

High Park, Lakeshore Flat 100 km

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

24.2 kilometers. +51/-69 meters

22.	→	R onto Marine Parade Dr	95.7	0.6
23.	→	R toward Humber Bay Park East Trail	96.3	0.0
24.	←	L onto Humber Bay Park East Trail	96.4	0.8
25.	↑	Continue onto Martin Goodman Trail	97.1	1.4
26.	←	L onto Colborne Lodge Dr	98.5	1.1
27.	←	L at Centre Rd	99.7	0.1
28.	🚩	End of route	99.7	0.0

21.0 kilometers. +22/-0 meters

11.	←	OPTIONAL coffee stop at The Greenbean (64km route stop). Cafe at south end of Town Square's lawn.	31.6	6.8
12.	←	OPTIONAL break at CJ's Cafe (78km route stop). L onto Jones Street, then L again into parking lot	38.4	11.1
13.	→	R onto Locust St	49.5	0.2
14.	→	R onto Elgin St	49.6	0.1
15.	→	R onto Brant St	49.7	0.0
16.	☕	LUNCH BREAK at Coffe Culture Café & Eatery	49.8	0.1
17.	←	L onto Lakeshore Rd	49.9	25.2
18.	↑	Continue onto Southdown Rd	75.1	1.1
19.	→	R onto Orr Rd	76.2	1.4
20.	←	L onto Meadow Wood Rd	77.6	1.2
21.	→	R onto Lakeshore Rd W	78.7	17.0

54.6 kilometers. +56/-40 meters

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Toronto *bicycling* Network

