

TBN GATINEAU GALLOP

1. RIGHT at **Danforth**
LEFT at **Victoria Park**, up the hill
RIGHT at **Donside Dr**
LEFT at **Maybourne Ave**
RIGHT at **Bolster Ave**
LEFT at **Westbourne Ave**
cross St Clair, skirt school on the right side
RIGHT at **Stamford Square**, around curve
LEFT to stay on **Stamford Square**
RIGHT at **Karnwood Dr**
LEFT at **Edge Park** (becomes Harris Park),
continue into shopping plaza
RIGHT to shopping plaza lights
LEFT at **Pharmacy Ave**, past Eglinton
RIGHT to **enter Gatineau Hydro corridor**
2. follow corridor to Jack Goodlad Park bridge
RIGHT at **Tara Ave**
LEFT at **Fitzgibbon Ave**
RIGHT at **Romulus Ave**, becomes Marcos
past lights
RIGHT **into bike path** just before Lawrence;
cross Lawrence to NE corner
follow hydro path to first left (gravel), zig-
zag into Thomson Memorial Park for break.
Continue through park to rejoin Hydro path
Continue to Scarborough Golf Club Rd
continue LEFT up path
cross Ellesmere, RIGHT continue on path
3. LEFT at **Military Trail. BIG HILL.**
Follow past Morningside and UofT
Scarborough.(optional water break at IC)
LEFT at **Conlins Road**, over 401
RIGHT at **Hydro corridor**
continue across Dean Park & Sheppard
stop near Meadowvale
Enjoy the view.
4. BACKTRACK on trail
RIGHT at **Rouge River Dr**
RIGHT at **Bald Eagle Ave** to end
enter trail
RIGHT at **Morningview Trail**
LEFT at **trail entrance**
LEFT at **Sewells Road**
RIGHT at **McLevin** to **Markham**
5. LUNCH at the Tim Hortons on your
right at NW corner of Markham &
McLevin aka Nugget
6. exit plaza south to
LEFT at **Nugget/McLevin**, backtrack to:
RIGHT at **Malvern**, becomes Progress
follow Progress across 401, Markham
7. LEFT at **Bellamy Road**
RIGHT at **Lynnbrook Drive**
continue through curve
RIGHT at **Brimorton Drive**
continue past McCowan and Brimley
8. RIGHT into park path almost at the end
LEFT at park path intersection
RIGHT at the first right path, across
bridge and up to Lyon Heights Rd
9. SOUTH on Lyon Heights Rd
LEFT at **Britwell Ave**
RIGHT at **Brimley Rd**
cross Lawrence to Hydro Corridor
LEFT at **Marcos Blvd**, cross Midland
LEFT at **Fitzgibbon**
RIGHT at **Tara**; cross rail bridge
10. Continue across out to Ranstone Gardens
RIGHT to stay on **Ranstone Gardens**
LEFT at **Rosemount Drive**
RIGHT at **Bertrand Ave**
LEFT at **Thermos Rd**
RIGHT at **Ashtonbee Rd**
continue past Warden
11. LEFT at **Hakimi Ave**, becomes Lebovic
RIGHT at **Comstock Rd**
LEFT at **Pharmacy**
12. RIGHT at **Denton Ave**
continue past Victoria Park
LEFT at **Thyra Ave**
across Danforth into parking lot