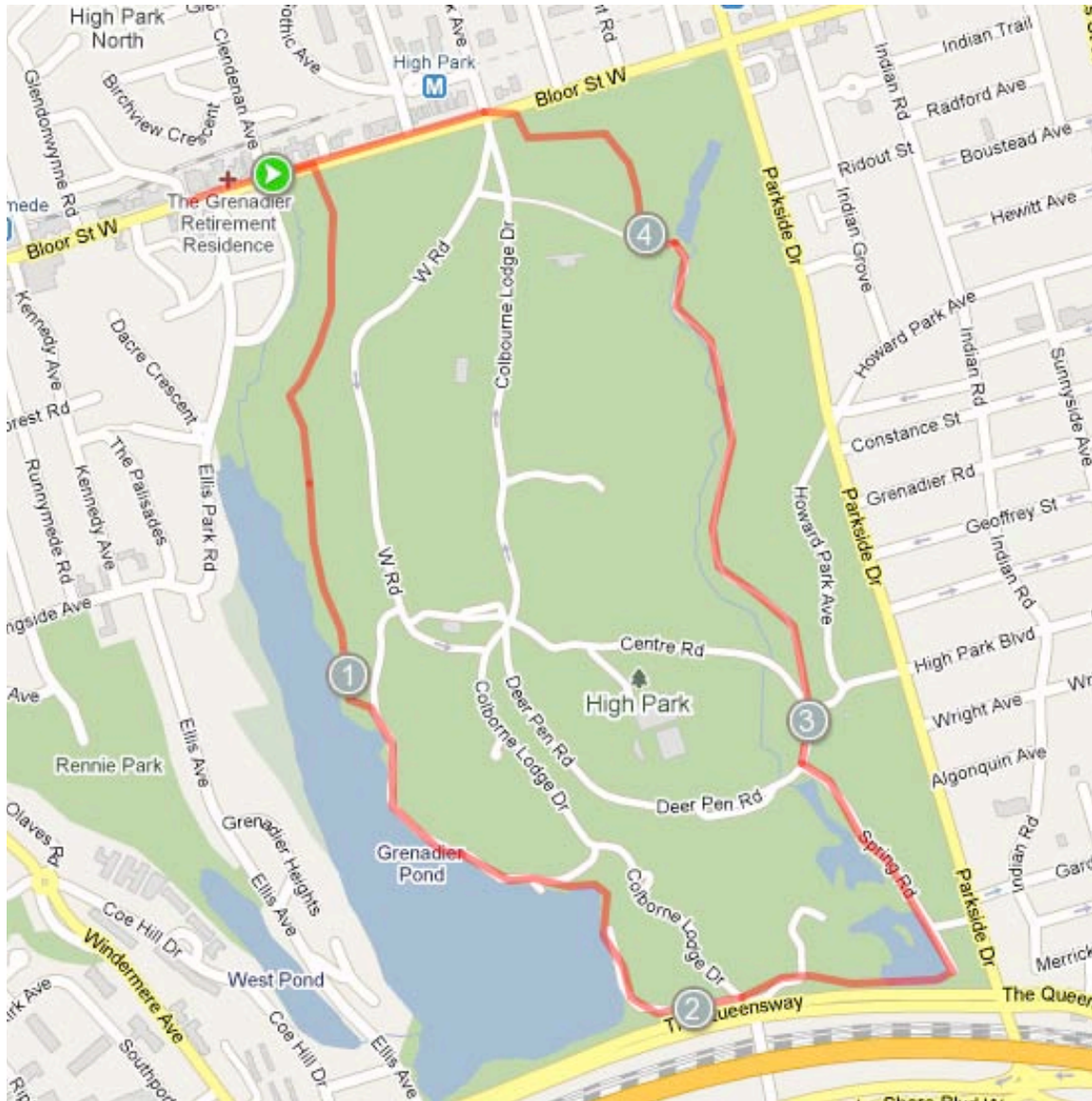


High Park Loop, 4k



High Park Loop, 5k



From Bloor/Clendenan, start running east and take the first path into the park trail (where we exited Sunday's LSD run). Continue south on the trail past the hill from Sunday and down to the paved path. Continue running south on the paved trail beside Grenadier Pond all the way down and around til you're almost at Queensway. Bear left and run parallel to Queensway over to Spring Road. Left on Spring and take it all the way back up the east side of the park. When you get to the bottom of Spring Rd Hill, take a hard Right onto the trail path, which turns left after 100m to take you back up to Bloor.

High Park / Ellis 5.3k



From RR, run west up Bloor & cross Bloor at the lights at Kennedy. Turn left down Kennedy to Morningside, turn left and then a quick right onto Ellis Avenue. Run down Ellis to the path on the north side of the Queensway – turn left. Run to Colbourne Lodge Road – turn left up Colbourne Lodge Rd. At Grenadier Restaurant, turn left and take the West Road all the way back to Bloor. At Bloor, turn left and back to RR.

High Park, Grenadier Loop, 5k

