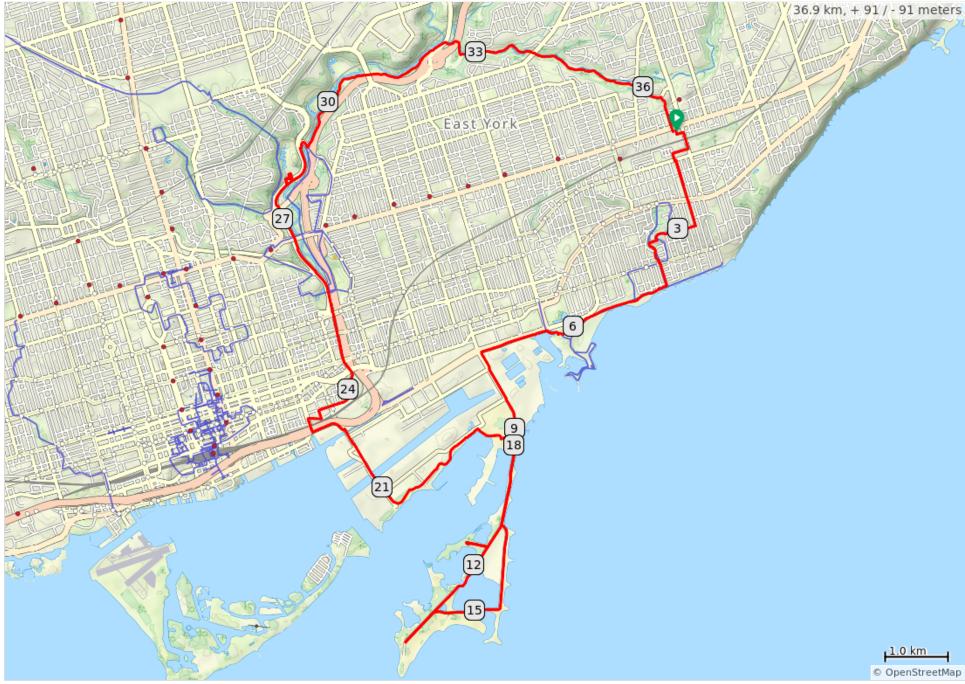
## Leslie Spit, Bird Research Station, Distillery, Brickworks,





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0.0	<b>Q</b>	Start of route	0.0
0.2		START: Shoppers World Victoria Park and Danforth	0.0
0.3		R on Victoria Park Ave	0.2
0.3		R on Musgrave St	0.4
0.1		L on Dengate Rd	0.7
1.5		Cross Gerrard and continue on Scarborough Rd.	0.8
0.4		Cross Kingston Rd and continue on Scarborough Rd.	2.3
0.5		R on Pine Ave	2.7
0.2		Cross Balsam and continue onto Pine Crescent	3.2
0.5		R on Pine Glen Rd then L on Glen Manor	3.5
0.4		Cross Queen St and continue on Glen Manor	4.0
0.6		R on Martin Goodman Trail	4.4
1.6		Washroom	4.9
1.1		L Stay on south side of Lakeshore Blvd.	6.5
0.9		L on Leslie St Regroup	7.6
2.5		Ride the Spit Approx. 10 km return	8.5
0.4		R toward Bird Research Station	10.9
0.4	ค	U-turn after Station	11.3
2.0		R to continue south to Lighthouse	11.6
0.0		Visit Lighthouse?	13.6
0.7	ค	U-turn to visit eastern edge of Spit	13.6
2.4		Slight R toward eastern side.	14.3
1.3		R to go north	16.7
0.7		Past the Nature Centre (closed) turn L on the path	18.1
1.9		L on Trail and over the Unwin bridge	18.8
1.5		R on Cherry St.	20.7
0.6		L onto Martin Goodman Trail	22.1
0.1		R to cross Gardiner and go under the bridge to Parliament St.	22.7
0.2		R onto Parliament St	22.8

0.2	R through parking lot onto Distillery Lane	23.0
0.1	L onto Trinity St	23.2
0.6	R onto Mill St	23.3
2.1	Slight L onto Bayview Ave	23.9
1.7	R on Bayview Extension bike path at Rosedale Valley Road	26.0
0.5	L to cross Bayview and go into the Brickworks. LUNCH	27.7
0.1	Leaving the Brickworks, turn L toward Bayview Ave	28.1
0.7	Cross Bayview and turn L on Bayview bike path	28.2
0.2	R on Pottery Rd.	29.0
3.6	L to centre median. Cross carefully to Don Valley bike path	29.2
3.1	L past "Elephant legs" to Taylor Creek Trail	32.7
0.5	R on Dawes Rd/Left on Crescent Town Rd.	35.8
0.2	R into Crescent Place and walk up path	36.3
0.3	Continue onto Thyra Ave	36.5
0.0	Cross Danforth into Shoppers World	36.9
0.0	End of route	36.9

22.8 kilometers. +0/-46 meters