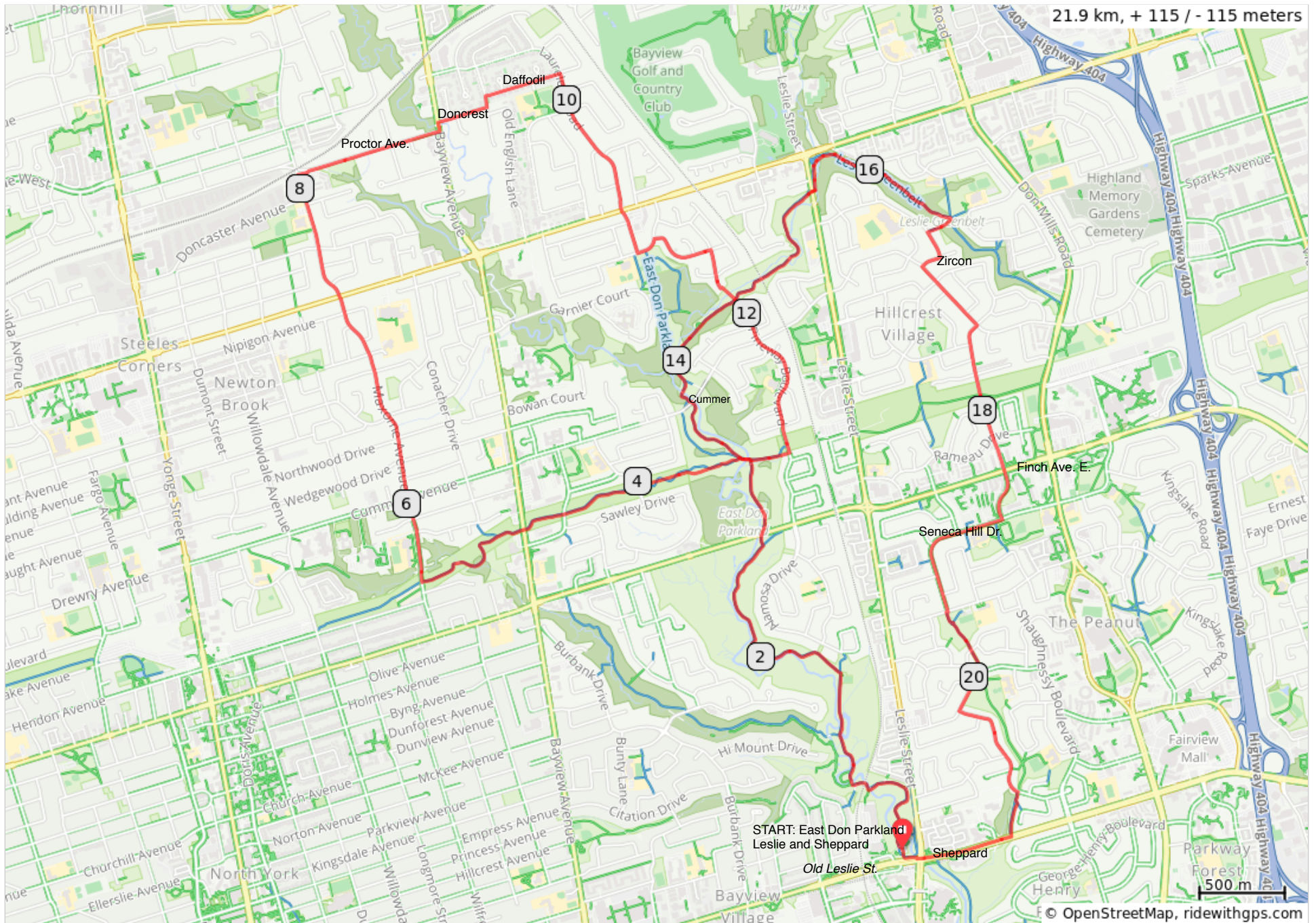













# A Triple Loop de Loop














21.9 km, + 115 / - 115 meters














## A Triple Loop de Loop

0.0		Start of route	0.0
0.0		START: East Don Parkland -Leslie and Sheppard	0.0
0.0		Head North through the valley on the trail going under Finch	0.0
3.3		L to go over the bridge and UP the winding trail, crossing Bayview to Maxome	3.3
2.2		R on Maxome Ave	5.6
1.8		Crossing Steeles, continue on Henderson Ave	7.3
0.8		R on Proctor Ave	8.1
0.9		L/R crossing Bayview to Doncrest Dr.	9.0
0.3		L on Poinsetta Dr	9.3
0.1		Immediate R on Daffodil Ave	9.4
0.5		R on Laureleaf Rd	9.8

9.8 kilometers. +81/-52 meters

0.5		R on Brahms Ave	17.5
0.9		Crossing Finch, continue on Linus Rd	18.4
0.3		R on Seneca Hill Dr	18.7
0.8		Cross Van Horne Ave to go through Belbury Pk	19.5
0.4		R on Nymark Ave	19.9
0.3		L on Glentworth Rd	20.2
0.7		R through Darlington Pk toward Sheppard Ave E	20.9
0.3		R on Sheppard Ave E	21.1
0.6		Cross Leslie and R into East Donlands Park	21.7
0.1		END of ride	21.9
0.0		End of route	21.9

4.9 kilometers. +3/-38 meters

1.2		After crossing Steeles, L on Bestview Dr	11.0
0.1		Immediate R on Harrington Crescent	11.1
0.4		R on Goldenwood Rd. Continue on path at end of road	11.5
0.4		R at Yatesbury Rd onto Pineway Blvd.	11.9
1.0		R on trail down into the valley	12.9
0.3		Cross the bridge and loop north going under the Cummer bridge up to Leslie	13.2
2.2		Cross Leslie to new trail down in the valley.	15.4
1.1		At crossroads (crosspaths?) R to go over bridge and UP to Francine	16.5
0.2		L on Francine Dr	16.7
0.2		R on Zircon Ct	16.9
0.1		L on McNicoll Ave	17.0

7.2 kilometers. +28/-10 meters