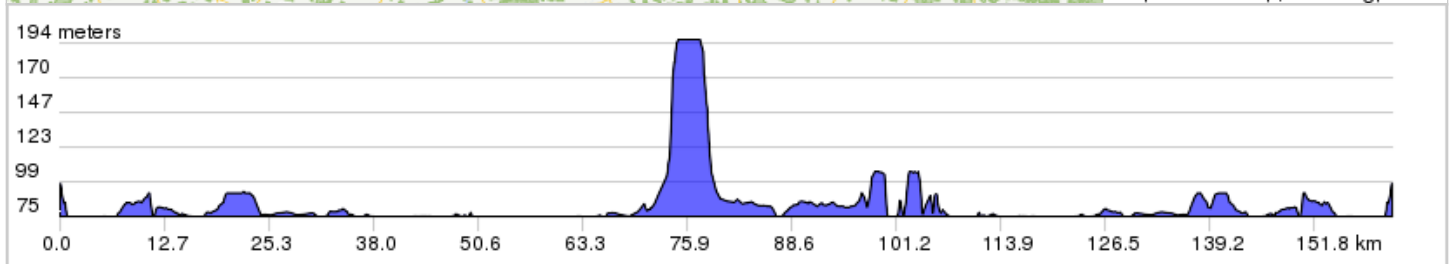
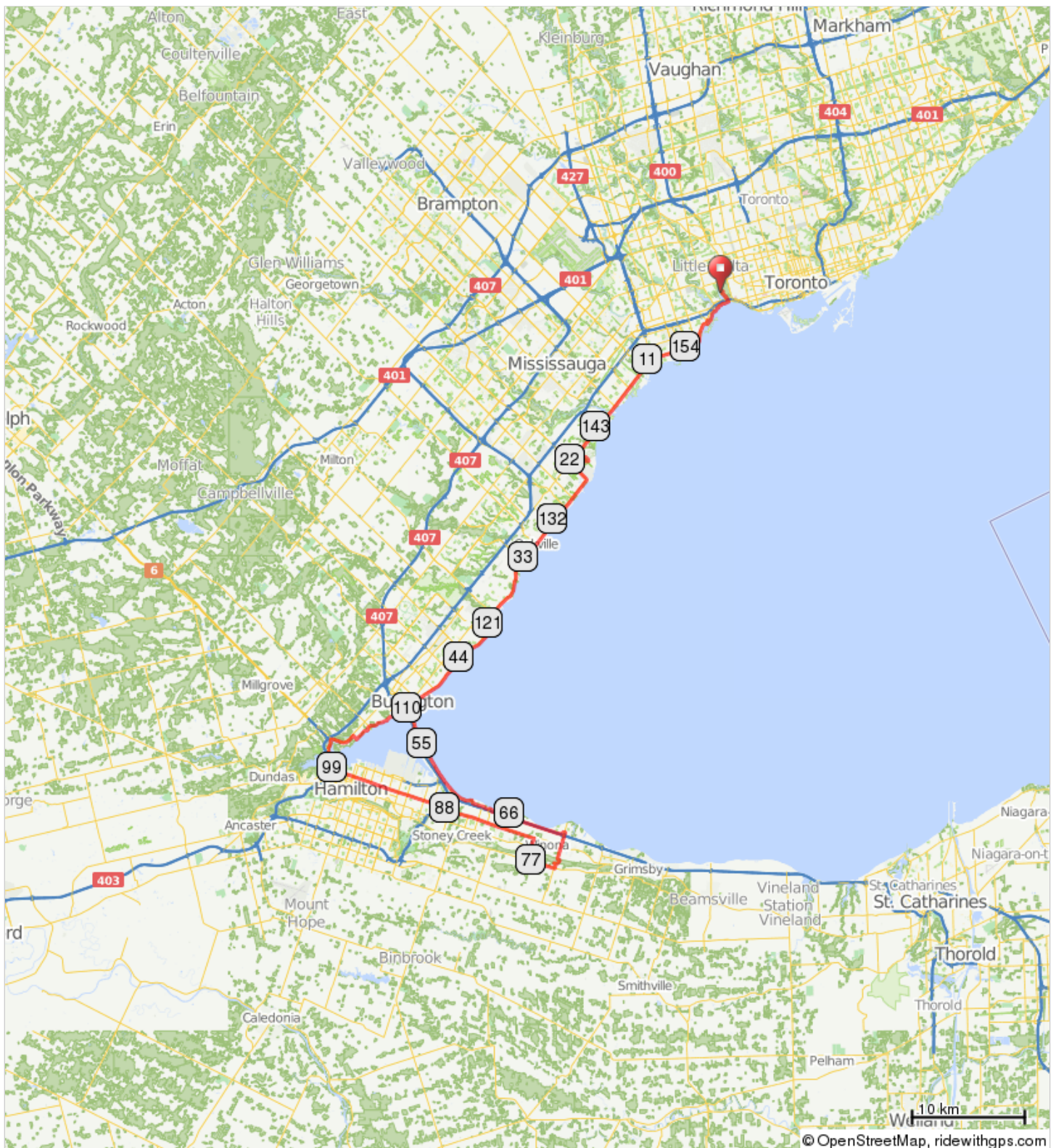


High Park to Hamilton flat Century



High Park to Hamilton flat Century

0.	🚩	Start of route	0.0	0.1
1.	→	R onto Colborne Lodge Dr	0.1	1.1
2.	→	R onto Martin Goodman Trail	1.2	1.4
3.	↑	Continue onto Humber Bay Park East Trail	2.6	1.3
4.	←	L to stay on Humber Bay Park East Trail	3.9	0.2
5.	→	Slight R onto Humber Bay Park West Trail	4.1	0.1
6.	→	R onto Humber Bay Park Rd W	4.2	0.1
7.	←	L onto Lake Shore Blvd W	4.3	12.7
8.	☺	OPTIONAL food break at the Guilty Dog Cafe in the shopping plaza on your R	17.0	5.2
9.	←	L onto Southdown Rd S	22.2	1.9
10.	↑	Continue onto Lakeshore Rd W	24.2	25.3
11.	→	R onto Locust St	49.5	0.2

49.5 kilometers. +67/-89 meters

12.	→	R onto Elgin St	49.6	0.1
13.	→	R onto Brant St	49.7	0.0
14.	☺	OPTIONAL food break at Coffee Culture Cafe.	49.8	0.2
15.	→	R onto Lakeshore Rd	49.9	0.7
16.	←	L to stay on Lakeshore Rd	50.6	2.1
17.	←	L onto Eastport Dr	52.7	0.8
18.	→	R toward Breezeway Trail	53.5	0.2
19.	→	R onto Breezeway Trail	53.7	7.9
20.	→	Slight R to stay on Waterfront Trail	61.6	0.1
21.	←	L onto Breezeway Trail	61.7	0.3
22.	→	R onto Grays Rd	62.0	0.1
23.	←	L onto Frances Ave	62.1	1.0
24.	↑	Continue onto Waterfront Trail	63.1	0.8
25.	→	R onto Millen Rd	63.9	0.1
26.	←	L onto N Service Rd	64.1	1.6

14.6 kilometers. +0/-2 meters

27.	→	Slight R onto Lakeview Dr	65.7	0.2
28.	↑	Continue onto N Service Rd	65.9	5.4
29.	→	R onto Fifty Rd	71.2	3.8
30.	→	R onto Ridge Rd/Regional Rd 425	75.0	2.5
31.	→	R onto 8 Rd E	77.5	0.6
32.	→	8 Rd E turns R and becomes McNeilly Rd	78.1	1.9
33.	←	L onto Barton St	79.9	18.2
34.	←	L onto Locke St N	98.1	0.2
35.	←	L onto York Blvd	98.3	3.4
36.	↑	Continue straight onto Plains Rd W	101.8	2.2
37.	→	R onto North Shore Blvd W	104.0	6.5
38.	←	Slight L onto Lakeshore Rd	110.4	0.6
39.	←	L onto Locust St	111.1	0.2
40.	→	R onto Elgin St	111.2	0.1
41.	→	R onto Brant St	111.3	0.0

47.3 kilometers. +261/-259 meters

42.	☺	LUNCH BREAK at Coffee Culture Cafe & Eatery.	111.4	0.1
43.	←	L onto Lakeshore Rd	111.5	25.2
44.	↑	Continue onto Southdown Rd	136.7	1.1
45.	→	R onto Orr Rd	137.8	1.4
46.	←	L onto Meadow Wood Rd	139.2	1.2
47.	→	R onto Lakeshore Rd W	140.4	3.6
48.	☺	OPTIONAL food break at the Guilty Dog Coffee House at the shopping plaza on the L	144.0	13.4
49.	→	R onto Marine Parade Dr	157.3	0.6
50.	→	R toward Humber Bay Park East Trail	157.9	0.0
51.	←	L onto Humber Bay Park East Trail	158.0	0.8
52.	↑	Continue onto Martin Goodman Trail	158.7	1.4
53.	←	L onto Colborne Lodge Dr	160.1	1.1

48.8 kilometers. +76/-77 meters

54.	←	L at Centre Rd	161.3	0.1
55.	▀	End of route	161.3	0.0

1.2 kilometers. +0/-0 meters
