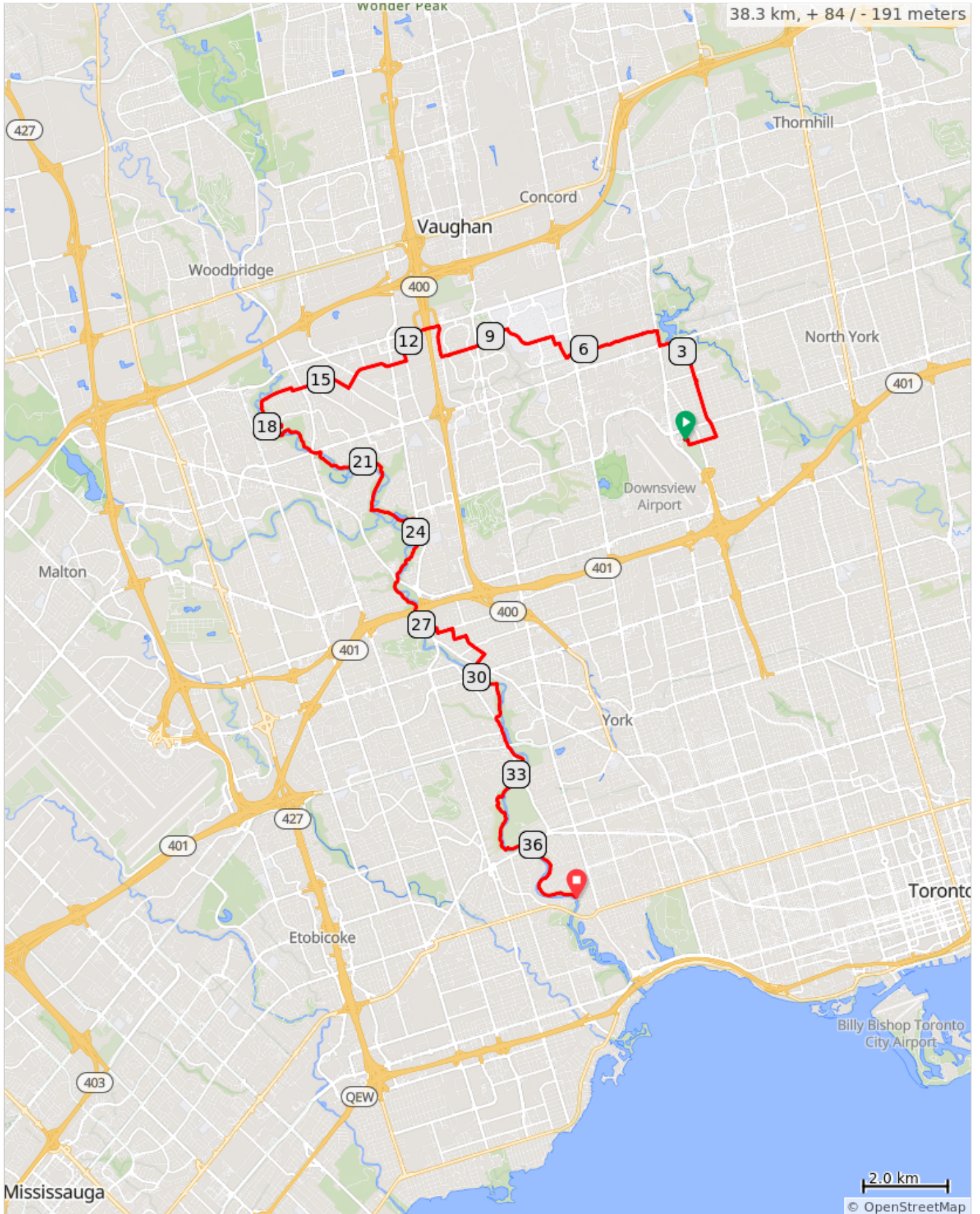


Banting Park (Sheppard W) to Old Mill 2024



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0.1	➔	R onto Banting Avenue	0.1
0.2	➤	L on Reiner	0.7
0.9	➤	L onto Faywood Boulevard	0.3
1.2	⬆	Cross Sheppard and continue on Wilmington	1.1
2.3	➔	R to WASHROOMS at Irving W. Chapley Community Centre	0.1
2.3	➔	Continue north on Wilmington Ave	1.0
3.3	➤	L onto Finch Avenue West	0.5
3.9	➔	R onto Dufferin Street	0.4
4.2	➤	L onto Finch Corridor Trail .	1.9
6.1	➤	L on trail toward Tangiers Rd.	0.1
6.1	⬆	Cross Tangiers Rd to go through parking lot	0.1
6.2	➔	R then L through lot.	0.1
6.3	➤	Continue on path parallel to Tangiers	0.1
6.4	⬆	Cross Keele and continue on path	0.2
6.7	➔	R onto Evelyn Wiggins Drive	0.4
7.0	➤	Continue L on Assiniboine	0.1
7.1	➔	R onto Leitch Ave	0.2
7.3	➤	L onto The Pond Rd	1.2
8.6	➤	L onto Shoreham Dr	0.8
9.4	⬆	Cross Jane	0.9
10.3	➔	Through barrier then R onto Norfinch Drive	0.8
11.0	➤	L at Steeles onto southside path under 400	0.7
11.8	➤	L onto Rossdean Drive	0.3
12.1	➔	R onto Garyray Drive	0.2
12.3	➤	L onto Signet Drive	0.3
12.6	➔	R onto Ormont Drive	1.7
14.3	➔	R onto Toryork Drive	0.6
14.8	↶	Toryork curves L and becomes Milvan	0.3
15.1	➔	R onto Millwick Drive	0.5
15.6	⬆	Cross Islington and continue on Muir Ave.	0.2

15.5 kilometers. +23/-68 meters

15.8	➔	R onto Larchmere Avenue	0.1
15.9	➤	L onto Riverside Drive	0.6
16.5	➔	R into park	0.9
17.5	➤	Slight L toward WASHROOMS	0.1
17.6	↶	Do a U-Turn from Washrooms	0.1
17.7	➔	R reversing back to a path	0.2
17.8	➤	L on the path and over the bridge (scenic way)	0.2
18.0	➤	L onto Humber River Recreational Trail	0.4
18.4	➤	L to go over the next bridge	0.8
19.2	➔	R onto Humber River Recreational Trail	0.3
19.5	⬆	Go under Finch and Islington Rds	0.2
19.7	➔	R to go over bridge	0.5
20.2	➤	L toward river and next bridge	1.3
21.4	➔	R on trail and R again over next bridge	1.1
22.5	➤	L onto Humber River Trail and cross Humber River	3.4
25.9	↶	Keep L at "V" on Humber Trail	0.3
26.3	⬆	Go under 401	0.2
26.5	➤	L to cross Humber River	0.5
26.9	➤	L onto Cardell Avenue	0.4
27.3	⬆	Take route into Loblaws parking lot then turn R	0.0
27.3	➔	R onto Knob Hill Drive	0.1
27.5	➤	L onto Oak Street	0.4
27.8	➔	R onto Yelland Street	0.3
28.1	➤	Yelland St turns L and becomes Queenslea Ave	0.3
28.4	➔	R onto Rosemount Ave	0.6
29.0	➔	R onto King Street	0.3
29.3	➤	L onto Weston Road	0.1
29.4	↷	Sharp R onto Little Avenue	0.2
29.7	➔	R onto Lawrence Avenue West then R on path	0.1
29.8	↶	Sharp L onto Humber River Recreational Trail	3.8

14.2 kilometers. +39/-70 meters

33.6	➔	R toward James Gardens then L	0.3
33.9	➔	Right- WASHROOMS	0.1
34.1	➔	R toward Trail then R on trail	1.9
35.9	➡	L onto Old Dundas Street	0.1
36.0	➔	R onto Lundy Avenue then R on Trail	0.1
36.1	↗	Keep R onto Humber River Recreational Trail	2.2
38.3	➡	L into Parking Lot	0.0
38.3	📍	End of route	0.0

8.5 kilometers. +18/-37 meters