

High Park to Port Credit and Sadington Park

0.0	📍	Start of route	1.0
1.0	➡	R onto Colborne Lodge Dr	1.1
2.1	⬅	L onto Lake Shore then R on Trail	1.1
3.2	⬆	Cross Bridge	1.6
4.8	⬅	L to stay on Humber Bay Trail	0.1
4.9	⬆	Cross Bridge	0.2
5.1	⬅	Cross Humber Bay Park Rd. and turn L then slight R	1.0
6.1	⬅	Slight L past Amos Waites Park. WASHROOM	0.4
6.5	⬆	Continue onto Norris Cres.	0.2
6.7	⬅	L on Lake Shore	1.4
8.1	⬅	L onto First St	0.1
8.2	➡	R onto Lakeshore Dr	0.1
8.3	⬆	Cross Second St. and continue on Morrison	0.1
8.4	⬅	L onto Third St	0.1
8.5	➡	R on Lake Shore Dr	0.1
8.7	⬅	L onto Fourth St	0.0
8.7	➡	R on Lake Shore Dr	0.1
8.8	⬅	L onto Fifth St	0.1
8.9	⬆	Continue on Lake Shore Dr	0.5
9.4	⬅	L to stay on Lake Shore Dr	0.2
9.6	⬅	L on Eleventh St	0.1
9.7	➡	R on Lake Shore Dr	0.6
10.4	➡	R toward Colonel Samuel Smith Park Dr	0.1
10.5	⬅	L to cross Colonel Sam Smith Pk. Dr.	0.5
10.9	⬅	L on Lake Promenade	1.1
12.0	⬅	L to stay on Lake Promenade	0.3
12.3	⬆	Continue on Thirty Sixth St then L on Lake Promenade	0.1
12.4	⬅	L onto Lake Promenade	0.5
12.9	⬅	Slight L on Trail into Marie Curtis Park WASHROOM	1.7
14.6	⬅	L to cross bridge	0.7
15.3	➡	Cross Hydro Rd. Continue on Lakeshore Rd.	0.5

15.3 kilometers. +16/-42 meters

15.8	⬅	L on Lakefront Promenade	0.7
16.5	⬅	Slight L then R o stay on Waterfront Trail	0.4
16.9	➡	Slight R to cross road then keep R on Trail	0.5
17.4	➡	Waterfront Trail turns R and becomes Hampton Crescent	0.1
17.5	⬅	L on Trail and cross bridge	0.1
17.6	⬅	Trail turns L, becomes Richey Cres. then continues	0.3
17.9	⬅	At Enola urn L to stay on Trail	0.2
18.1	➡	Waterfront Trail turns slightly R and becomes Cumberland Dr	0.9
18.9	⬅	L onto Wanita Rd	0.2
19.2	⬅	L onto Elmwood Ave S	0.1
19.3	➡	R onto Waterfront Trail	0.5
19.8	➡	R to stay on Waterfront Trail	0.1
19.9	⬅	L onto Port St E	0.3
20.2	➡	R to go north around bay	0.2
20.3	⬅	After the bridge turn L on Front St. Visit Starbucks?	0.5
20.9	⬅	L on Trail into Park. LUNCH	0.2
21.1	⬅	Return: Turn L to leave the Park	0.0
21.1	➡	R onto Front St	0.4
21.5	➡	R to go over the bridge	0.2
21.7	➡	Slight R toward Waterfront Trail	0.1
21.8	⬅	L on Trail. Continue on Port St.	0.3
22.1	➡	At Helene St. turn R toward the lake then L along the lake	0.6
22.7	⬅	L onto Elmwood Ave	0.1
22.8	➡	R onto Wanita Rd	0.2
23.1	➡	R onto Cumberland Dr	0.9
23.9	⬅	Cumberland Dr turns slightly L and becomes Waterfront Trail	0.4
24.3	⬆	Continue onto Richey Crescent, then continue on Trail	0.2
24.5	➡	After crossing bridge, turn R on Hampton, then L on trail	0.6

9.2 kilometers. +0/-5 meters

25.1	←	Cross the road. Slight L to stay on Waterfront Trail	0.4
25.5	←	L to cross road and stay on Trail	0.3
25.8	←	Slight L onto Lakefront Promenade	0.4
26.2	→	R on Lakeshore	0.5
26.7	→	Cross Hydro Rd and continue on trail	0.7
27.4	→	Cross bridge. Turn R to stay on Trail	1.7
29.1	→	Exit Marie Curtis Park Slight R onto Lake Promenade	0.5
29.6	→	R on Thirty Sixth St	0.1
29.7	↘	Continue onto Lake Promenade	1.4
31.1	→	R on Twenty Third St and into park	0.4
31.5	↑	Cross Colonel Samuel Smith Park Dr then R on Trail	0.1
31.6	←	L	0.4
32.0	↑	Continue onto Lake Shore Dr	0.2
32.3	←	L on Eleventh St	0.1
32.4	→	R on Lake Shore Dr	0.2
32.6	→	R at Ninth St. to stay on Lake Shore Dr	0.5
33.1	↘	Continue on Fifth St	0.1
33.2	→	R on Lake Shore Dr	0.1
33.3	←	L on Fourth St then R on Lakeshore Dr.	0.2
33.5	←	L onto Third St	0.1
33.6	→	R on Morrison then slight L on Lakeshore.	0.2
33.8	←	L onto First St	0.1
33.9	→	R onto Lake Shore Blvd	1.4
35.3	→	R on Norris Cres. then continue on Trail	1.2
36.5	→	R toward Humber Bay Park Trail	0.4
36.9	→	Slight R crossing Humber Bay Park Rd. to stay on Humber Bay Trail	0.1
37.0	←	Cross bridge	0.2
37.2	→	R to stay on Trail	1.3

12.7 kilometers. +10/-10 meters

38.5	→	Cross Humber Bay Bridge	1.4
39.9	←	L to cross Lake Shore Blvd.	0.0
39.9	←	L onto Colborne Lodge Dr	2.0
41.9	←	West Rd., south of Bloor St. W.	0.0
41.9	📍	End of route	0.0

4.7 kilometers. +32/-1 meters