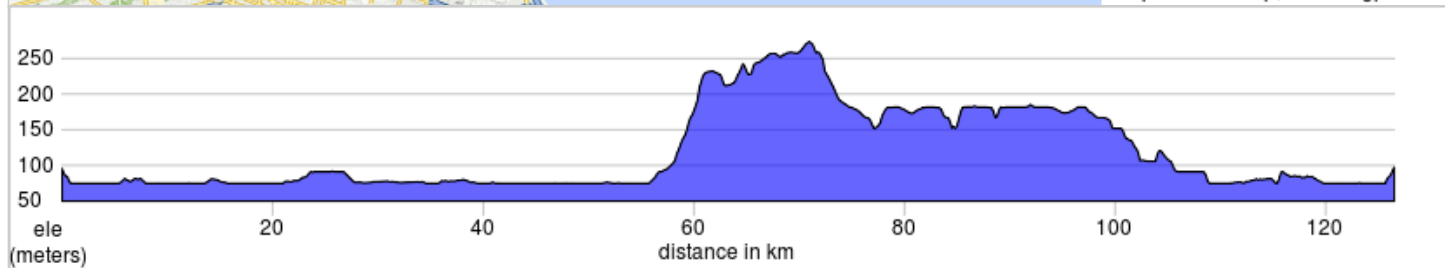
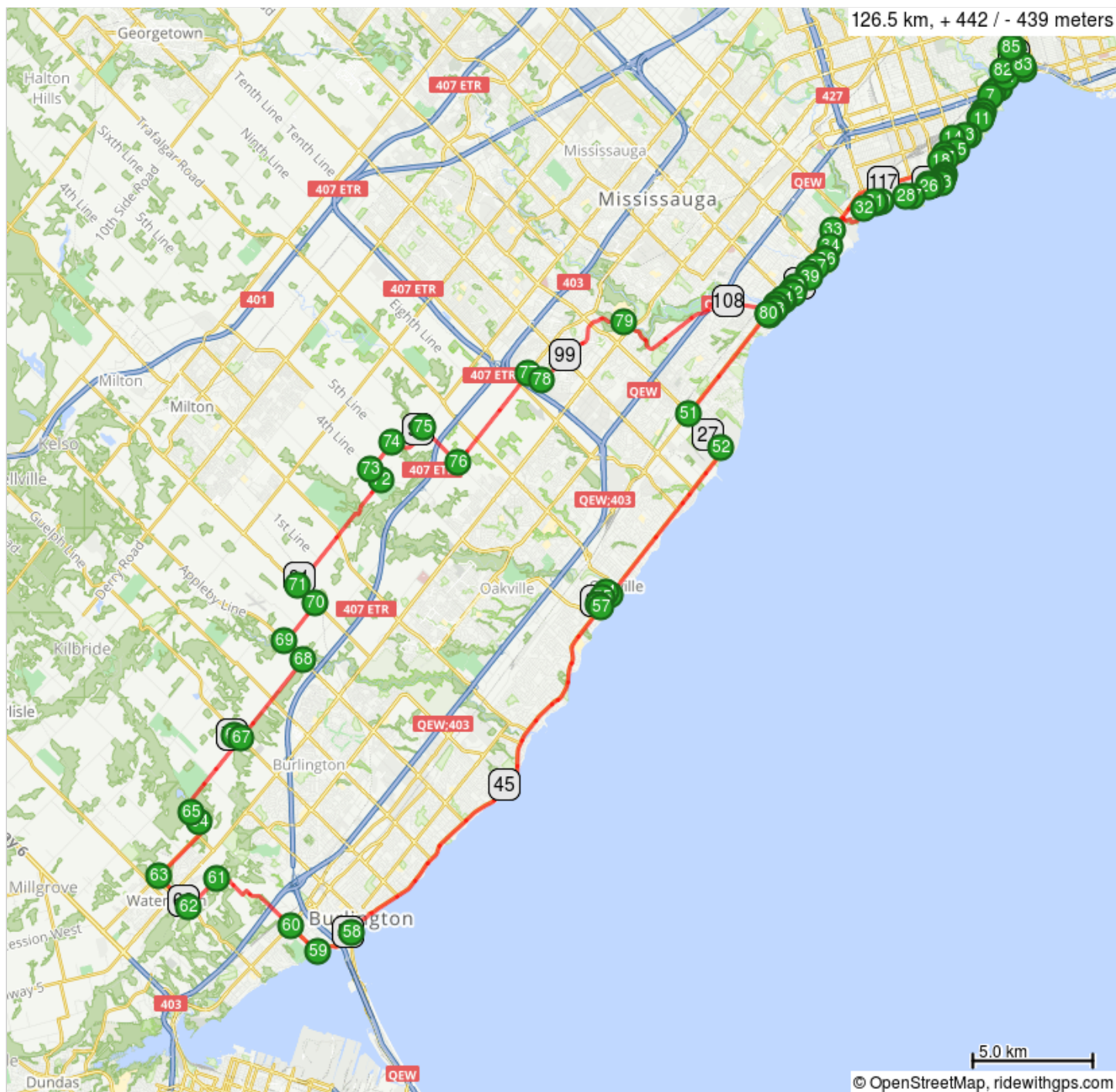


High Park to Burlington with an Escarpment Climb



High Park to Burlington with an Escarpment Climb

Num	Dist	Type	Next	Note
1.	0.0		0.0	Start of route
2.	0.0		1.1	R onto Colborne Lodge Dr
3.	1.1		1.4	R onto Martin Goodman Trail
4.	2.5		0.1	L at Sheldon's Lookout
5.	2.6		0.4	Sharp R onto gravel path
6.	3.0		0.2	Slight L onto Humber Bay Park E Trail
7.	3.2		0.7	R toward Marine Parade Dr then L onto it.
8.	3.9		0.2	L towards trail head
9.	4.1		0.1	Slight R onto Humber Bay Park W Trail
10.	4.2		0.1	L to stay on Humber Bay Park W Trail
11.	4.3		0.9	Slight R to stay on Humber Bay Park W Trail

4.3 kilometers. +1/-20 meters

Num	Dist	Type	Next	Note
12.	5.2		0.2	R towards playground and street
13.	5.4		0.5	Straight onto Mimico Ave
14.	5.9		0.5	L onto George St
15.	6.5		0.5	R onto Symons St
16.	7.0		0.2	L onto Dwight Ave
17.	7.2		0.2	R onto Birmingham St
18.	7.4		0.6	L onto Third St
19.	8.1		0.1	R onto Lake Shore Dr
20.	8.2		0.0	L onto Fourth St
21.	8.2		0.1	R onto Lake Shore Dr
22.	8.4		0.1	L onto Fifth St
23.	8.4		0.5	Continue onto Lake Shore Dr
24.	8.9		0.2	L to stay on Lake Shore Dr
25.	9.1		0.1	L onto Eleventh St
26.	9.2		0.9	R onto Lake Shore Dr

4.9 kilometers. +12/-12 meters

Num	Dist	Type	Next	Note
27.	10.2		0.3	Slight R
28.	10.5		1.1	L onto Lake Promenade
29.	11.6		0.3	L to stay on Lake Promenade
30.	11.8		0.1	Lake Promenade turns R and becomes Thirty Sixth St
31.	11.9		0.5	L onto Lake Promenade
32.	12.4		2.3	Slight L onto Waterfront Trail
33.	14.8		0.9	Slight L to stay on Waterfront Trail
34.	15.6		0.7	L onto Lakefront Promenade
35.	16.3		0.0	R onto Waterfront Trail
36.	16.4		0.5	Keep R to stay on Waterfront Trail
37.	16.9		0.4	L onto Waterfront Trail (bridge)
38.	17.3		0.2	L to stay on Waterfront Trail

8.1 kilometers. +6/-6 meters

Num	Dist	Type	Next	Note
39.	17.5		0.9	Waterfront Trail turns slightly R and becomes Cumberland Dr
40.	18.4		0.2	L onto Wanita Rd
41.	18.6		0.1	L onto Elmwood Ave S
42.	18.7		0.5	R onto Waterfront Trail
43.	19.3		0.1	Continue onto Helene St S
44.	19.3		0.3	L onto Port St E
45.	19.6		0.1	R onto trail
46.	19.7		0.3	Slight R to go over bridge.
47.	20.0		0.0	L onto Front St S
48.	20.0		0.3	R onto Port St W
49.	20.3		0.1	R onto Mississauga Rd
50.	20.4		5.3	L onto Lakeshore Rd W
51.	25.7		1.9	L onto Southdown Rd S
52.	27.6		7.7	Continue onto Lakeshore Rd W

10.3 kilometers. +18/-14 meters

Num	Dist	Type	Next	Note
53.	35.3	➡	0.2	R on Navy St. (Detour 2017)
54.	35.5	⬅	0.3	L onto Randall St.
55.	35.8	⬆	0.3	Continue onto Rebecca St
56.	36.1	⬅	0.2	L onto Kerr St
57.	36.3	➡	17.7	R onto Lakeshore Rd W
58.	53.9	⬆	1.7	Continue onto North Shore Blvd E
59.	55.6	⬆	1.5	Continue onto King Rd
60.	57.1	🍴	4.1	Optional Food Stop McDonalds, Dairy Queen, Subway and Convenience Store at Plains Rd.
61.	61.2	⬅	1.6	King Rd turns L and becomes Mountain Brow Rd
62.	62.8	➡	1.8	R onto Mill St S
63.	64.6	➡	3.0	R onto Parkside Dr
64.	67.7	⬆	0.5	Continue onto Milborough Line

40.1 kilometers. +224/-42 meters

Num	Dist	Type	Next	Note
65.	68.2	➡	3.8	Slight R onto 1 Side Rd
66.	72.0	➡	0.4	R onto Millar Crescent
67.	72.5	⬆	4.1	Continue onto 1 Side Rd
68.	76.6	⬅	1.1	L onto Appleby Line
69.	77.7	➡	2.1	R onto Side Rd 2
70.	79.7	⬅	1.0	L onto Tremaine Rd
71.	80.8	➡	5.6	R onto Lower Base Line
72.	86.4	⬅	0.6	L onto Fourth Line
73.	87.0	➡	1.4	R onto Lower Base Line W
74.	88.4	➡	1.8	R to stay on Lower Base Line W
75.	90.2	➡	2.0	R onto Sixth Line
76.	92.2	⬅	4.7	L onto Burnhamthorpe Rd E
77.	96.9	➡	0.7	R onto Ridgeway Dr
78.	97.6	⬅	4.8	L onto The Collegeway
79.	102.4	➡	7.3	R onto Mississauga Rd

34.7 kilometers. +114/-258 meters

Num	Dist	Type	Next	Note
80.	109.7	⬅	14.7	L onto Lakeshore Rd W
81.	124.4	⬅	0.3	L onto Windermere Ave
82.	124.6	➡	0.9	R onto The Queensway
83.	125.5	⬅	0.9	L onto Colborne Lodge Dr
84.	126.4	⬅	0.1	L at Centre Rd
85.	126.5	🚧	0.0	End of route

24.1 kilometers. +53/-31 meters