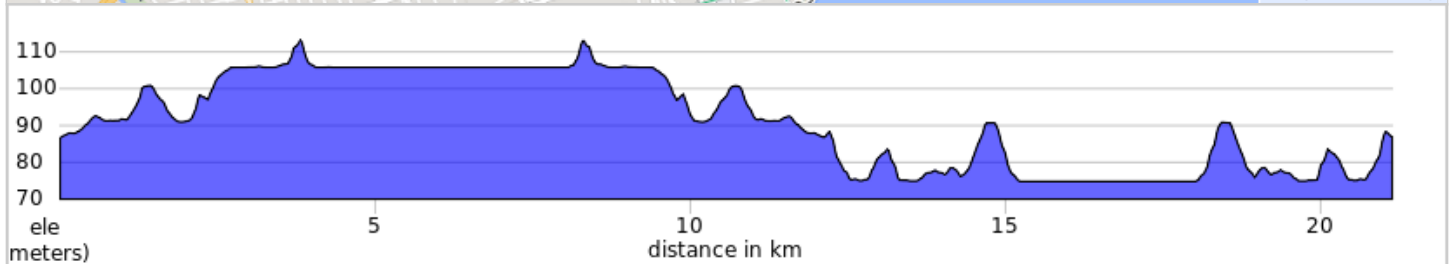
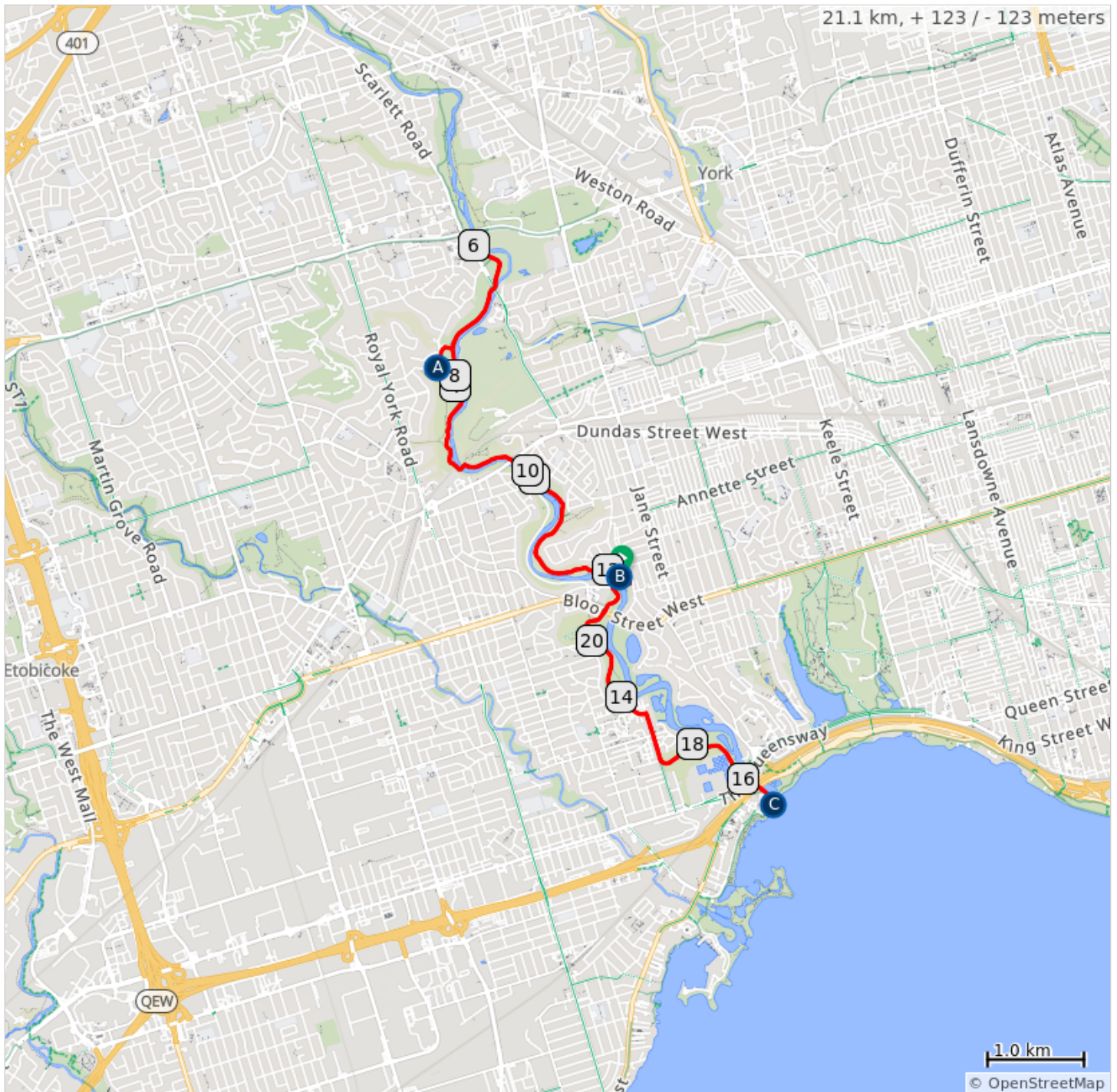


Caught in the Middle...Yo-Yos on the Humber



- A. Washrooms
- B. Start and mid-point
- C. End of loop. Reverse



Caught in the Middle...Yo-Yos on the Humber

0.0	📍	Start of route	0.0
0.0	↑	Go North on Humber Trail	2.2
2.2	←	L onto Lundy Ave	0.0
2.3	←	L onto Old Dundas St. REGROUP	0.1
2.3	→	R to go down hill and continue on bike trail	0.7
3.0	←	L.left on bridge. Dismount and walk	1.1
4.0	←	L toward James Gardens	0.2
4.2	←	L towards Washrooms	0.1
4.3	←	R. then L. past Tennis Club	0.2
4.6	→	R through parking lot	0.1
4.6	←	L onto trail. Watch for passing bikes	1.5
6.2	1	REGROUP and reverse at Eglinton to return to start and continue south	3.0
9.2	→	R after bridge to continue	0.7
9.8	←	L at Old Dundas St-REGROUP	0.0
9.9	→	R onto Lundy Ave	0.0
9.9	→	R onto trail	2.2
12.1	↑	STOP...or continue to lake	0.1
12.2	→	R onto Catherine St	0.1
12.3	↑	Continue on Old Mill Rd	0.1
12.4	←	L on Trail into King's Mill Park	1.2
13.6	↑	Continue onto Humber Valley Rd	0.5
14.1	←	REGROUP at top of hill. Then turn L onto Riverwood Pkwy	0.2
14.3	→	R on Stephen Dr	0.5
14.8	←	L on Trail	1.1
15.9	←	Bear L to go under bridges. Do NOT turn right!	0.6
16.5	→	Around circle	0.1

16.5 kilometers. +79/-91 meters

16.6	→	R into Sheldon Lookout REGROUP. Take photos.	0.1
16.7	←	L.left to retrace loop	0.6
17.2	→	R to return under bridges	0.1
17.3	→	R to stay on Humber Trail	1.1
18.4	→	REGROUP at Stephen Dr. Then turn R	0.5
18.9	←	L onto Riverwood Pkwy	0.2
19.1	→	R onto Humber Valley Rd	1.7
20.8	→	R on Old Mill Rd	0.1
21.0	↑	Continue onto Catherine St	0.1
21.0	←	L towards parking lot	0.1
21.1	↑	END	0.0
21.1	📍	End of route	0.0

4.6 kilometers. +37/-25 meters