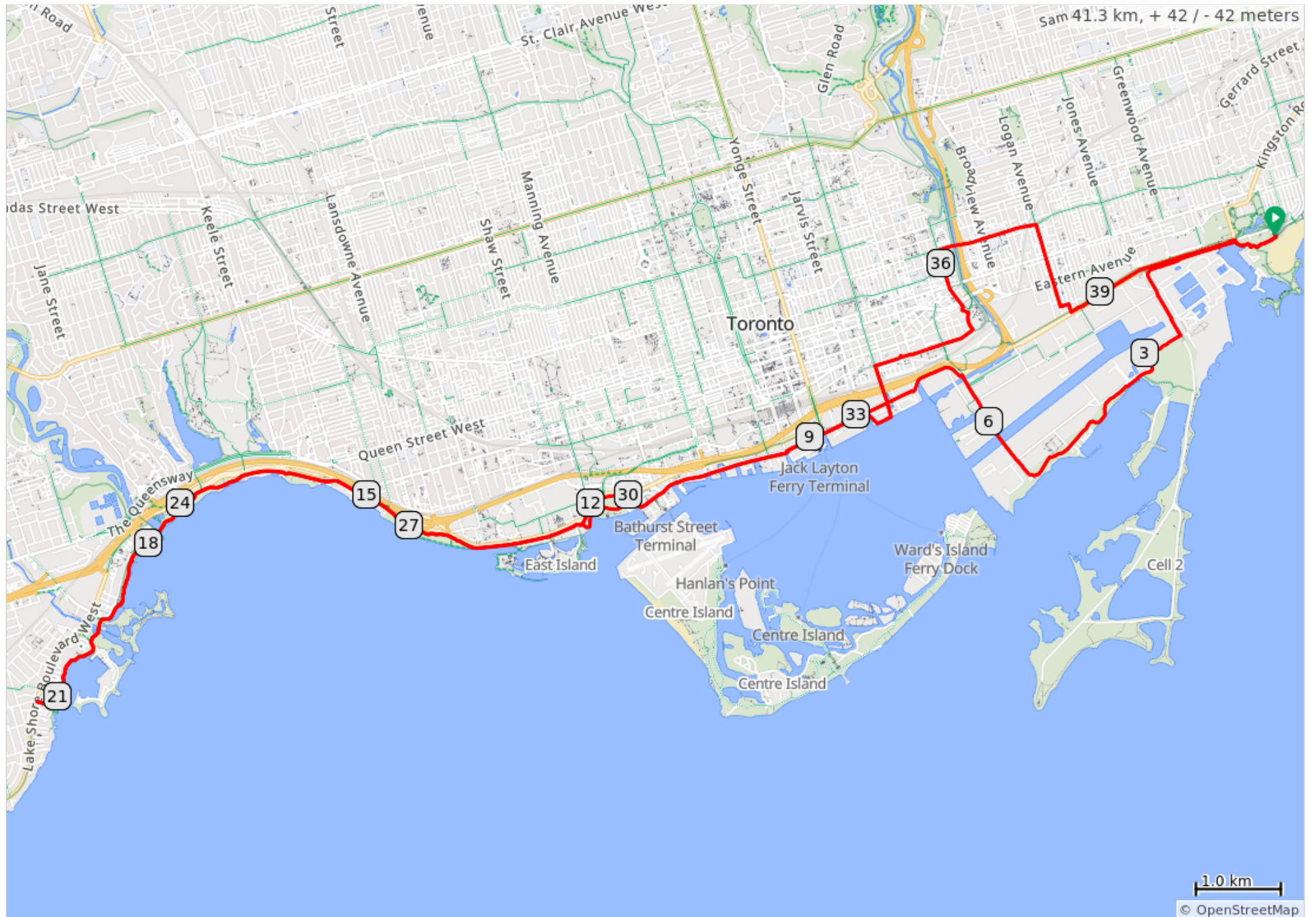


# Woodbine Beach to Birds and Beans--Return Via River St.



Sam 41.3 km, + 42 / - 42 meters



1.0 km

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Woodbine Beach to Birds and Beans--Return Via River St.

0.0	📍	Start of route	0.0
0.0	➔	From Booster Juice at Woodbine Beach Parking Lot turn R onto Martin Goodman Trail	0.3
0.4	➔	At Ashbridges Bay Park Rd. turn R on trail	1.3
1.6	⬅	L at Leslie on Trail	0.9
2.5	➔	R at the Spit to continue on the Trail	2.7
5.2	➔	R at Cherry St.	0.4
5.6	⬆	Keep to the L to go over the bridge	1.1
6.7	⬅	L to follow the Martin Goodman Trail	0.8
7.4	⬅	Continue on Queens Quay E	0.3
7.8	⬅	L onto Dockside Dr/Waterfront Trail	0.1
7.8	⬅	WASHROOMS on the L at Sherbourne Common	0.1
7.9	➔	R by the lakefront	0.2
8.1	➔	R along Sugar Beach toward Queen's Quay	0.2
8.3	⬅	L onto Queens Quay E	1.1
9.4	⬆	Cross York St.	1.8
11.2	⬅	Cross Stadium Rd	0.3
11.4	⬅	Slight L in front of HMCS York	0.1
11.5	➔	Sharp R onto Remembrance Dr then L	0.8
12.3	➔	Continue on Martin Goodman Trail	5.4
17.7	⬆	Cross Humber Bridge	1.6
19.3	⬆	Cross Mimico Creek bridge	0.3
19.6	➔	Slight R to go around condos	0.9
20.5	➔	R into Amos Waites Park	0.2
20.7	➔	Visit Birds and Beans Cafe	0.2
20.9	⬅	L on Lakeshore Trail to return	1.3
22.2	➔	R towards ponds returning on same trail	1.4
23.6	⬆	Cross Humber Bay bridge	5.7
29.2	⬅	L onto Remembrance Dr	0.7
29.9	➔	R by HMCS York	0.3
30.3	➔	Cross Stadium Rd	1.8

30.3 kilometers. +22/-22 meters

32.1	⬆	Cross York St.	1.3
33.4	⬅	L onto Lower Sherbourne St	0.5
33.8	➔	R onto The Esplanade	0.4
34.2	⬅	Cross Hahn Pl to bike ride -through to Parliament	0.1
34.3	⬆	Cross Parliament and continue on Mill St.	0.8
35.1	⬅	Slight L onto Bayview Ave	0.2
35.3	⬅	L onto Lawren Harris Square	0.1
35.4	➔	R to stay on Lawren Harris Square	0.0
35.4	⬅	L onto Lower River Street	0.2
35.7	⬆	Continue onto River St	0.5
36.2	➔	R onto Dundas St E	1.2
37.4	➔	R onto Logan Ave	0.4
37.8	⬆	Cross Queen St.	0.3
38.1	⬆	Cross Eastern Ave.	0.3
38.4	⬅	L on Lane 2	0.1
38.5	➔	R on Morse St	0.1
38.6	⬅	L onto Bike Rte 4/Lower Don Recreation Trail	2.1
40.7	➔	Cross Lakeshore at Coxwell	0.6
41.3	⬅	L toward Woodbine beach Parking and Booster Juice.	0.0
41.3	📍	End of route	0.0

11.1 kilometers. +13/-17 meters