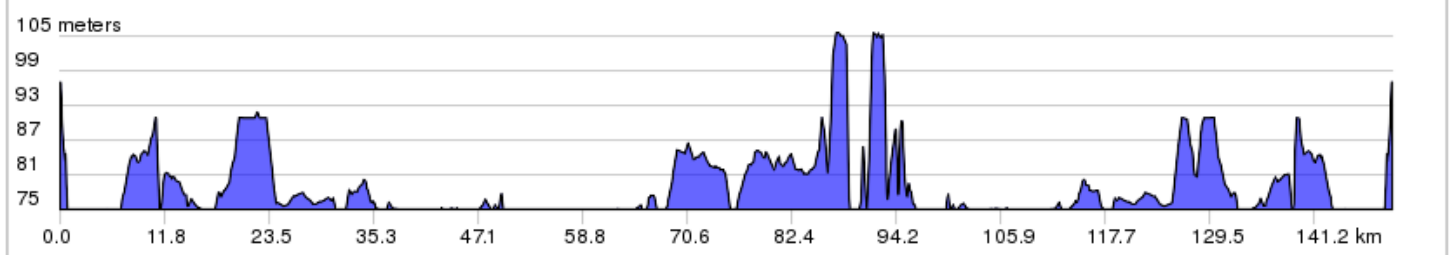


# High Park to Hamilton flat 150 km



High Park to Hamilton flat 150 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 at the R	17.1	5.1
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 on Brant Street.	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	1.0
29.	←	L onto Jones Rd	66.9	0.3
30.	→	R onto Galileo Dr	67.1	0.4
31.	←	L onto Aquamarine Dr	67.6	0.1
32.	→	R onto Watershore Dr	67.6	0.5
33.	→	R onto Glover Rd	68.1	1.4
34.	→	R onto Barton St	69.5	17.3
35.	←	L onto Locke St N	86.8	0.2
36.	←	L onto York Blvd	87.1	3.4
37.	↑	Continue straight onto Plains Rd W	90.5	2.2
38.	→	R onto North Shore Blvd W	92.7	6.5
39.	←	Slight L onto Lakeshore Rd	99.2	0.6
40.	←	L onto Locust St	99.8	0.2
41.	→	R onto Elgin St	100.0	0.1
42.	→	R onto Brant St	100.1	0.0

36.0 kilometers. +143/-141 meters

43.	☕	LUNCH BREAK at Coffee Culture Cafe & Eatery on Brant Street.	100.1	0.1
44.	←	L onto Lakeshore Rd	100.2	25.2
45.	↑	Continue onto Southdown Rd	125.4	1.1
46.	→	R onto Orr Rd	126.5	1.4
47.	←	L onto Meadow Wood Rd	127.9	1.2
48.	→	R onto Lakeshore Rd W	129.1	3.8
49.	☕	OPTIONAL break at the Guilty Dog Coffee House in the plaza to the L	132.9	13.2
50.	→	R onto Marine Parade Dr	146.1	0.6
51.	→	R toward Humber Bay Park East Trail	146.7	0.0
52.	←	L onto Humber Bay Park East Trail	146.7	0.8
53.	↑	Continue onto Martin Goodman Trail	147.5	1.4
54.	←	L onto Colborne Lodge Dr	148.9	1.1

48.8 kilometers. +76/-77 meters

55.	←	L at Centre Rd	150.0	0.1
56.	▀	End of route	150.1	0.0

1.2 kilometers. +0/-0 meters

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