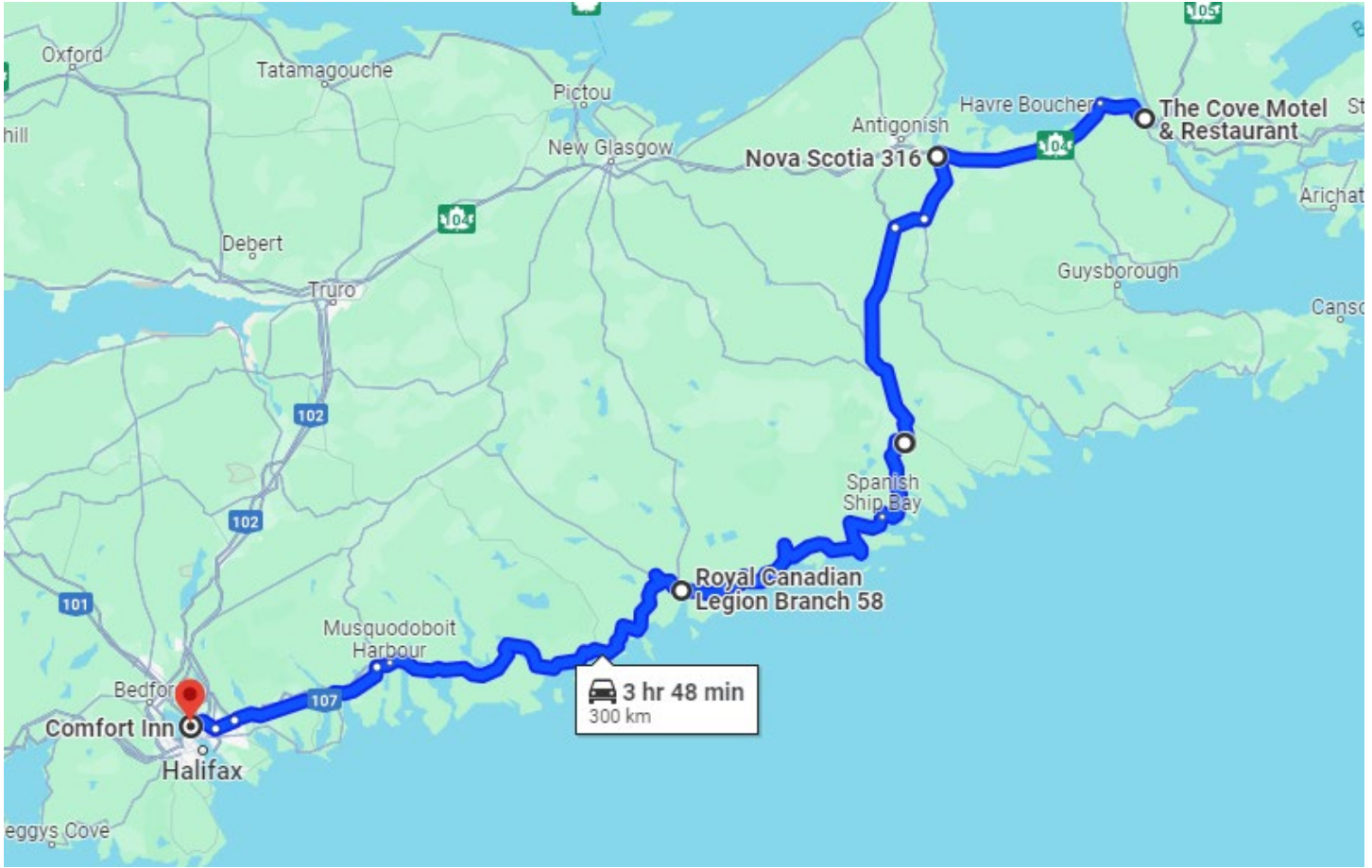




# The Rolling Barrage





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

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
<b>Frankville</b> <a href="#">The Cove Motel</a> & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	<b>Check-In</b> Starts at 08:00						
The Cove Motel & Restaurant, 298 D 31 Rd, Frankville, NS B0H 1K0	09:00	<b>Sherbrooke</b> <a href="#">Sherbrooke Village</a> , 42 Main St, Sherbrooke, NS B0J 3C0	10:15	<b>Historical Check-In</b> 	90 mins	104 km	65 mi
Sherbrooke Village, 42 Main St, Sherbrooke, NS B0J 3C0	11:45	<b>Watt Section</b> <a href="#">Royal Canadian Legion Branch 58</a> , Downstairs, 23566, Nova Scotia Trunk 7, Watt Section, NS B0J 3B0	12:45	<b>Lunch/Fuel on Own Check-In</b> 	120 mins	77 km	48 mi
<b>ALL Bikes Fuel on Own and Return to Legion (Links Below)</b> <a href="#">Church Point Variety</a> , <a href="#">Wilsons Gas</a> , <a href="#">Irving Oil</a>							
Royal Canadian Legion Branch 58, Downstairs, 23566, Nova Scotia Trunk 7, Watt Section, NS B0J 3B0	14:45	<a href="#">Comfort Inn</a> , 456 Windmill Rd, Dartmouth, NS B3A 1J7	16:30	<b>Final</b>		119 km	74 mi
<b>HOST HOTEL</b>		Comfort Inn, 456 Windmill Rd, Dartmouth, NS B3A 1J7					
<b>DINNER</b>		<a href="#">Ship Victory Restaurant &amp; Lounge</a> , 400 Windmill Rd, Dartmouth, NS B3A 1J7		<b>280 m walk from hotel</b>			

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

**Special Notes:**