| $\rightarrow$ | Old Mill Rd |
| :---: | :---: |
| $0.8 \rightarrow$ | Kingsway |
| $1.2 \longleftarrow$ | King George |
| $2 \quad T$ | Royal York Pass Qew |
| $7.2 \mapsto$ | Murrie <br> Pass Islington <br> Becomes Bimingham |
| 9.5 + | $22^{\text {nd }}$ Street <br> Pass Lakeshore Become $23^{\text {rd }}$ Street |
| $10.7 \rightarrow$ | Lake Promenade to enter Waterfront Trail |
| - | Follow Waterfront Trail west |
| $14.7 \mapsto$ | Haig (at traffic light. Exit trail.) |
| 15.5 + | Atwater |
| $15.7 \longrightarrow$ | Ogden |
| 17 - | Cross QEW on foot bridge |
| $17.1 \mapsto$ | Insley |
| $17.2 \rightarrow$ | Henley |
| 17.4 T | Stanfield |
| $18.5 \longleftarrow$ | Middlegate |
| $19.4 \rightarrow$ | Haines |

Lunch in Tims at Haines and Dundas Continue on Haines (Going North )

| 20.1 T | Rymal |
| :---: | :---: |
| $21 \longmapsto$ | Flagship |
| 22.1 T | Queen Frederica |
| $\begin{aligned} 22.3 & \longleftrightarrow\end{aligned}$ | Enter Applewood trail Cross bridge (beside building) Go north on Applewood trail |
| $24.7 \rightarrow$ | Rathburn Road E (exit trail) Pass Burnamthorpe Becomes Ponytrail |
| 27.8 | Enter Etobicoke Creek trail (around house \#3555) <br> Bear right to stay on trai Cross bridge Keep right going up hill |
| 30.1 T | Centennial Park Blvd (exit Trail) |
| $30.5 \leftharpoonup$ | Rathburn |
| 32.2 + | The West Mall |
| $32.4 \longleftarrow$ | Wellesworth |
| 34.7 ¢ | Inverdon Becomes Rangoon |
| $35.2 \nmid$ | Exit through opening in Fence to Eglinton Trail Follow Eglinton Trail East Pass 427 <br> Pass Kipling Pass Islington Pass Royal York Pass Scarlet |
| $41 \rightarrow$ | Humber Trail |
| $47 \longleftarrow$ | Parking lot |

