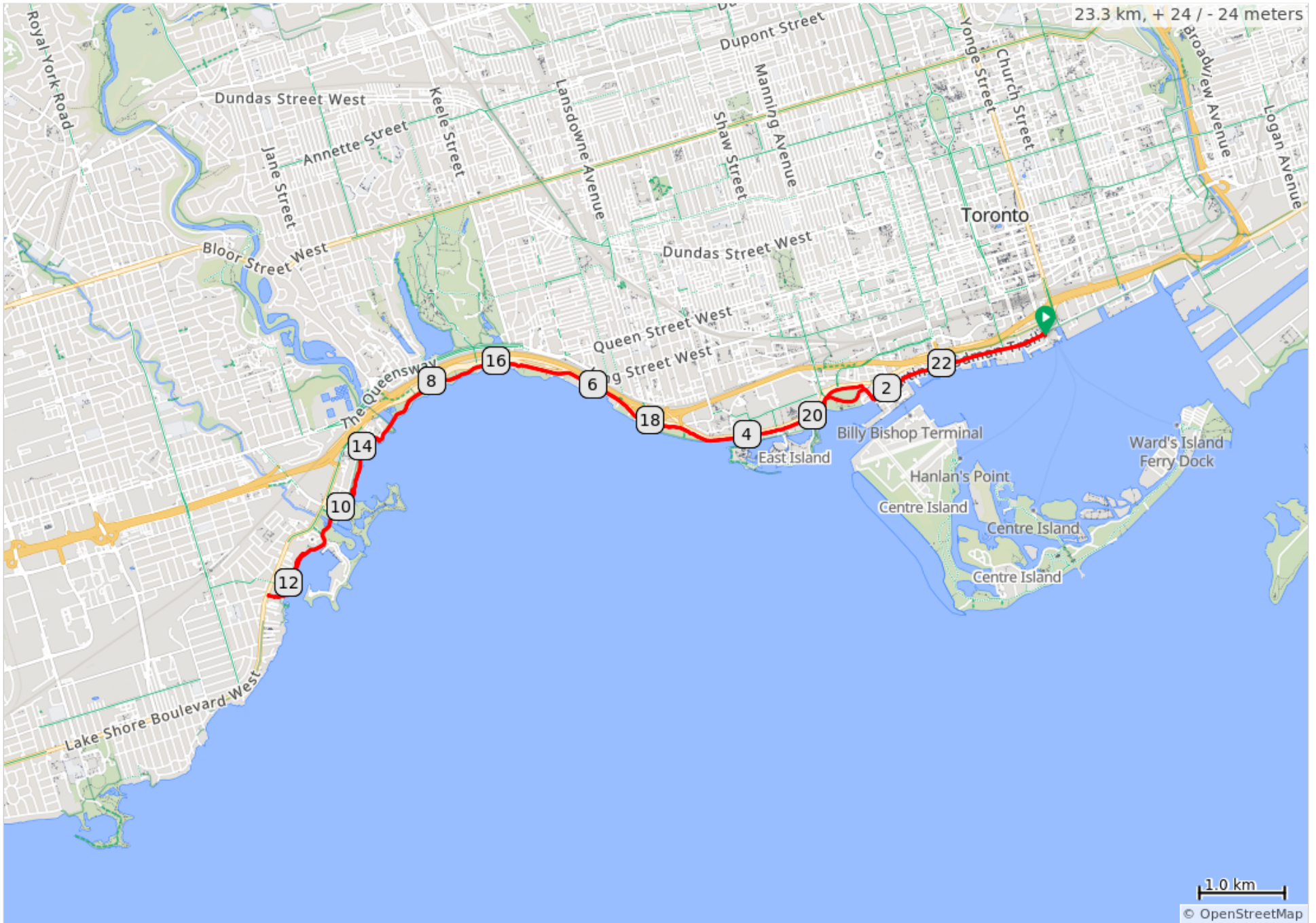


# Harbour Square to Amos Waites Park and Birds and Beans Café



23.3 km, + 24 / - 24 meters



Harbour Square to Amos Waites Park and Birds and Beans Café

0.0	📍	Start of route	0.0
0.0	←	L onto Queens Quay W	0.3
0.3	↑	Continue onto Martin Goodman Trail	1.4
1.7	↑	Pass the Music Garden and continue on Queen's Quay West	0.5
2.1	↑	Cross Stadium Rd. Continue on Martin Goodman Trail	0.2
2.4	←	Slight L to stay on Martin Goodman Trail	0.1
2.5	←	Slight L onto Remembrance Dr	0.1
2.6	<i>i</i>	WASHROOM on R	0.3
2.9	↑	Cross Strachan Ave.	1.4
4.3	↑	Continue onto Martin Goodman Trail	4.3
8.6	↑	Cross Humber Bridge	1.5
10.1	←	Cross Park Lawn Rd. and turn L	0.1
10.2	↑	Cross Mimico Creek bridge	0.1
10.3	→	Slight R onto Humber Bay Park W Trail	0.1
10.4	<i>i</i>	Cross road and keep slight L	0.1
10.5	→	Slight R to stay on Humber Bay Park W Trail	0.3
10.8	→	Slight R	0.6
11.4	→	R into Amon Waites Park.	0.1
11.5	→	Slight R toward Birds and Beans café	0.1
11.6	↻	U-Turn to return on same route	0.9
12.5	↑	Continue onto Humber Bay Park W Trail	0.4
12.9	↑	Cross Mimico Creek	1.5
14.4	↑	Cross Humber Bay Bridge	5.7
20.1	←	L onto Remembrance Dr	0.3
20.4	↑	Cross Strachan Ave	0.5
20.8	→	Sharp R at Lake Shore Blvd W towards HMCS York	0.3
21.1	↑	Cross Stadium Rd	0.0
21.1	↑	Continue on Queens Quay W	0.7
21.8	↑	Continue onto Martin Goodman Trail	0.3

21.8 kilometers. +23/-20 meters

22.1	→	R onto Martin Goodman Trail	1.1
23.3	→	R into Harbour Square Park	0.0
23.3	📍	End of route	0.0

1.5 kilometers. +0/-2 meters