



# Avery's Ride for PKU

## Route & Schedule

January 31, 2014 – organization version

### British Columbia

Sat, June 7	RIDE START: Victoria to Vancouver – 110km	
Sun, June 8	Vancouver to Hope - 153km	
Mon, June 9	Hope to Merritt - 121km	
Tue, June 10	Merritt to Kamloops - 86km	
Wed, June 11	Kamloops to Salmon Arm - 107km	
Thu, June 12	Salmon Arm to Revelstoke - 105km	
Fri, June 13	Revelstoke To Golden - 148km	
Sat, June 14	<b>Rest Day in Golden</b> (drive to Cranbrook)	
Sun, June 15	Cranbrook to Sparwood - 121km	Total so far: 951 km

### Alberta

Mon, June 16	Sparwood to Claresholm, AB - 144km	
Tue, June 17	Claresholm to Calgary - 127km	
Wed, June 18	<b>Rest Day in Calgary</b> (drive to an event in Edmonton)	
Thu, June 19	Edmonton to Vegreville - 119km	
Fri, June 20	Vegreville to Lloydminster - 147km	Total so far: 1,488 km

### Saskatchewan

Sat, June 21	Lloydminster to North Battleford , SK - 138km	
Sun, June 22	North Battleford to Saskatoon - 138km	
Mon, June 23	<b>Rest Day in Saskatoon</b>	
Tues, June 24	Saskatoon to Davidson - 137km	
Wed, June 25	Davidson to Regina - 147km	
Thu, June 26	Regina to Grenfell I- 137km	
Fri, June 27	Grenfell to Moosomin - 118km	Total so far: 2,303 km

### Manitoba

Sat, June 28	Moosomin to Brandon, MB - 145km	
Sun, June 29	Brandon to Portage La Prairie - 128km	
Mon, June 30	Portage La Prairie to Winnipeg - 100km	
Tues, July 1	<b>Rest Day in Winnipeg</b>	
Wed, July 2	Winnipeg to Prawda - 132km	Total so far: 2,808 km





### Northern Ontario

Thu, July 3	Prawda to Kenora, ON - 121km
Fri, July 4	Kenora to Dryden - 139km
Sat, July 5	Dryden to Ignace - 106km
Sun, July 6	Ignace to Upsala - 106km
Mon, July 7	Upsala to Thunder Bay - 137km
Tues, July 8	Thunder Bay to Nipigon - 113km
Wed, July 9	Nipigon to Terrace Bay - 105km
Thu, July 10	Terrace Bay to Marathon - 82km
Fri, July 11	<b>Rest Day in Marathon</b>
Sat, July 12	Marathon to Wawa - 187km
Sun, July 13	Wawa to Batchawana Bay - 168km
Mon, July 14	Batchawana Bay to Sault Ste. Marie - 73km
Tues, July 15	Sault Ste. Marie to Blind River - 143km
Wed, July 16	Blind River to Espanola - 100km
Thu, July 17	Espanola to South Bay Mouth - 100km
Fri, July 18	<b>Rest day (ferry to Tobermory)</b>

Total so far: 4,408 km

### Southern Ontario

Sat, July 19	Tobermory to Port Elgin - 114km
Sun, July 20	Port Elgin to Palmerston - 89km
Mon, July 21	Palmerston to London - 120km
Tues, July 22	London to Kitchener - 97km
Wed, July 23	<b>Rest Day in Kitchener</b>
Thu, July 24	Kitchener to Hamilton - 61km
Fri, July 25	Hamilton to Toronto - 71km
Sat, July 26	Toronto to Peterborough - 135km
Sun, July 27	Peterborough to Belleville - 100km
Mon, July 28	Belleville to Kingston - 77km
Tues, July 29	Kingston to Ottawa - 170km
Wed, July 30	<b>Rest Day in Ottawa</b>
Thu, July 31	Ottawa to Champlain - 104km

Total so far: 5,626 km

### Quebec

Fri, Aug 1	Champlain to Montreal ,QC - 104km
Sat, Aug 2	Montreal to Trois Rivieres - 137km
Sun, Aug 3	Trois Rivieres to Quebec City - 135km
Mon, Aug 4	<b>Rest Day in Quebec City</b>





Tues, Aug 5 Quebec City to St. Pascal - 168 km Total so far: 6,170 km

### New Brunswick

Wed, Aug 6 St. Pascal to Edmunston, NB - 154km  
 Thu, Aug 7 Edmunston to Centreville -146km  
 Fri, Aug 8 Centreville to Fredericton -106km  
 Sat, Aug 9 Fredericton to Moncton - 175km Total so far: 6,751 km

### Prince Edward Island

Sun, Aug 10 Moncton to Borden-Carleton, PE I - 112km  
 Mon, Aug 11 Borden-Carleton to Charlottetown - 53km  
 Tues, Aug 12 **Rest Day** ( drive to Halifax as we are backtracking) Total so far: 6,816 km

### Nova Scotia

Wed, Aug 13 Halifax to New Glasgow - 162km  
 Thu, Aug 14 New Glasgow to Port Hawksberry - 118km  
 Fri, Aug 15 Port Hawksberry to North Sydney - 147km Total so far: 7,243 km

### Newfoundland and Labrador

Sat, Aug 16 Ferry from North Sydney to Argentia, NL  
 Sun, Aug 17 Argentia to St. Johns - 139km – RIDE COMPLETION! **Grand total: 7,382 km**

