



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

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