NS@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Dartmouth Glow The Event Store , 461 Windmill Rd, Dartmouth, NS B3A 1J9	Check In Starts at 06:00	Marshall in large North parking lot					
Glow The Event Store, 461 Windmill Rd, Dartmouth, NS B3A 1J9	07:00	United Church , 2869 Nova Scotia Trunk 2, Shubenacadie, NS B0N 2H0	07:35	Memorial	45 Mins	57 km	35 mi
Park in Church parking lot, walk to neighboring park, Respects to RCMP Const. Stevenson							
United Church, 2869 Nova Scotia Trunk 2, Shubenacadie, NS B0N 2H0	08:30	Ultramar-Gas Station 9768 NS-4, Oxford, NS B0M 1P0	09:45	Fuel	45 Mins	104 km	65 mi
Ultramar-Gas Station 9768 NS-4, Oxford, NS B0M 1P0	10:30	Shediac Shediac Legion Br 33 386 Main St, Shediac, NB E4P 2G1	11:45	Lunch Fuel on Own Check In 	90 min	115 km	71 mi
Shediac Legion Br 33 386 Main St, Shediac, NB E4P 2G1	13:15	Big Lobster 229 Main St, Shediac, NB E4P 2A5	13:20	Photo 	70 Mins	2 km	1 mi
Big Lobster 229 Main St, Shediac, NB E4P 2A5	14:30	Days Inn , 60 Brayson Blvd, Oromocto, NB E2V 4T9	16:30	Final		187 km	116 mi
HOST HOTEL		Days Inn, 60 Brayson Blvd, Oromocto, NB E2V 4T9					
DINNER	18:30	Geary Lion's Club 712 Broad Rd, Geary, NB E2V 3W6		Shuttle Starts At 17:45 			

TOTAL DAILY KM: 465 TOTAL DAILY MILES: 288
TOTAL RIDE KM: 2336 TOTAL RIDE MILES: 1450

Special Notes:

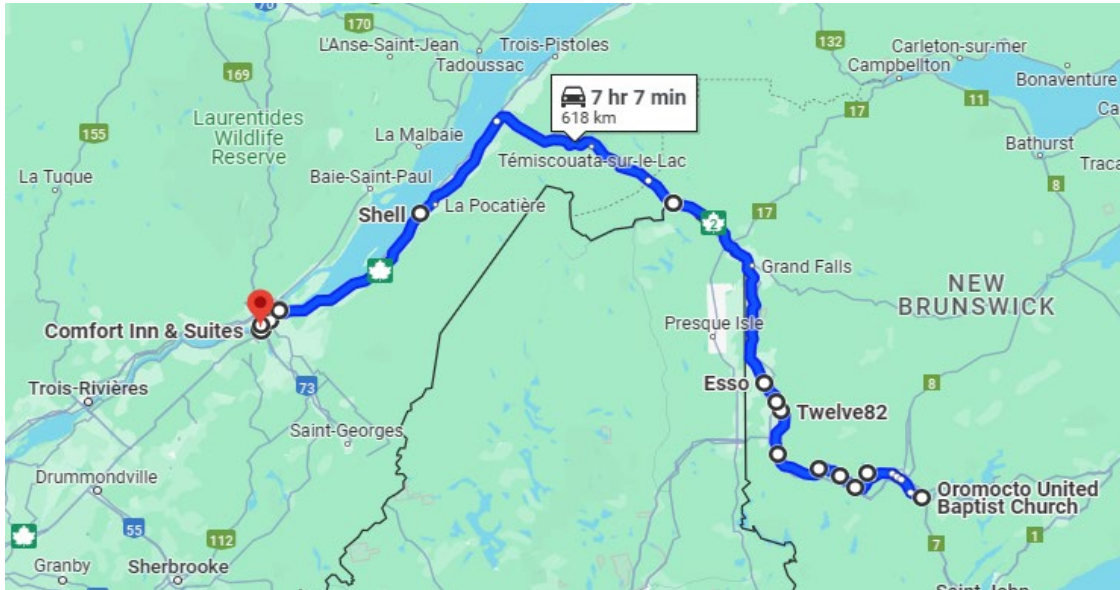
There will be a shuttle bus to take us to supper.



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 06 (Fri 02 Aug 2024) Oromocto NB – Lévis QC







Go to Google Maps: <https://maps.app.goo.gl/i687ZJgCVNq5edMT7>

Due to construction in Lévis, follow the route below from Parc de la Paix to the hotel. TRB will have the escort of the police.



Allez à Google Maps: <https://maps.app.goo.gl/Jk5DM7dYU5N1P711A>

Daily Stops	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
• Check In	Oromocto Baptist Church , 10 Doyle Dr E2V 0B4
A. Depart	Oromocto Baptist Church , 10 Doyle Dr E2V 0B4
B. Rest	Irving Oil , Nackawic, NB E6G 2N1
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
C. Photo	Twelve82 , Hartland, NB E7P 2N1
D. Fuel Stop	Esso , Florenceville, NB E7L 3P8
E. Lunch	Edmundston Truck Stop , Edmundston, NB E3V 4E8
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
F. Marshall/Check-In	The Steeler's Pub , Parking Lot
TIME ZONE CHANGE AFTER Edmonston Truck Stop 1 HR BACK	
G. Fuel/Rest	Shell , Saint-Roch-des-Aulnaies, Quebec GOR 4E0
H. Rest/Meet local police	Parc de la Paix , Rue du Mémorial, Lévis, Québec, G6V 8Y1
• Host Hotel	Comfort Inn & Suites Levis, (Saint-Nicolas), Quebec G7A 2N9
• Dinner	La Boite à Malt - Microbrasserie/Resto-Pub , Lévis (St-Nicolas), QC, G7A2P6
Contacts	
Main Point of Contact	Linda Griffin NB@therollingbarrage.com
Sunray	Jim Gordon Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Oromocto Baptist Church , 10 Doyle Dr, Oromocto, NB E2V 0B4	Check-In Starts at 06:00	Marshall Point					
Baptist Church, 10 Doyle Dr, Oromocto, NB E2V 0B4	07:00	Irving Oil , 467 Route 105, Nackawic, NB E6G 2N1	08:10	Rest	50 Min	84 km	52 mi
Irving Oil, 467 Route 105, Nackawic, NB E6G 2N1	09:00	Twelve82 , 365 Main St, Hartland, NB E7P 2N1	09:45	Photo 	30 Mins	69 km	43 mi
Twelve82, 365 Main St, Hartland, NB E7P 2N1	10:15	Esso , 305 Route 110, Florenceville NB, E7L 3P8	10:35	Fuel	40 Min	23 km	14 mi
Esso, 305 Route 110, Florenceville NB, E7L 3P8	11:15	Edmundston Truck Stop , 100 Grey Rock Rd, Edmundston, NB E3V 4E8	12:30	Lunch Fuel	90 min	134 km	83 mi
Edmundston Truck Stop, 100 Grey Rock Rd, Edmundston, NB E3V 4E8		Edmundston The Steeler's Pub Parking Lot MARSHALL AREA		Check-In Marshallled by 13:45 		550 m	601 yd
TIME ZONE CHANGE AFTER Edmonston Truck Stop 1 HR BACK							



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 06 (Fri 02 Aug 2024) Oromocto NB – Lévis QC

The Steeler's Pub Parking Lot MARSHALL AREA	14:00	Saint-Roch-des-Aulnaies Shell , 483 Rte de la Seigneurie, Saint-Roch-des-Aulnaies, Quebec G0R 4E0	13:45	Fuel Check-In 	60 min	189 km	117 mi	
Shell, 483 Rte de la Seigneurie, Saint-Roch-des-Aulnaies, Quebec G0R 4E0	14:45	Parc de la Paix , Rue du Mémorial, Lévis, Québec, G6V 8Y1	15:45	Memorial/Meet Police	30 min	105 km	65 mi	
Parc de la Paix, Rue du Mémorial, Lévis, Québec, G6V 8Y1	16:15	Comfort Inn & Suites Lévis, (Saint-Nicolas), Quebec G7A 2N9	16:45	Final		20 km	12 mi	
HOST HOTEL		Comfort Inn & Suites, 1394 Rte des Rivières Lévis, (Saint-Nicolas), Quebec G7A 2N9						
DINNER	18:30	La Boite à Malt - Microbrasserie/Resto-Pub , 1810 Rte des Rivières #402, Lévis (St-Nicolas), QC, G7A 2P6	Walking distance 1 km (15 min)					

TOTAL DAILY KM: 624 TOTAL DAILY MILES: 386
TOTAL RIDE KM: 2960 TOTAL RIDE MILES: 1836

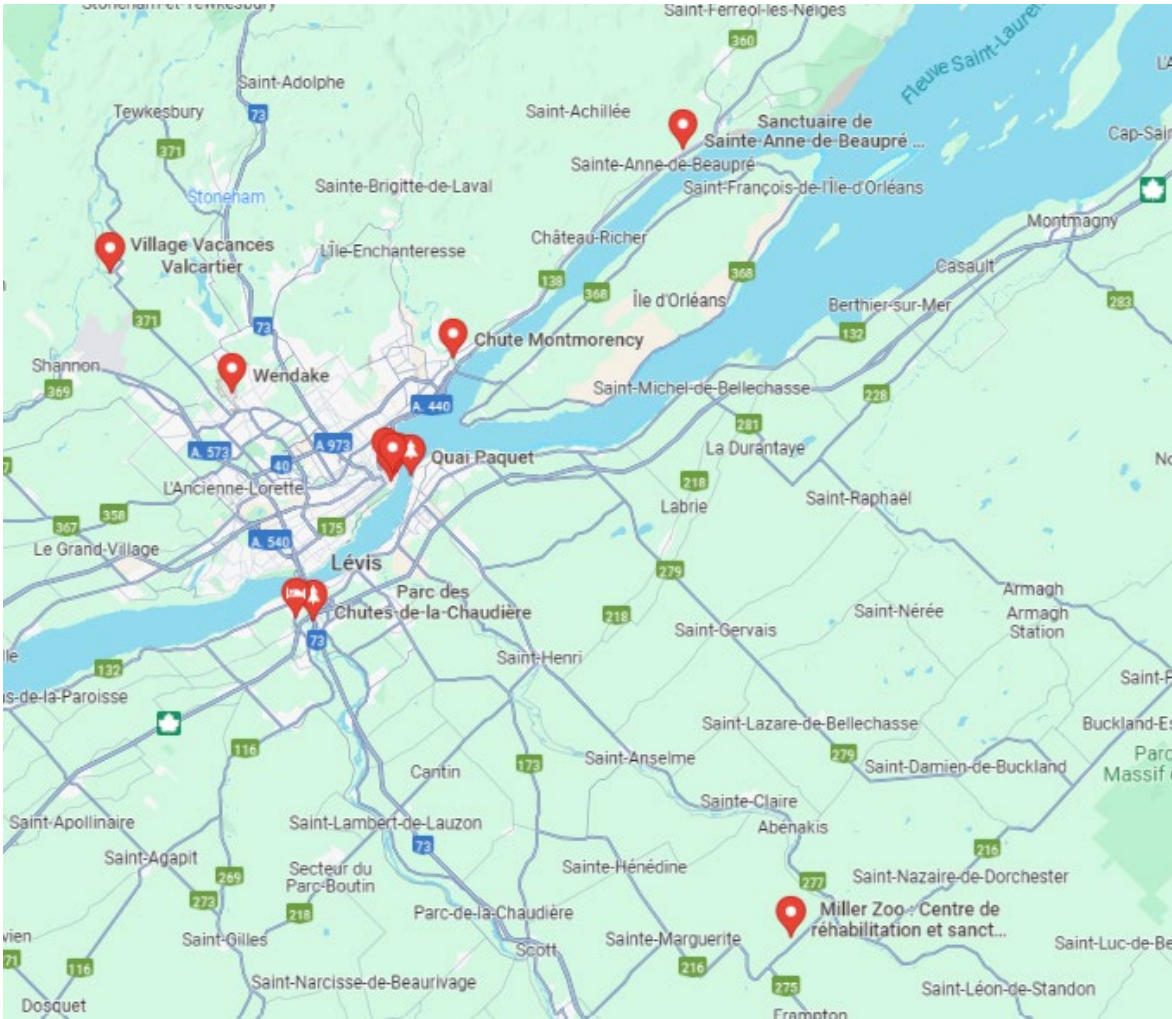
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 07 Rest Day (Sat Aug 03, 2024) Lévis QC



Go to Google Maps: <https://maps.app.goo.gl/dnLDd9vo51wTi5FX7>

Things to do in Québec	
ACTIVITY	ACTIVITY
A. Breakfast	<p>All these activities are on your own.</p> <p>*You must make your own reservation for some activity in advance</p> <p>PLEASE NOTE: It is not possible to ride a motorcycle everywhere in Old Quebec City – See the list of parking lots (Cost: +/- \$25 for the day)</p> <p>Bring comfortable walking shoes.</p> <p>A map with the points of interest of Old Québec can be given to you at the hotel.</p> <p>(Other recommendations for possible activities according to your interest: Contact the provincial leads: François and Michelle)</p>
B. Lunch On Your Own	
C. City bus tour	
D. La Citadelle	
E. Dufferin Terrace	
F. AML Cruise	
G. Café Félin Ma langue Aux Chats	
H. Paquet Dock (Lévis)	
I. Wendake	
J. Montmorency Falls	
K. St. Anne's Basilica	
L. Chaudière Falls Park	
M. Valcartier Vacation Village	
N. Miller Zoo	
Host Hotel	Comfort Inn & Suites
• Supper	On Your Own / Restaurant nearby the hotels will be notify about TRB

Things to do in Quebec City *** See websites for more information ***		
MAKE SURE THE FUEL IS REFILLED FOR THE NEXT MORNING		
Don't forget that you are all ambassadors for The Rolling Barrage		
ACTIVITY	COST	DESCRIPTION OF THE ACTIVITY
Breakfast		At the hotel or on your own
Lunch		On your own
ACTIVITIES IN OLD QUEBEC		
Guided Bus Tour – Individual Tour	\$40 +tx	<p>City tour of Old Quebec by bus. You will discover all the attractions of this historic sector of the city. <u>There are no stops along the way.</u> Duration: 90 min. *You must make your own reservation</p> <p>Address: 12 Rue Sainte-Anne, Québec, QC G1R 3X3</p> <p>Website: https://toursvieuxquebec.com/</p>
Visit of La Citadelle	Free for Veterans (and up to 3 guests)	<p>Visit the Citadelle of Quebec and the museum. Check the website for schedules *You must make your own reservation</p> <p>Address: 1, Côte de la Citadelle, Québec, G1R 3R2</p> <p>Website: https://www.lacitadelle.qc.ca/fr/</p>
Saint-Louis Forts and Châteaux National Historic Site (Under Dufferin Terrace/Old Québec)	Free for Veterans	<p>Hidden under the Dufferin Terrace, the remains of the Château Saint-Louis reveal the seat of power of the French and British governors from 1620 to 1834. Immerse yourself in more than 200 years of diplomatic relations and alliances, including those with the Huron-Wendat Nation</p> <p>Address (Entrance/Ticket Office): Dufferin Kiosk on the Terrace, in front of the Château Frontenac (1 Rue des Carrière, Quebec City, Qc, G1R 5J5</p> <p>Website: https://parcs.canada.ca/lhn-nhs/qc/saintlouisforts</p>
AML Cruise (Old Quebec)	Various	<p>A variety of cruises are available to discover the region while sailing on the St. Lawrence River. *You must make your own reservation.</p> <p>Address: 124 Rue Saint-Pierre, Québec, Qc G1K 4A7</p> <p>Website: https://www.croisieresaml.com/</p>



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 07 Rest Day (Sat Aug 03, 2024) Lévis QC

Café Félin Ma langue Aux Chats	Various	<p>Café Félin Ma langue Aux Chats is a small restaurant whose owner is a veteran. You can enjoy a coffee, eat a small bite, surrounded by cats, in a very warm atmosphere.</p> <p>Attention: Cats and dogs on site / Your assistance dog is welcome!</p> <p>Address: 307 Rue Saint-Paul, Québec, G1K 3W6</p> <p>Website: Café Félin Ma langue Aux Chats (cafemalangueauxchats.ca)</p>
Paquet Dock and Ferry (Lévis / South Shore of the St. Lawrence River)	Ferry: \$4/crossing (pedestrian Without vehicle)	<p><u>Paquet Dock and Ferry</u>: Discover the best view of the Château-Frontenac and the city from the south shore of the St. Lawrence River. Food trucks and entertainment on site.</p> <p>Park and take the ferry to Old Quebec.</p> <p>Address: 6075 Rue St-Laurent, Lévis, G6V 3P5</p> <p>Ferry website: https://www.traversiers.com/en/our-ferries/quebec-city-levis-ferry/schedule</p>
ACTIVITIES OUTSIDE OLD QUEBEC (North Shore of the St. Lawrence)		
Wendake	Various	<p>Discover a unique place that combines tradition and modern.</p> <p>*You must make your own reservation</p> <p>Address: 40 boulevard Bastien, Webdake (Québec) G0A 4V0</p> <p>Website: https://tourismewendake.ca/en/</p>
Montmorency Falls	Various	<p>Montmorency Falls: Located 15 minutes from Old Quebec, Montmorency Falls Park is a spectacular historic site. The waterfall dominates the landscape with its 83 meters in height. During your visit, you will be able to approach it in different ways and feel its full force.</p> <p>Address: 5300 Boulevard Sainte-Anne, Québec, G1C 0M3</p> <p>Website: https://www.sepaq.com/destinations/parc-chute-montmorency/index.dot?language_id=1</p>
St. Anne's Basilica	Free	<p>St. Anne's Basilica: is a Catholic church dedicated to St. Anne. Its history began in 1658. It is a world-famous pilgrimage site</p> <p>Address: 10018 avenue Royale, Sainte-Anne-de-Baupré (Qc), G0A 3C0</p> <p>Website: Sainte-Anne-de-Baupré Shrine: Place of Devotion and History (santaannesaintanne.org)</p>
Valcartier Vacation Village	\$58 +tx for the day	<p>Take advantage of the water slides and wave pool to cool off!</p> <p>*If the weather is very nice, arrive very early as it will be very busy - Need swimsuit!</p> <p>Address: 2280 Valcartier Blvd., Valcartier (Qc), G0A 4S0</p> <p>Website: Village Vacances Valcartier Quebec City Recreation and Tourism Complex</p>

ACTIVITIES OUTSIDE OLD QUEBEC (South Shore of the St. Lawrence)

<p>Chaudière Falls Park</p>	<p>Free</p>	<p>A few minutes from the hotel, the Chutes-de-la-Chaudière Falls Park offers outdoor and quiet trails. You can walk across a bridge over the river. Bring your own lunch! Parking: https://maps.app.goo.gl/hnHb3ATyZSuoC6hv9</p>
<p>Miller Zoo</p>	<p>\$30 + tx</p>	<p>45 minutes from the hotel: Zoo (Bears, Raccoons, foxes, wolves, tigers, lions, lemurs, coati, exotic birds and much more!) Possibility of VIP visit or guided tour (reservation required) Address: 20 Hurley Road, Frampton G0R 1M0 Website: Miller Zoo - more than a zoo, a place of learning and awareness</p>
<p>HOST HOTEL</p>		<p>Comfort Inn & Suites, 1394 Rte des Rivières, Levis, Quebec G7A 2N9</p>
<p>Dinner</p>		<p>On Your Own / Restaurant nearby the hotels will be notify about TRB</p>

Special Notes:

Motorcycle accessible parking lots in Old Québec:

- [Parking D'Youville](#) 965 Rue D'Youville, Quebec City, Qc, G1R 3P1
- [Parking Place Gorges VI](#) Avenue Georges VI, Quebec City, Qc, G1R 3R2
- [Parking lot Marie-Guyart](#) 1050 Rue Louis-Alexandre Taschereau, Québec, Qc, G1G 5E6
- [Dalhousie Parking](#) 40, Rue Dalhousie, Québec, Qc, G1K 4B2

Old Quebec City map will be available at the hotel – **No acces to Motorcycles in the area circled in red below**





The Rolling Barrage








Coast to Coast Ride To Combat PTSD

Day 08 (Sun 04 Aug 2024) Levis QC – Kingston ON



Go to Google Maps: <https://maps.app.goo.gl/C6jKMDkSEdDjQpf96>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In	Canac , 1450 Rte des Rivières, Saint-Nicolas, Quebec G7A 2N9	
A. Depart	Canac , 1450 Rte des Rivières, Saint-Nicolas, Quebec G7A 2N9	
B. Fuel/Rest	Ultramar - Gas Station , Sainte-Eulalie, Quebec G0Z 1E0	
C. Marshall Point	Petro-Pass , 334 Rue des Bouleaux, Sainte-Eulalie, QC G0Z 1E0	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
D. Monument/Check-In	École nationale de police du Québec , Nicolet, QC J3T 1X4	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
E. Lunch/Fuel on Own/Check-In	Chateauguay Community Church , Châteauguay, QC J6K 1C7	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
F. Fuel/Check-In	ONroute , Bainsville, Bainsville, ON K0C 1E0	
G. Fuel	Canadian Tire Gas+ , Gananoque, ON K7G 1H4	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
H. Marshall after Fuel/Check-In	550 Talbot Pl , Gananoque, ON K7G 3C6	
• Host Hotel	Days Inn by Wyndham Kingston , Kingston, ON K7K 6W2	
• Dinner	Royal Canadian Legion Branch 560 , Kingston, ON K7K 3J4	
Contacts		
Main Point of Contact	François Couture/Michelle Croteau (QC Leads)	QC@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Saint-Nicolas, Lévis Canac , 1450 Rte des Rivières, Saint-Nicolas, Quebec G7A 2N9	Check-In Starts at 06:00	Marshall Area Parking Lot					
Canac, 1450 Rte des Rivières, Saint-Nicolas, Quebec G7A 2N9	07:00	Ultramar - Gas Station , 320 Rue Aubry, Sainte-Eulalie, Quebec G0Z 1E0	08:00	Fuel Rest	45 min	102 km	63 mi
Ultramar - Gas Station, 320 Rue Aubry, Sainte-Eulalie, Quebec G0Z 1E0		Petro-Pass , 334 Rue des Bouleaux, Sainte-Eulalie, QC G0Z 1E0		Marshall		150 m	164 yd
Petro-Pass, 334 Rue des Bouleaux, Sainte-Eulalie, QC G0Z 1E0	08:45	Nicolet École nationale de police du Québec , 350 Rue Marguerite d'Youville, Nicolet, QC J3T 1X4	09:30	Memorial Check-In 	45 min	42 km	26 mi
École nationale de police du Québec, 350 Rue Marguerite d'Youville, Nicolet, QC J3T 1X4	10:15	Châteauguay Chateauguay Community Church , 111 Rue Lauzon, Châteauguay, QC J6K 1C7	12:30	Lunch/Fuel on Own/ Check-In 	90 min	167 km	104 mi
Chateauguay Community Church, 111 Rue Lauzon, Châteauguay, QC J6K 1C7	14:00	Bainsville OnRoute , 22064 N Service Rd, Bainsville, ON K0C 1E0	14:45	Small Tanks Fuel Check-In 	30 min	64 km	40 min
OnRoute, 22064 N Service Rd, Bainsville, ON K0C 1E0	15:15	Canadian Tire Gas+ , 703 King St E, Gananoque, ON K7G 1H4	17:00	Fuel	60 min	180 km	112 mi
Canadian Tire Gas+, 703 King St E, Gananoque, ON K7G 1H4		550 Talbot Pl , Gananoque, ON K7G 3C6		Marshall Check-In 		400 m	437 yd
550 Talbot Pl, Gananoque, ON K7G 3C6	18:00	Days Inn by Wyndham Kingston , 1 First Canada Ave, Kingston, ON K7K 6W2	18:30	Final		34 km	21 mi
HOST HOTEL		Days Inn by Wyndham Kingston, 1 First Canada Ave, Kingston, ON K7K 6W2					
DINNER		Royal Canadian Legion Branch 560 , 734 Montreal St, Kingston, ON K7K 3J4					

TOTAL DAILY KM: 586 TOTAL DAILY MILES: 364
TOTAL RIDE KM: 3546 TOTAL RIDE MILES: 2200

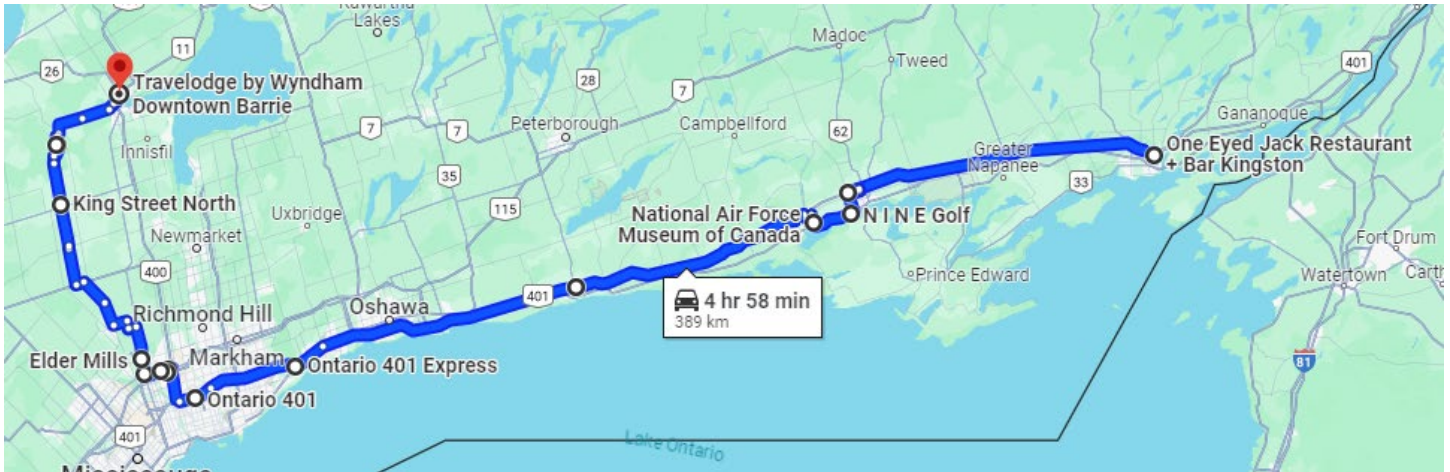
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 09 (Mon, 05 Aug 2024) Kingston ON – Barrie ON



Go to Google Maps: <https://maps.app.goo.gl/ut9faKMmmm4vFQf79>





Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In	Days Inn by Wyndham Kingston, Kingston, ON K7K 6W2	
A. Depart	Days Inn by Wyndham Kingston, Kingston, ON K7K 6W2	
B. Rest	Ultramar - Gas Station, Belleville, ON K8N 4Z5	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
C. Museum/Check In	National Air Force Museum of Canada, Astra, ON K0K 3W0	
D. Fuel	Ultramar, Port Hope, ON L1A 3V6	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
E. Lunch/Check in/Fuel on Own	Carpenters Local 27, Woodbridge, ON L4L 9T2	
F. Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales	
G. Museum	CFB Borden, Borden, ON L0M 1C0	
• Host Hotel	Travelodge by Wyndham Downtown Barrie, Barrie, ON L4M 3B9	
• Dinner	Applebee's, Barrie, ON L4M 3B9	
Contacts		
Main Point of Contact		
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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**

Location of TRB Merch Truck for Sales and Registration Look for this Symbol 

Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Kingston One Eyed Jack Restaurant + Bar Kingston , 417 Weller Ave, Kingston, ON K7K 6K3	Check-In Starts at 06:30						
One Eyed Jack Restaurant + Bar Kingston, 417 Weller Ave, Kingston, ON K7K 6K3	08:00	Ultramar - Gas Station, 25 Bellevue Dr, Belleville, ON K8N 4Z5	08:50	Rest	40 min	79.8 km	49.6 mi
Ultramar - Gas Station, 25 Bellevue Dr, Belleville, ON K8N 4Z5	09:30	Trenton National Air Force Museum of Canada , 220 RCAF Rd, Astra, ON K0K 3W0	09:50	Museum Check In 	60 min	17.6 km	10.9 mi
National Air Force Museum of Canada, 220 RCAF Rd, Astra, ON K0K 3W0	11:00	Ultramar , 2211 Northumberland County Rd 28, Port Hope, ON L1A 3V6	11:45	Fuel	30 min	66.7 km	41.4 mi
Ultramar, 2211 Northumberland County Rd 28, Port Hope, ON L1A 3V6	12:15	Woodbridge Carpenters Local 27 , 222 Rowntree Dairy Rd, Woodbridge, ON L4L 9T2	13:30	Lunch/ Fuel on Own/ Check In 	90 min	122 km	75.8 mi
Carpenters Local 27, 222 Rowntree Dairy Rd, Woodbridge, ON L4L 9T2	15:00	CFB Borden , 620 Ortona Rd, Borden, ON L0M 1C0	16:00	Museum 	90 min	73.2 km	45.5 mi
CFB Borden, 620 Ortona Rd, Borden, ON L0M 1C0	17:30	Travelodge by Wyndham Downtown Barrie , 300 Bayfield St, Barrie, ON L4M 3B9	18:00	Final		26.7 km	16.6 mi
HOST HOTEL		Travelodge by Wyndham Downtown Barrie, 300 Bayfield St, Barrie, ON L4M 3B9					
DINNER		Applebee's 326 Bayfield St, Barrie, ON L4M 3B9					450m 6 min walk

TOTAL DAILY KM: 386 TOTAL DAILY MILES: 239.8
TOTAL RIDE KM: 3932 TOTAL RIDE MILES: 2440

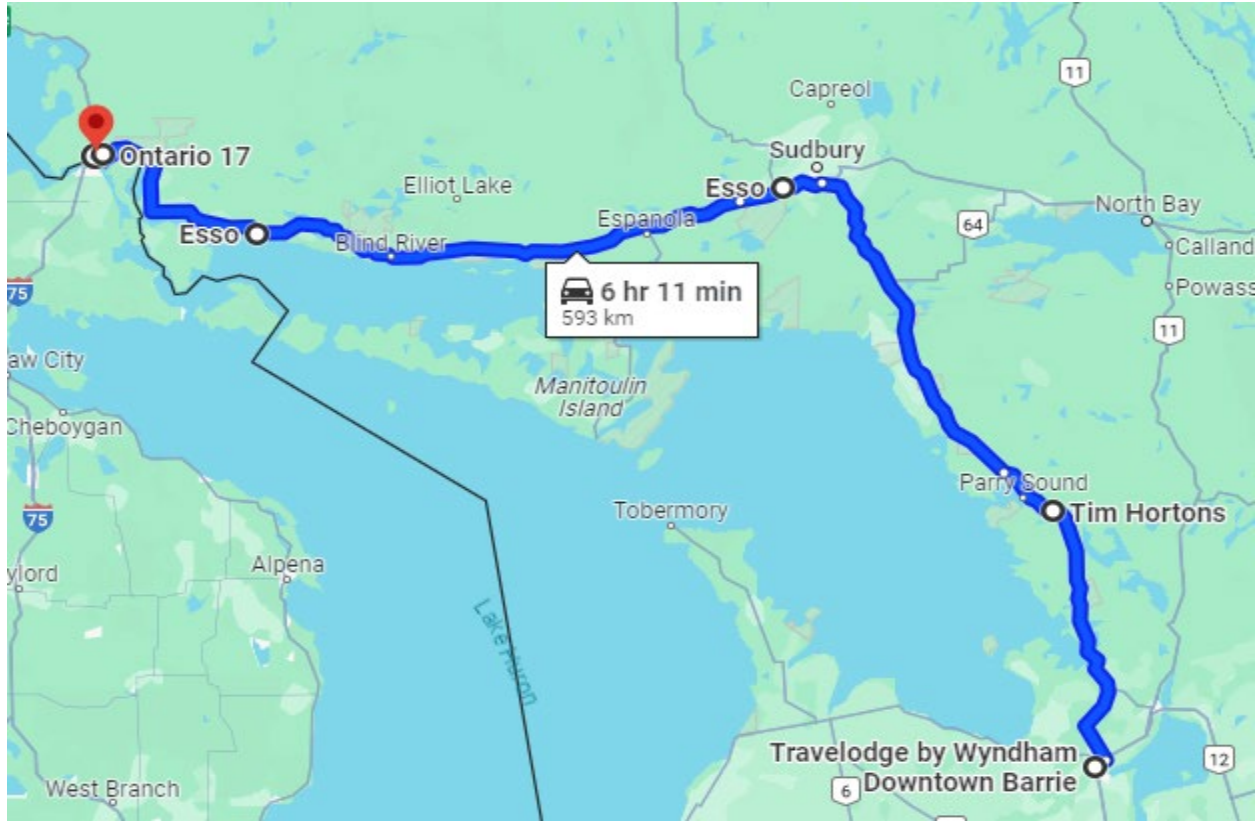
Special Notes:



The Rolling Barrage






Coast to Coast Ride To Combat PTSD

Day 10 (Tues 06 Aug 2024) Barrie ON – Sault St. Marie ON



Go to Google Maps: <https://maps.app.goo.gl/haCT834vQUWjGXDp6>

Daily Stops	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
• Check In	Travelodge by Wyndham Downtown Barrie, Barrie, ON L4M 3B9
A. Depart	Travelodge by Wyndham Downtown Barrie, Barrie, ON L4M 3B9
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales
B. Breakfast	Currie Truck Centre, 2 Currie Dr, Midhurst, ON L9X 0N3
C. Rest/Fuel	Tim Hortons, Parry Sound, ON P2A 2W8
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
D. Fuel/Lunch/Check In	Esso, Lively, ON P3Y 1C3
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
E. Fuel/Check In	Esso, Thessalon, ON P0R 1K0
• Host Hotel	Super 8 by Wyndham Sault Ste Marie On, Sault Ste. Marie, ON P6B 4Z3
• Dinner	Royal Canadian Legion Branch 25, Sault Ste. Marie, ON P6B 4Y5
Contacts	
Main Point of Contact	
Sunray	Jim Gordon Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Barrie Travelodge by Wyndham Downtown Barrie , 300 Bayfield St, Barrie, ON L4M 3B9	Check-In Starts at 06:45						
Travelodge by Wyndham Downtown Barrie, 300 Bayfield St, Barrie, ON L4M 3B9	08:00	Currie Truck Centre , 2 Currie Dr, Midhurst, ON L9X 0N3	08:15	Breakfast 	60 min	5 km	3 mi
Currie Truck Centre, 2 Currie Dr, Midhurst, ON L9X 0N3	09:30	Tim Hortons , 1 Horseshoe Lake Rd, Parry Sound, ON P2A 2W8	10:30	Rest/ Fuel	45 min	114 km	71 mi
Tim Hortons, 1 Horseshoe Lake Rd, Parry Sound, ON P2A 2W8	11:15	Lively Esso , 105 Regional Rd 24, Lively, ON P3Y 1C3	13:00	Fuel/ Lunch on Own/ Check In 	90 min	182 km	113 mi
Esso, 105 Regional Rd 24, Lively, ON P3Y 1C3	14:30	Thessalon Esso , 10 Lakeside Dr, Thessalon, ON POR 1K0	16:45	Fuel/ Check In 	60 min	204 km	127 mi
Esso, 10 Lakeside Dr, Thessalon, ON POR 1K0	17:45	Super 8 by Wyndham Sault Ste Marie On , 184 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z3	18:45	Final		89 km	55 mi
HOST HOTEL		Super 8 by Wyndham Sault Ste Marie On, 184 Great Northern Rd, Sault Ste. Marie, ON P6B 4Z3					
DINNER		Royal Canadian Legion Branch 25 , 96 Great Northern Rd, Sault Ste. Marie, ON P6B 4Y5					

TOTAL DAILY KM: 594 TOTAL DAILY MILES: 369
TOTAL RIDE KM: 4526 TOTAL RIDE MILES: 2809

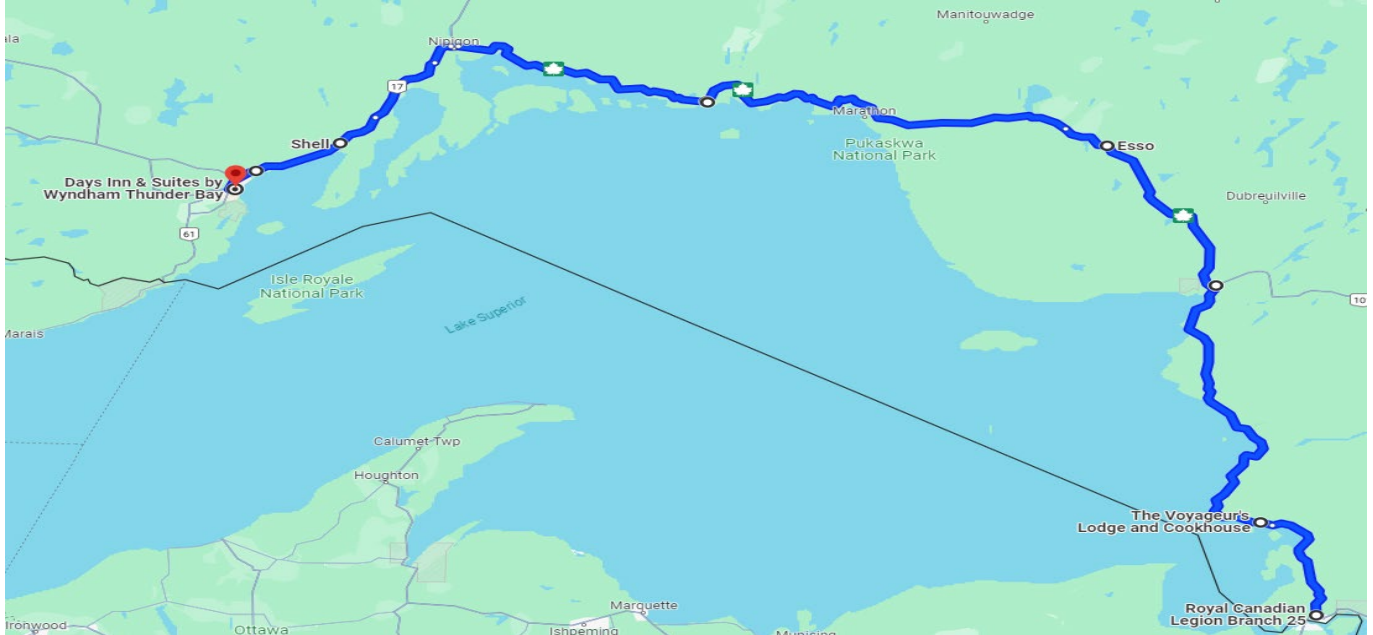
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD






Day 11 (Wed 07 Aug 2024) Sault Ste. Marie ON – Thunder Bay ON



Go to Google Maps: <https://maps.app.goo.gl/gzpAvhYAedHYRCUN9>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In	Royal Canadian Legion Branch 25, Sault Ste. Marie, ON P6B 4Y5	
A. Depart	Royal Canadian Legion Branch 25, Sault Ste. Marie, ON P6B 4Y5	
B. Rest/Small Tanks Fuel	The Voyageur's Lodge and Cookhouse, Batchawana Bay, ON P0S 1A0	
C. Fuel	Petro-Canada Charging Station, Wawa, ON P0S 1K0	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
D. Depart Wawa/ Check In	Michipicoten Memorial Community Centre, Wawa, ON P0S 1K0	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
E. Fuel/Lunch/Check In	Esso, 201 ON-17, White River, ON P0M 3G0	
F. Stage For Fuel	Sun Country Highway Charging Station, Terrace Bay, ON P0T 2W0	
G. Marshal After Fuel	Terrace Bay Tourist Information Centre, 1008 ON-17, Terrace Bay, ON P0T 2W0	
H. Fuel	Shell, Shuniah, ON P0T 2M0	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
I. Monument/Check-In	Terry Fox National Historic Person Plaque, Terry Fox Scenic Lookout	
• Host Hotel	Days Inn & Suites by Wyndham Thunder Bay, Thunder Bay, ON P7B 6Z8	
• Dinner	On your Own; Montana's , The Keg , Caribou	
Contacts		
Main Point of Contact		
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

therollingbarrage@gmail.com www.therollingbarrage.com www.facebook.com/therollingbarrage	End the Stigma Not all wounds are visible Not all wounds are military	PTSD Support and Awareness Campaign Registered Non-Profit Organization Corporation Number 1297322-7
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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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Sault Ste. Marie Royal Canadian Legion Branch 25 , 96 Great Northern Rd, Sault Ste. Marie, ON P6B 4Y5	Check-In Starts at 06:00						
Royal Canadian Legion Branch 25, 96 Great Northern Rd, Sault Ste. Marie, ON P6B 4Y5	07:00	The Voyageur's Lodge and Cookhouse , ON-17, Batchawana Bay, ON POS 1A0	07:45	Rest/ Small Tanks Fuel	60 min	65 km	40.4 mi
The Voyageur's Lodge and Cookhouse, ON-17, Batchawana Bay, ON POS 1A0	08:45	Petro-Canada Charging Station , 137 Mission Rd, Wawa, ON POS 1K0	10:00	Fuel	30 min	159 km	98.8 mi
Petro-Canada Charging Station, 137 Mission Rd, Wawa, ON POS 1K0		Michipicoten Memorial Community Centre , 3 Chris Simon Dr, Wawa, ON POS 1K0		Marshal Area (across street from fuel) Check In 		180 m	.1 mi
Michipicoten Memorial Community Centre, 3 Chris Simon Dr, Wawa, ON POS 1K0	10:45	Esso , 201 ON-17, White River, ON P0M 3G0	11:45	Fuel/ Lunch/ Check In 	60 min	91.8 km	57 mi
Esso, 201 ON-17, White River, ON P0M 3G0	12:45	Sun Country Highway Charging Station , Simcoe Plaza, Terrace Bay, ON POT 2W0	14:00	Stage to Fuel/Small Groups at ESSO	45 min	168 km	104 mi
Sun Country Highway Charging Station, Simcoe Plaza, Terrace Bay, ON POT 2W0		Terrace Bay Tourist Information Centre , 1008 ON-17, Terrace Bay, ON POT 2W0		Marshal After Fueling		300 m	.2 mi
Terrace Bay Tourist Information Centre, 1008 ON-17, Terrace Bay, ON POT 2W0	14:45	Shell , Shuniah, ON POT 2M0	16:45	Fuel	30 min	170 km	105 mi
Shell, Shuniah, ON POT 2M0	17:15	Terry Fox National Historic Person Plaque , Terry Fox Scenic Lookout	17:40	Monument Check-In 	30 min	33 km	20.5 mi
Terry Fox National Historic Person Plaque, Terry Fox Scenic Lookout	18:15	Days Inn & Suites by Wyndham Thunder Bay , 645 Sibley Dr, Thunder Bay, ON P7B 6Z8	18:40	Final		17.9 km	11.1 mi
HOST HOTEL		Days Inn & Suites by Wyndham Thunder Bay, 645 Sibley Dr, Thunder Bay, ON P7B 6Z8					
DINNER	On your Own; Montana's , The Keg , Caribou						

TOTAL DAILY KM: 705 TOTAL DAILY MILES: 438
TOTAL RIDE KM: 5231 TOTAL RIDE MILES: 3247



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 11 (Wed 07 Aug 2024) Sault St. Marie ON – Thunder Bay ON

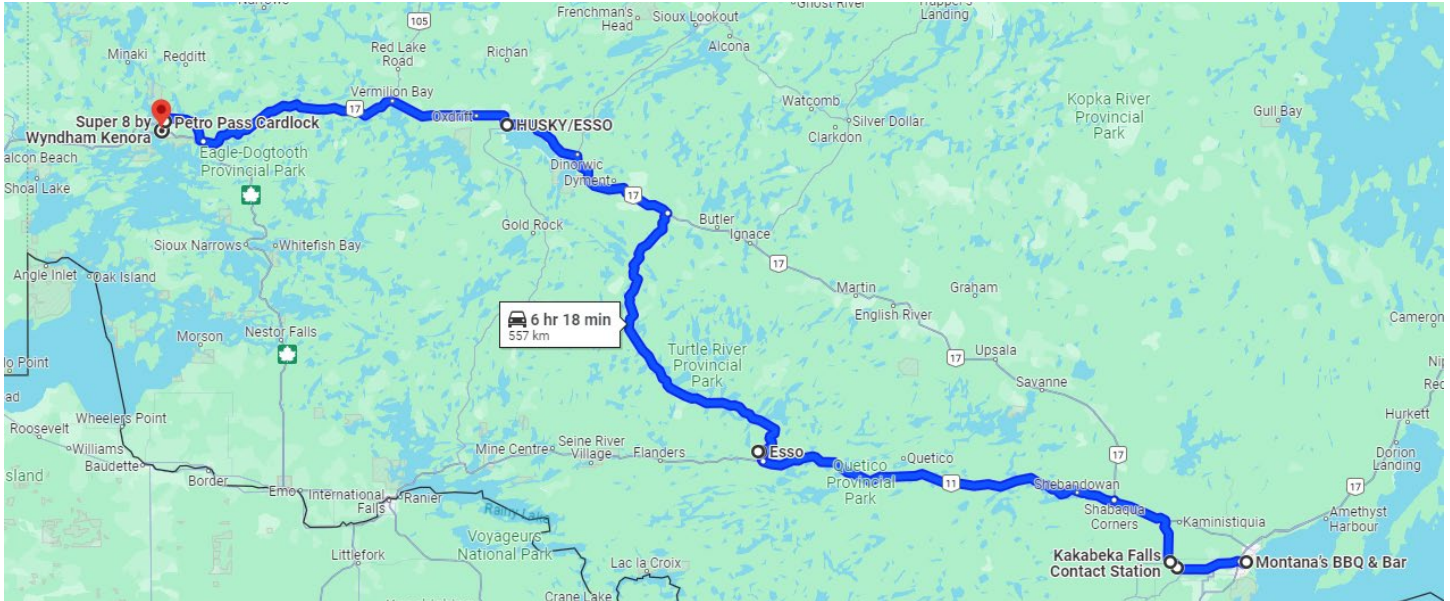
Special Notes:



The Rolling Barrage






Coast to Coast Ride To Combat PTSD

Day 12 (Thurs 08 Aug 2024) Thunder Bay ON – Kenora ON



Go to Google Maps: <https://maps.app.goo.gl/yGCmpwKghhGZrR8h8>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In	Montana's BBQ & Bar, Thunder Bay, ON P7B 6Z8	
A. Depart	Montana's BBQ & Bar, Thunder Bay, ON P7B 6Z8	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
B. Breakfast??	Royal Canadian Legion Branch 225, Kakabeka Falls, ON P0T 1W0	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales	
C. Photo	Kakabeka Falls Contact Station, ON P0T 1W0	
TIME ZONE CHANGE AFTER 1 HR BACK		
D. Fuel	Esso, Atikokan, ON P0T 1C0	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
E. Lunch ??/Check In	Royal Canadian Legion Branch 145, Atikokan, ON P0T 1C0	
F. Fuel	HUSKY/ESSO, Dryden, ON P8N 2P4	
• Host Hotel	Super 8 by Wyndham Kenora, Kenora, ON P9N 0H2	
• Dinner	On Your Own; Casey's	
Contacts		
Main Point of Contact		
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Thunder Bay Montana's BBQ & Bar , 615 Sibley Dr, Thunder Bay, ON P7B 6Z8	Check-In Starts at 06:00						
Montana's BBQ & Bar, 615 Sibley Dr, Thunder Bay, ON P7B 6Z8	07:00	Kakabeka Falls Royal Canadian Legion Branch 225 , 4556 Trans-Canada Hwy, Kakabeka Falls, ON POT 1W0	07:20	Breakfast Check In 	60 min	26.8 km	16.7 mi
Royal Canadian Legion Branch 225, 4556 Trans-Canada Hwy, Kakabeka Falls, ON POT 1W0	08:30	Kakabeka Falls Contact Station , Oliver Paipoonge, ON POT 1W0	08:35	Photo 	45 min	3.1 km	1.9 mi
TIME ZONE CHANGE AFTER 1 HR BACK							
Kakabeka Falls Contact Station, Oliver Paipoonge, ON POT 1W0	09:15	Esso , 2 Mercury Ave, Atikokan, ON POT 1C0	10:15	Fuel/Make Your Own Way to Legion		176 km	109 mi
Esso, 2 Mercury Ave, Atikokan, ON POT 1C0		Atikokan Royal Canadian Legion Branch 145 , 115 O'Brien St, Atikokan, ON POT 1C0		Lunch Check In 	90 min	1.1 km	.7 mi
Royal Canadian Legion Branch 145, 115 O'Brien St, Atikokan, ON POT 1C0	11:45	HUSKY/ESSO , 379 Government St, Dryden, ON P8N 2P4	14:15	Fuel	30 min	204 km	126 mi
HUSKY/ESSO, 379 Government St, Dryden, ON P8N 2P4	14:45	Super 8 by Wyndham Kenora , 240 Lakeview Dr, Kenora, ON P9N 0H2	16:15	Final		139 km	86.4 mi
HOST HOTEL		Super 8 by Wyndham Kenora, 240 Lakeview Dr, Kenora, ON P9N 0H2					
DINNER		On Your Own; Casey's					

TOTAL DAILY KM: 550 TOTAL DAILY MILES: 341
TOTAL RIDE KM: 5781 TOTAL RIDE MILES: 3588

Special Notes:



The Rolling Barrage







Coast to Coast Ride To Combat PTSD

Day 13 (Fri, 09 Aug 2024) Kenora ON - Neepawa MB



Go to Google Maps: <https://maps.app.goo.gl/961HzgNZbPzb4nRc8>

Daily Stops	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
• Check In	Super 8 by Wyndham Kenora , Kenora, ON P9N 0H2
A. Depart	Super 8 by Wyndham Kenora , Kenora, ON P9N 0H2
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
B. Fuel/Check-In	Prawda Shell , Trans-Canada Hwy, Prawda, MB R0E 0X0
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
C. Fuel/Lunch/Check-In	Big Freight Systems Inc. , Steinbach, MB R5G 1A6
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
D. Break/Check-In	Winnipeg Harley Davidson , Winnipeg, MB R2J 3T3
E. Fuel	Flying J Travel Center , Headingley, MB R4H 1C5
• Host Hotel	Bay Hill Inns & Suites Neepawa, Neepawa, MB R0J 1H0
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales
• Dinner	Royal Canadian Legion #23 , 425 Brown Ave, Neepawa, MB R0J 1H0
Contacts	
Main Point of Contact	Michael Kirk (MB Team Lead) MB@therollingbarrage.com
Sunray	Jim Gordon Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Kenora Super 8 by Wyndham Kenora , 240 Lakeview Dr, Kenora, ON P9N 0H2	Check-In Starts at 07:00						
Super 8 by Wyndham Kenora, 240 Lakeview Dr, Kenora, ON P9N 0H2	08:00	Prawda Prawda Shell Trans-Canada Hwy, Prawda, MB R0E 0X0	09:15	Rest/Check-In 	45 min	100 km	62 mi
Prawda Shell Trans-Canada Hwy, Prawda, MB R0E 0X0	10:00	Steinbach Big Freight Systems Inc. , 360 MB-12, Steinbach, MB R5G 1A6	10:55	Lunch Check-In 	90 min	81 km	50 mi
Big Freight Systems Inc., 360 MB-12, Steinbach, MB R5G 1A6	12:30	Winnipeg Winnipeg Harley Davidson 1377 Niakwa Rd E, Winnipeg, MB R2J 3T3	13:10	Break Check-In Meet Escorts 	90 min	62 km	39 mi
Winnipeg Harley Davidson 1377 Niakwa Rd E, Winnipeg, MB R2J 3T3	14:45	Flying J Travel Center 4100 Portage Ave, Headingley, MB R4H 1C5	15:30	Fuel	45 min	24 km	15 mi
Flying J Travel Center 4100 Portage Ave, Headingley, MB R4H 1C5	16:15	Royal Canadian Legion #23 425 Brown Ave, Neepawa, MB R0J 1H0	18:15	Dinner (Please Stay for Presentations) 		173 km	108 mi
Royal Canadian Legion #23 425 Brown Ave, Neepawa, MB R0J 1H0		Bay Hill Inns & Suites Neepawa, 160 Main St W, Neepawa, MB R0J 1H0		Final		2 km	
HOST HOTEL		Bay Hill Inns & Suites Neepawa, 160 Main St W, Neepawa, MB R0J 1H0					
DINNER		Royal Canadian Legion #23 425 Brown Ave, Neepawa, MB R0J 1H0					

TOTAL DAILY KM: 441 TOTAL DAILY MILES: 274
TOTAL RIDE KM: 6222 TOTAL RIDE MILES: 3862

Special Notes:

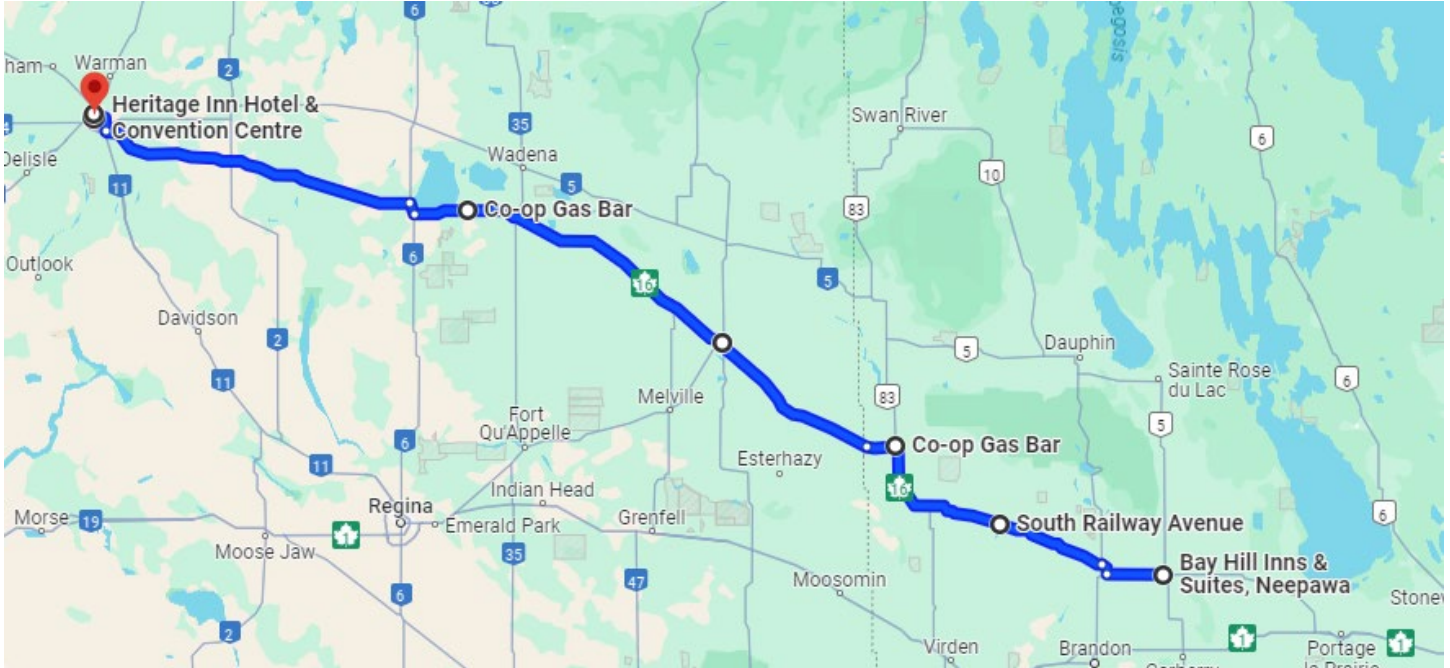
- Winnipeg Police Service will be escorting us through the city from Winnipeg Harley Davidson again this year!
- Town of Neepawa was a huge supporter since 2021. We expect a huge turnout again this year.
- Royal Canadian Legion #23 will be hosting supper. As per previous years with great success.
- Expect 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 (Sat, 10 Aug 2024) Neepawa MB to Saskatoon SK



Go to Google Maps: <https://maps.app.goo.gl/AtW5HgJPCnL9uQuH6>


Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In	Bay Hill Inns & Suites , Neepawa MB R0J 1H0	
A. Depart	Bay Hill Inns & Suites , Neepawa MB R0J 1H0	
B. Rest	S Railway Ave , Shoal Lake, MB R0J 1Z0	
C. Fuel	Russell Co-op Gas Bar , Russell, MB R0J 1W0	
Time Change 1 Hour Back		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
D. Fuel/Lunch/Check-In	Yorkton Fire Protective Services , Yorkton, SK S3N 0H2	
E. Fuel	Co-op Gas Bar , Wynyard, SK S0A 4T0	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales	
F. Presentation/Photo	STARS , Nutrien Hangar, Saskatoon, SK S7L 1M4	
• Host Hotel	Heritage Inn Hotel & Convention Centre , Saskatoon, SK S7L 6H6	
• Dinner	Lynx Wing , Saskatoon, SK S7L 6T1	
Contacts		
Main Point of Contact	Michael Kirk (MB Lead)	MB@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

Detailed Itinerary – Red Denotes Check-In Points
ENSURE FUEL IS TOPPED UP FOR NEXT MORNING

therollingbarrage@gmail.com www.therollingbarrage.com www.facebook.com/therollingbarrage	End the Stigma Not all wounds are visible Not all wounds are military	PTSD Support and Awareness Campaign Registered Non-Profit Organization Corporation Number 1297322-7
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Please arrive one hour prior to departure time to **Check-In**

Location of TRB Merch Truck for Sales and Registration Look for this Symbol 

Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Bay Hill Inns & Suites 160 Main St W, Neepawa, MB R0J 1H0	Check-In Starts at 06:00	Marshall in East Side Parking Lot Check-In Closes at 07:00 					
Bay Hill Inns & Suites 160 Main St W, Neepawa, MB R0J 1H0	07:30	S Railway Ave , Shoal Lake, MB R0J 1Z0	08:30	Rest	45 min	88 km	55 mi
				Park on S Railway Ave Behind Shell			
S Railway Ave, Shoal Lake, MB R0J 1Z0	09:15	Russell Co-op Gas Bar 206 Main St, Russell, MB R0J 1W0	10:00	Fuel	30 min	76 km	47 mi
Time Change 1 Hour Back							
Russell Co-op Gas Bar 206 Main St, Russell, MB R0J 1W0	10:30	Yorkton Yorkton Fire Protective Services , 9 Smith St E, Yorkton, SK S3N 0H2 Rear Parking Lot	10:30	Lunch/ Check-In/ Small Tanks Fuel on Own 	90 min	103 km	64 mi
Yorkton Fire Protective Services, 9 Smith St E, Yorkton, SK S3N 0H2	12:00	Co-op Gas Bar , 581 South Service Road, Wynyard, SK S0A 4T0	13:30	Fuel	45 min	142 km	88 mi
Co-op Gas Bar, 581 South Service Road, Wynyard, SK S0A 4T0	14:15	STARS , Nutrien Hangar, 2475 Airport Dr, Saskatoon, SK S7L 1M4	16:15	Presentation Photo 	45 min	193 km	120 mi
STARS, Nutrien Hangar, 2475 Airport Dr, Saskatoon, SK S7L 1M4	17:00	Heritage Inn Hotel & Convention Centre , 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	17:05	Final		1 km	.5 mi
HOST HOTEL		Heritage Inn Hotel & Convention Centre, 102 Cardinal Crescent, Saskatoon, SK S7L 6H6					
DINNER		Lynx Wing , 2407 Ave C North, Saskatoon, SK S7L 6T1					

TOTAL DAILY KM: 603

TOTAL DAILY MILES: 375

TOTAL RIDE KM: 6825

TOTAL RIDE MILES: 4237

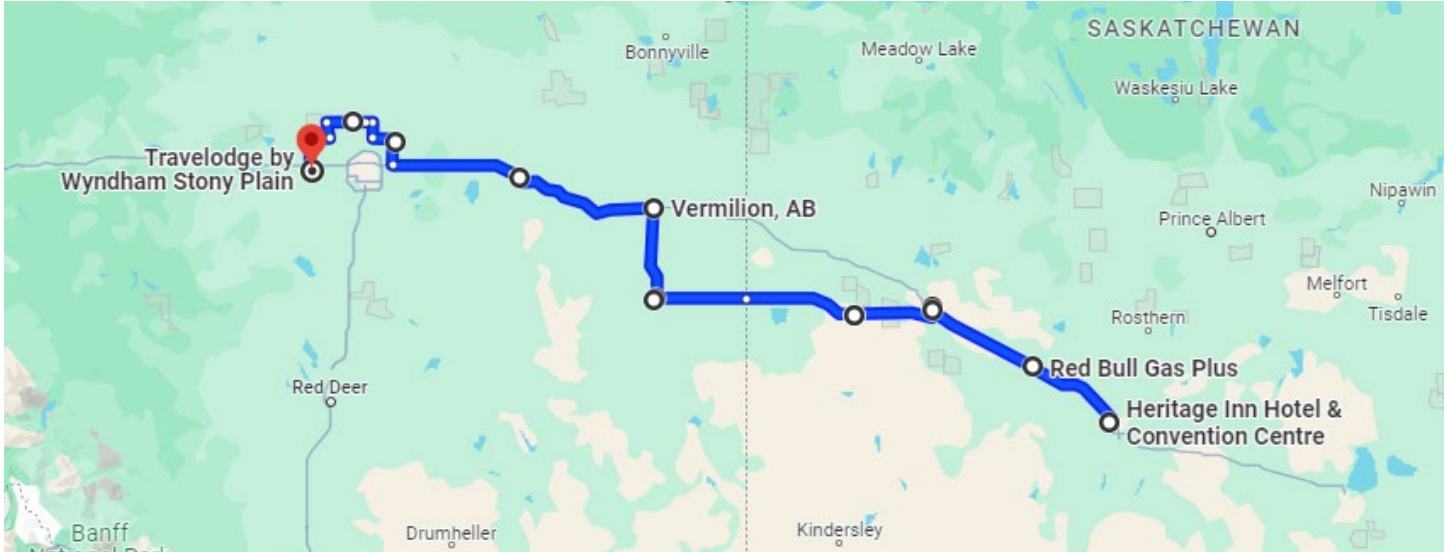
Special Notes:



The Rolling Barrage





Coast to Coast Ride To Combat PTSD

Day 15 (Sun 11 Aug 2024) Saskatoon SK – Stony Plain AB



Go to Google Maps: <https://maps.app.goo.gl/iLK2rPx7nX4Di6rd7>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In	Heritage Inn Hotel & Convention Centre , Saskatoon, SK S7L 6H6	
A. Depart	Heritage Inn Hotel & Convention Centre , Saskatoon, SK S7L 6H6	
B. Rest	Red Bull Gas Plus , Radisson, SK S0K 3L0	
C. Fuel	Co-op Gas Bar , North Battleford, SK S9A 3W6	
D. Photo	World's Largest Tomahawk , Cut Knife, SK S0M 0N0	
E. Fuel	Cornerstone Co-op Gas Bar , Wainwright, T9W 1L5	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
F. Lunch/Check-in	Royal Canadian Legion Branch 29 , Wainwright, T9W 1K7	
G. Fuel	Fas Gas Plus , Vegreville, AB T9C 0A3	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
H. Dinner/Check-In	Morinville Leisure Center , Morinville, T8R 2P9	
• Host Hotel	Travelodge by Wyndham Stony Plain , Stony Plain, AB T7Z 1V7	
• Dinner	Morinville Leisure Centre, Morinville, AB T8R 2P9	
Contacts		
Main Point of Contact	George Shupe (SK Lead)	SK@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Check-In Heritage Inn Hotel & Convention Centre , 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	Check-In Starts at 06:00						
Heritage Inn Hotel & Convention Centre, 102 Cardinal Crescent, Saskatoon, SK S7L 6H6	07:00	Red Bull Gas Plus , Highway 16 & 340 Radisson, SK S0K 3L0	07:45	Rest	45 min	65 km	40 mi
Red Bull Gas Plus, Highway 16 & 340 Radisson, SK S0K 3L0	08:30	Co-op Gas Bar , 9800 Territorial Dr, North Battleford, SK S9A 3W6	09:30	Parade up Main/Fuel	45 min	75 km	47 mi
Co-op Gas Bar, 9800 Territorial Dr, North Battleford, SK S9A 3W6	10:15	World's Largest Tomahawk , Hwy 674, Cut Knife, SK SOM 0N0	11:00	Photo	30 min	59 km	37 mi
World's Largest Tomahawk, Hwy 674, Cut Knife, SK SOM 0N0	11:30	Cornerstone Co-op Gas Bar Wainwright, 2315 15 Ave, Wainwright, AB T9W 1L5	12:45	Fuel/ Make Own Way to Legion		127 km	79 mi
Cornerstone Co-op Gas Bar Wainwright, 2315 15 Ave, Wainwright, AB T9W 1L5		Wainwright Royal Canadian Legion Branch 29 , 1030 2 Ave, Wainwright, AB T9W 1K7		Lunch Check-In 	60 min	3 km	2 mi
Royal Canadian Legion Branch 29, 1030 2 Ave, Wainwright, AB T9W 1K7	14:00	Fas Gas Plus - Gas Station, 6813 AB-16A, Vegreville, AB T9C 0A3	15:30	Fuel	45 min	152 km	94 mi
Fas Gas Plus - Gas Station, 6813 AB-16A, Vegreville, AB T9C 0A3	16:15	Morinville Morinville Leisure Centre , 25126 SH 642, AB T8R 2P9	17:45	Dinner Check-In 	60 min	132 min	82 mi
Morinville Leisure Centre, 25126 SH 642, AB T8R 2P9	18:45	Travelodge by Wyndham Stony Plain , 74 Boulder Blvd, Stony Plain, AB T7Z 1V7	19:30	Final		60 km	37 mi
HOST HOTEL		Travelodge by Wyndham Stony Plain, 74 Boulder Blvd, Stony Plain, AB T7Z 1V7					
DINNER		Morinville Leisure Centre, 25126 SH 642, AB T8R 2P9					

TOTAL DAILY KM: 673 TOTAL DAILY MILES: 418
TOTAL RIDE KM: 4798 TOTAL RIDE MILES: 4655

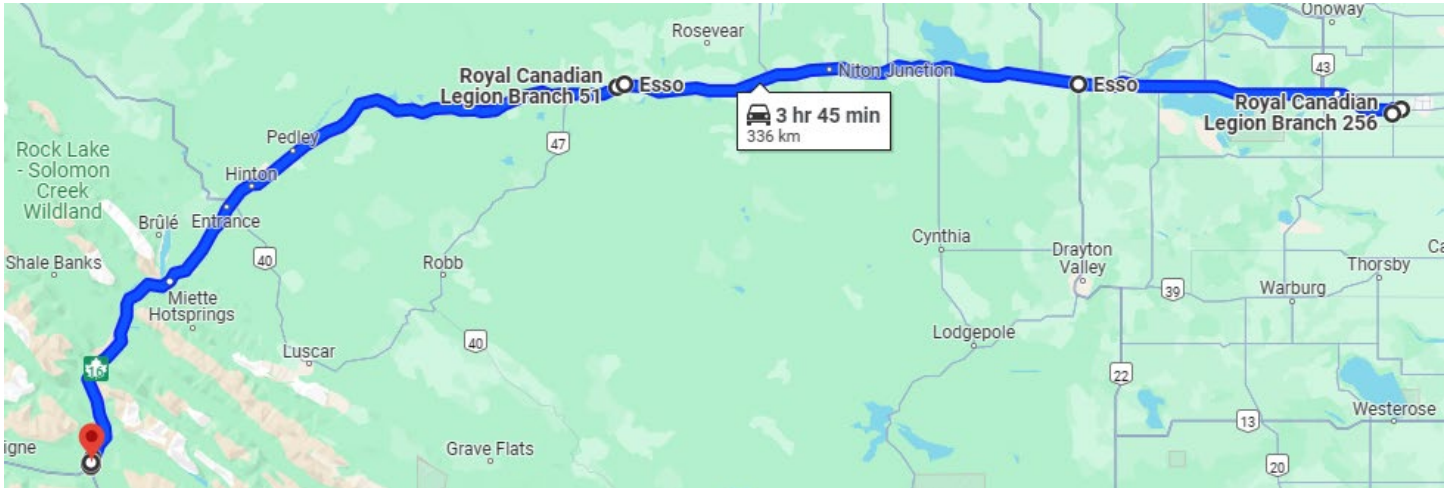
Special Notes:



The Rolling Barrage


Coast to Coast Ride To Combat PTSD




Day 16 (Mon 12 Aug 2024) Stony Plain AB – Jasper AB



Go to Google Maps: <https://maps.app.goo.gl/TvaubLgY9m7ktuc69>

Daily Stops	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
• Check In	Travelodge by Wyndham Stony Plain , Stony Plain, AB T7Z 1V7
A. Depart	Travelodge by Wyndham Stony Plain , Stony Plain, AB T7Z 1V7
B. Breakfast	Royal Canadian Legion Branch 256 , Stony Plain, AB T7Z 1V5
C. Rest	Esso , 49th St & Service Rd, Entwistle, AB T0E 0S0
D. Fuel	Esso , Edson, AB T7E 1B8
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In
E. Lunch/Check-In	Royal Canadian Legion Branch 51 , Edson, AB T7E 1T4
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales
F. Final	The STAND EASY , Jasper Royal Canadian Legion, Jasper, AB T0E 1E0
• Host Hotel	Jasper Downtown Hostel , Jasper, AB T0E 1E0
• Dinner	The STAND EASY , Jasper Royal Canadian Legion, Jasper, AB T0E 1E0
Contacts	
Main Point of Contact	Keith Campeau (AB Lead) Ab@therollingbarrage.com
Sunray	Jim Gordon Ride.Director@therollingbarrage.com

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	
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 	

Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Travelodge by Wyndham Stony Plain, 74 Boulder Blvd, Stony Plain, AB T7Z 1V7		Check-In will be at Stony Plain Legion Make your own way to the Legion					
Travelodge by Wyndham Stony Plain, 74 Boulder Blvd, Stony Plain, AB T7Z 1V7		Stony Plain Royal Canadian Legion Branch 256 , 4902 44 Ave, Stony Plain, AB T7Z 1V5	08:30	Check-In Breakfast 	90 min	3 km	2 mi
Royal Canadian Legion Branch 256, 4902 44 Ave, Stony Plain, AB T7Z 1V5	10:00	Esso , 49th St & Service Rd, Entwistle, AB T0E 0S0	10:45	Rest	45 min	69 km	43 mi
Esso, 49th St & Service Rd, Entwistle, AB T0E 0S0	11:30	Esso , 4202 2 Ave, Edson, AB T7E 1B8	12:30	Fuel		98 km	61 mi
After Fueling Make Your own way to The Legion							
Esso, 4202 2 Ave, Edson, AB T7E 1B8		Edson Royal Canadian Legion Branch 51 , 5016 5 Ave, Edson, AB T7E 1T4	12:45	Lunch Check-In 	90 min	2 km	1 mi
Royal Canadian Legion Branch 51, 5016 5 Ave, Edson, AB T7E 1T4	14:15	The STAND EASY , Jasper Royal Canadian Legion, 400 Geikie St, Jasper, AB T0E 1E0	16:15	Final		163 km	101 mi
The STAND EASY, Jasper Royal Canadian Legion, 400 Geikie St, Jasper, AB T0E 1E0		Jasper Downtown Hostel , 400 Patricia St, Jasper, AB T0E 1E0	Leave Bikes Parked at Legion Check in at Your Leisure 			50 m walk	54 yd
HOST HOTEL		Jasper Downtown Hostel, 400 Patricia St, Jasper, AB T0E 1E0	Parking While in Jasper Will be on Pyramid Lake Road in Parking Lane Beside Commemoration Park				
DINNER		The STAND EASY, Jasper Royal Canadian Legion, 400 Geikie St, Jasper, AB T0E 1E0					

TOTAL DAILY KM: 335 TOTAL DAILY MILES: 208
TOTAL RIDE KM: 7833 TOTAL RIDE MILES: 4863

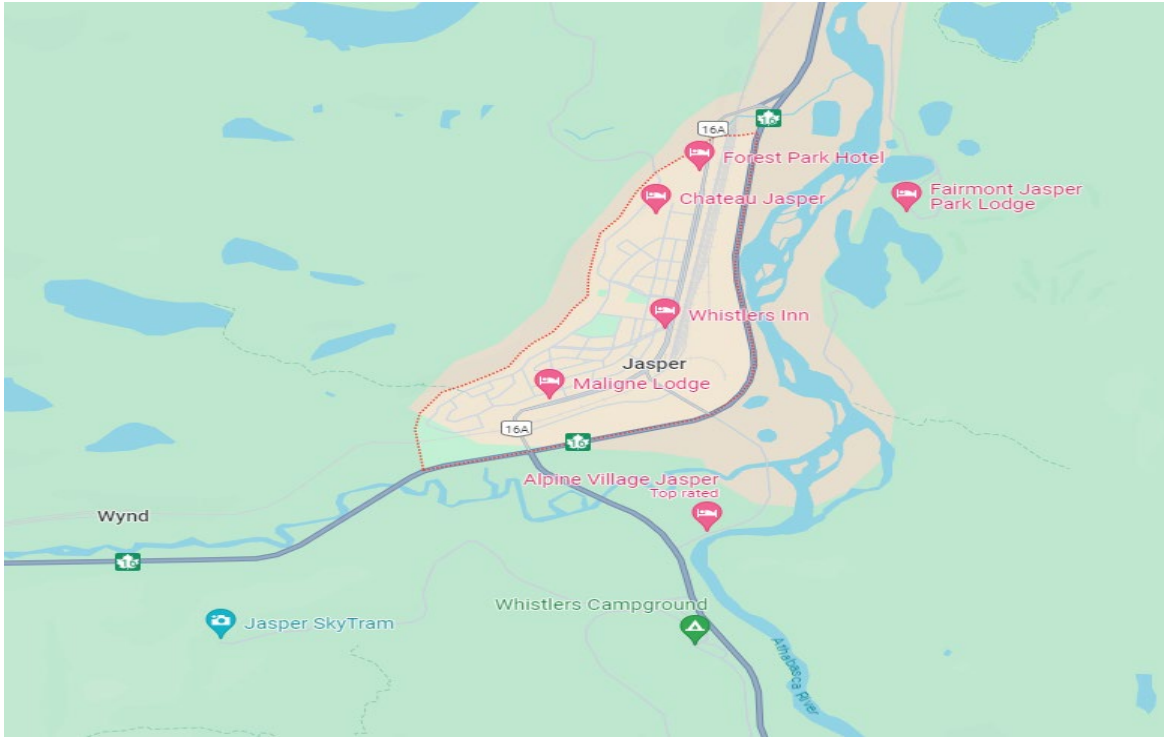
Special Notes:



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 17 Rest Day (Tues 13 Aug 2024) Jasper AB



Go to Google Maps: <https://maps.app.goo.gl/9PVCdRCcjiEb3hZv9>

Things to do in Jasper	
ACTIVITY	LOCATION/ COORDINATOR
A. Breakfast	The Stand Easy
B. Motorcycle Tour	Jasper Motorcycle tours, (Veterans Adventures)
C. Rafting	White water rafting, (Veterans Adventures)
D. Pyramid Lake Beach Day	Pyramid Lake Beach Day, (Veterans Adventures)
E. Tramway	Jasper Tramway, (Veterans Adventures)
F. Lake Cruise	Maligne Lake Cruise, (Veterans Adventures)
G. Oil Change	SELF Oil Change
H. Wander Jasper	SELF
I. Lunch	On Your Own
• Host Hotel	Jasper Downtown Hostel
• Dinner	The Stand Easy

Things to do in Jasper

ENSURE FUEL IS TOPPED UP FOR NEXT MORNING

Remember You Are All Ambassadors for The Rolling Barrage

ACTIVITY	COST	DESCRIPTION of ACTIVITY
Breakfast	Donated	The Stand Easy, 09:00 hrs-10:00 hrs. Breakfast served for TRB at the Legion.
Motorcycle Tour	Donated	<p>Bike Tour - Jasper Motorcycle tours, ride to different locations in the park with the tour riders. Enjoy their proven experience with the locations, roads, and opportunities for riding in the park, some amazing people run these tours and they have an intense love for motorcycles and Jasper.</p> <ul style="list-style-type: none"> - All Riders Welcome, Email request to below address, supply your name and contact info and what activity you are interested in, if interested in more then one activity list in order of preference. If you are part of a group, list all FULL NAMES and CONTACT info in the group, ASAP. - Approx departure NOON (TBC), from Legion and TRB parking area. - The BLUE link to the left will give you information on the activity. <p>CONTACT: COO@therollingbarrage.com</p>
White Water Rafting	Donated Limited Space	<p>White water rafting - Paul is a Veteran, former President of the Jasper Legion, and a White-Water Rafting guide. He will conduct a rafting trip down the Athabasca River, with a class II white water trip.</p> <ul style="list-style-type: none"> - Will be run with groups of 6 so 18 pers total. Trip is approx. 1.5 hours, if only 6 are interested the one trip will be 3 hours. - Limited space, Email request to below address, supply your name and contact info and what activity you are interested in, if interested in more then one activity list in order of preference. If you are part of a group, list all FULL NAMES and CONTACT info in the group, ASAP. - The BLUE link to the left will give you information on the activity. <p>CONTACT: COO@therollingbarrage.com</p>
Pyramid Lake Beach Day	Donated Equipment	<p>Pyramid Lake Beach Day, enjoy the beach with kayaks and canoes. Paddle out to Pyramid Island, relax, get some sun.</p> <ul style="list-style-type: none"> - Chairs and equipment will be on site at Beach 1. - Veterans Adventures can supply fishing equipment if REQUESTED PRIOR. - All safety equipment for boating will be supplied. - If interest is low Parks Canada will not close Beach 1 and activity will be canceled however you are still free to ride there on your own. <p>NOTE: Pers wishing to fish pyramid lake are required to get a license for the park, available at the sport shops in town, it is separate to any Alberta fishing license.</p> <ul style="list-style-type: none"> - All Riders Welcome, Email request to below address, supply your name and contact info and what activity you are interested in, if interested in more then one activity list in order of preference. If you are part of a group, list all FULL NAMES and CONTACT info in the group, ASAP. - The BLUE link to the left will give you information on the activity. <p>CONTACT: COO@therollingbarrage.com</p>
Jasper Tramway	Donated Limited Passes	<p>Jasper Tramway - limited amount available, TRB Members can enjoy the epic ride to the top of Whistlers Mountain, the views and location say it all.</p> <ul style="list-style-type: none"> - Limited Donated Passes, Email request to below address, supply your name and contact info and what activity you are interested in, if interested in more then one activity list in order of preference. If you are part of a group, list all FULL NAMES and CONTACT info in the group, ASAP. - The BLUE link to the left will give you information on the activity. <p>CONTACT: COO@therollingbarrage.com</p>



The Rolling Barrage

Coast to Coast Ride To Combat PTSD

Day 17 Rest Day (Tues 13 Aug 2024) Jasper AB

Lake Cruise	Donated Limited Passes	<p>Maligne Lake Cruise - limited amount available, take the cruise up to Spirit Island, an unforgettable experience.</p> <ul style="list-style-type: none"> - Riders must make own way to Maligne Lake. - Limited space, Email request to below address, supply your name and contact info and what activity you are interested in, if interested in more then one activity list in order of preference. If you are part of a group, list all FULL NAMES and CONTACT info in the group, ASAP. - The BLUE link to the left will give you information on the activity. <p>CONTACT: COO@therollingbarrage.com</p>
Self Oil Change	ON YOU	<p>Self Oil Change - Proceed up to WalkerVille, (Just outside of town) Garage available for oil changes.</p> <ul style="list-style-type: none"> - Contact Candace, supply her with your information as to oil and filter. - Ask shop for directions to garage. -The BLUE link to the left will takes you to the motorcycle shop. -Shop number is: 1 (780) 931-6100
Laundry	\$25.00 Per Bin	<ul style="list-style-type: none"> - Laundry bins will be at Legion with labels for name. - Laundry will be washed, dried, flattened (not folded), socks will not be matched, and will be returned to Legion the next day. - Laundry to be turned in ASAP after arrival in Jasper.
Wander Jasper	ON YOU	<p>Sleep, Laundry, and the Jasper townsite. TRB Members may also choose to sleep in, do laundry, and visit the townsite or ride on their own. Laundry drop off service might be available with 3 sheets, and/or Adriana - Details to follow as one has had a fire and is still being reconstructed, the other is pending reply.</p>
Lunch	ON YOU	<p>Lunch is on their own. Feel free to visit any of Jaspers' local restaurants. NOTE: the Legion is open at 1200 hrs for patio and service, discounts apply to all TRB Riders at the Stand Easy.</p>
Dinner	Donated	<p>18:00 hrs - Supper at the Legion, provided by the Legion at no charge - Members may arrive at any time, meals will be served off the menu. Members are free to enjoy the town on their own, the Legion will be open until 2 AM. Remember, TRB RIDES if you have a sore head or not.</p>
HOST HOTEL	ON YOU	Jasper Downtown Hostel , 400 Patricia St, Jasper, AB T0E 1E0 (Right Beside Legion)
DINNER	Donated	The Stand Easy

Special Notes:

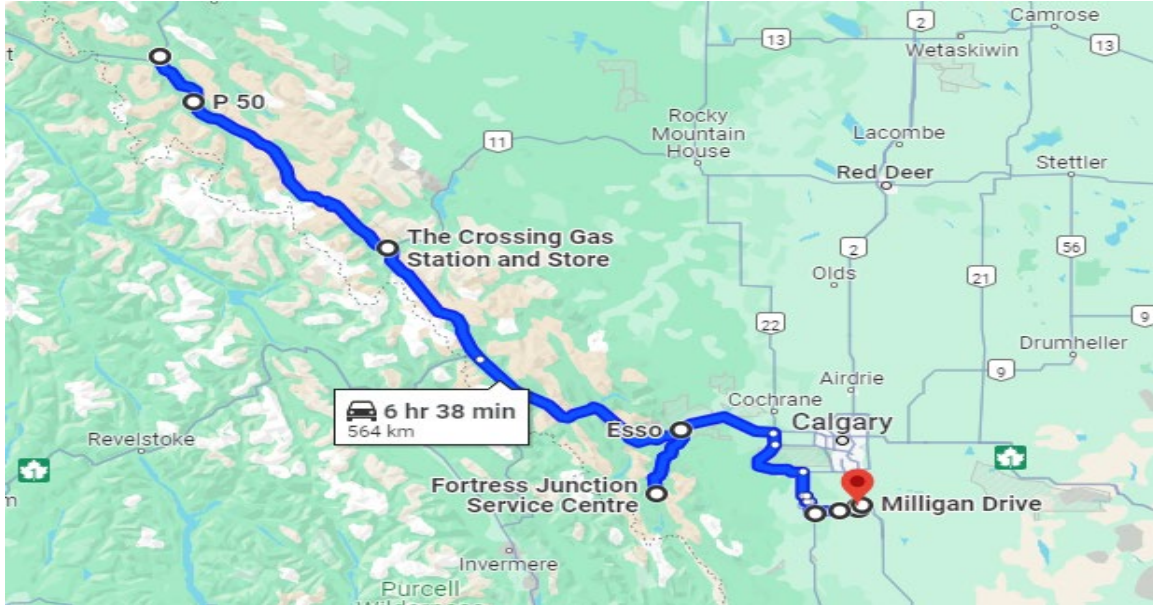
- **Meals at Jasper Legion (Stand Easy) are served by people VOLUNTEERING THEIR time, REMEMBER to be kind and TIP your server.**



The Rolling Barrage





Coast to Coast Ride To Combat PTSD

Day 18 (Wed 14 Aug 2024) Jasper AB – Okotoks AB



Go to Google Maps: <https://maps.app.goo.gl/4oJwgq3QbbMq2Zo78>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In/Breakfast	The STAND EASY , RCL, 400 Geikie St, Jasper, AB T0E 1E0	
A. Marshall/Depart	Pyramid Lake Rd, Jasper, AB T0E 1E0	
B. Rest	Athabasca Falls , Alberta 93A, Jasper, AB T0E 1E0	
C. Fuel	The Crossing Gas Station and Store, AB TOL 1E0	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
D. Lunch/Check-In	Parkway Pub , X7F3+M3, Saskatchewan River Crossing, AB TOM 2H0	
E. Fuel	Esso , HWY 1 &, AB-40, Morley, AB TOL 1N0	
• Host Hotel	Lakeview Inns & Suites - Okotoks, Okotoks, AB T1S 1N1	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales	
• Dinner	The George Traditional House- Okotoks, Okotoks, AB T1S 2N3	
Contacts		
Main Point of Contact	Keith Campeau (AB Lead)	AB@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Jasper The STAND EASY , RCL, 400 Geikie St, Jasper, AB T0E 1E0	Check-In Starts at 07:30	Breakfast at Stand Easy 07:00-09:00					
Pyramid Lake Rd, Jasper, AB T0E 1E0		Marshall on Pyramid Lake Road Beside Commemoration Park		Marshall			
Pyramid Lake Rd, Jasper, AB T0E 1E0	09:00	Athabasca Falls , Alberta 93A, Jasper, AB T0E 1E0	09:30	Rest	45 min	33 km	21 mi
Athabasca Falls, Alberta 93A, Jasper, AB T0E 1E0	10:15	The Crossing Gas Station and Store, Highway 93 and, AB-11, Improvement District No. 9, AB T0L 1E0	11:45	Fuel		122 km	76 mi
The Crossing Gas Station and Store, Highway 93 and, AB- 11, Improvement District No. 9, AB T0L 1E0		Saskatchewan River Crossing Parkway Pub , X7F3+M3, Saskatchewan River Crossing, AB T0M 2H0		Lunch Check-In 	105 min	400 m	437 yd
Parkway Pub, X7F3+M3, Saskatchewan River Crossing, AB T0M 2H0	13:30	Esso , HWY 1 &, AB-40, Morley, AB T0L 1N0	15:30	Fuel	45 min	188 km	117 mi
Esso, HWY 1 &, AB-40, Morley, AB T0L 1N0	16:15	Lakeview Inns & Suites - Okotoks, 22 Southridge Dr, Okotoks, AB T1S 1N1	18:00	Final		140 km	87 mi
HOST HOTEL		Lakeview Inns & Suites - Okotoks, 22 Southridge Dr, Okotoks, AB T1S 1N1					
DINNER		The George Traditional House- Okotoks, 31 Southridge Dr #101, Okotoks, AB T1S 2N3		In Parking Lot 			

TOTAL DAILY KM: 483 TOTAL DAILY MILES: 301
TOTAL RIDE KM: 8316 TOTAL RIDE MILES: 5164

Special Notes:

Route will be updated along with timings when highway 40 reopens in the spring.



The Rolling Barrage





Coast to Coast Ride To Combat PTSD

Day 19 (Thurs 15 2024) Okotoks AB – Cranbrook BC



Go to Google Maps: <https://maps.app.goo.gl/dcx25gS4YoJSrCqE8>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Breakfast/Check-In	Royal Canadian Legion Branch 78 , Turner Valley, AB T0L 2A0	
A. Depart	Royal Canadian Legion Branch 78 , Turner Valley, AB T0L 2A0	
B. Rest	Petro-Canada Gas Station & Petro-Pass Truck Stop, Calgary, AB T3Z 3J1	
Fuel at Husky or Shell in Dead Man's Flats, Next Fuel 180 km Make own way to Marshall Point, behind Bighorn Inn & Suites		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
C. Marshall Point/Check-In	SORTE ABER , Dead Man's Flats, AB T1W 2W4	
D. Lunch on Own	Shell One98eight Husky Dead Man's Flat	
E. Meet BC Police	Continental Divide , East Kootenay, BC V0A 1J0	
F. Fuel	Crossroads Market Esso , Invermere, BC V0A 1K2	
• Host Hotel	Heritage Inn Hotel & Convention Centre, Cranbrook, BC V1C 3S2	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales	
• Dinner	Royal Canadian Legion Branch 24 , Cranbrook, BC V1C 3S2	
Contacts		
Main Point of Contact	Keith Campeau (AB Lead)	Ab@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Lakeview Inns & Suites - Okotoks, 22 Southridge Dr, Okotoks, AB T1S 1N1		ALL CHECK-INS WILL BE IN TURNER VALLEY					
Lakeview Inns & Suites - Okotoks, 22 Southridge Dr, Okotoks, AB T1S 1N1	07:00	Royal Canadian Legion Branch 78, 121 Sunset Blvd E, Turner Valley, AB TOL 2A0	07:30			25 km	16 mi
Turner Valley Royal Canadian Legion Branch 78 , 121 Sunset Blvd E, Turner Valley, AB TOL 2A0	Check-In Starts at 07:30			Breakfast 	90 min		
Royal Canadian Legion Branch 78, 121 Sunset Blvd E, Turner Valley, AB TOL 2A0	09:00	Petro-Canada Gas Station & Petro-Pass Truck Stop, 42148 AB-1, Calgary, AB T3Z 3J1	10:00	Rest	45 min	67 km	42 mi
Fuel at Husky or Shell in Dead Man's Flats, Next Fuel 180 km Make own why to Marshall Point, behind Bighorn Inn & Suites/Lunch							
Petro-Canada Gas Station & Petro-Pass Truck Stop, 42148 AB-1, Calgary, AB T3Z 3J1	10:45	SORTE ABER , Dead Man's Flats, AB T1W 2W4	11:15	Marshall point Check-In 		63 km	39 mi
		Shell One98eight Husky		Lunch on Own	90 min		
SORTE ABER, Dead Man's Flats, AB T1W 2W4	12:45	Continental Divide , East Kootenay, BC V0A 1J0	13:30	Meet BC Police	30 min	72 km	45 mi
Continental Divde, East Kootenay, BC V0A 1J0	14:00	Crossroads Market Esso , 548 BC-93 #95, Invermere, BC V0A 1K2	15:15	Fuel	45 min	108 km	67 mi
Crossroads Market Esso, 548 BC-93 #95, Invermere, BC V0A 1K2	16:00	Heritage Inn Hotel & Convention Centre , 803 Cranbrook St N, Cranbrook, BC V1C 3S2	17:15	Final		129 km	80 mi
HOST 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 V1C 3S2					

TOTAL DAILY KM: 464 TOTAL DAILY MILES: 289
TOTAL RIDE KM: 8780 TOTAL RIDE MILES: 5453

Special Notes:



The Rolling Barrage






Coast to Coast Ride To Combat PTSD

Day 20 (Fri. 16 Aug 2024) Cranbrook BC – Princeton BC



Go to Google Maps: <https://maps.app.goo.gl/A4HEiP9WEoUeDo3V9>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In	Heritage Inn Hotel & Convention Centre , Cranbrook, BC V1C 3S2	
A. Depart	Heritage Inn Hotel & Convention Centre , Cranbrook, BC V1C 3S2	
Merch Truck	Merch Truck Will Be at Below Address Prior to TRB for Sales	
B. Rest	Creston Emergency Services , Creston, BC V0B 1G4	
C. Fuel	CENTEX , 5920 BC-3, Salmo, BC V0G 1Z0	
Time Change 1 Hour Back		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
D. Lunch/Check-In/Fuel	Christina Lake Fire Hall , Christina Lake, BC V0H 1E0	
E. Fuel	Petro-Canada , Osoyoos, BC V0H 1V6	
• Host Hotel	Copper Mountain Inn & Suites , Princeton, BC V0X 1W0	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales	
• Dinner	Royal Canadian Legion Branch 56 , 170 Bridge St, Princeton, BC V0X 1W0	
Contacts		
Main Point of Contact	Scott Casey	founder@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Cranbrook Heritage Inn Hotel & Convention Centre , 803 Cranbrook St N, Cranbrook, BC V1C 3S2	Check-In Starts at 07:00			Check-In 			
Heritage Inn Hotel & Convention Centre, 803 Cranbrook St N, Cranbrook, BC V1C 3S2	08:00	Creston Emergency Services , 1505 Cook St, Creston, BC V0B 1G4	09:15	Rest 	45 min	106 km	66 mi
Creston Emergency Services, 1505 Cook St, Creston, BC V0B 1G4	10:00	CENTEX , 5920 BC-3, Salmo, BC V0G 1Z0	11:00	Fuel	45 min	86 km	53 mi
Time Change 1 Hour Back							
CENTEX, 5920 BC-3, Salmo, BC V0G 1Z0	11:45	Christina Lake Christina Lake Fire Hall , 1585 Swanson Rd, Christina Lake, BC V0H 1E0	12:00	Lunch Check-In Fuel on Own 	90 min	108 km	67 mi
Christina Lake Fire Hall, 1585 Swanson Rd, Christina Lake, BC V0H 1E0	13:30	Petro-Canada , 6201 45 St, Osoyoos, BC V0H 1V6	15:15	Fuel	30 min	143 km	89 mi
Once in Princeton TRB will STOP at Airplane, Old Merritt Rd. & Airport Rd. for Photo (20 min.)							
Petro-Canada, 6201 45 St, Osoyoos, BC V0H 1V6	15:45	Copper Mountain Inn & Suites , 169 BC-3, Princeton, BC VOX 1W0	17:00	Final		117 km	73 mi
HOST HOTEL		Copper Mountain Inn & Suites, 169 BC-3, Princeton, BC VOX 1W0					
DINNER		Royal Canadian Legion Branch 56 , 170 Bridge St, Princeton, BC VOX 1W0					

TOTAL DAILY KM: 560 TOTAL DAILY MILES: 348
TOTAL RIDE KM: 9340 TOTAL RIDE MILES: 5801

Special Notes:



The Rolling Barrage





Coast to Coast Ride To Combat PTSD

Day 21 (Sat. 17 Aug 2024) Princeton BC – Aldergrove BC



Go to Google Maps: <https://maps.app.goo.gl/zaKtfMLCA48R4qsMA>

Daily Stops		
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
• Check In	Chevron - Gas Station, Princeton, BC VOX 1W0	
A. Depart	Chevron - Gas Station, Princeton, BC VOX 1W0	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales and Check-In	
B. Fuel	Esso , Hope, BC VOX 1L2	
• Host Hotel	Best Western Plus Country Meadows Inn , Aldergrove, BC V4W 3E1	
Merch Truck	Merch Truck Will Be at Address Below, Prior to TRB for Sales	
• Dinner	Royal Canadian Legion Branch 265 , Aldergrove, BC V4W 3L1	
Contacts		
Main Point of Contact	Todd Watson	BC@therollingbarrage.com
Sunray	Jim Gordon	Ride.Director@therollingbarrage.com

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							
Location of TRB Merch Truck for Sales and Registration Look for this Symbol 							
Depart	Time	Arrive	Time	Stop Type	Stop Time	KMS	mi
Princeton Chevron – Gas Station, 239 BC-3, Princeton, BC V0X 1W0	Check-In Starts at 11:00			Marshall in Parking Lot Across Street Between A&W and Chevron 			
Chevron – Gas Station, 239 BC-3, Princeton, BC V0X 1W0	12:00	Hope Esso , 19700 Klassen Rd, Hope, BC V0X 1L2	13:30	Fuel Check-In	60 min	136 km	85 mi
Esso, 19700 Klassen Rd, Hope, BC V0X 1L2	14:30	Best Western Plus Country Meadows Inn , 3070 264 St, Aldergrove, BC V4W 3E1	15:40	Final 		100 km	62 mi
HOST HOTEL		Best Western Plus Country Meadows Inn, 3070 264 St, Aldergrove, BC V4W 3E1					
DINNER		Royal Canadian Legion Branch 265 , 26607 Fraser Hwy, Aldergrove, BC V4W 3L1					

TOTAL DAILY KM: 236 TOTAL DAILY MILES: 147
TOTAL RIDE KM: 9576 TOTAL RIDE MILES: 5948

Special Notes: