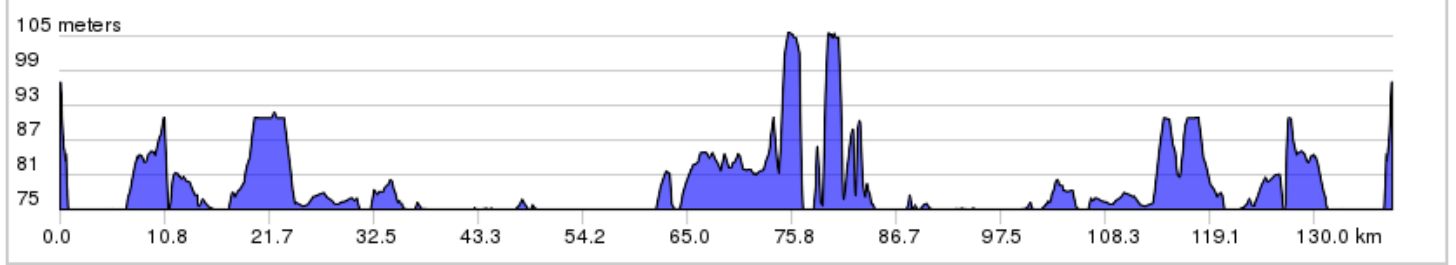


# High Park to Hamilton flat 138 km



High Park to Hamilton flat 138 km

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	12.8
8.	☕	OPTIONAL break at the Guilty Dog Coffee House in the plaza on the R side.	17.1	5.1
9.	←	L onto Southdown Rd S	22.2	1.9
10.	↑	Continue onto Lakeshore Rd W	24.2	25.9
11.	←	L to stay on Lakeshore Rd	50.1	2.1

50.1 kilometers. +67/-89 meters

12.	←	L onto Eastport Dr	52.2	0.8
13.	→	R toward Breezeway Trail	52.9	0.2
14.	→	R onto Breezeway Trail	53.1	7.9
15.	→	Slight R to stay on Waterfront Trail	61.1	0.1
16.	←	L onto Breezeway Trail	61.1	0.3
17.	→	R onto Grays Rd	61.5	1.3
18.	→	R onto Barton St E	62.8	12.1
19.	←	L onto Locke St N	74.9	0.2
20.	←	L onto York Blvd	75.1	3.4
21.	↑	Continue straight onto Plains Rd W	78.5	2.2
22.	→	R onto North Shore Blvd W	80.7	6.5
23.	←	Slight L onto Lakeshore Rd	87.2	0.6
24.	←	L onto Locust St	87.8	0.2
25.	→	R onto Elgin St	88.0	0.1
26.	→	R onto Brant St	88.1	0.0

38.0 kilometers. +131/-129 meters

27.	☕	LUNCH BREAK at Coffee Culture Cafe & Eatery	88.1	0.1
28.	←	L onto Lakeshore Rd	88.3	25.2
29.	↑	Continue onto Southdown Rd	113.5	1.1
30.	→	R onto Orr Rd	114.6	1.4
31.	←	L onto Meadow Wood Rd	115.9	1.2
32.	→	R onto Lakeshore Rd W	117.1	3.8
33.	☕	OPTIONAL break at the Guilty Dog Coffee House in the plaza on the L	120.9	13.2
34.	→	R onto Marine Parade Dr	134.1	0.6
35.	→	R toward Humber Bay Park East Trail	134.7	0.0
36.	←	L onto Humber Bay Park East Trail	134.7	0.8
37.	↑	Continue onto Martin Goodman Trail	135.5	1.4
38.	←	L onto Colborne Lodge Dr	136.9	1.1

48.8 kilometers. +76/-77 meters

39.	←	L at Centre Rd	138.0	0.1
40.	▀	End of route	138.1	0.0

1.2 kilometers. +0/-0 meters