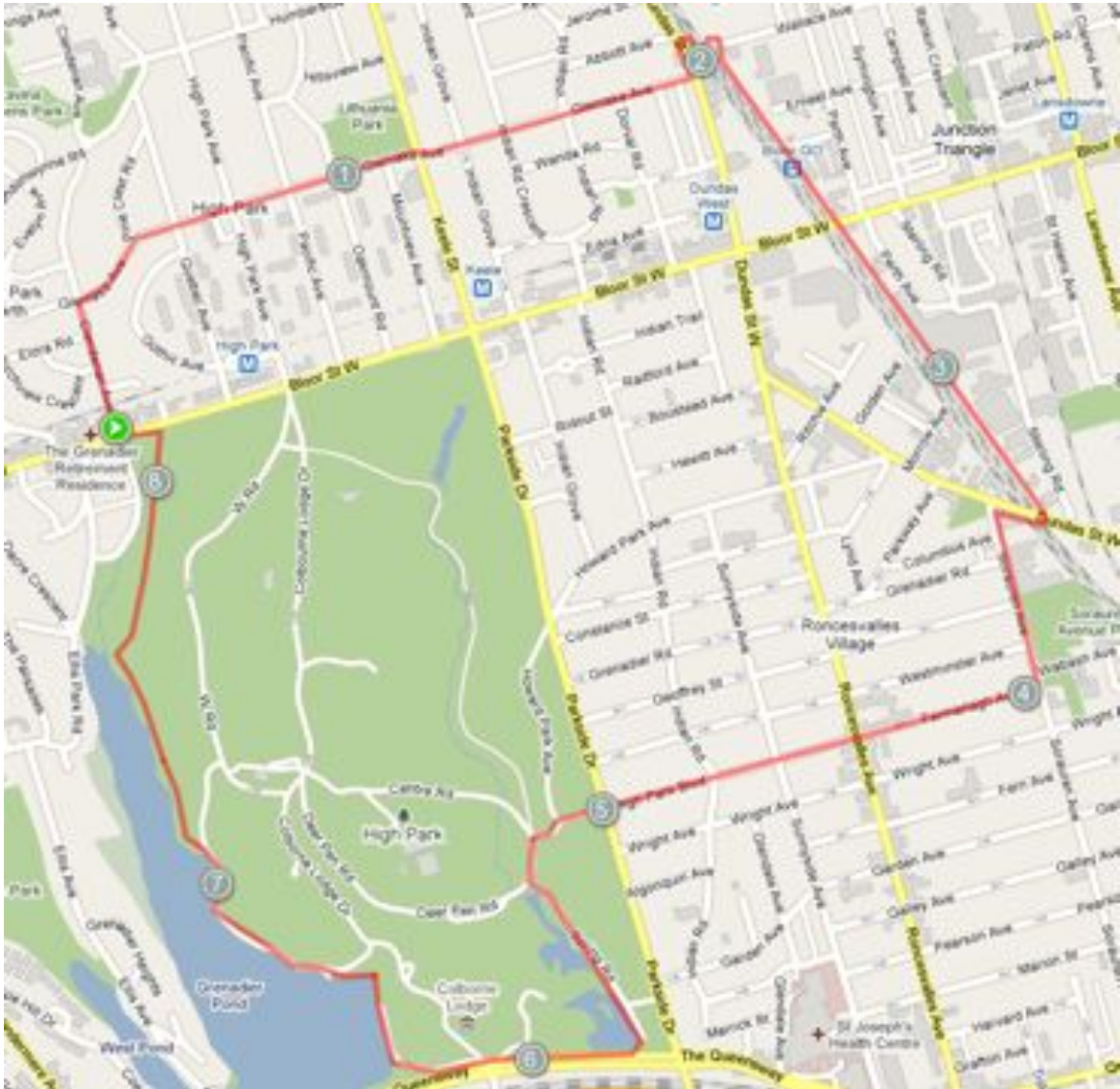
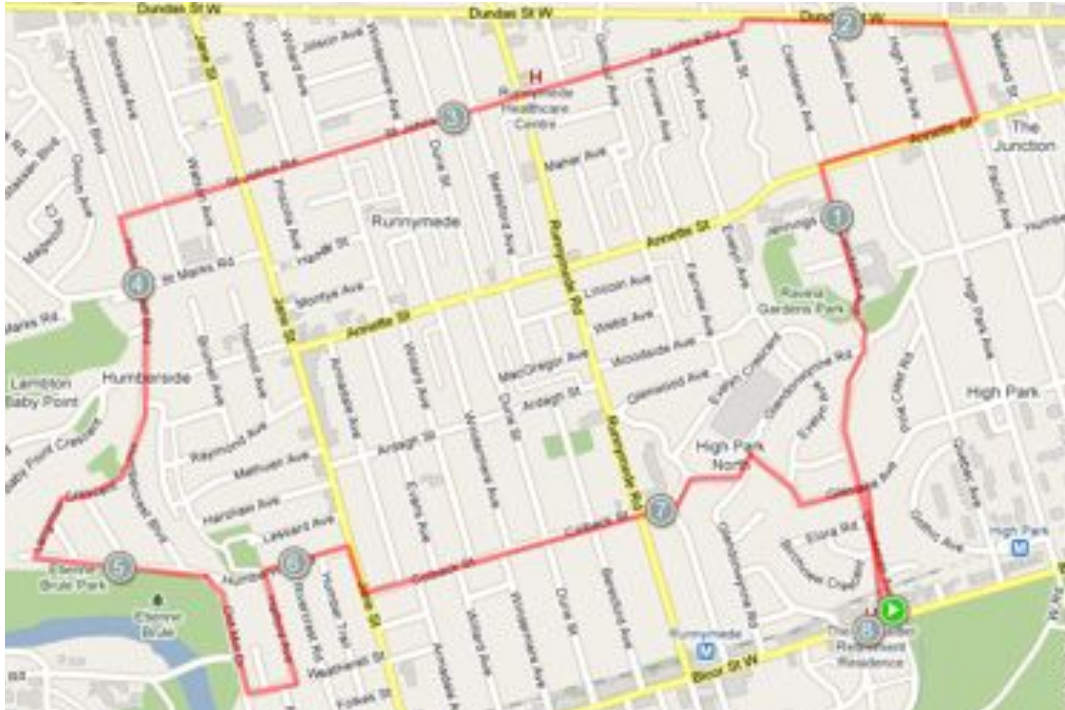


West Toronto Rail Path & High Park Trail, 8 km



At Clendenan/Bloor, run north up Clendenan, right on Glenlake and all the way across (past Keele) to Dundas West. Take a little left on Dundas and cross AT THE CROSSWALK. Take pedestrian bridge over train tracks, and go south on West Toronto Rail Path. Sharp right on Dundas, then left on Sorauren. Right on Fermanagh. When you come to Roncesvalles, come to a walk and go single file over the makeshift plywood crosswalk. Continue straight on what is now High Park Blvd & into High Park. Left on Centre, left on Spring Rd, right on path by Queensway past Colborne Lodge Rd and take fork to the right so you're running beside Grenadier Pond. Follow the pond all the way up, taking a left after the little bridge (past the flower clock) so you continue to follow pond. When you get to a fork in the trail, take the right and continue on the dirt trail path. Keep going straight (ish) til you run up a little hill and find yourself back on Bloor. Back to RR.

8km St Johns/Halford Loop

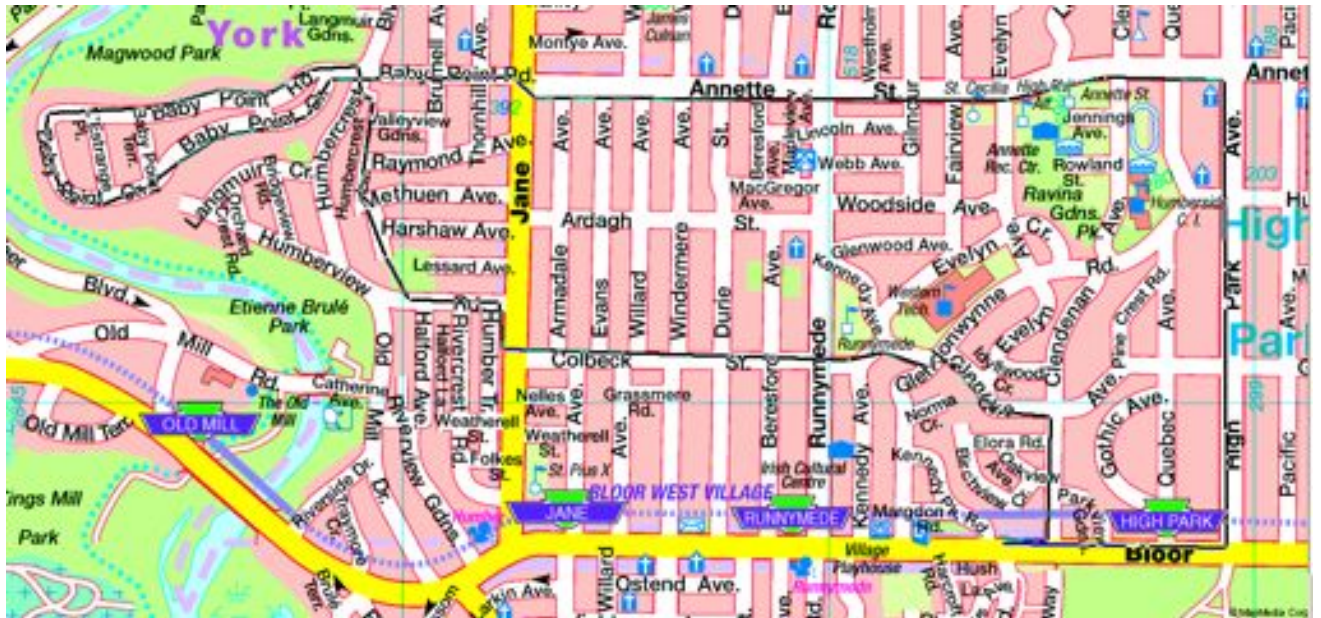


Run north up Clendenan, then right on Annette east to Pacific. Left on Pacific, left on Dundas to St Johns Road. Take St Johns across past Runnymede, past Jane to Humbercrest. Left on Humbercrest and go south. At btm of hill keep to right on Langmuir, then left on Humberview. Right at Old Mill Road, go south down the hill and then continue on up the hill. Left on Halford and 'follow the yellow brick road' up the hill and back to Humberview. Right on Humberview to Jane, left, and then right on Colbeck and back to the store.

High Park, Sorauren, West Toronto Rail Path, 8km



Baby Point, 8km



Bloor east to High Park. Left on High Park, left on Annette west & into Baby Point. Keep left at the loop and follow the loop clockwise. Right on Humbercrest and a quick left into the laneway, run across playground & down to Humberview. Left on Humberview, right on Jane, left on Colbeck & back to store.

Ellis, MGT, Sorauen, WT Rail Path, Bloor: 8km



Bloor West Big Block, High Park and Ellis: 6km, 8km or 10km Options!



Bloor - Clendennan - Glenlake - Colbeck - Armadale - Annette - Jane - St. Johns - Dundas - High Park

6 km: Bloor back to the RR

8 km: Loop of High Park the n back to the RR.

10 km: Colborne Lodge (with the 8 km people) but straight down to the Queensway, right on the Queensway, right on Ellis, Morningside - Kennedy - Bloor