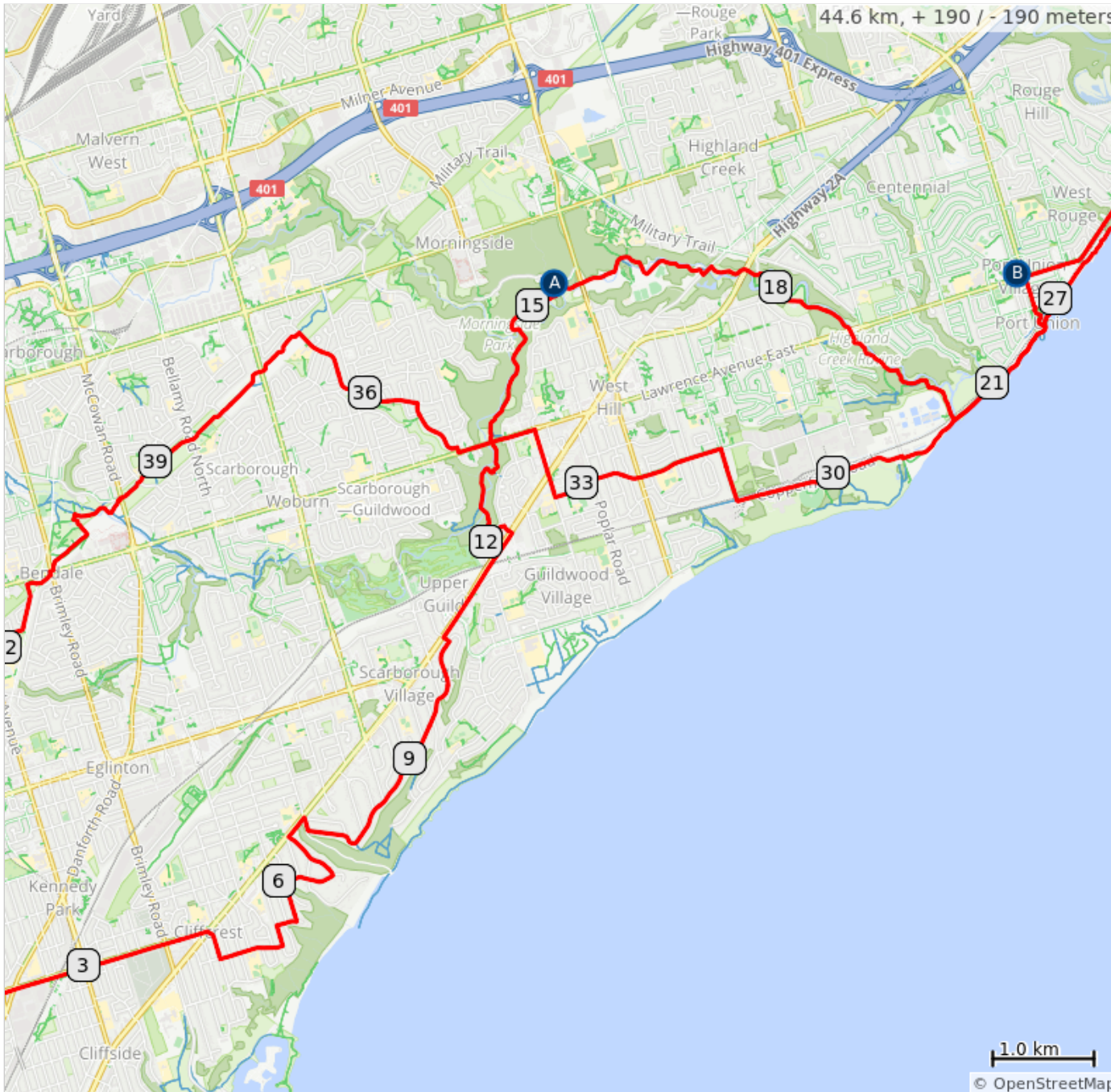


L.W. See the Geese V.4



44.6 km, + 190 / - 190 meters

- A. Washrooms
- B. buy picnic lunch in plaza if necessary
- C. Picnic Lunch

0.0	📍	Start of route	0.1
0.1	➔	R onto Transway Crescent	0.3
0.4	➡	L on Kennedy Rd	1.7
2.1	➡	L on St Clair Ave E	2.1
4.2	➔	Cross Kingston Rd. to Brooklawn Ave	0.3
4.6	➡	L on Sloley Rd	0.6
5.2	➡	L on Scarborough Heights Blvd	0.2
5.4	➔	R on Ayre Point Rd	0.2
5.6	➡	L on McNab Blvd	0.4
6.0	➔	R on Balcarra Ave (becomes Pine Ridge Dr)	0.5
6.5	➡	L to stay on Pine Ridge Dr	0.6
7.1	➔	R on Kingston Rd	0.2
7.4	➔	R on Ravine Dr (becomes Bellehaven)	0.6
8.0	⬆	Continue on Hill Crescent	1.7
9.7	⬆	Continue on Guildcrest Dr	0.2
9.9	⬆	Continue straight on Crestwood Dr	0.4
10.3	➡	L. on Guildcrest Dr	0.1
10.4	➔	R on Kingston Rd and over bridge to Go Station	1.2
11.6	➡	L crossing Kingston Rd. at lights to Celeste Dr.	0.1
11.7	➡	L on Greenvale Terrace	0.4
12.1	➔	R on Livingston Rd and North to trail	3.2
15.3	➡	L across grass to washrooms in Morningside Pk.	1.1
16.4	➡	L after crossing bridge by tennis courts.	0.6
17.0	➔	R toward Old Kingston Rd	0.1
17.1	➡	L on Old Kingston Rd Cross bridge then R on trail	3.4
20.4	➡	L at mouth of Highland Creek on Waterfront Trail	1.3
21.8	➡	To buy lunch turn L toward Port Union Rd	0.6
22.4	➔	R on Lawrence Ave E	2.2
24.6	➔	Slight R toward Waterfront Trail	0.1

24.6 kilometers. +70/-158 meters

24.7	➔	R onto Waterfront Trail	3.9
28.6	⬆	Cross Highland Creek. Go down then up hill to sewage plant	0.6
29.3	➔	R on Beechgrove Dr	0.0
29.3	➡	L on Copperfield Rd	1.7
31.0	➔	R on Manse Rd	0.5
31.5	➡	L on Coronation Dr	1.3
32.9	➡	L on Poplar then R to continue on Coronation	0.4
33.3	➔	R on Galloway Rd	0.7
34.0	➡	L on Lawrence Ave E	0.8
34.8	➔	R on Orton Park Rd	0.1
34.8	➡	L on Northfield Rd	0.6
35.5	➡	L on Thornbeck Dr	0.6
36.1	➡	L on Brimorton Dr	0.9
37.0	➡	L on Gatineau Hydro Corridor	2.5
39.5	➡	Slight L after crossing McCowan to stay on trail	0.2
39.7	➔	R to stay on Gatineau Hydro Corridor	0.4
40.1	➡	L after bridge then L again then R	0.8
40.9	➡	Cross Lawrence to continue on trail	0.3
41.2	➡	L onto Marcos Blvd	1.0
42.2	⬆	Cross Midland to continue on Romulus Dr	0.1
42.3	➡	L on Fitzgibbon Ave	0.4
42.7	➔	R on Tara Ave	0.3
42.9	➡	Cross bridge over railway	0.2
43.1	➡	L on trail	1.0
44.1	➡	L to go around subway station and through construction	0.4
44.5	➡	L onto Transway Crescent	0.1
44.6	➔	R into Passenger Pick up and Drop off.	0.0
44.6	📍	End of route	0.0

20.0 kilometers. +125/-36 meters