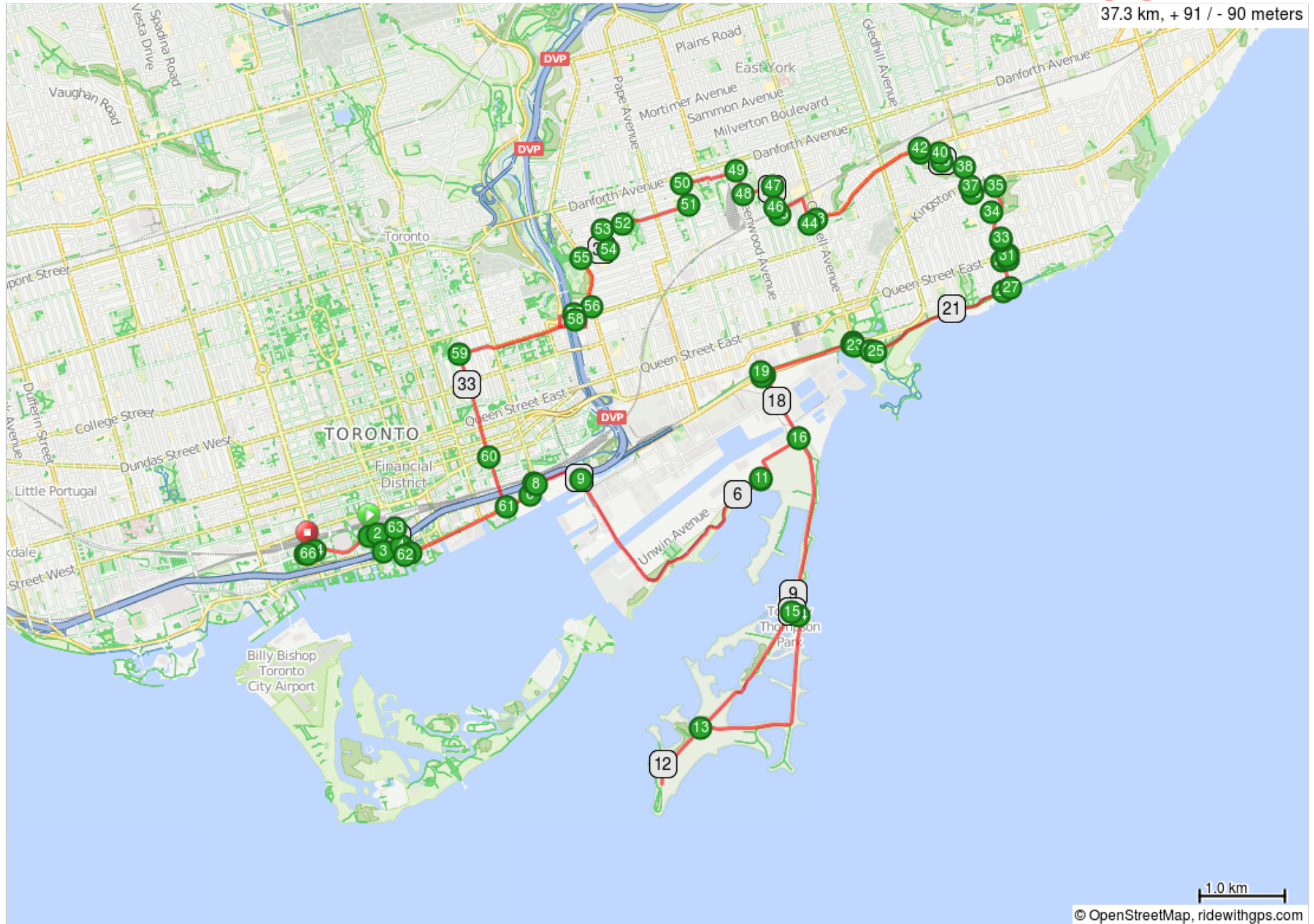


Deep City to Deep Nature in Minutes



37.3 km, + 91 / - 90 meters



Deep City to Deep Nature in Minutes

1.	0.0	■	Start of route	0.1
2.	0.1	→	R onto Lower Simcoe St	0.2
3.	0.3	←	L onto Harbour St	0.2
4.	0.6	→	R	0.1
5.	0.7	←	L onto Queens Quay W	1.5
6.	2.2	↑	Continue onto Parliament St	0.1
7.	2.4	→	R toward Martin Goodman Trail	0.0
8.	2.4	←	L onto Martin Goodman Trail	0.6
9.	3.0	→	R to stay on Martin Goodman Trail	3.3
10.	6.3	←	L toward Unwin Ave	0.0
11.	6.3	→	R onto Unwin Ave	0.8
12.	7.1	→	R onto Leslie St	5.5
13.	12.6	→	Slight R	2.3
14.	14.9	←	L	0.1
15.	15.0	←	L	2.5
16.	17.5	→	Slight R onto Martin Goodman Trail	0.8

17.5 kilometers. +0/-7 meters

17.	18.4	←	L to stay on Martin Goodman Trail	0.0
18.	18.4	→	R onto Leslie St	0.1
19.	18.4	→	R onto Bike Rte 4	1.1
20.	19.6	→	Sharp R	0.0
21.	19.6	←	Sharp L onto Lake Shore Blvd E	0.0
22.	19.6	→	R toward Martin Goodman Trail	0.0
23.	19.7	←	L onto Martin Goodman Trail	0.2
24.	19.9	←	Slight L to stay on Martin Goodman Trail	0.1
25.	20.0	←	L to stay on Martin Goodman Trail	1.7
26.	21.6	←	Slight L to stay on Martin Goodman Trail	0.1
27.	21.7	←	L onto Scarboro Beach Blvd	0.3
28.	22.1	→	R toward Glen Manor Dr	0.1
29.	22.1	←	L onto Glen Manor Dr	0.0

4.6 kilometers. +11/-0 meters

30.	22.2	←	L onto Queen St E	0.0
31.	22.2	→	R onto Glen Manor Dr	0.2
32.	22.4	→	R to stay on Glen Manor Dr	0.0
33.	22.4	←	L onto Glen Manor Dr E	0.4
34.	22.8	→	R onto Glen Manor Dr	0.4
35.	23.1	←	L onto Glen Stewart Ave	0.3
36.	23.4	→	R onto Southwood Dr	0.1
37.	23.5	↑	Continue onto Main St	0.2
38.	23.8	←	Slight L onto Benlamond Ave	0.3
39.	24.0	→	R onto Norwood Rd	0.1
40.	24.1	←	L toward Kildonan Rd	0.2
41.	24.4	↑	Continue onto Kildonan Rd	0.1
42.	24.4	←	L onto Gerrard St E	1.5
43.	25.9	↑	Continue onto Fairford Ave	0.1
44.	26.0	→	R onto Rhodes Ave	0.7
45.	26.7	→	R toward Felstead Ave	0.1

4.6 kilometers. +44/-35 meters

46.	26.8	→	Slight R toward Felstead Ave	0.3
47.	27.1	←	L onto Felstead Ave	0.3
48.	27.4	→	R onto Greenwood Ave	0.3
49.	27.7	←	L onto Chatham Ave	0.7
50.	28.4	←	L onto Jones Ave	0.3
51.	28.6	→	R onto Strathcona Ave	0.8
52.	29.4	↑	Continue onto Hogarth Ave	0.3
53.	29.7	←	L onto Hampton Ave	0.2
54.	29.9	→	R onto Sparkhall Ave	0.3
55.	30.3	←	L onto Broadview Ave	0.6
56.	30.9	→	R onto Jack Layton Way	0.2
57.	31.1	←	L toward Gerrard St E	0.1
58.	31.2	→	R onto Gerrard St E	1.4
59.	32.6	←	L onto Sherbourne St	1.3
60.	33.9	↑	Continue onto Lower Sherbourne St	0.6
61.	34.5	→	R onto Queens Quay E	1.3

7.8 kilometers. +32/-57 meters

62.	35.8	→	R onto York St	0.3
63.	36.1	←	L onto Bremner Blvd	1.0
64.	37.2	↑	Continue onto Fort York Blvd	0.1
65.	37.3	↑	Make a U-turn at Telegram Mews	0.0
66.	37.3	▀	End of route	0.0

2.8 kilometers. +4/-0 meters