



Richard Cannings, MP

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RIDE THE RIDING III *Glenfir to Nakusp - Aug 28 to Sep 03*

Ride along a stretch or join me at a pit stop for refreshments and a chat!!

Itinerary and Meeting Locations

RSVPs Welcome

TUESDAY, AUGUST 28

GLENFIR N. of Naramata
PENTICTON

Cycling
Breakfast

07:00 - 08:00 am
08:00 - 09:00 am

Glenfir KVR Parking Lot
Hideaway Bakery

Naramata to Penticton on KVR
93 Winnipeg St., Penticton

OKANAGAN FALLS

Cycling
Coffee

09:00 - 10:45 am
10:45 - 11:15 am

SS Sicamous
KJ Coffee Bar

Penticton to OK Falls on KVR
5121 9th Ave Hwy 97 OK Falls

OLIVER

Cycling
Lunch

11:15 - 01:00 pm
01:00 - 02:00 pm

KJ Coffee Bar
Medici's

OK Falls to Oliver - Hwy 97 & Channel
522 Fairview Rd., Oliver

Cycling

02:00 - 04:00 pm

Medici's

Oliver to Osoyoos along river channel

WEDNESDAY, AUGUST 29

BIG WHITE

Breakfast

07:00 - 08:00 am

Community Breakfast

The Globe, 5375 Big White Rd

BEAVERDELL

Cycling

08:30 - 12:30 pm

KVR @ FSR 201

East of McCulloch to Beaverdell

Lunch

12:30 - 01:30 pm

Red Rock Garage

5842 Hwy 33, Beaverdell

Cycling

01:30 - 05:30 pm

KVR Kiosk, Beaverdell

Beaverdell to Rock Creek on KVR

THURSDAY, AUGUST 30

MIDWAY

Breakfast

07:00 - 08:00 am

Mile O Motel & Restaurant

622 Palmerston, Midway

GREENWOOD

Cycling

08:00 - 10:00 am

Kettle Valley Museum

Midway to Greenwood

Coffee

10:00 - 10:30 pm

Copper Eagle

325 S. Copper St., Greenwood

GRAND FORKS

Cycling

10:30 - 12:30 pm

Eholt KVR Parking Lot

Eholt to Grand Forks on KVR

Lunch

12:30 - 01:30 pm

Wooden Spoon Bistro

7457 3rd St., Grand Forks

Cycling

01:30 - 03:30 pm

West end 68 Ave Bridge

Grand Forks to Cascade on KVR

FRIDAY, AUGUST 31

CHRISTINA LAKE
ROSSLAND
TRAIL
CASTLEGAR

Breakfast

07:00 - 08:00 am

Lisa's Bistro

1675 Hwy 3, Christina Lake

Lunch

12:30 - 01:30 pm

Alpine Grind

2104 Columbia Ave., Rossland

Coffee

02:30 - 15:00 pm

Bridge View Café

112-1290 Esplanade Ave., Trail

Pub Night

08:00 - 10:00 pm

Lion's Head Pub

2629 Broadwater Rd., Robson

SATURDAY, SEPTEMBER 01

NAKUSP

Breakfast

07:00 - 08:00 am

Broadway Deli Bistro

408 Broadway St. W., Nakusp

Cycling

08:00 - 10:15 am

Carson's Corner

Nakusp to Summit Lake

Cycling

10:15 - 12:45 pm

Trail crossing Hwy 6

S. end Summit Lake to Silverton

Lunch

12:45 - 02:00 pm

Silverton Camp Café

206 Lake Ave., Silverton

SILVERTON

SUNDAY, SEPTEMBER 02

SLOCAN

Breakfast

08:00 - 09:00 pm

Harold Street Café

717 Harold St., Slocan

Cycling

09:00 - 10:30 am

Boat Launch Trailhead

Slocan to Winlaw

WINLAW

Coffee

10:30 - 11:00 am

Sleep Is For Sissies

5622 Hwy 6, Winlaw

Cycling

11:00 - 01:00 pm

Sleep Is For Sissies

Winlaw to Crescent Valley

CRESCENT VALLEY

Lunch

01:00 - 02:00 pm

Frog Peak Café

1418 Hwy 6, Crescent Valley

MONDAY, SEPTEMBER 03

PENTICTON Labour Day Pub Night **06:00 - 08:00 pm**

The Barking Parrot Bar

21 Lakeshore Dr. W., Penticton