

Leg	Dir	Notes	Total
	←	L to go North on Bedford Rd.	0.1
0.7	→	R on Dupont St	0.8
0.3	←	L on Avenue Rd	1.0
0.0	→	R on Macpherson Ave	1.1
0.6	↑	Cross Yonge St.	1.7
0.0	↑	Continue on Rowanwood Ave	1.7
0.3	→	R on Cluny Dr	2.0
0.1	←	L on Chestnut Park	2.0
0.4	←	L on Roxborough St E	2.4
0.1	→	R on Wrentham Pl	2.4
0.1	←	L on Crescent Rd	2.5
0.4	←	L on South Dr	2.9
0.2	←	L on Glen Rd	3.1
0.4	←	L on Highland Ave	3.5
0.3	↑	At the roundabout, take the 2nd exit onto Scholfield Ave	3.8
0.2	←	L on MacLennan Ave	4.0
0.3	→	Continue on Railway Overpass	4.3
0.3	↑	Continue on MacLennan Ave	4.5
0.1	→	R on Rosedale Heights Dr	4.6
0.3	←	L on Hudson Dr	4.9
0.7	→	Sharp right at Heath to cross over ravine	5.7
0.3	↑	Continue on Heath St E	5.9
0.1	←	L on Lumley Ave	6.0
0.2	→	R on Moore Ave	6.2
0.4	↑	Cross Bayview	6.6
0.0	↑	Continue on Moore	6.6
0.4	↑	Continue on Southvale Dr	7.0
0.2	←	L on Rolph Rd	7.2
0.4	→	R on Rumsey Rd	7.6
0.1	←	L on Hanna Rd	7.7
0.1	→	R on McRae Dr	7.8
0.2	↑	Cross Millwood	8.0
0.0	↑	Continue on McRae	8.0

Leg	Dir	Notes	Total
0.3	←	L on Rumsey Rd	8.3
0.6	↑	Cross Eglinton	8.9
0.0	↑	Continue on Rumsey	8.9
0.6	→	R on Glenvale	9.5
0.2	←	L on Sutherland	9.7
0.1	→	R then L past Toronto Rehab	9.7
0.4	↑	Continue down to Sunnybrook Park	10.1
0.5	→	R over bridge then R on Don Valley trail	10.6
4.7	←	Turn left toward Taylor Creek Trail	15.3
0.3	←	Turn Left onto Taylor Creek Trail	15.7
2.6	→	R on path to Lumsden	18.3
0.3	→	R on Lumsden	18.6
0.0	→	Turn right onto Lumsden Ave	18.6
0.1	←	L on Main St	18.7
0.8	↑	Cross Danforth	19.5
0.0	↑	Continue on Main	19.5
1.0	↑	Cross Kingston Rd.	20.6
0.0	↑	Continue on Southwood Dr	20.6
0.5	←	L on Williamson Rd	21.1
0.1	→	R on Glen Manor	21.2
0.4	↑	Cross Queen St	21.6
0.0	↑	Continue on Glen Manor Dr	21.6
0.4	→	R on Martin Goodman Trail	22.0
2.1	↑	Cross to North side of Lakeshore at Coxwell	24.2
0.0	←	Continue L on Waterfront Trail	24.2
0.3	→	R on Lower Don River Trail/Rte 45	27.2
0.3	←	Left through underpass to Corktown Common	27.6
0.0	←	L to Bayview	27.6
0.2	←	L on Mill St.	27.8
0.4	↑	Cross Cherry St.	28.2
0.0	↑	Continue on Mill St.	28.2
0.2	←	Turn left onto Trinity St	28.4
0.1	←	Left to Balzac's for coffee/lunch	28.5