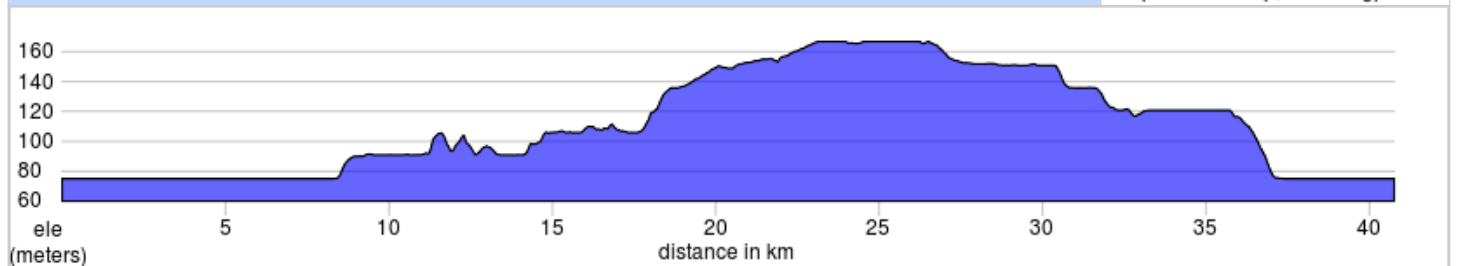
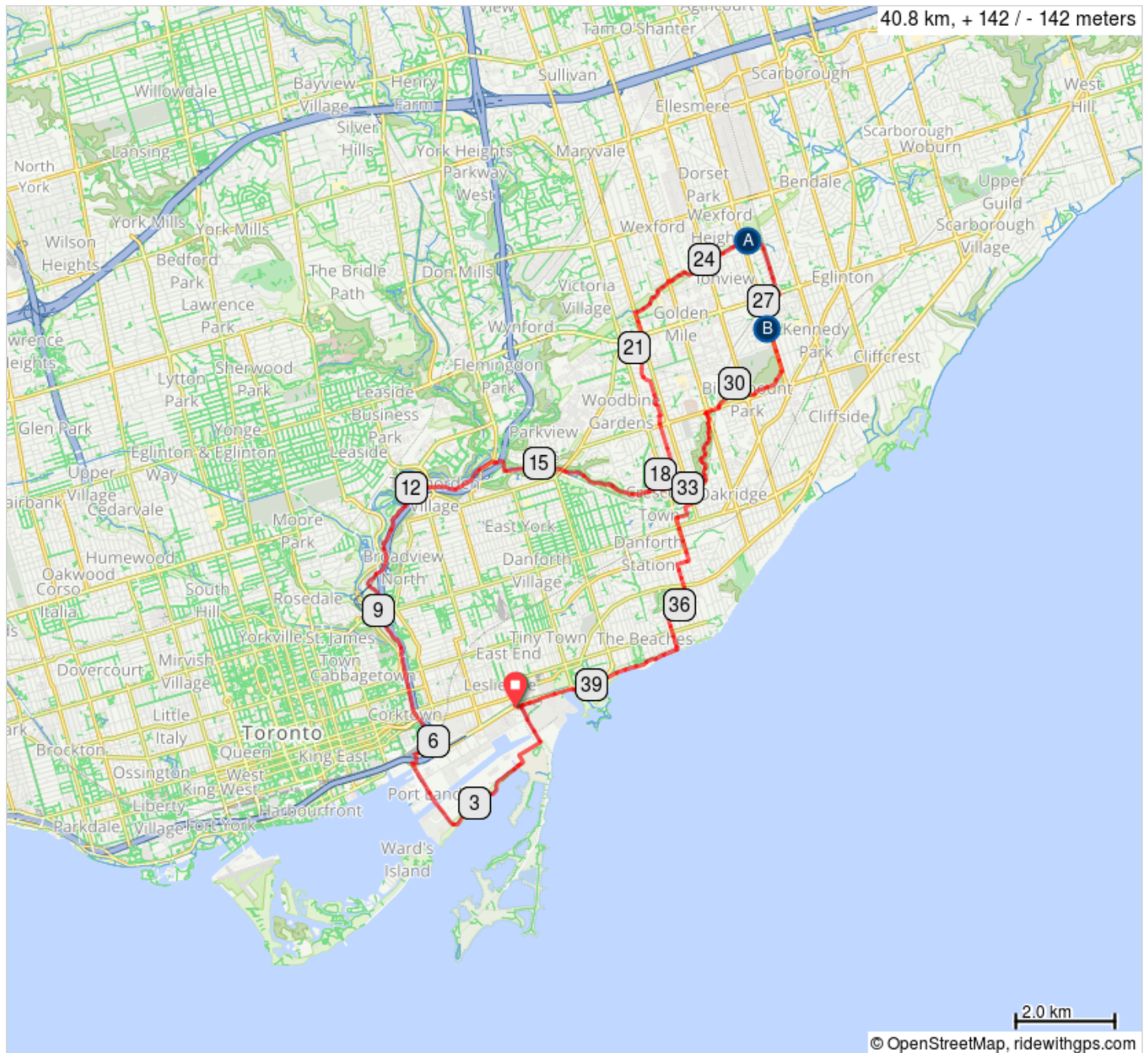


Leslie & Lakeshore to Jack Goodlad Park SMR TBN































A. Jack Goodlad Park





























B. Tim Hortons



Leslie & Lakeshore to Jack Goodlad Park SMR TBN

Dist	Type	Note	Next
0.0		Start of route	0.0
0.0		Straight across Lake Shore Blvd E to the CDN Tire	0.0
0.1		L to cross Leslie St to enter the Martin Goodman Trail	0.1
0.1		R onto Martin Goodman Trail	0.8
1.0		R onto Unwin Ave	0.8
1.8		L toward Waterfront Trail bridge	3.4
5.1		Cross Lake shore, keep R on bike path.	0.3
5.4		R onto Lower Don River Trail/Rte 45	0.5
5.9		Slight L at fork to stay on Lower Don River Trail/Rte 45	4.7
10.6		Carefully cross Pottery Road. Wait for break in traffic.	0.1
10.7		R to stay on Lower Don River Trail/Rte 45	0.0
10.7		Formal regrouping point, wait here for the ride leader.	3.5
14.2		Continue onto Taylor Creek Trail	1.4
15.6		Keep L to stay on Taylor Creek Trail	1.6
17.2		L onto bike trail.	0.5
17.7		L onto hilly path towards Vic. Park.	0.3
18.0		L onto Victoria Park Ave	0.0
18.0		R onto Donside Dr	0.3
18.3		L onto Westbourne Ave	0.8
19.1		Cross St. Clair Ave, and follow path through school and playground.	0.3
19.4		L toward Stamford Square S	0.1
19.5		R onto Stamford Square S	0.1
19.5		Continue onto Stellarton Rd	0.2
19.7		L onto Delwood Dr	0.1
19.8		R onto Karnwood Dr	0.5
20.3		L onto Edge Park Ave	0.1
20.4		Continue onto Harris Park Dr	0.6
21.0		Continue through shopping centre parking lot.	0.2
21.2		L onto Pharmacy Ave	0.7

21.2 kilometers. +119/-40 meters

Dist	Type	Note	Next
21.9		R onto Gatineau Hydro Corridor Trail	3.0
24.9		Continue straight onto Bicycle Rte 26/Gatineau Hydro Corridor Trail	0.1
25.0		Slight L onto Gatineau Hydro Corridor Trail	1.6
26.7		L onto Transway Crescent	0.4
27.1		L onto Kennedy Rd	0.5
27.6		R into Tim Hortons.	0.0
27.6		LUNCH BREAK at Tim Hortons.	0.0
27.6		R onto Kennedy Rd	0.9
28.5		R into cemetery.	0.0
28.6		L	0.0
28.6		Slight R	1.1
29.7		L towards Brichmount Rd.	0.1
29.8		Continue straight onto Willowmount Dr	0.1
29.9		L onto Anaconda Ave	0.3
30.2		R onto bike trail.	0.1
30.3		R at bottom of hill.	0.5
30.8		R onto St Clair Ave E	0.3
31.0		L and go on sidewalk at the south west corner of St. Clair and Warden Ave.	0.0
31.1		L onto bike trail.	1.9
33.0		L onto Pharmacy Ave	0.2
33.3		R onto Albion Ave	0.2
33.4		L onto St Dunstan Dr	0.2
33.6		R onto Denton Ave	0.2
33.8		L onto Victoria Park Ave	0.9
34.7		R onto Swanwick Ave	0.2
35.0		L onto Scarborough Rd	0.9
35.9		R onto Pine Ave	0.5
36.3		L onto Balsam Ave	0.7
37.1		Slight L at Hubbard Blvd	0.0
37.1		R onto Martin Goodman Trail	2.1
39.2		R to stay on Martin Goodman Trail	1.5

18.0 kilometers. +19/-99 meters

Dist	Type	Note	Next
40.7	↑	Cross Lake Shore Blvd E. at Leslie St and stop in front of the Tim Hortons	0.1
40.8	▣	End of route	0.0