| 0. | $\rightarrow$ | Start of route | 0.1 | 0.0 |
| :---: | :---: | :--- | :---: | :---: |
| 1. | $\rightarrow$ | R onto Colborne Lodge <br> Dr | 1.1 | 0.1 |
| 2. | $\rightarrow$R onto Martin Goodman <br> Trail | 1.4 | 1.2 |  |
| 3. | $\uparrow$ | Continue onto Humber <br> Bay Park East Trail | 1.3 | 2.6 |
| 4. | $\leftarrow$L to stay on Humber <br> Bay Park East Trail | 0.2 | 3.9 |  |
| 5. | $\rightarrow$Slight R onto Humber <br> Bay Park West Trail | 0.1 | 4.1 |  |
| 6. | $\rightarrow$R onto Humber Bay <br> Park Rd W | 0.1 | 4.2 |  |
| 7. | $\leftarrow$ | L onto Lake Shore Blvd <br> W | 17.9 | 4.3 |
| 8. | $\leftarrow$ | L onto Southdown Rd S | 1.9 | 22.2 |
| 9. | $\uparrow$ | Continue onto <br> Lakeshore Rd W | 25.3 | 24.2 |
| 10. | $\rightarrow$ | R onto Locust St | 0.2 | 49.5 |
| 11. | $\rightarrow$ | R onto Elgin St | 0.1 | 49.6 |
| 12. | $\rightarrow$ | R onto Brant St | 0.0 | 49.7 |

49.7 kilometers. +69/-89 meters

| 13. | ש | OPTIONAL break at <br> Coffee Culture Cafe and <br> Eatery | 0.1 | 49.8 |
| :---: | :--- | :--- | :--- | :--- |
| 14. | $\rightarrow$ | R onto Lakeshore Rd | 0.7 | 49.9 |
| 15. | $\leftarrow$L to stay on Lakeshore <br> Rd | 0.1 | 50.6 |  |
| 16. | $\rightarrow$R to stay on Lakeshore <br> Rd | 0.0 | 50.8 |  |
| 17. | $\rightarrow$ | R onto Waterfront Trail | 2.5 | 50.8 |
| 18. | $\rightarrow$ | R onto Eastport Dr | 0.5 | 53.3 |
| 19. | $\rightarrow$R toward Breezeway <br> Trail | 0.2 | 53.8 |  |
| 20. | $\rightarrow$ | R onto Breezeway Trail | 2.6 | 54.0 |
| 21. | $\rightarrow$ | R onto Waterfront Trail | 0.1 | 56.6 |
| 22. | $\leftarrow$ | L onto Beach Blvd | 1.9 | 56.7 |
| 23. | $\leftarrow$ | L onto Woodward Ave | 2.3 | 58.6 |
| 24. | $\rightarrow$ | R onto Barton St E | 5.8 | 60.9 |
| 25. | $\leftarrow$ | Slight L to stay on <br> Barton St E | 0.2 | 66.7 |
| 26. | $\rightarrow$ | R onto Smith Ave | 0.0 | 66.9 |
| 27. | $\leftarrow$ | L onto Barton St E | 2.7 | 66.9 |

17.2 kilometers. $+17 /-12$ meters

| 44. | $\uparrow$ | Continue straight onto <br> Burloak Dr | 3.5 | 96.1 |
| :---: | :---: | :--- | :---: | :---: |
| 45. | $\uparrow$ | Continue onto Great <br> Lakes Blvd | 0.7 | 99.5 |
| 46. | $\leftarrow$ | L onto Rebecca St | 5.7 | 100.2 |
| 47. | $\rightarrow$ | R onto Fourth Line | 0.1 | 105.9 |
| 48. | $\leftarrow$ | L onto Lakeshore Rd W | 10.3 | 106.0 |
| 49. | $\uparrow$ | Continue onto <br> Southdown Rd | 1.9 | 116.4 |
| 50. | $\rightarrow$ | R onto Lakeshore Rd W | 2.8 | 118.2 |
| 51. | $\rightarrow$ | R onto Waterfront Trail | 0.0 | 121.1 |
| 52. | $\leftarrow$ | L to stay on Waterfront <br> Trail | 1.4 | 121.1 |
| 53. | $\leftarrow$ | L to stay on Waterfront <br> Trail | 15.8 | 122.5 |
| 54. | $\leftarrow$ | L onto Windermere Ave | 0.3 | 138.2 |
| 55. | $\rightarrow$ | R onto The Queensway | 0.9 | 138.5 |
| 56. | $\leftarrow$ | L onto Colborne Lodge <br> Dr | 0.9 | 139.4 |
| 57. | $\leftarrow$ | L at Centre Rd | 0.1 | 140.3 |
| 58. | $\uparrow$ | End of route | 0.0 | 140.4 |

50.6 kilometers. +87/-126 meters



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