Leg	Dir	Notes	Total
	1	START: Transway Cres. Kennedy Subway Station	0.0
0.3	←	L on Kennedy Rd	0.3
0.8	→	R on Foxridge Dr	1.2
0.1	←	L on path into Cemetery	1.3
0.1	←	L. on cemetery road	1.3
0.5	→	R on road to go through cemetery	1.9
0.9	←	Slight L/R to cross Birchmount and go through Massey Creek Pk	2.8
0.7	→	R on St Clair Ave E	3.5
0.2	←	L on Warden Ave	3.7
2.2	→	R on Clonmore Dr	6.0
0.6	→	Slight R on Gerrard St E	6.6
0.5	←	L on Blantyre Ave	7.1
0.2	→	R on Swanwick Ave	7.3
0.5	←	L on Scarborough Rd	7.7
0.9	→	R on Pine Ave	8.6
0.5	←	L on Balsam Ave	9.1
0.8	→	R on Martin Goodman Trail	9.9
1.4	→	Washrooms under Summerville Pool	11.3
1.0	→	R to cross to north side of Lakeshore Blvd.	12.2
0.0	←	Turn left onto Bike Rte 4	12.3

Leg	Dir	Notes	Total
1.1	1	Cross Lakeshore at Leslie to follow trail	13.4
0.9	→	R on Unwin Ave	14.3
2.8	→	North on Cherry St. path to Lakeshore	17.1
1.4	→	Keep right	18.5
0.1	1	Cross Lakeshore	18.6
0.1	←	L on path beside Cherry St.	18.7
0.2	←	L on Mill St	18.9
0.2	←	L on Trinity St	19.1
0.1	-	coffee at Balzac's	19.2
0.0	←	L on Gristmill Lane	19.3
0.2	→	Slight R/L to cross Parliament to path in Park	19.5
0.1	←	L on The Esplanade	19.6
1.2	→	R on Yonge St	20.8
0.1	←	L on Front St.	20.9
0.2	←	L on Bay St	21.1
0.0	→	Turn right onto The PATH - Union- VIA-GO	21.2
0.0	1	END: Union Station	21.2