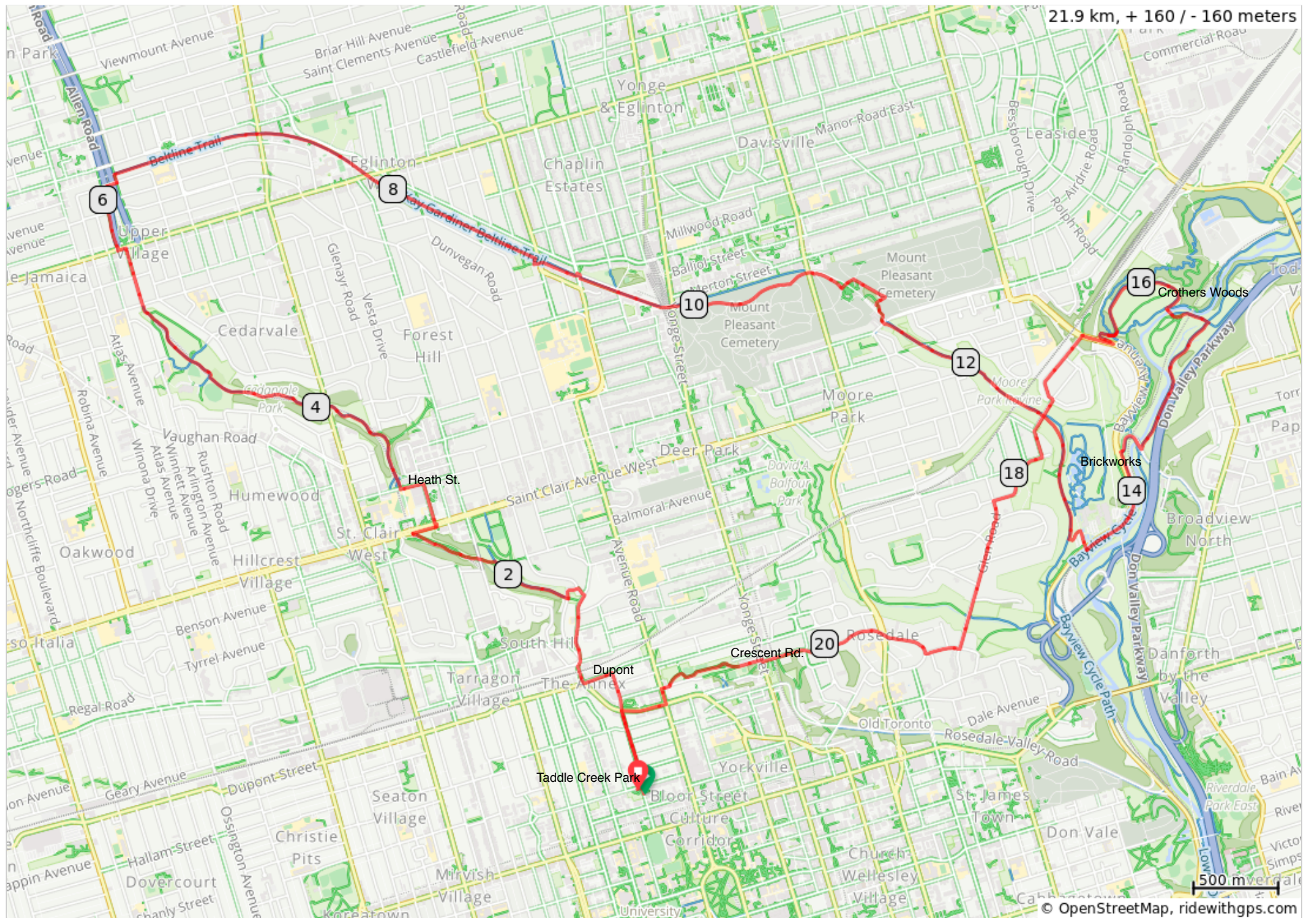


Hill and Vale



21.9 km, + 160 / - 160 meters



0.0	▶	Start of route	0.0
0.0	➔	START: Taddle Creek Park	0.0
0.0	←	L on Bedford Rd	0.0
0.7	←	L on Dupont at lights	0.7
0.2	➔	R on Davenport Rd	0.9
0.1	➔	Under bridge fork R to Poplar Plains Rd.	1.0
0.4	←	L on Russell Hill Rd	1.5
0.1	←	L on Boulton Dr	1.5
0.1	➔	R into Roycroft Pk	1.6
0.5	←	Continue under the bridge into Nordheimer Ravine	2.1
0.5	➔	R on St. Clair Ave. W	2.6
0.2	↑	Cross St. Clair at lights at Tweesmuir	2.8
0.0	➔	North on Tweedsmuir Ave	2.8
0.2	←	L at Heath St/Tichester Rd.	3.1
0.1	➔	Pick up path into Cedarvale Ravine at N entrance St. Clair Ave. W subway.	3.2
2.0	↑	Exit at Ava Rd. Regroup	5.2
0.1	↑	N on Everdeen	5.3
0.4	←	L on Eglinton Ave W Walk bikes to traffic lights. Cross Eglinton to NW corner	5.7
0.0	➔	R on path	5.7
0.4	➔	R on Aldburn to cross over Allen Expy	6.1
0.1	➔	R on Beltline Trail	6.2
2.7	➔	Right toward Kay Gardner Beltline Trail	8.9
0.0	←	Left onto Kay Gardner Beltline Trail	8.9
0.3	←	Left onto Oriole Pkwy	9.2
0.0	➔	Right onto Frobisher Ave	9.2
0.0	➔	Right onto Kay Gardner Beltline Trail	9.2
0.0	←	Left to stay on Kay Gardner Beltline Trail	9.3
0.6	←	Cross Yonge St. Regroup	9.8
0.1	➔	R into Mt. Pleasant Cemetery	9.9
0.0	←	L going under Mt. Pleasant bridge.	10.0

10.0 kilometers. +71/-33 meters

1.0	←	L at T junction	10.9
0.1	➔	Take 1st R	11.0
0.2	➔	R at cenotaph memorial	11.2
0.1	←	L onto Trail crossing Moore Ave.	11.3
0.2	↑	Through Moore Park Ravine to Brickworks	11.5
1.8	←	L to Brickworks and washrooms	13.3
0.2	←	L at lights onto Bayview	13.5
0.7	➔	R on Pottery Rd	14.3
0.2	←	Cross Pottery Rd. at barrier to Don Trail N. Regroup	14.5
0.9	←	L before Beechwood Dr., Cross tracks and river	15.4
0.3	➔	R after crossing bridge	15.7
0.8	➔	Right then Left towards Bayview	16.4
0.3	➔	Sharp right to exit at Bayview. Walk bikes to traffic lights and cross at Nesbit Dr.	16.7
0.2	←	L onto Nesbitt	16.9
0.5	↑	R onto Governors Rd	17.4
0.2	←	L on Astley Ave	17.6
0.2	➔	Right onto Douglas Dr	17.8
0.2	←	L to stay on Douglas Dr	18.0
0.3	←	L on Glen Rd	18.2
0.9	➔	R on South Dr	19.1
0.2	➔	R on Crescent Rd	19.4
1.0	➔	Cross Yonge at lights	20.4
0.0	←	L to follow laneway and then park path through Ramadan Pk to Avenue Rd.	20.4
0.5	←	Slight left to stay on Ramsden Park Trail	20.9
0.2	←	Walk bikes S to Davenport Rd.	21.1
0.1	➔	R on Davenport Rd	21.2
0.3	←	L on Bedford Rd	21.4
0.5	➔	R into Taddle Creek Park. END	21.9
0.0	▣	End of route	21.9

12.0 kilometers. +86/-117 meters