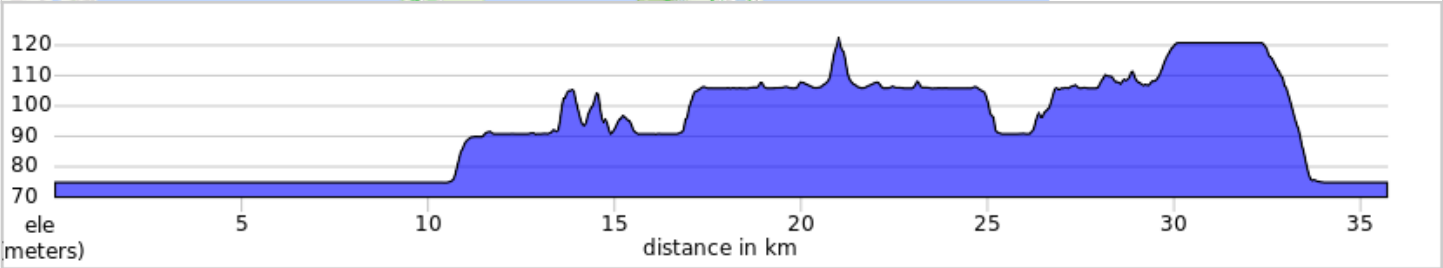
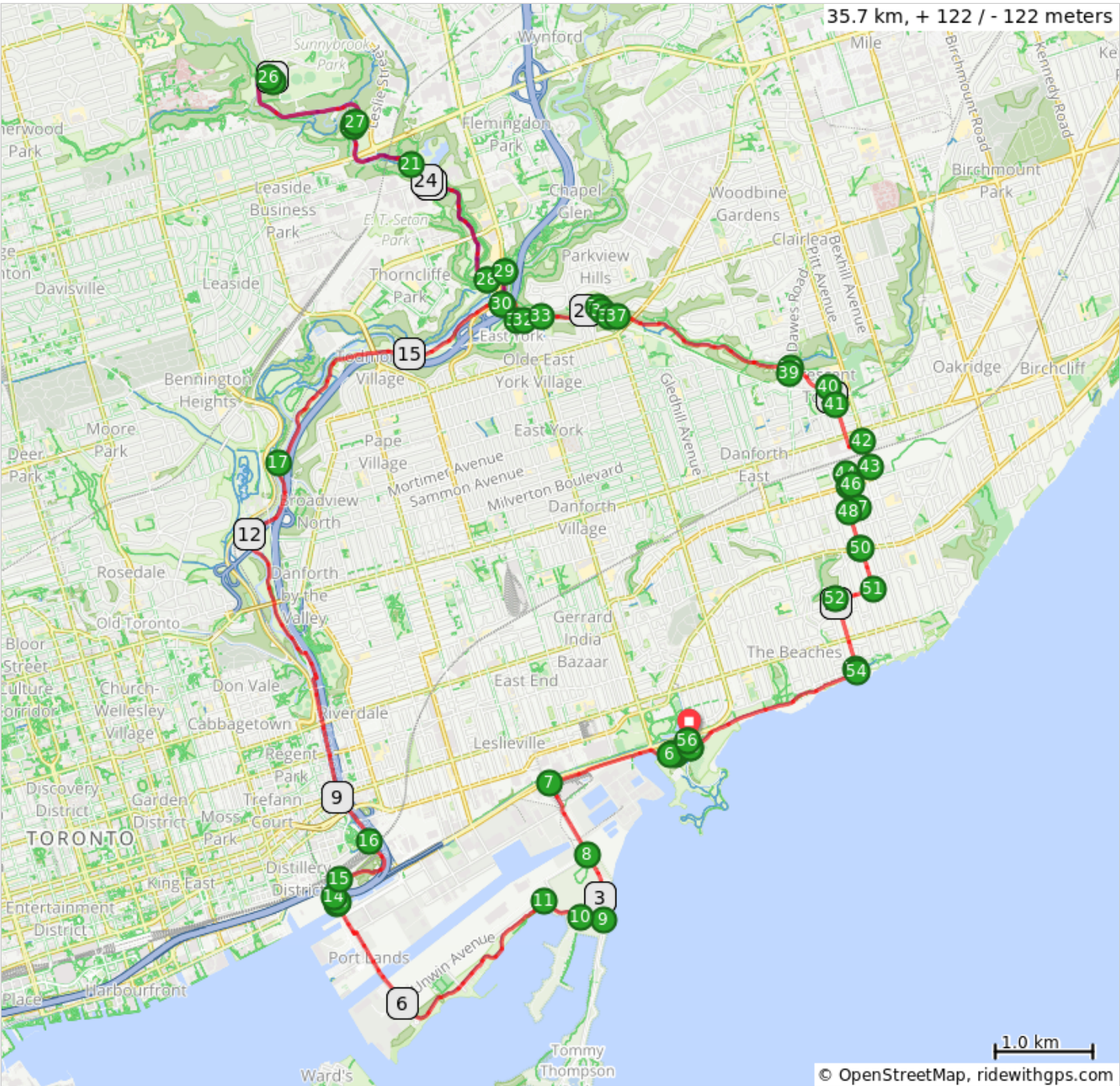


Ashbridges Bay to Sunnybrook loop SMR



Saturday Morning Ride – Toronto Bicycling Network

Ashbridges Bay to Sunnybrook loop SMR

Num	Dist	Type	Note	Next
1.	0.0		Start of route	0.0
2.	0.0		Sharp R towards the boardwalk	0.1
3.	0.1		Sharp R onto Martin Goodman Trail (MGT)	0.2
4.	0.3		Slight R onto MGT	0.0
5.	0.3		Slight L to stay on MGT	0.0
6.	0.3		Cross road to stay on MGT	1.3
7.	1.7		L to stay on MGT	0.9
8.	2.5		Jog L onto Leslie St cont. S. towards the gates	0.7
9.	3.2		R onto trail.	0.3
10.	3.5		R to cont. N. towards Unwin Ave.	0.4
11.	3.9		Sharp L over bridge to get onto the Waterfront Trail (WT)	3.4
12.	7.3		R to cross towards traffic island	0.0

7.3 kilometers. +0/-0 meters

Num	Dist	Type	Note	Next
13.	7.3		L towards Lake Shore Blvd	0.1
14.	7.4		R towards curved path.	0.3
15.	7.6		R onto Lower Don River Trail (LDT) /Rte 45	0.8
16.	8.5		R to stay on LDT/Rte 45	4.4
17.	12.9		Cross Pottery Rd at Traffic island, then cont. onto LDT/Rte 45	3.2
18.	16.1		L towards bridge and onto LDT/Rte 45	0.3
19.	16.5		L to stay on LDT/Rte 45	0.2
20.	16.7		R onto roadway	1.6
21.	18.3		R at fork	1.0
22.	19.3		L at fork	0.0
23.	19.3		Slight L onto E.T. Seton Park Road	1.6
24.	20.9		R towards bathrooms	0.1
25.	21.0		Water & bathroom break	0.1

13.8 kilometers. +84/-39 meters

Num	Dist	Type	Note	Next
26.	21.1		L onto trail	1.6
27.	22.7		R	2.6
28.	25.4		L onto towards the parking lot	0.2
29.	25.6		R to stay LDT/Rte 45	0.3
30.	25.9		L towards the Don Valley Pkwy.	0.3
31.	26.2		L onto Taylor Creek Trail (TCT)	0.1
32.	26.3		L towards bridge	0.2
33.	26.5		L onto TCT	0.6
34.	27.1		L towards bridge	0.1
35.	27.2		Continue onto TCT	0.1
36.	27.3		L towards bridge	0.1
37.	27.4		Continue onto TCT	1.9
38.	29.3		R onto Dawes Rd	0.1
39.	29.4		L onto Crescent Town	0.5
40.	29.8		R onto Crescent Pl	0.2

8.8 kilometers. +40/-41 meters

Num	Dist	Type	Note	Next
41.	30.1		Cont. onto Thyra Ave	0.6
42.	30.7		R onto Vic Park	0.3
43.	30.9		R onto Musgrave St	0.3
44.	31.2		L onto Dengate Rd	0.1
45.	31.3		L onto Gerrard St E	0.0
46.	31.3		R onto Scarborough Rd	0.2
47.	31.6		R onto Swanwick Ave	0.1
48.	31.7		L onto Lawlor Ave	0.4
49.	32.1		L onto Kingston Rd	0.0
50.	32.1		R onto Silver Birch Ave	0.4
51.	32.5		R onto Pine Ave	0.4
52.	32.9		L onto Balsam Ave	0.7
53.	33.7		L at Hubbard Blvd	0.0
54.	33.7		R onto MGT	1.9
55.	35.6		R towards Tim Hortons	0.1
56.	35.7		End of route	0.0

5.9 kilometers. +0/-45 meters