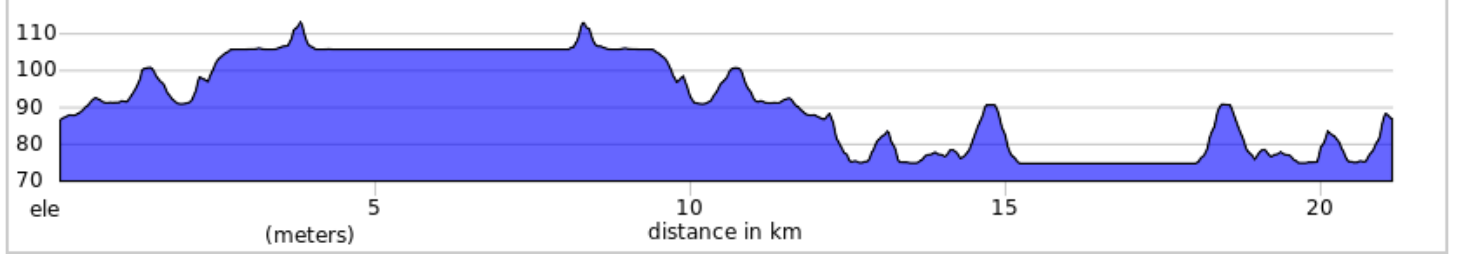
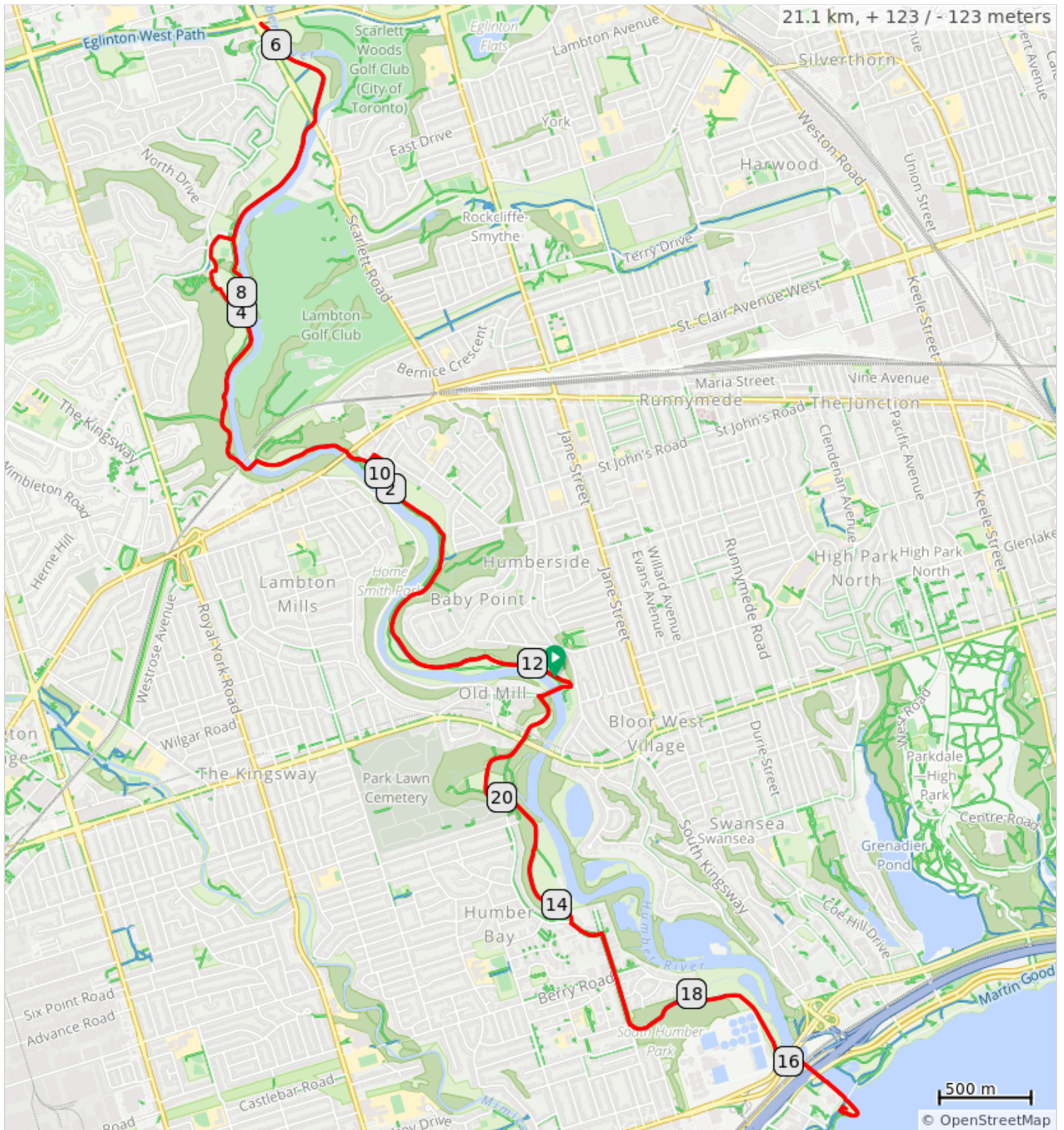


# Caught in the Middle...Yo-Yos on the Humber



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

0.0	📍	Start of route	0.0
2.2	↑	Go North on Humber Trail	0.0
0.0	←	L onto Lundy Ave	2.2
0.1	←	L onto Old Dundas St. REGROUP	2.3
0.7	→	R to go down hill and continue on bike trail	2.3
1.1	←	L left on bridge. Dismount and walk	3.0
0.2	←	L toward James Gardens	4.0
0.1	←	L towards Washrooms	4.2
0.2	←	R. then L. past Tennis Club	4.3
0.1	→	R through parking lot	4.6
1.5	←	L onto trail. Watch for passing bikes	4.6
3.0	↑	REGROUP and reverse at Eglinton to return to start and continue south	6.2
0.7	→	R after bridge to continue	9.2
0.0	←	L at Old Dundas St- REGROUP	9.8
0.0	→	R onto Lundy Ave	9.9
2.2	→	R onto trail	9.9
0.1	↑	STOP...or continue to lake	12.1
0.1	→	R onto Catherine St	12.2
0.1	↑	Continue on Old Mill Rd	12.3
1.2	←	L on Trail into King's Mill Park	12.4
0.5	↑	Continue onto Humber Valley Rd	13.6
0.2	←	REGROUP at top of hill. Then turn L onto Riverwood Pkwy	14.1
0.5	→	R on Stephen Dr	14.3
1.1	←	L on Trail	14.8
0.6	←	Bear L to go under bridges. Do NOT turn right!	15.9
0.1	→	Around circle	16.5
0.1	→	R into Sheldon Lookout REGROUP. Take photos.	16.6
0.6	←	L left to retrace loop	16.7
0.1	→	R to return under bridges	17.2
1.1	→	R to stay on Humber Trail	17.3

17.3 kilometers. +79/-91 meters

0.5	→	REGROUP at Stephen Dr. Then turn R	18.4
0.2	←	L onto Riverwood Pkwy	18.9
1.7	→	R onto Humber Valley Rd	19.1
0.1	→	R on Old Mill Rd	20.8
0.1	↑	Continue onto Catherine St	21.0
0.1	←	L towards parking lot	21.0
0.0	↑	END	21.1
0.0	📍	End of route	21.1

3.8 kilometers. +21/-25 meters