


| Num | Dist | Type | Note | Next |
| :---: | :---: | :---: | :---: | :---: |
| 1. | 0.0 | D | Start of route | 0.1 |
| 2. | 0.1 | $\Rightarrow$ | Right onto Colborne Lodge Dr | 1.1 |
| 3. | 1.2 | $\longleftarrow$ | Left onto Lake Shore Blva W | 0.0 |
| 4. | 1.2 | $\Rightarrow$ | Right toward Martin Goodman Trail | 0.0 |
| 5. | 1.2 | $\Rightarrow$ | Right onto Martin Goodman Trail | 1.0 |
| 6. | 2.2 | $\Rightarrow$ | Right toward Martin Goodman Trail | 0.0 |
| 7. | 2.2 | 4 | Left onto Martin Goodman Trail | 1.7 |
| 8. | 3.9 | 4 | Left to stay on Humber Bay Park E Trail | 0.2 |
| 9. | 4.0 | $\Rightarrow$ | Slight right onto Humber Bay Park W Trail | 0.1 |
| 10. | 4.2 | 4 | Left to stay on Humber Bay Park W Trail | 0.1 |
| 11. | 4.2 | $\Rightarrow$ | Slight right to stay on Humber Bay Park W Trail | 1.1 |

4.2 kilometers. $+1 /-23$ meters

| Num | Dist | Type | Note | Next |
| :---: | :---: | :---: | :---: | :---: |
| 12. | 5.4 | $\uparrow$ | Left onto Lake Shore Blvd W | 1.7 |
| 13. | 7.0 | 4 | Left onto First St | 0.1 |
| 14. | 7.2 | $\uparrow$ | Continue onto Lakeshore Dr | 0.1 |
| 15. | 7.3 | 4 | Left onto Second St | 0.2 |
| 16. | 7.5 | $\uparrow$ | Continue onto Lake Shore Dr | 0.1 |
| 17. | 7.6 | 4 | Left onto Fourth St | 0.0 |
| 18. | 7.6 | $\Rightarrow$ | Right onto Lake Shore Dr | 0.1 |
| 19. | 7.8 | $\uparrow$ | Left onto Fifth St | 0.1 |
| 20. | 7.8 | $\uparrow$ | Continue onto Lake Shore Dr | 0.5 |
| 21. | 8.3 | 4 | Left to stay on Lake Shore Dr | 0.2 |
| 22. | 8.5 | $\uparrow$ | Left onto Eleventh St | 0.1 |
| 23. | 8.7 | $\Rightarrow$ | Right onto Lake Shore Dr | 0.8 |
| 24. | 9.4 | ¢ | Left cross street and continue onto trail | 0.2 |

5.2 kilometers. $+1 /-1$ meters

| Num | Dist | Type | Note | Next |
| :---: | :---: | :---: | :---: | :---: |
| 36. | 16.1 | $\uparrow$ | Left to stay on Waterfront Trail | 0.2 |
| 37. | 16.3 | $\Rightarrow$ | Waterfront Trail turns slightly right and becomes Hampton Crescent | 0.1 |
| 38. | 16.3 | $\leqslant$ | Left onto bridge and go straight | 0.2 |
| 39. | 16.6 | $\uparrow$ | Continue onto Waterfront Trail | 0.4 |
| 40. | 16.9 | $\Rightarrow$ | Continue onto Cumberland Dr (Canadian Cycling Great Jocelyn Lovell lived on this street) | 0.9 |
| 41. | 17.8 | 4 | Left onto Wanita Rd | 0.2 |
| 42. | 18.0 | $\uparrow$ | Left onto Elmwood Ave S | 0.1 |
| 43. | 18.1 | $\Rightarrow$ | Right onto Waterfront Trail | 0.6 |
| 44. | 18.7 | 4 | Left onto Port St E | 0.3 |


| Num | Dist | Type | Note | Next |
| :---: | :---: | :---: | :---: | :---: |
| 45. | 19.0 | $\uparrow$ | Continue onto Waterfront Trail then right | 0.1 |
| 46. | 19.2 | $\uparrow$ | Continue onto bridge | 0.2 |
| 47. | 19.3 | - | Left onto Front St. | 0.4 |
| 48. | 19.7 | $\Rightarrow$ | Right onto Mississauga Rd | 12.3 |
| 49. | 32.0 | $\uparrow$ | Continue onto Queen St S | 1.2 |
| 50. | 33.1 | $\uparrow$ | FOOD STOP at Cuchulainn's Irish Pub Patio on your left. When finished, cross the street to Water St. | 0.1 |
| 51. | 33.3 | $\Rightarrow$ | Right onto Church St | 0.2 |
| 52. | 33.5 | + | Left onto Main St | 0.4 |
| 53. | 33.9 |  | Continue onto Bristol Rd W | 6.8 |
| 54. | 40.7 | $\uparrow$ | Left onto Kennedy Rd | 0.8 |
| 55. | 41.5 | $\Rightarrow$ | Right onto Matheson Blvd E | 5.6 |
| 56. | 47.2 | + | Right onto Orbitor Dr | 0.5 |

28.4 kilometers. $+136 /-59$ meters

| Num | Dist | Type | Note | Next |
| :---: | :---: | :---: | :---: | :---: |
| 57. | 47.7 | $\uparrow$ | Continue onto Centennial Park Blvd | 1.8 |
| 58. | 49.4 | - | Left onto Rathburn Rd | 5.2 |
| 59. | 54.6 | + | Left onto Islington Ave | 1.4 |
| 60. | 56.0 | $\Rightarrow$ | Right onto Royal York Rd | 1.2 |
| 61. | 57.2 | - | Left onto Usher Ave | 0.1 |
| 62. | 57.3 | $\Rightarrow$ | Right onto The Kingsway | 1.5 |
| 63. | 58.8 | $\uparrow$ | Continue onto Bloor St W | 2.9 |
| 64. | 61.7 | $\Rightarrow$ | Right onto Colborne Lodge Dr | 0.0 |
| 65. | 61.8 | $\uparrow$ | Continue onto West Rd | 1.0 |
| 66. | 62.7 | $\uparrow$ | Left | 0.1 |
| 67. | 62.8 | - | End of route | 0.0 |

15.7 kilometers. $+71 /-128$ meters

High Park to Streetsville Matthison Loop

| Num | Dist | type | Note | Next |
| :---: | :---: | :---: | :---: | :---: |
| 1. | 0.0 | - | Start of route | 0.1 |
| 2. | 0.1 | $\Rightarrow$ | Right onto Colborne Lodge Dr | 1.1 |
| 3. | 1.2 | 4 | Left onto Lake Shore Blvd W | 0.0 |
| 4. | 1.2 | $\Rightarrow$ | Right toward Martin Goodman Trail | 0.0 |
| 5. | 1.2 | $\Rightarrow$ | Right onto Martin Goodman Trail | 1.0 |
| 6. | 2.2 | $\Rightarrow$ | Right toward Martin Goodman Trail | 0.0 |
| 7. | 2.2 | $\leqslant$ | Left onto Martin Goodman Trail | 1.7 |
| 8. | 3.9 | 4 | Left to stay on Humber Bay Park E Trail | 0.2 |
| 9. | 4.0 | $\Rightarrow$ | Slight right onto Humber Bay Park W Trail | 0.1 |
| 10. | 4.2 | $\leftarrow$ | Left to stay on Humber Bay Park W Trail | 0.1 |
| 11. | 4.2 | $\Rightarrow$ | Slight right to stay on Humber Bay Park W Trail | 1.1 |
| 12. | 5.4 | $\leqslant$ | Left onto Lake Shore Blvd W | 1.7 |
| 13. | 7.0 | 4 | Left onto First St | 0.1 |
| 14. | 7.2 | $\uparrow$ | Continue onto Lakeshore Dr | 0.1 |
| 15. | 7.3 | $\leqslant$ | Left onto Second St | 0.2 |
| 16. | 7.5 | $\uparrow$ | Continue onto Lake Shore Dr | 0.1 |
| 17. | 7.6 | $\uparrow$ | Left onto Fourth St | 0.0 |
| 18. | 7.6 | $\Rightarrow$ | Right onto Lake Shore Dr | 0.1 |
| 19. | 7.8 | 4 | Left onto Fifth St | 0.1 |
| 20. | 7.8 | $\uparrow$ | Continue onto Lake Shore Dr | 0.5 |
| 21. | 8.3 | $\leqslant$ | Left to stay on Lake Shore Dr | 0.2 |
| 22. | 8.5 | $\leqslant$ | Left onto Eleventh St | 0.1 |
| 23. | 8.7 | $\Rightarrow$ | Right onto Lake Shore Dr | 0.8 |
| 24. | 9.4 | 4 | Left cross street and continue onto trail | 0.2 |
| 25. | 9.6 | $\Rightarrow$ | Right to stay on trail | 0.3 |
| 26. | 9.9 | $\leqslant$ | Left onto Lake Promenade | 1.1 |
| 27. | 11.0 | $\leqslant$ | Left to stay on Lake Promenade | 0.3 |
| 28. | 11.2 | $\Rightarrow$ | Lake Promenade turns right and becomes Thirty Sixth St | 0.1 |


| Num | Dist | Type | Note | Next |
| :---: | :---: | :---: | :---: | :---: |
| 29. | 11.3 | $\downarrow$ | Left onto Lake Promenade | 0.5 |
| 30. | 11.8 | $\stackrel{1}{2}$ | Slight left onto Waterfront Trail in Park | 1.6 |
| 31. | 13.5 | 4 | Follow detour to continue west | 0.7 |
| 32. | 14.2 | + | Slight left to stay on Waterfront Trail | 0.9 |
| 33. | 15.1 | - | Left onto Lakefront Promenade | 0.7 |
| 34. | 15.8 | $\Rightarrow$ | Right onto Waterfront Trail | 0.0 |
| 35. | 15.8 | $\Rightarrow$ | Keep right to stay on Waterfront Trail | 0.3 |
| 36. | 16.1 | 4 | Left to stay on Waterfront Trail | 0.2 |
| 37. | 16.3 | - | Waterfront Trail turns slightly right and becomes Hampton Crescent | 0.1 |
| 38. | 16.3 | 4 | Left onto bridge and go straight | 0.2 |
| 39. | 16.6 | + | Continue onto Waterfront Trail | 0.4 |
| 40. | 16.9 | - | Continue onto Cumberland Dr (Canadian Cycling Great Jocelyn Lovell lived on this street) | 0.9 |
| 41. | 17.8 | - | Left onto Wanita Rd | 0.2 |
| 42. | 18.0 | $\stackrel{\rightharpoonup}{ }$ | Left onto Elmwood Ave S | 0.1 |
| 43. | 18.1 | $\square$ | Right onto Waterfront Trail | 0.6 |
| 44. | 18.7 | - | Left onto Port St E | 0.3 |
| 45. | 19.0 | $\uparrow$ | Continue onto Waterfront Trail then right | 0.1 |
| 46. | 19.2 | 1 | Continue onto bridge | 0.2 |
| 47. | 19.3 | - | Left onto Front St. | 0.4 |
| 48. | 19.7 | $\Rightarrow$ | Right onto Mississauga Rd | 12.3 |
| 49. | 32.0 | $\uparrow$ | Continue onto Queen St S | 1.2 |
| 50. | 33.1 | $\uparrow$ | FOOD STOP at Cuchulainn's Irish Pub Patio on your left. When finished, cross the street to Water St. | 0.1 |
| 51. | 33.3 | $\Rightarrow$ | Right onto Church St | 0.2 |
| 52. | 33.5 | + | Left onto Main St | 0.4 |
| 53. | 33.9 | + | Continue onto Bristol Rd W | 6.8 |
| 54. | 40.7 | $\checkmark$ | Left onto Kennedy Rd | 0.8 |
| 29.5 kilometers. +131/-46 meters Toronto Bicycling Network |  |  |  |  |


| Num | Dist | Type | Note | Next |
| :---: | :---: | :---: | :---: | :---: |
| 55. | 41.5 | $\Rightarrow$ | Right onto Matheson Blvd E | 5.6 |
| 56. | 47.2 | $\Rightarrow$ | Right onto Orbitor Dr | 0.5 |
| 57. | 47.7 | $\uparrow$ | Continue onto Centennial Park Blvd | 1.8 |
| 58. | 49.4 | 4 | Left onto Rathburn Rd | 5.2 |
| 59. | 54.6 | 4 | Left onto Islington Ave | 1.4 |
| 60. | 56.0 | $\Rightarrow$ | Right onto Royal York Rd | 1.2 |
| 61. | 57.2 | 4 | Left onto Usher Ave | 0.1 |
| 62. | 57.3 | $\Rightarrow$ | Right onto The Kingsway | 1.5 |
| 63. | 58.8 | $\uparrow$ | Continue onto Bloor St W | 2.9 |
| 64. | 61.7 | $\Rightarrow$ | Right onto Colborne Lodge Dr | 0.0 |
| 65. | 61.8 | $\uparrow$ | Continue onto West Rd | 1.0 |
| 66. | 62.7 | 4 | Left | 0.1 |
| 67. | 62.8 | $\boldsymbol{*}$ | End of route | 0.0 |

