

| Num | Dist | Type | Note | Next |
| :---: | :---: | :---: | :---: | :---: |
| 1. | 0.0 | D | Start of route | 0.6 |
| 2. | 0.6 | $\uparrow$ | Continue onto Spring Rd | 0.1 |
| 3. | 0.8 | - | Slight L onto Multi-Use Trail (sidewalk) | 0.2 |
| 4. | 0.9 | $\Rightarrow$ | Slight R | 0.2 |
| 5. | 1.1 | $\Rightarrow$ | $R$ to go west towards Colbourne Lodge Road | 0.1 |
| 6. | 1.2 | $\leftarrow$ | L onto Colborne Lodge Dr | 0.2 |
| 7. | 1.5 | $\Rightarrow$ | R onto Martin Goodman Trail | 3.0 |
| 8. | 4.5 | - | L to stay on Humber Bay Park West Trail | 0.1 |
| 9. | 4.5 | $\rightarrow$ | Slight $R$ to stay on Humber Bay Park West Trail | 1.3 |
| 10. | 5.8 | $\uparrow$ | Continue straight onto Norris Crescent | 0.2 |
| 11. | 6.0 | 4 | L onto Lake Shore Blvd W | 1.4 |
| 12. | 7.4 | - | L onto First St | 0.3 |

7.4 kilometers. $+1 /-22$ meters

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| :---: | :---: | :---: | :---: | :---: |
| 26. | 14.6 | $\Rightarrow$ | Slight R onto Horner Ave, cont. eastward | 3.6 |
| 27. | 18.2 | $\Rightarrow$ | R onto Judson St | 1.3 |
| 28. | 19.5 | + | L onto Harold St | 0.2 |
| 29. | 19.7 | $\Rightarrow$ | R onto Newcastle St | 0.6 |
| 30. | 20.3 | $\uparrow$ | Continue onto Audley St | 0.2 |
| 31. | 20.4 | $\Rightarrow$ | R onto Portland St | 0.3 |
| 32. | 20.7 | - | Portland St turns L and becomes Grand Ave | 0.8 |
| 33. | 21.5 | + | L onto The Queensway | 0.0 |
| 34. | 21.6 | $\Rightarrow$ | R onto Burma Dr | 0.2 |
| 35. | 21.8 | $\square$ | Dismount Bike, walk down stairs, enter park, follow path R towards the bridge and cross the creek | 0.3 |
| 36. | 22.1 | $\Rightarrow$ | R onto Bonnyview Dr | 0.1 |
| 37. | 22.1 | - | L onto Lorne Ave | 0.1 |
| 38. | 22.3 | $\Rightarrow$ | R onto Park Lawn Rd | 1.2 |


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| 13. | 7.6 | - | L onto Second St | 0.2 |
| 14. | 7.8 | $\uparrow$ | Continue onto Lakeshore Dr | 0.3 |
| 15. | 8.1 | $\uparrow$ | L onto Fifth St | 0.8 |
| 16. | 8.9 | - | L onto Eleventh St | 0.1 |
| 17. | 9.0 | $\Rightarrow$ | R onto Lakeshore Dr | 0.7 |
| 18. | 9.8 | $\leftarrow$ | L through barrier across road. | 0.5 |
| 19. | 10.2 | 4 | L onto Lake Promenade | 1.1 |
| 20. | 11.3 | $\leftarrow$ | L to stay on Lake Promenade | 0.3 |
| 21. | 11.6 | $\Rightarrow$ | Lake Promenade turns $R$ and becomes Thirty Sixth St | 0.1 |
| 22. | 11.7 | 4 | L onto Lake Promenade | 0.5 |
| 23. | 12.2 | 4 | Slight L into park trail | 0.3 |
| 24. | 12.5 | $\Rightarrow$ | $R$ at the bridge and follow path along the creek. | 2.0 |
| 25. | 14.5 | $\Rightarrow$ | R and climb hill toward Horner Ave | 0.1 |

7.1 kilometers. $+17 /-1$ meters

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| :---: | :---: | :---: | :---: | :---: |
| 39. | 23.5 | $\uparrow$ | Continue onto Marine Parade Dr | 0.2 |
| 40. | 23.6 | + | L onto Humber Bay Park E Trail | 2.1 |
| 41. | 25.7 | ヶ | L onto Ellis Ave | 1.3 |
| 42. | 27.0 | + | L onto Morningside Ave | 0.1 |
| 43. | 27.1 | $\Rightarrow$ | R onto Kennedy Ave | 0.6 |
| 44. | 27.7 | $\Rightarrow$ | R onto Bloor St W | 0.9 |
| 45. | 28.6 | $\Rightarrow$ | R onto Colborne Lodge Dr | 0.0 |
| 46. | 28.6 | $\uparrow$ | Continue onto West Rd | 1.1 |
| 47. | 29.7 | + | L into parking lot | 0.1 |
| 48. | 29.7 | $\boldsymbol{F}$ | End of route | 0.0 |

