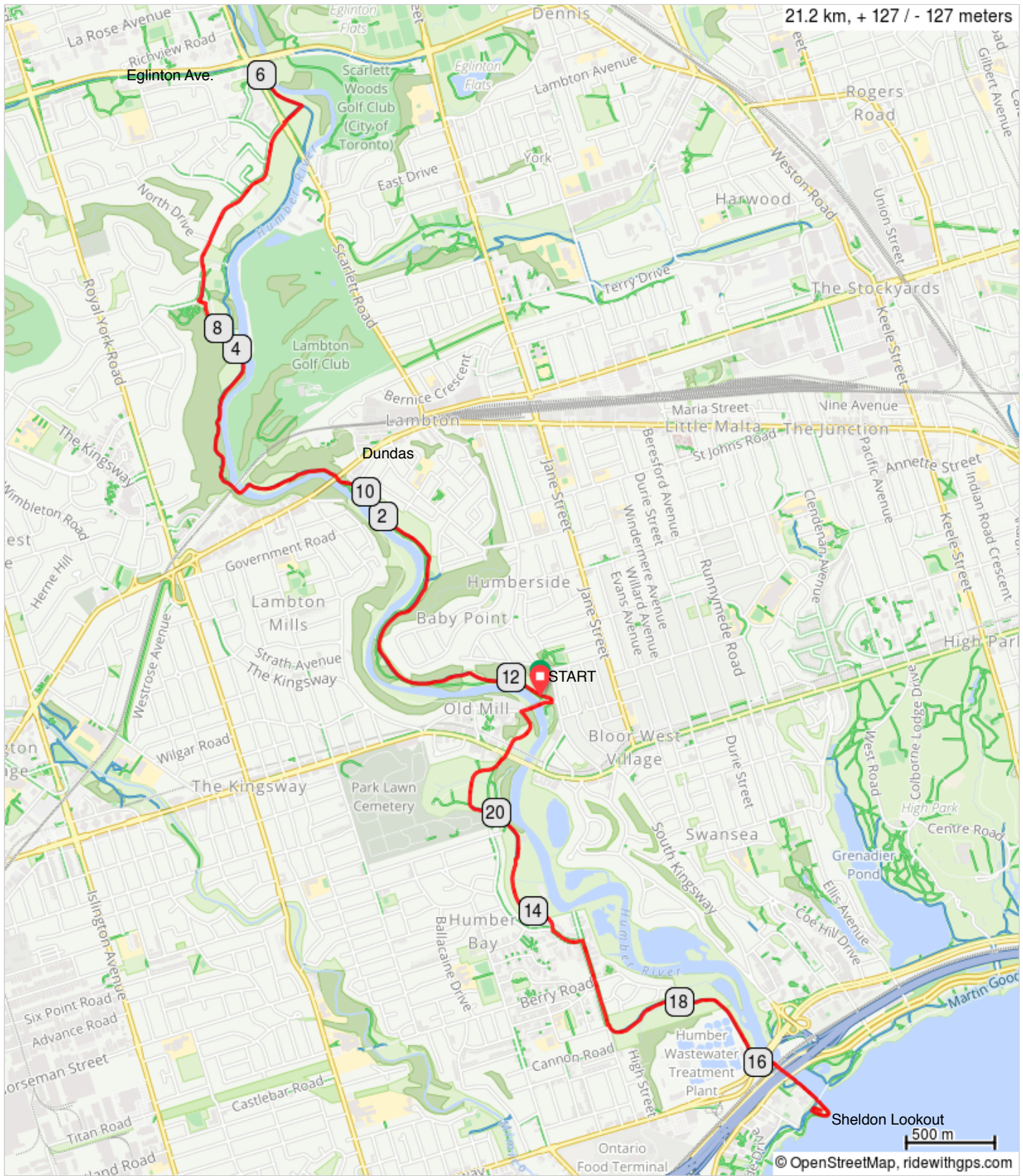


# Caught in the Middle with detour



Caught in the Middle with detour

Dist	Type	Note	Next
0.0		Start of route	0.1
0.1		Head North on Humber Trail	2.2
2.2		L onto Lundy Ave	0.0
2.3		L onto Old Dundas St	0.1
2.4		Regroup then R onto trail	0.7
3.0		L to WALK across bridge	1.1
4.1		L towards James Gardens	0.3
4.4		Regroup at washrooms. (Probably closed).	0.0
4.4		R onto Edenbridge Dr	1.2
5.6		If necessary, washroom in gas station	0.0
5.6		Slight left/right to cross Scarlett Rd.	0.1
5.7		L onto Humber Trail	0.3
6.1		Regroup at Eglinton then U-turn to return	0.4
6.4		R on path at construction	0.1

6.4 kilometers. +40/-22 meters

Dist	Type	Note	Next
6.6		Cross Scarlett Rd to continue on Edenbridge	0.0
6.6		R onto Edenbridge Dr	1.2
7.8		L / R through James gardens	0.3
8.1		R onto Humber Trail	1.7
9.8		L onto Old Dundas. Regroup	0.1
9.9		R onto Lundy Ave then R onto trail	2.3
12.2		STOP at parking lot OR continue south	0.1
12.3		R onto Catherine St then over the bridge	0.2
12.4		L onto Trail	1.2
13.6		Continue on Trail	0.5
14.2		REGROUP after hill to Riverwood Pkwy then L	0.2
14.3		R onto Stephen Dr	0.5
14.8		L onto Humber River Trail	1.1

8.4 kilometers. +47/-62 meters

Dist	Type	Note	Next
16.0		Slight L to go under bridge at Queensway	0.1
16.0		Keep L after bridge to stay on Trail	0.6
16.6		R on trail to Lookout	0.1
16.7		L to return	0.6
17.3		Slight R go under bridges	1.2
18.5		R onto Stephen Dr	0.5
19.0		L onto Riverwood Pkwy	0.2
19.2		R onto Humber Valley Rd	1.7
20.9		REGROUP. R onto Old Mill Rd	0.1
21.0		Over the bridge	0.1
21.1		L into parking lot,	0.1
21.2		End of route	0.0

6.3 kilometers. +39/-27 meters