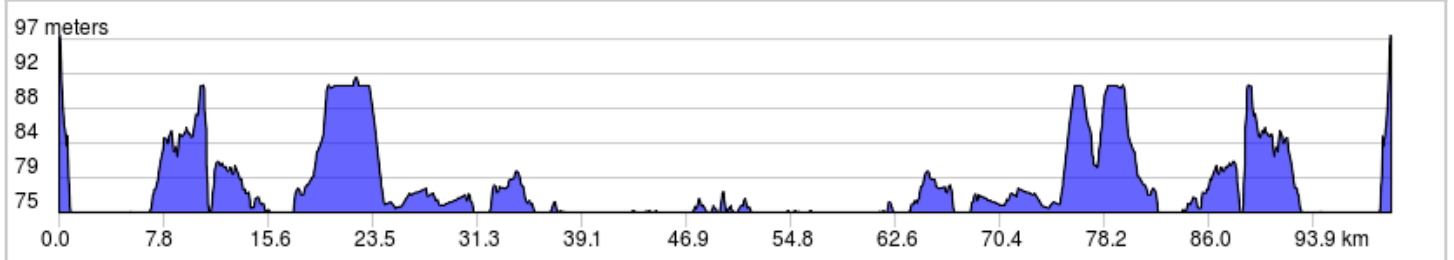
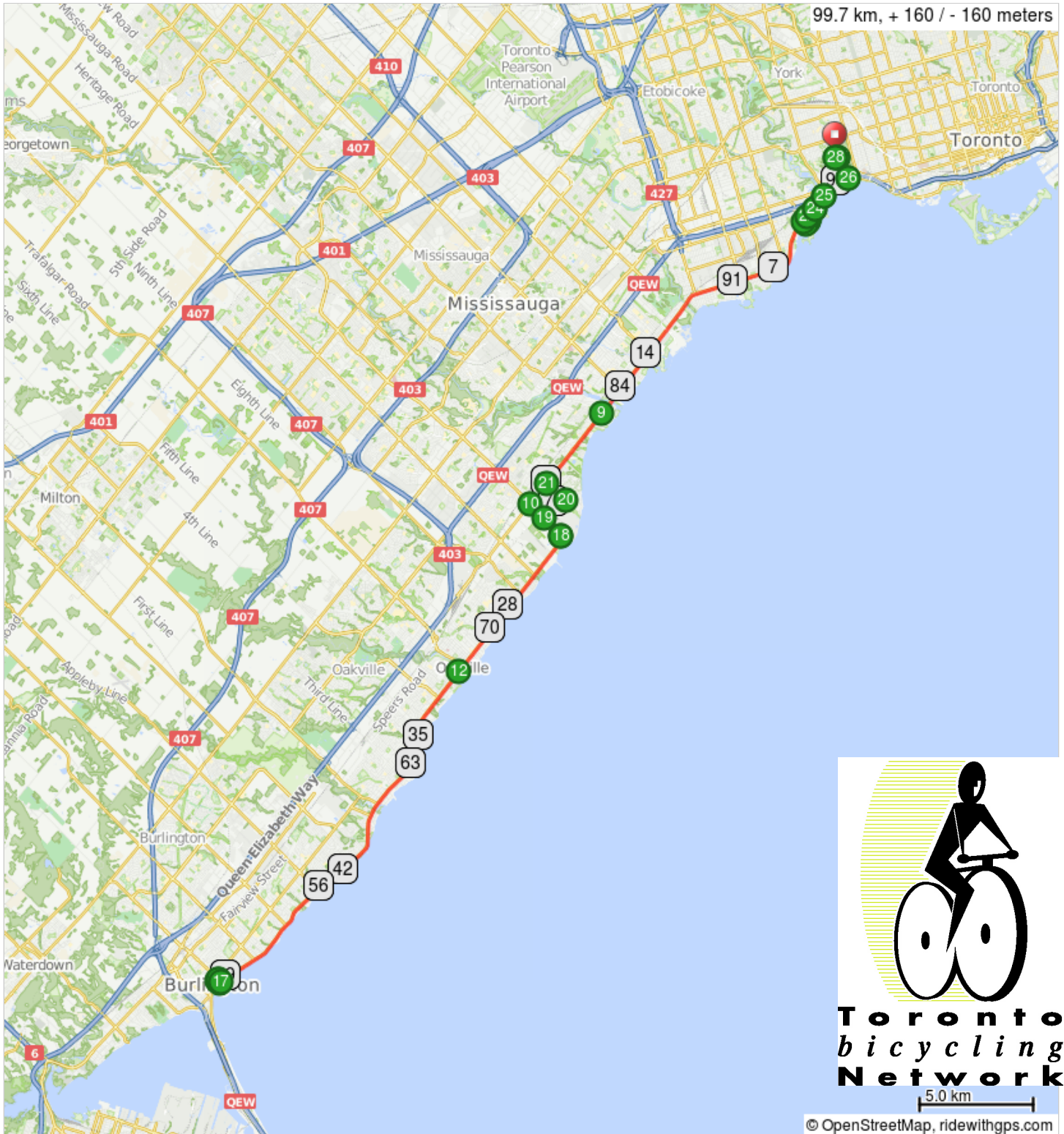
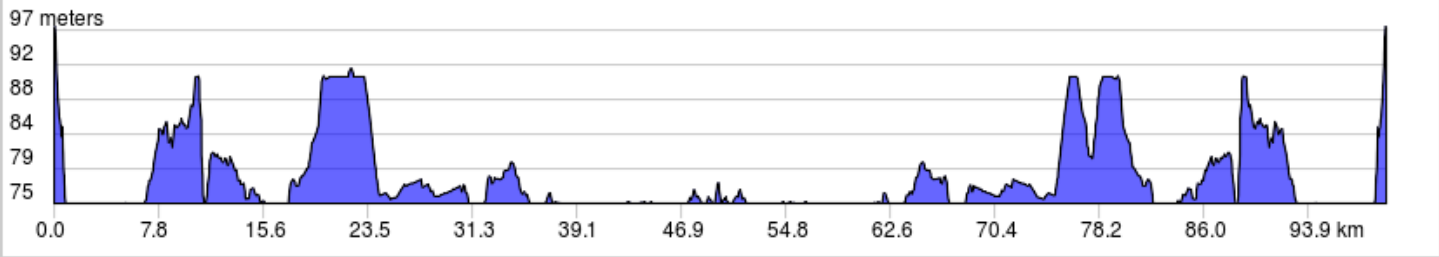
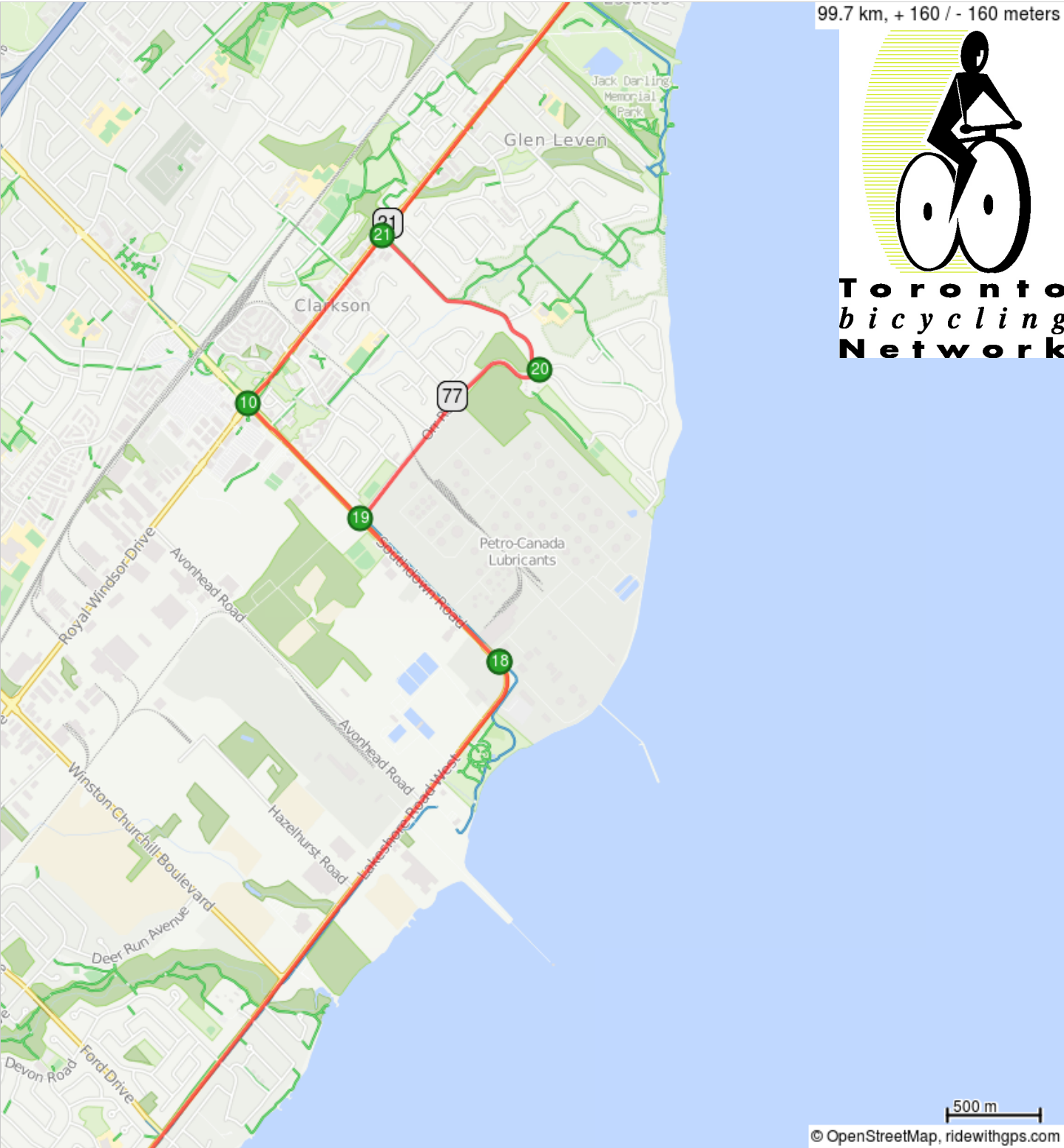


# High Park, Lakeshore Flat 100 km



# High Park, Lakeshore Flat 100 km



### TBN Tourist Ride: High Park, Lakeshore Flat 100 km

1.	0.0	🚩	Start of route	0.1
2.	0.1	→	R onto Colborne Lodge Dr	1.1
3.	1.2	→	R onto Martin Goodman Trail	1.4
4.	2.6	↑	Continue onto Humber Bay Park East Trail	1.3
5.	3.9	←	L to stay on Humber Bay Park East Trail	0.2
6.	4.1	→	Slight R onto Humber Bay Park West Trail	0.1
7.	4.2	→	R onto Humber Bay Park Rd W	0.1
8.	4.3	←	L onto Lake Shore Blvd W	12.9
9.	17.2	☕	OPTIONAL coffee break at the Guilty Dog Coffee House in the shopping plaza.	5.0
10.	22.2	←	L onto Southdown Rd S	1.9
11.	24.2	↑	Continue onto Lakeshore Rd W	7.4

24.2 kilometers. +51/-69 meters

12.	31.6	←	OPTIONAL coffee stop at The Greenbean (64km route stop). Cafe at south end of Town Square's lawn.	17.9
13.	49.5	→	R onto Locust St	0.2
14.	49.6	→	R onto Elgin St	0.1
15.	49.7	→	R onto Brant St	0.0
16.	49.8	☕	LUNCH BREAK at Coffe Culture Café & Eatery or The Queen's Head Pub across the street	0.1
17.	49.9	←	L onto Lakeshore Rd	25.2
18.	75.1	↑	Continue onto Southdown Rd	1.1
19.	76.2	→	R onto Orr Rd	1.4
20.	77.6	←	L onto Meadow Wood Rd	1.2
21.	78.7	→	R onto Lakeshore Rd W	17.0
22.	95.7	→	R onto Marine Parade Dr	0.6
23.	96.3	→	R toward Humber Bay Park East Trail	0.0

72.2 kilometers. +89/-89 meters

24.	96.4	←	L onto Humber Bay Park East Trail	0.8
25.	97.1	↑	Continue onto Martin Goodman Trail	1.4
26.	98.5	←	L onto Colborne Lodge Dr	1.1
27.	99.7	←	L at Centre Rd	0.1
28.	99.7	🚩	End of route	0.0

3.4 kilometers. +22/-0 meters

### LEGEND to Column Headings (left to right)

1. Cue Sheet number, corresponds to green map points
2. Distance from the starting point in kilometres
3. Direction symbol
4. Directions explanation/description
5. Distance to next event/turn in kilometres



**Toronto**  
*bicycling*  
**Network**

## TBN Sunday Tourist Ride: High Park, Lakeshore Flat 100 km

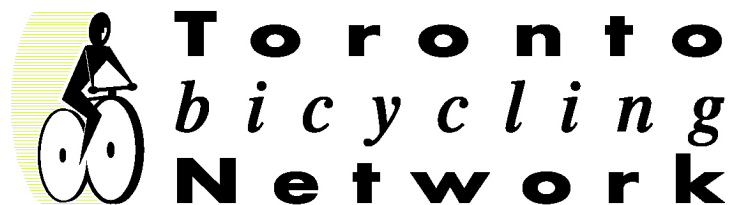
1.	0.0	🚩	Start of route	0.1
2.	0.1	→	R onto Colborne Lodge Dr	1.1
3.	1.2	→	R onto Martin Goodman Trail	1.4
4.	2.6	↑	Continue onto Humber Bay Park East Trail	1.3
5.	3.9	←	L to stay on Humber Bay Park East Trail	0.2
6.	4.1	→	Slight R onto Humber Bay Park West Trail	0.1
7.	4.2	→	R onto Humber Bay Park Rd W	0.1
8.	4.3	←	L onto Lake Shore Blvd W	12.9
9.	17.2	☕	OPTIONAL coffee break at the Guilty Dog Coffee House in the shopping plaza.	5.0
10.	22.2	←	L onto Southdown Rd S	1.9
11.	24.2	↑	Continue onto Lakeshore Rd W	7.4
12.	31.6	←	OPTIONAL coffee stop at The Greenbean (64km route stop). Cafe at south end of Town Square's lawn.	17.9
13.	49.5	→	R onto Locust St	0.2
14.	49.6	→	R onto Elgin St	0.1
15.	49.7	→	R onto Brant St	0.0
16.	49.8	☕	LUNCH BREAK at Coffe Culture Café & Eatery or The Queen's Head Pub across the street	0.1
17.	49.9	←	L onto Lakeshore Rd	25.2
18.	75.1	↑	Continue onto Southdown Rd	1.1
19.	76.2	→	R onto Orr Rd	1.4
20.	77.6	←	L onto Meadow Wood Rd	1.2
21.	78.7	→	R onto Lakeshore Rd W	17.0
22.	95.7	→	R onto Marine Parade Dr	0.6
23.	96.3	→	R toward Humber Bay Park East Trail	0.0
24.	96.4	←	L onto Humber Bay Park East Trail	0.8
25.	97.1	↑	Continue onto Martin Goodman Trail	1.4
26.	98.5	←	L onto Colborne Lodge Dr	1.1

98.5 kilometers. +146/-168 meters

27.	99.7	←	L at Centre Rd	0.1
28.	99.7	▀	End of route	0.0

## LEGEND to Column Headings (left to right)

1. Cue Sheet number, corresponds to green map points
2. Distance from the starting point in kilometres
3. Direction symbol
4. Directions explanation/description
5. Distance to next event/turn in kilometres



1.2 kilometers. +0/-0 meters