## HIGH PARK TO HUMBER TRAIL AND SUNNYSIDE PAVILION 25 km



| 0. | $\uparrow$ | Start of route | 0.1 | 0.0 |
| :---: | :--- | :--- | :---: | :---: |
| 1. | $\leftarrow$ | L onto Colborne Lodge <br> Dr | 0.9 | 0.1 |
| 2. | $\uparrow$ | Continue onto High <br> Park Ave | 2.7 | 0.9 |
| 3. | $\rightarrow$ | R onto Jane St | 0.0 | 3.7 |
| 4. | $\leftarrow$ | L onto Baby Point Rd | 0.4 | 3.7 |
| 5. | $\rightarrow$ | R onto Humbercrest <br> Blvd | 0.2 | 4.1 |
| 6. | $\leftarrow$ | L onto St Marks Rd | 0.2 | 4.3 |
| 7. | $\uparrow$ | Continue onto Varsity <br> Rd | 0.8 | 4.5 |
| 8. | $\leftarrow$ | L onto Lundy Ave | 0.1 | 5.3 |
| 9. | $\leftarrow$ | L onto Old Dundas St | 0.7 | 5.4 |
| 10. | $\leftarrow$ | L onto bridge, dismount | 1.1 | 6.1 |
| 11. | $\leftarrow$ | L into James Gardens | 0.2 | 7.2 |
| 12. | $\rightarrow$ | R | 0.1 | 7.4 |
| 13. | $\square$ | REGROUP, washroom <br> break. | 0.2 | 7.5 |
| 14. | $\rightarrow$ | R onto path out of <br> parking lot. | 0.2 | 7.7 |

7.7 kilometers. $+35 /-26$ meters

| 30. | $\rightarrow$ | R onto Martin Goodman <br> Trail | 1.6 | 23.2 |
| :---: | :---: | :--- | :--- | :--- |
| 31. | M | End of route | 0.0 | 24.8 |


| 15. | $\rightarrow$ | R towards path through <br> parking lot. | 0.1 | 8.0 |
| :---: | :--- | :--- | :--- | :--- |
| 16. | $\leftarrow$ | L onto trail | 0.8 | 8.0 |
| 17. | $\rightarrow$ | Slight R through barrier <br> towards the underpass | 2.4 | 8.8 |
| 18. | $\uparrow$ | Make a U-turn to go <br> back to the trail. | 2.2 | 11.2 |
| 19. | $\leftarrow$ | Slight L towards <br> underpass | 2.3 | 13.4 |
| 20. | $\rightarrow$ | R toward Old Dundas St | 0.7 | 15.7 |
| 21. | $\leftarrow$ | L onto Old Dundas St | 0.0 | 16.4 |
| 22. | $\rightarrow$ | R onto Lundy Ave | 0.0 | 16.4 |
| 23. | $\rightarrow$ | R onto trail | 2.3 | 16.5 |
| 24. | $\rightarrow$ | R onto Catherine St | 0.2 | 18.8 |
| 25. | $\leftarrow$ | L to enter trail | 1.2 | 19.0 |
| 26. | $\uparrow$ | Continue straight onto <br> Humber Valley Rd | 0.5 | 20.2 |
| 27. | $\leftarrow$ | L onto Riverwood Pkwy | 0.2 | 20.7 |
| 28. | $\rightarrow$ | R onto Stephen Dr | 0.5 | 20.9 |
| 29. | $\leftarrow$ | L at Cloverhill Rd to <br> enter trail | 1.8 | 21.4 |
|  |  | 13.7 kilometers. +72/-90 meters |  |  |



