Heart of Toronto

| Leg | Dir | Notes | Total |
| :---: | :---: | :---: | :---: |
|  | $\leftarrow$ | START: Taddle Creek Park, Bedford Rd., North of Subway Station | 0.0 |
| 0.5 | $\leftarrow$ | L on Davenport Rd | 0.5 |
| 0.4 | $\rightarrow$ | R on Macpherson, then $L$ on Poplar Plains | 0.9 |
| 0.8 | $\leftarrow$ | L on Clarendon Ave | 1.6 |
| 0.6 | $\leftarrow$ | L into Nordheimer Ravine | 2.2 |
| 0.6 | $\rightarrow$ | R on St Clair Ave W | 2.9 |
| 0.2 | $\rightarrow$ | L on Tweedsmuir Ave | 3.0 |
| 0.2 | $\leftarrow$ | L on Heath St W | 3.3 |
| 0.1 | $\rightarrow$ | R into Cedarvale Ravine at N entrance to St. Clair Ave. W subway | 3.4 |
| 2.1 | $\uparrow$ | Exit at Ava Rd. | 5.5 |
| 0.0 | $\uparrow$ | N on Everden Rd | 5.5 |
| 0.3 | $\leftarrow$ | L on Eglinton Ave W crossing at traffic lights to NW corner | 5.9 |
| 0.1 | $\uparrow$ | Continue on path to Aldburn | 5.9 |
| 0.4 | $\rightarrow$ | R on Aldburn Rd over Allen Expy | 6.3 |
| 0.1 | $\leftarrow$ | L toward Beltline Trail | 6.4 |
| 0.1 | $\rightarrow$ | R on Beltline Trail | 6.4 |
| 3.6 | $\uparrow$ | Cross Yonge St. towards Mt. Pleasant Cemetery | 10.1 |
| 0.1 | $\rightarrow$ | Regroup then turn R into Mt. Pleasant Cemetery | 10.2 |
| 0.0 | $\leftarrow$ | Follow road $L$ going under Mt. Pleasant bridge | 10.2 |
| 1.0 | $\leftarrow$ | L at T junction, continuing to exit at Bayview | 11.2 |
| 1.0 | $\uparrow$ | Continue on Sutherland Dr. which then curves N. to Rehab Institute | 12.2 |
| 2.6 | $\rightarrow$ | R at Rehab institute | 14.9 |
| 0.8 | $\rightarrow$ | Down hill then R to cross bridge to Sunnybrook Park | 15.7 |
| 0.1 | $\rightarrow$ | R towards Wilket Creek Park Washrooms | 15.8 |
| 2.0 | $\rightarrow$ | Continue S. on Don Trail towards Pottery Rd. | 17.8 |
| 5.9 | $\rightarrow$ | N on Pottery rd, to Bayview | 23.7 |


| Leg | Dir | Notes | Total |
| :--- | :--- | :--- | :--- |
| 0.0 | $\rightarrow$ | Turn right onto Pottery Rd | 23.7 |
| 0.2 | $\leftarrow$ | L on Bayview Ave | 23.9 |
| 0.4 | $\rightarrow$ | Slight right | 24.3 |
| 0.0 | $\rightarrow$ | Enter Brickworks path and <br> continue towards Beltline Trail <br> staying parallel to Bayview | 24.3 |
| 1.1 | $\leftarrow$ | Turn left onto Milkman's Ln <br> (ROUGH) | 25.4 |
| 0.3 | $\rightarrow$ | Slight right onto South Dr | 25.7 |
| 0.3 | $\rightarrow$ | R on Crescent Rd | 26.0 |
| 0.4 | $\rightarrow$ | R on Wrentham Pl | 26.4 |
| 0.1 | $\leftarrow$ | L on Roxborough St E | 26.5 |
| 0.1 | $\rightarrow$ | R on Chestnut Park | 26.6 |
| 0.1 | $\rightarrow$ | R on Thornwood Rd | 26.7 |
| 0.2 | $\leftarrow$ | Thornwood Rd turns slightly <br> left and becomes Pricefield Rd | 26.9 |
| 0.2 | $\leftarrow$ | L on Cluny Dr | 27.1 |
| 0.1 | $\rightarrow$ | R on Rowanwood Ave | 27.2 |
| 0.3 | $\leftarrow$ | L on Yonge St | 27.5 |
| 0.2 | $\rightarrow$ | R on Gibson Ave | 27.7 |
| 0.2 | $\uparrow$ | Continue onto Ramsden Park <br> Trail | 27.9 |
| 0.3 | $\leftarrow$ | Slight left to stay on Ramsden <br> Park Trail | 28.2 |
| 0.1 | $\rightarrow$ | R on Pears Ave crossing Avenue <br> Rd. | 28.3 |
| 0.3 | $\leftarrow$ | L on Bedford Rd | 28.6 |
| 0.5 | $\rightarrow$ | R into Taddle Creek Pk END | 29.2 |
| 0 |  | $\rightarrow$ |  |
| 0.2 |  |  |  |

