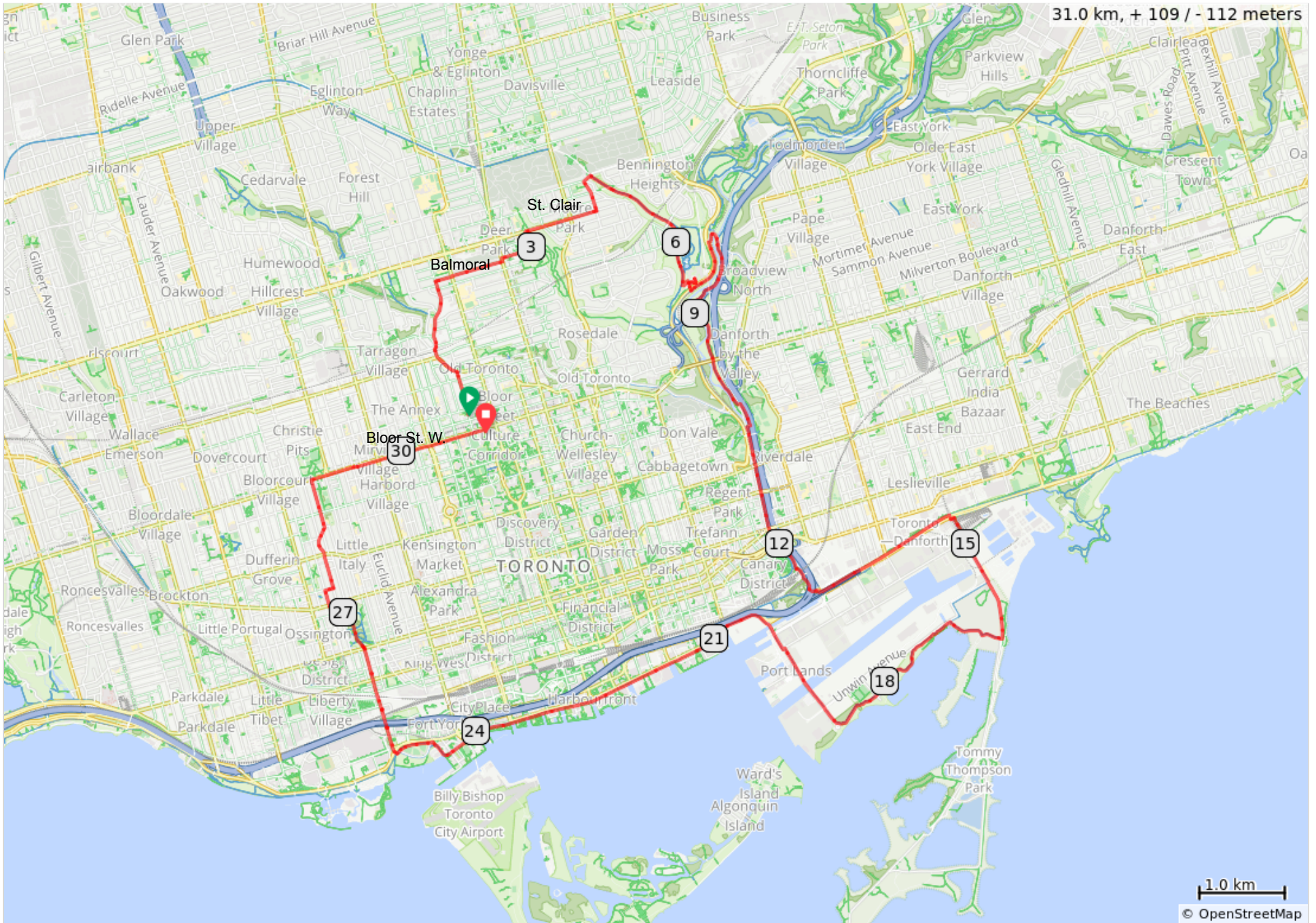


TRR Balfour 3M, Long Form



31.0 km, + 109 / - 112 meters



0.0	📍	Start of route	0.0
0.5	←	Left onto Davenport Rd	0.5
0.4	←	Slight left onto Poplar Plains Rd	0.9
0.8	→	Right onto Balmoral Ave	1.7
0.2	↑	Straight onto Balmoral Ave	1.9
0.6	←	Left onto Yonge Street	2.6
0.0	→	Right onto Rosehill Avenue	2.6
0.4	←	Left onto Avoca Ave	3.0
0.2	→	Right onto St Clair Ave E	3.3
0.9	←	Left onto Welland Ave	4.1
0.4	→	Right onto Moore Avenue	4.5
0.1	→	Right onto Moore Park Ravine Trail	4.6
1.9	←	Left towards Brickworks	6.5
0.1	→	Right towards parking lot	6.6
0.0	←	Left towards the Market	6.6
0.1	←	Left back to the parking lot	6.7
0.2	←	Left towards Bayview Ave	6.9
0.1	←	Left onto Bayview Trail	7.0
0.7	→	Right towards bridge/railway crossing	7.7
0.2	→	Slight right onto Lower Don River Trail/Rte 45	7.9
4.4	←	Left to stay on Lower Don River Trail, Rte 45	12.3
0.3	←	Left onto Lower Don Recreation Trail	12.6
1.9	→	Right onto Leslie St	14.5
0.1	←	Left onto Martin Goodman Trail	14.6
0.0	→	Right to stay on Martin Goodman Trail	14.6
0.9	←	Slight left onto Leslie St	15.5
0.7	→	Right near guard house	16.2
0.2	→	Right to go north towards path	16.4
0.4	←	Sharp left onto bridge, Martin Goodman Trail	16.9
1.9	→	Slight right onto Martin Goodman Trail	18.7
1.1	←	Left on crosswalk	19.9

19.9 kilometers. +65/-102 meters

0.0	→	Right to continue on the Martin Goodman Trail	19.9
4.1	↑	Continue onto Waterfront Trail	24.0
0.6	→	Right towards Lake Shore Blvd	24.7
0.1	←	Slight left onto Trail	24.7
0.5	→	Right onto Strachan Ave	25.2
1.4	←	Left onto Trinity Circle	26.6
0.1	→	Slight right to cont. north	26.7
0.3	←	Slight left towards Crawford Ave.	26.9
0.2	→	Right onto Shaw St	27.2
0.1	←	Left onto Dundas St W	27.3
0.0	→	Right onto Shaw St	27.3
0.2	→	Right onto Harrison St	27.4
0.7	↑	Continue onto Montrose Ave	28.2
0.7	→	Right onto Bloor St W	28.9
2.1	→	Right onto Philosopher's Walk	31.0
0.0	📍	End of route	31.0

11.2 kilometers. +44/-10 meters