

**OUT OF THE SHADOWS TOUR 2010**  
**TENTATIVE CYCLING ITINERARY**

PLEASE NOTE:

- ALL DATES ARE TENTATIVE, THERE ARE MANY FACTORS THAT COULD CAUSE A DEVIATION
- TOUR BLOG AT [WWW.OUTOFTHESHADOWSTOUR.CA](http://WWW.OUTOFTHESHADOWSTOUR.CA) WILL CONTAIN THE MOST UP-TO-DATE INFORMATION
- TOUR WILL ATTEMPT TO VISIT POST OFFICES IN THE CITIES LISTED BELOW, WHERE AND WHEN POSSIBLE
- PLEASE NOTE THIS IS A 'LINE OF TRAVEL' ITINERARY, OTHER CITIES WILL BE BIKED THROUGH

<b>DATE</b>	<b>CITY</b>
JUNE 2	PARKSVILLE, BC
JUNE 3	CAPILANO, BC BURNABY, BC COQUITLAM, BC PORT COQUITLAM, BC PITT MEADOWS, BC MAPLE RIDGE, BC HANEY, BC LANGLEY, BC WHONNOCK, BC MISSION, BC
JUNE 4	DEWDNEY, BC AGASSIZ, BC HOPE, BC
JUNE 5	MANNING, BC
JUNE 6	PRINCETON, BC
JUNE 7	KEREMEOS, BC PENTICTON, BC
JUNE 8	SUMMERLAND, BC

	PEACHLAND, BC WEST BANK, BC KELOWNA, BC
JUNE 9 – REST DAY	
JUNE 10	VERNON, BC
JUNE 11 – REST DAY	
JUNE 12 – REST DAY	
JUNE 13	VERNON, BC COLDSTREAM, BC LAVINGTON, BC LUMBY, BC CHERRYVILLE, BC NEEDLES, BC FAQUEIR, BC BROADWATER, BC
JUNE 14	NAKUSP, BC NEW DENVER, BC
JUNE 15	KASLO, BC AINSWORTH HOT SPRINGS, BC
JUNE 16	PROCTOR KOOTENAY BAY, BC CRAWFORD BAY, BC GREY CREEK, BC BOSWELL, BC SANCA, BC KUSKONOOK, BC CRESTON, BC
JUNE 17	CRANBROOK, BC
JUNE 18	KIMBERLY, BC
JUNE 19 – REST DAY	
JUNE 20 – REST DAY	
JUNE 21	CANAL FLATS, BC

	FAIRMONT HOT SPRINGS, BC
JUNE 22	WINDERMERE, BC RADIUM HOT SPRINGS, BC
JUNE 23 – REST DAY	
JUNE 24	BANFF, AB
JUNE 25	CANMORE, AB KANANASKIS, AB COCHRANE, AB
JUNE 26	CALGARY, AB
JUNE 27 – REST DAY	
JUNE 28	HIGH RIVER, AB FORT MCLEOD, AB LETHBRIDGE, AB
JUNE 29	TABER, AB MEDICINE HAT, AB
JUNE 30	SWIFT CURRENT, SK
JULY 1 – REST DAY	
JULY 2	ROSENHOF, SK NEIDPATH, SK HALLOQUIST, SK KELSTERN, SK SHAMROCK, SK TREWDALE, SK COURRAL, SK OLD WIVES, SK LILLESTRON, SK MOOSE JAW, SK
JULY 3	REGINA
JULY 4 – REST DAY	
JULY 5	FORT QU'APPELLE, SK
JULY 6	BELCARRES, SK MELVILLE, SK

	CHURCHBRIDGE, SK
JULY 7	LANGENBURG, SK RUSSELL, SK BINSCARTH, MB SHOAL LAKE, MB
JULY 8	MINNEDOSA, MB NEEPEWA, MB GLADSTONE, MB
JULY 9	WOODSIDE, MB WESTBOURNE, MB LONGBURN, MB FULTON, MB OAKLAND, MB PORTAGE LA PRAIRIE, MB
JULY 10 – REST DAY	
JULY 11 – REST DAY	
JULY 12	HIGH BLUFF, MB POPLAR POINT, MB PIGEON LAKE, MB ST. FRANCOIS XAVIER, MB
JULY 13	WINNIPEG, MB
JULY 14	ANOLA, MB VIVIAN, MB NOURSE, MB STE. RITA, MB CONTOUR, MB STONEY HILL, MB ELMA, MB RENNIE, MB TELFORD, MB WEST HAWK LAKE, MB

JULY 15	KENORA, ON
JULY 16	SIOUX ARROWS, ON
JULY 17	FORT FRANCES, ON
JULY 18 – REST DAY	
JULY 19	FORT FRANCES, ON MINE CENTRE, ON
JULY 20	KASHABOWIE, ON
JULY 21	THUNDER BAY, ON
JULY 22	NIPIGON, ON
JULY 23	TERRACE BAY, ON
JULY 24	MARATHON, ON
JULY 25 – REST DAY	
JULY 26	WHITE RIVER, ON
JULY 27	MICHIPICOTEN, ON
JULY 28	MONTREAL RIVER HARBOUR
JULY 29	SAULT STE MARIE, ON
JULY 30	ALGOMA MILLS, ON
JULY 31 – REST DAY	
AUGUST 1 – REST DAY	
AUGUST 2	LITTLE CURRENT, ON
AUGUST 3	SOUTH BAYMOUTH, ON TOBERMORY, ON
AUGUST 4	SOUTHAMPTON, ON PORT ELGIN, ON KINCARDINE, ON
AUGUST 5	GODERICH, ON CLINTON, ON SEAFORTH, ON MITCHELL, ON STRATFORD, ON
AUGUST 6	NEW HAMBURG, ON KITCHENER, ON

	CAMBRIDGE, ON DUNDAS, ON HAMILTON, ON
AUGUST 7	BURLINGTON, ON OAKVILLE, ON
AUGUST 8 – REST DAY	
AUGUST 9	CLARKSON, ON PORT CREDIT, ON TORONTO, ON
AUGUST 10	OSHAWA, ON PORT HOPE, ON GRAFTON, ON COLBORNE, ON BRIGHTON, ON TRENTON, ON
AUGUST 11	BELLEVILLE, ON PLAINFIELD, ON ROSLIN, ON THOMASBURG, ON KALADAR, ON TWEED, ON MABERLY, ON
AUGUST 12	OTTAWA
AUGUST 13 – REST DAY	
AUGUST 14 – REST DAY	
AUGUST 15 – REST DAY	
AUGUST 16	MASSON-ANGERS, QC LOCAHABER, QC PLAISANCE, QC PAPINEAUVILLE, QC MONTEBELLO, QC POINTE AU CHENE, QC

	CALUMET, QC GRENVILLE SUR LA ROUGE, QC
AUGUST 17	ST. ANDRE D'ARGENTEUIL, QC ST. PLACIDE, QC OKA, QC ST. MARTHE SUR LE LAC, QC DEUX MONTAGNES, QC ST. EUSTACHE, QC MONTREAL, QC
AUGUST 18	ST. SULPICE, QC LAVALTRIE, QC LANORIE, QC POINT DU LAC, QC
AUGUST 19	QUEBEC CITY, QC
AUGUST 20 – REST DAY	
AUGUST 21 – REST DAY	
AUGUST 22 – REST DAY	
AUGUST 23	ST. GERMAIN, QC
AUGUST 24	ST. ANDRE DE KAMOURASKA, QC ST. ANDRE, QC SAINTE-ALEXANDRE-DE-KAMOURASKA, QC LAC BAKER, NB
AUGUST 25	PERTH ANDOVER, NB BATH, NB
AUGUST 26	PEEL, NB COLDSTREAM, NB CARLISLE, NB CLOVERDALE, NB BRIGHT, NB DOUGLAS, NB FREDERICTON, NB
AUGUST 27	MONCTON, NB

AUGUST 28	CHARLOTTETOWN, PE
AUGUST 29 – REST DAY	
AUGUST 30	HALIFAX, NS
AUGUST 31	HAVRE BOUCHER, NS
SEPTEMBER 1	BADDECK, NS
SEPTEMBER 2	SYDNEY, NS
SEPTEMBER 3	ARGENTIA, NL ST. JOHN'S, NL
SEPTEMBER 4 - REST DAY	
SEPTEMBER 5 - REST DAY	
SEPTEMBER 6	ARGENTIA, NL SYDNEY, NS
SEPTEMBER 7	SYDNEY, NS - COMMENCE CABOT TRAIL
SEPTEMBER 8	CABOT TRAIL
SEPTEMBER 9	NEILS HARBOUR, NS – <b>TOUR COMPLETE!</b>
SEPTEMBER 10 - REST DAY	
SEPTEMBER 11	COMMENCE DRIVE TO OTTAWA
SEPTEMBER 15	ARRIVE OTTAWA – PRESENT TOUR LEDGER TO CANADA POST FOUNDATION FOR MENTAL HEALTH
SEPTEMBER 16	DEPART OTTAWA FOR RETURN DRIVE TO PARKSVILLE, BC
SEPTEMBER 26	ARRIVE PARKSVILLE, BC – <b>HOME!</b>