Leg Dir Notes Total t START: Tim Hortons, Coxwell 0.0 and Lakeshore 0.1 R on path and R on Martin 0.1 **→** Goodman Trail R to cross Lakeshore and L on 0.7 0.6 **→** Bike Rte 4 1.2 L to cross Leslie St and slight R 1.9 ← to continue Trail 0.9 R on Unwin Ave 2.8 **→** 3.6 0.8 L and R to Trail 1.9 L toward washrooms at Cherry 5.4 ← St 0.0 Turn left 5.4 ← 0.1 Exit the roundabout to Cherry 5.6 Ť St and trail 1.1 L to cross Commissioners St 6.7 ← 0.0 6.7 North on trail **→** 0.3 L on Martin Goodman Trail 7.0 ← 4.2 Ť Regroup in park past Stadium 11.2 Rd. 0.2 Slight left to stay on Martin 11.5 ← Goodman Trail/Waterfront Trail 0.5 L on Martin Goodman Trail/ 12.0 ← **Remembrance Dr** 0.3 R on Trail through Inukshuk 12.2 **→** Park 5.7 Ť After crossing bridge continue 18.0 onto Humber Bay Park E Trail 1.3 Turn left to stay on Humber Bay 19.3 ← Park E Trail 0.4 Sharp left to stay on Humber 19.6 ← Bay Park W 0.1 R on Trail. Continue to end of 19.8 **→** spit and small Lighthouse 0.9 Lighthouse. Picnic Lunch 20.7 **→** 0.1 20.7 Reverse route ← 2.7 Continue on Martin Goodman 23.5 Ť Trail to Cherry St. 11.0 L to cross Cherry St. and 34.4 ← Lakeshore

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Leg	Dir	Notes	Total
0.0	→	Keep right	34.5
0.0	→	R to go under Gardiner	34.5
0.3	→	R on Lower Don River Trail/Rte 45	34.8
5.1	↓	L toward Tim Hortons END	39.9