

Bishop Rob's Pedalling Pilgrimage of Prayer – FINAL Itinerary (May 27/16)

Day/date	Journey from/to	distance	Time cycle
Saturday 23 rd July	Ride from Alberta border to Maple Creek <i>Overnight then drive to Cypress Hills</i>	(48k) 48k	2 hours
Sunday 24 th July	8am Camp Harding Cypress Hills. Breakfast and Prayers. Ride to St Mary's Maple Creek for HC @ 11am (36k) From #1 ride to Tompkins - Supper & Gospel Jamboree (59k)	95k	5 hours
Monday 25 th	8am to Gull lake - Morning Prayer at 9.30am (brunch) Ride to Swift Current – evening Gospel Jamboree	(26k) (55k)	81k 4 hours
Tuesday 26 th	8am morning prayer and breakfast Ride to Chaplain	(87k) 87k	5 hours
Wednesday 27 th	7am ride to Moose Jaw Supper and Evening praise Moose Jaw	(85k) 85k	5 hours
Thursday 28 th	8am Morning prayer and breakfast Moose Jaw Lunch, prayers <i>and massage</i> at All Saints, Pense Prayer St Cuthbert's House Regina	(39k) (32k)	71k 4 hours
Friday 29 th	DAY OFF		
Saturday 30 th	8am morning prayer and snacks at St Philip, Regina 9.30 – Sharing and Prayers St Matthew, Regina 10.15 – Sharing and Prayers Cathedral 11.15 – Sharing, Prayers and refreshment St James 12 noon – Sharing and Prayers at St Mary's 12.40 – lunch, sharing and Prayers at St Luke's 1.30 - Sharing and Prayers at All Saints, Regina 2.30 – Refreshments	6.0K 2.5K 6.5K 3.5K 2.0K 3.0K 6.5k 30k	22mins 9 mins 25 mins 15 mins 8 mins 12 mins 25 mins
	Ride continues	46k 76k	4 hours
Sunday 31 st	Ride to Qu'Appelle 10am Eucharist & lunch (inc Mclean/Vernon congregations (18k) 6pm Supper and Evening Praise Grenfell	(75k) 93k	5 hours
Monday 1 st Aug	11am prayer & brunch St Mary's Whitewood Ride to Manitoba border via Fleming 6pm Celebration Eucharist and Supper Moosomin	(50k) (76k)	126k 6 hours
4 regions - 17 parishes - 19 churches – 1 camp – 1 province		@	<u>762k 40 hours</u>