

High Park, Lakeshore Flat 78 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	0.3
5.	→	R onto Humber Bay Park Rd W	4.2	0.1
6.	←	L onto Lake Shore Blvd W	4.3	17.9
7.	←	L onto Southdown Rd S	22.2	1.9
8.	↑	Continue onto Lakeshore Rd W	24.2	7.4
9.	☕	OPTIONAL food break at Greenbean Coffee House (64 km route stop).	31.6	6.9
10.	☕	LUNCH BREAK at CJ's Cafe in Bronte	38.5	0.0
11.	→	R towards Lakeshore Rd.	38.5	14.4

38.5 kilometers. +64/-86 meters

12.	↑	Continue onto Southdown Rd	52.9	1.1
13.	→	R onto Orr Rd	53.9	1.4
14.	←	L onto Meadow Wood Rd	55.3	1.2
15.	→	R onto Lakeshore Rd W	56.5	17.0
16.	→	R onto Marine Parade Dr	73.5	0.6
17.	→	R toward Humber Bay Park East Trail	74.1	0.0
18.	←	L onto Humber Bay Park East Trail	74.1	0.8
19.	↑	Continue onto Martin Goodman Trail	74.9	1.4
20.	←	L onto Colborne Lodge Dr	76.3	1.1
21.	←	L at Centre Rd	77.4	0.1
22.	🚩	End of route	77.5	0.0

39.0 kilometers. +78/-60 meters



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T o r o n t o
b i c y c l i n g
N e t w o r k

