0.0	0	Start of route	0.1
0.1		R on Danforth Ave	0.2
0.2		L on Victoria Park Ave	1.1
1.3		R on Donside Dr	0.2
1.4		L on Maybourne Ave	0.6
2.0		R on Bolster Ave	0.1
2.1		L on Westbourne. Cross St. Clair. Go through schoolyard and turn R.	0.6
2.7		Right/Left on Stamford Sq. continuing on Stellarton.	0.2
3.0		L on Delwood Dr	0.1
3.1		R on Karnwood Dr	0.5
3.5		L on Edge Park Ave	0.1
3.7		Continue on Harris Park then turn R through Plaza	0.8
4.5		L on Pharmacy Ave	0.7
5.2		R on Hydro Corridor Trail	3.0
8.2		Cross Kennedy Rd. Enter Jack Goodlad Pk. WASHROOMS	0.4
8.6		L to cross bridge	0.1
8.7		R on Tara Ave	0.3
9.0		L on Fitzgibbon Ave	0.4
9.4		R on Romulus	0.1
9.5		Cross Midland to Marcos	1.0
10.5		Before Lawrence Ave, turn R on path - Bike Rte 26	0.3
10.8		Cross Lawrence and Brimley veering R into Thomson Park	0.5
11.3		L at "T" intersection	0.2
11.6		R then L to go around picnic shelters	0.3
11.8		Slight L to go up hill to washroom	0.2
12.0		R past washroom and R again	0.0
12.1		R to follow path to St. Andrews Rd	0.4
12.4		R onto St Andrews Rd	0.5
13.0		R into park opposite house with historical plaque	0.1
13.0		L on Gatineau Trail at bottom of hill	0.3

13.0 kilometers. +62/-31 meters

13.4	Continue under McCowan Rd.	1.0
14.3	R to cross bridge then L	0.2
14.5	R to go UP hill to Bellamy Rd	0.1
14.6	R onto Bellamy Rd N	0.1
14.7	R onto Cedar Brae Blvd	1.6
16.3	L on Eglinton Ave E and go under the bridge	0.4
16.7	R on path by the bench	1.1
17.8	Follow trail crossing McCowan to Brimley	1.1
18.8	L on Brimley, then R on Comrie Terrace. Follow Comrie to bend. Cross field and turn L on Andrew Ave.	0.7
19.5	R on Minerva Ave	0.2
19.7	L on Jeanette St	0.2
19.9	Cross St. Clair at lights. L on Gidley	0.1
20.0	L on Montvale Dr	0.5
20.5	L on Chine Dr	0.2
20.7	Cross Kingston Rd. Continue on Chine Dr.	0.2
20.9	R on Glenridge Rd	0.1
21.1	L on Cliffcrest Dr	0.6
21.7	Cliffcrest turns L	0.3
21.9	L on Scarboro Crescent	0.2
22.2	R on Romana Dr	0.1
22.3	L on Midland Ave (turns R and becomes Fishleigh)	1.1
23.3	L on Glen Everest to Rosetta McLean Gardens. Walk west through gardens after WASHROOMS	0.6
23.9	Continue west on Waterfront Trail	0.2
24.1	Continue on Springbank Ave	0.3
24.4	L on Birchmount then R on Waterfront Trail	0.1
24.6	L on Harding Blvd	0.2
24.7	Harding Blvd turns R and becomes Kingsbury	0.3
25.0	Continue onto Viewbank Rd	0.1
25.1	L on Kildonan Dr	0.2

12.1 kilometers. +86/-131 meters

25.3	Continue on Crescentwood	0.4
25.7	Crescentwood turns R and becomes Warden	0.4
26.1	Cross Kingston Rd and continue on Warden	0.6
26.7	L on Clonmore Dr	0.6
27.3	Slight R on Gerrard St	0.7
28.0	R on Victoria Park	0.6
28.5	L to cross Victoria Pk at Danforth. Walk into parking lot at Shopper's World.	0.3
28.8	End of route	0.0