

25th Anniversary
Rick Hansen
Relay



Presenting Partners

August 24, 2011 - May 22, 2012

Relay Route

Vancouver BC

St John's NL

* Information subject to change



National capital



Provincial and territorial capitals

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Capital and Major Cities

- St. John's** – August 24, 2011
- Halifax** – September 15, 2011
- Charlottetown** – September 22, 2011
- Fredericton** – October 6, 2011
- Quebec City** – October 15, 2011
- Montreal** – October 21, 2011
- Ottawa** – October 26, 2011
- Toronto** – November 5, 2011
- Winnipeg** – January 21, 2012
- Iquluit*** – January 23, 2012
- Regina** – February 5, 2012
- Edmonton** – March 8, 2012
- Whitehorse*** – March 10/11, 2012
- Yellowknife*** – March 13/14, 2012
- Victoria*** – May 1, 2012
- Vancouver** – May 21, 2012

Region 1

**Newfoundland and Labrador
August 24 to September 8, 2011**

- Cape Spear
- St. John's
- Mount Pearl
- Paradise
- Topsail
- Chamberlains
- Manuels
- Conception Bay South
- Kelligrews
- Holyrood
- Clarenville
- Port Blandford
- Terra Nova National Park
- Traytown
- Glovertown
- Gambo
- CFB/BFC Gander
- Gander
- Glenwood
- Bishop's Falls
- Grand Falls-Windsor
- Badger
- South Brook
- Springdale
- Deer Lake
- Pasadena
- Steady Brook
- Corner Brook
- Stephenville

- Stephenville Crossing
- St. George's
- Channel-Port aux Basques

Nova Scotia

September 8 to 21, 2011

- Sydney Mines
- North Sydney
- Sydney
- Chapel Island 5 (FN/PN)
- St. Peter's
- Louisdale
- Evanston
- Port Hawkesbury
- Port Hastings
- Tracadie
- Paq'tnkek (FN/PN)
- Antigonish
- Sherbrooke
- Liscomb
- Marie Joseph
- Moser River
- Port Dufferin
- Sheet Harbour
- Musquodoboit Harbour
- Gaetz Brook
- Porters Lake
- Cole Harbour
- Dartmouth
- Halifax
- CFB/BFC Halifax
- Bedford

- Sackville
- Wellington
- Enfield
- Elmsdale
- Lantz
- Milford Station
- Shubenacadie
- Stewiacke
- Brookfield
- Hilden
- Millbrook (FN/PN)
- Truro
- Bible Hill
- Westville
- Stellarton
- New Glasgow
- Trenton
- Pictou

Prince Edward Island

September 21 to 27, 2011

- Wood Islands
- Murray River
- Montague
- Cardigan
- St. Peter's Bay
- Morell
- Mount Stewart
- Scotchfort (FN/PN)
- Charlottetown
- Winsloe
- Hunter River

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FN/PN: First Nations/ Premières Nations

CFB/BFC: Canadian Forces Base / la Base des Forces Canadiennes



Kensington
Sherbrooke
Summerside
Bedeque
Borden-Carleton

New Brunswick

September 27 to October 11, 2011

Port Elgin
Cap-Pelé
Shediac
Dieppe
Moncton
Riverview
Salisbury
Petitcodiac
Sussex Corner
Sussex
Norton
Hampton
Quispamsis
Rothesay
Renforth
Saint John
Grand Bay-Westfield
Welsford
Oromocto (FN/PN)
Oromocto
CFB/BFC Gagetown
Lincoln
St. Mary's
Fredericton
Kingsclear (FN/PN)

Bulls Creek
Woodstock (FN/PN)
Woodstock
Upper Woodstock
Victoria Corner
Somerville
Hartland
Riverbank
Florenceville-Bristol
Centreville
Perth-Andover
Aroostook
Grand-Sault/Grand Falls
Saint-André
Saint-Léonard
Sainte-Anne-de-Madawaska
Rivière-Verte
Saint-Basile
Madawaska (FN/PN)
Edmundston
Saint-Jacques

Quebec

October 11 to 26, 2011

Dégelis
Notre-Dame-du-Lac
Cabano
Saint-Louis-du-Ha! Ha!
Rivière-du-Loup
Saint-Pascal
Saint-Pacôme
La Pocatière

Saint-Roch des Aulnaies
Saint-Jean-Port-Joli
L'Islet
Cap-Saint-Ignace
Montmagny
Berthier-sur-Mer
Saint-Vallier
Saint-Michel-de-Bellechasse
Beaumont
Lévis
Saint-Romuald
Ville de Québec
Sainte-Foy-Sillery
Cap-Rouge
Neuville
Donnacona
Cap-Santé
Portneuf
Deschambault-Grondines
Sainte-Anne-de-la-Pérade
Batiscan
Champlain
Trois-Rivières
Yamachiche
Louiseville
Maskinongé
Berthierville
Lavaltrie
Saint-Sulpice
Pointe-aux-Trembles
Montreal Est
Montréal
Mont-Royal

Laval
Rosemère
Sainte-Thérèse
Blainville
Mirabel
Saint-Jérôme
Lachute
Grenville
Montebello
Papineauville
Plaisance
Thurso
Masson-Angers
Gatineau
Hull

Region 2

Ontario

October 26, 2011 to January 16, 2012

Ottawa
Nepean
Kanata
Stittsville
Carleton Place
Smiths Falls
Portland
Elgin
Seeley's Bay
CFB/BFC Kingston
Kingston
Odessa
Napanee

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Deseronto
 Tyendinaga (FN/PN)
 Belleville
 CFB/BFC Trenton
 Trenton
 Brighton
 Colborne
 Grafton
 Cobourg
 Port Hope
 Newtonville
 Newcastle
 Bowmanville
 Courtice
 Oshawa
 Whitby
 Ajax
 Pickering
 Toronto
 Rexdale
 Malton
 Brampton
 Mississauga
 Port Credit
 Clarkson
 Oakville
 Burlington
 Hamilton
 Stoney Creek
 Fruitland
 Winona
 Grimsby
 Beamsville

St. Catharines
 Thorold
 Niagara Falls
 Chippawa
 Fort Erie
 Ridgeway
 Crystal Beach
 Port Colborne
 Wainfleet
 Dunnville
 Cayuga
 Jarvis
 Port Dover
 Simcoe
 Delhi
 Courtland
 Tillsonburg
 Aylmer
 St. Thomas
 Fingal
 Shedden
 Wallacetown
 Morpeth
 Blenheim
 Cedar Springs
 Wheatley
 Leamington
 Ruthven
 Kingsville
 Essex
 LaSalle
 Windsor
 Tecumseh

Lakeshore
 Belle River
 Tilbury
 Chatham-Kent
 Wallaceburg
 Port Lambton
 Sombra
 Courtright
 Mooretown
 Corunna
 Sarnia Indian Reserve (FN/PN)
 Sarnia
 Warwick
 Watford
 Strathroy
 Mount Brydges
 London
 Thamesford
 Ingersoll
 Woodstock
 Paris
 Brantford
 St. George
 Cambridge
 Kitchener
 Waterloo
 St. Jacobs
 Elmira
 Fergus
 Marsville
 Orangeville
 Schomberg
 Aurora

Sharon
 East Gwillimbury
 Holland Landing
 Bradford
 Stroud
 Barrie
 Hawkestone
 Orillia
 Warminster
 Coldwater
 Waubauskene
 Parry Sound
 Nobel
 Sudbury
 Walden
 Lively
 Espanola
 Webbwood
 Massey
 Spanish
 Serpent River (FN/PN)
 Blind River
 Mississauga (FN/PN)
 Iron Bridge
 Thessalon
 Bruce Mines
 Echo Bay
 Garden River (FN/PN)
 Sault Ste. Marie
 Wawa
 White River
 Marathon
 Terrace Bay

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Schreiber
Rossport
Nipigon
Terry Fox Monument
Thunder Bay
Fort William (FN/PN)
Kakabeka Falls
Upsala
Ignace
Wabigoon
Dryden
Vermilion Bay
Jaffray Melick
Kenora
Keewatin

Region 3

Manitoba

January 16 to February 1, 2012

Richer
Ste. Anne
Île des Chênes
Winnipeg
Headingley
Elie
Oakville
Portage la Prairie
MacGregor
Austin
Sidney
Carberry
CFB/BFC Shilo

Brandon
Alexander
Oak Lake
Virden
Elkhorn

Saskatchewan

February 1 to 15, 2012

Fleming
Moosomin
Wapella
Whitewood
Broadview
Grenfell
Wolseley
Sintaluta
Indian Head
Qu'Appelle
McLean
White City
Regina
CFB/BFC Moose Jaw
Moose Jaw
Caronport
Mortlach
Chaplin
Morse
Herbert
Rush Lake
Waldeck
Swift Current
Gull Lake

Tompkins
Maple Creek

Alberta

February 15 to March 19, 2012

Irvine
Dunmore
Medicine Hat
Seven Persons
Bow Island
Grassy Lake
Taber
Coaldale
Lethbridge
Coalhurst
Monarch
Fort Macleod
Granum
Claresholm
Stavelly
Nanton
High River
Okotoks
Calgary
Airdrie
Crossfield
Carstairs
Didsbury
Olds
Bowden
Innisfail
Penhold

Red Deer
Blackfalds
Lacombe
Ponoka
Hobbema (FN/PN)
Wetaskiwin
Millet
Leduc
Beaumont
Edmonton
St. Albert
Spruce Grove
CFB/BFC Edmonton
Stony Plain (FN/PN)
Stony Plain
Wabamun
Entwistle
Evansburg
Wildwood
Edson
Marlboro
Hinton
Jasper

Region 4

British Columbia

March 19 to May 22, 2012

Tête Jaune Cache
Valemount
McBride
Prince George
Hixon

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Strathnaver
 Cinema
 Quesnel
 Kersley
 Esdilagh (FN/PN)
 McLeese lake
 Soda Creek (FN/PN)
 Williams Lake
 T'exelc
 150 Mile House
 Windy Mouth (FN/PN)
 Lac la Hache
 108 Mile Ranch
 100 Mile House
 70 Mile House
 Clinton
 Painted Hills
 Bonaparte (FN/PN)
 Cache Creek
 Skeetchestn (FN/PN)
 Savona
 Kamloops
 Monte Creek
 Falkland
 Okanagan (FN/PN)
 Lake Okanagan
 Vernon
 Harris (FN/PN)
 Spallumcheen
 Armstrong
 Enderby (FN/PN)

Enderby
 Grindrod
 Salmon Arm
 Canoe
 Sicamous
 Malakwa
 Taft
 Revelstoke
 Glacier National Park
 Donald Station
 Blaeberry
 Golden
 Parson
 Spillimacheen
 Brisco
 Edgewater
 Radium Hot Springs
 Shuswap (FN/PN)
 Invermere
 Windermere
 Columbia Lake (FN/PN)
 Fairmont Hot Springs
 Canal Flats
 Skookumchuck
 Kimberley
 Marysville
 Cranbrook
 Moyie
 Yahk
 Kitchener
 Erickson

Creston
 Wynndel
 Crawford Bay
 Kootenay Bay
 Balfour
 Willow Point
 Nelson
 South Slocan
 Robson
 Castlegar
 Genelle
 Trail
 Warfield
 Rossland
 Christina Lake
 Grand Forks
 Greenwood
 Midway
 Rock Creek
 Westbridge
 Beaverdell
 Carmi
 Kelowna
 West Kelowna
 Westbank (FN/PN)
 Peachland
 Summerland
 Penticton
 Kaleden
 Okanagan Falls
 Oliver

Osoyoos
 Osoyoos (FN/PN)
 Cawston
 Keremeos
 Hedley
 Princeton
 Hope
 Seabird Island (FN/PN)
 Agassiz
 Rosedale
 Chilliwack
 CFB/BFC Chilliwack
 Yarrow
 Abbotsford
 Mission
 Maple Ridge
 Pitt Meadows
 Port Coquitlam
 Coquitlam
 Port Moody
 Burnaby
 New Westminster
 Surrey
 Langley
 Peace Arch
 White Rock
 Ladner
 Richmond
 Vancouver

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