0.0	0	Start of route	0.4
0.4		R onto Davenport Rd	0.6
1.0		R onto New St. (Regroup)	0.1
1.0		Make a U-turn	0.1
1.1		Cross Davenport and continue onto Belmont St	0.3
1.4		Cross Yonge. Continue on Aylmer Ave	0.4
1.9		Continue onto Rosedale Valley Rd	2.1
4.0		R onto Bayview Ave	2.1
6.1		R onto Mill St	0.4
6.5		L onto Cherry St	0.1
6.6		L to go under the tracks and the Gardiner	0.3
6.9		Slight R crossing Lake Shore onto Martin Goodman Trail	0.8
7.7		Continue on Queen's Quay	0.3
8.0		L at Sherbourne Common then R toward WASHROOMS	0.2
8.1		L at Dockside Dr toward Waterfront	0.1
8.2		R along Waterfront	0.2
8.4		R, passing Sugar Beach Park	0.2
8.6		L onto Queens Quay E	1.1
9.7		L on Waterfront Trail to visit Quay	0.5
10.2		R to stay on Waterfront Trail	0.2
10.3		L onto Martin Goodman Trail	0.3
10.6		L to visit H2O park Quay	0.1
10.7		R along waterfront and R again	0.2
10.9		L onto Martin Goodman Trail	0.1
11.0		L and go around H2O Quay West.	0.3
11.3		L onto Martin Goodman Trail	0.1
11.4		L on Waterfront Trail to visit Spadina Quay. Pass the Music Garden	0.5
11.8		L towards Eireann Quay and Ireland Park	0.3
12.2		R then L past Billy Bishop Terminal	0.1

12.3	R	0.1
12.4	L toward WASHROOMS	0.1
12.5	R towards Little Norway Park and Queen's Quay W.	0.2
12.6	L onto Queens Quay W	0.2
12.8	Trail turns R past Tip Top Condos	0.2
13.0	Slight L to stay on Trail past HMCS NCSM York	0.5
13.5	R crossing Lakeshore onto Strachan Ave	1.3
14.8	Slight L crossing Queen St. and through Trinity Bellwoods Park	0.5
15.3	R on path then L toward stoplights at Dundas	0.2
15.5	Cross Dundas at Montrose Ave. and turn L	0.1
15.6	R onto Crawford St	1.1
16.7	Cross Harbord and continue north	0.4
17.1	R onto Bloor St W	2.2
19.3	R onto Philosopher's Walk	0.1
19.3	Coffee at b Espreso Bar, Koerner Hall	0.0
19.3	End of route	0.0