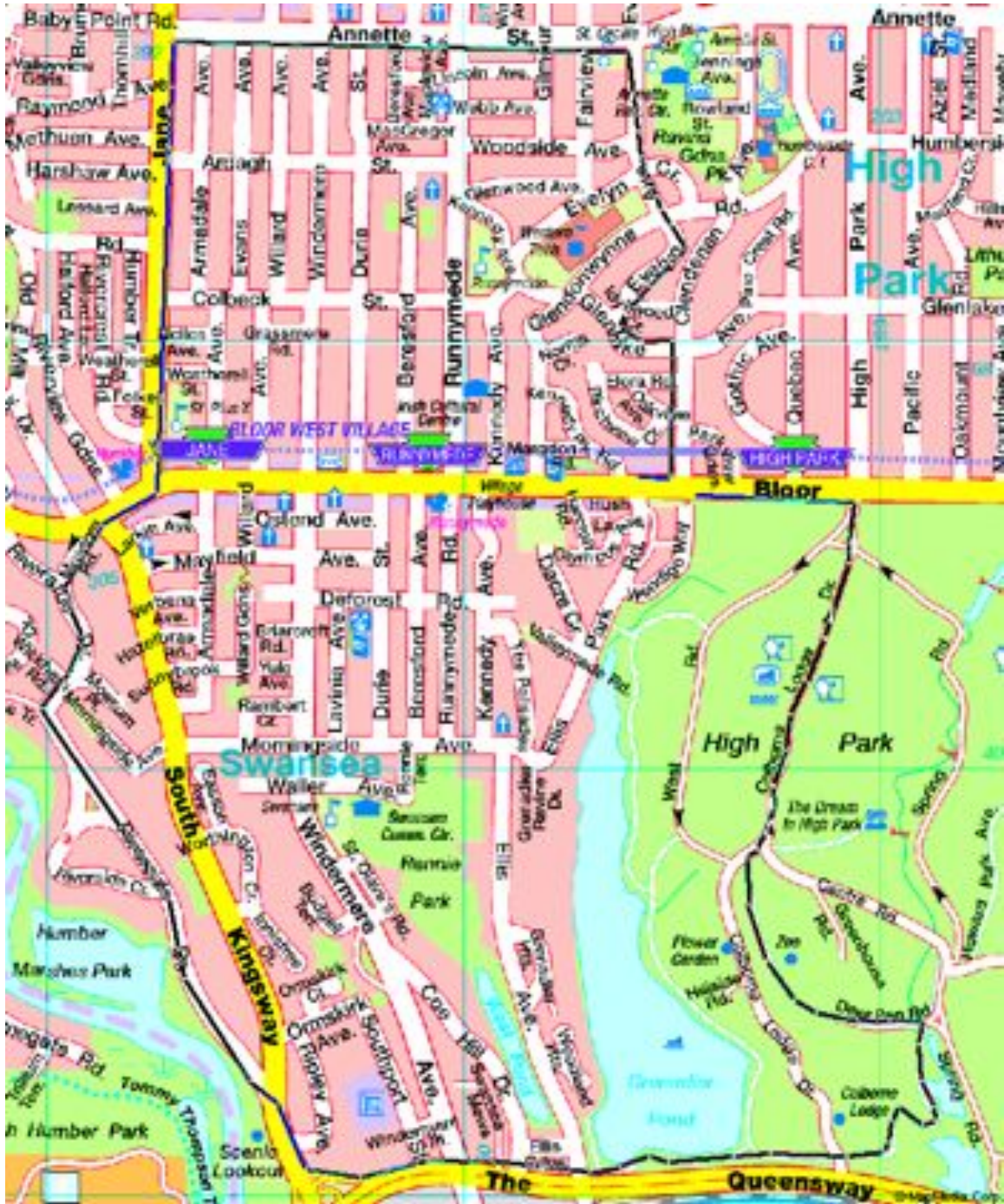
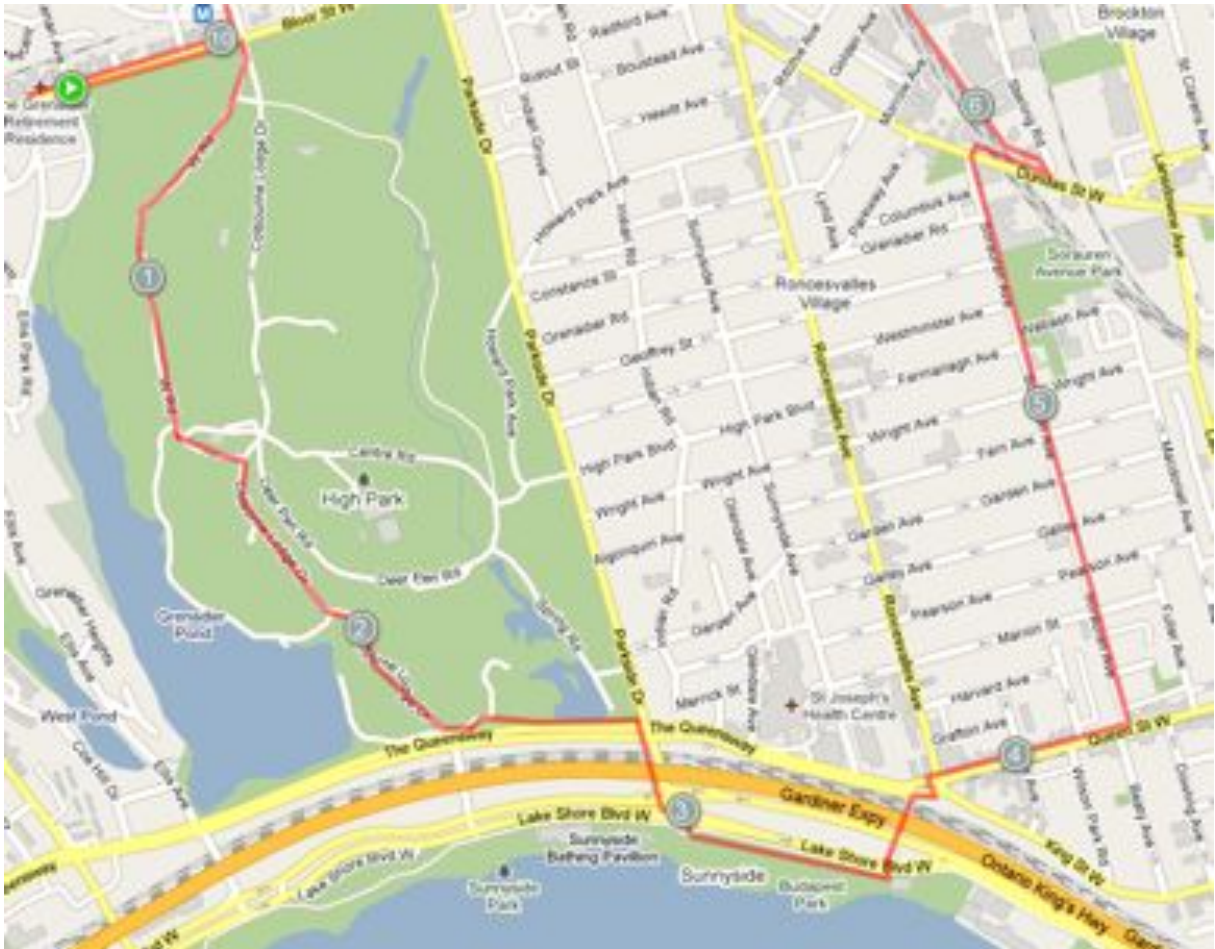


High Park, Riverside, Annette, 9km

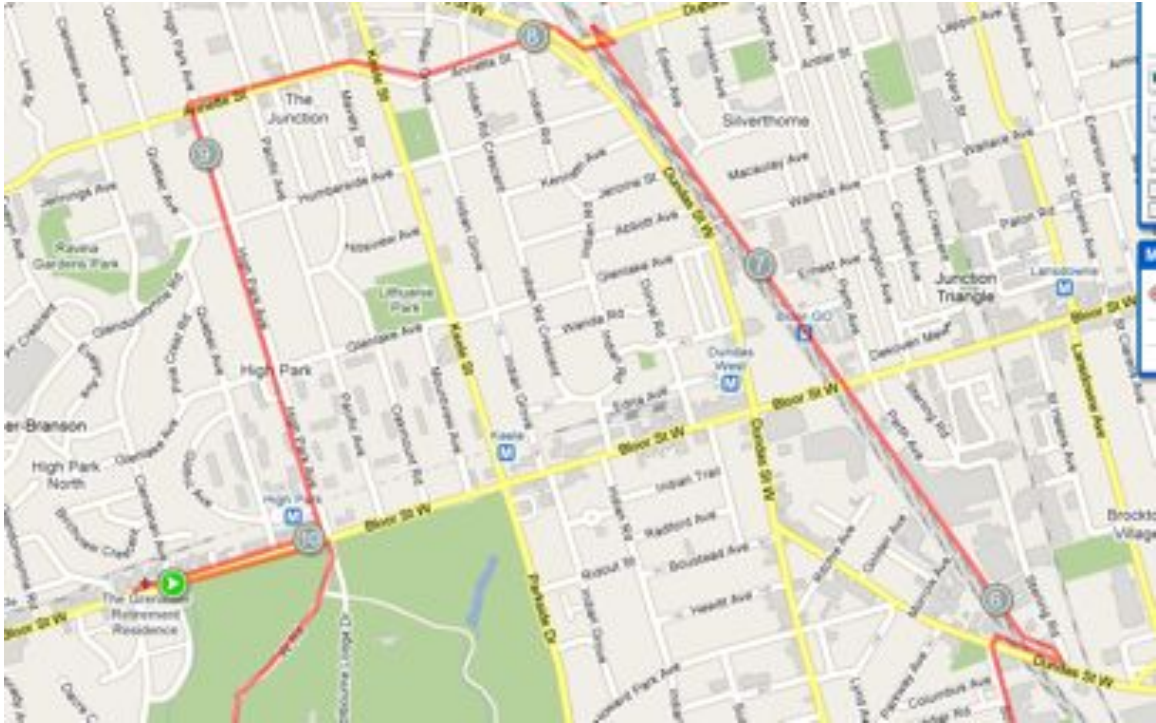


High Park / MGT / Sorauren / West Toronto Rail Path 10 km



MAP A

From Clendenan & Bloor, run east up to the entrance of High Park, keep to the right on West Road to the stop sign near Grenadier. Turn right at stop sign, onto Colbourne Lodge Rd & follow it down to the path by the Queensway. Left on the path (north side of Queensway) over to Parkside Drive. Right on Parkside, careful crossing over with the lights to the Martin Goodman Trail (south side of Lakeshore). Left on MGT over to the pedestrian bridge near the Palaise Royale. Left onto pedestrian bridge back over the Lakeshore/Gardiner up to Queen Street. Cross Roncevalles and continue east on Queen over to Sorauren. Left on Sorauren and run north up to Dundas.



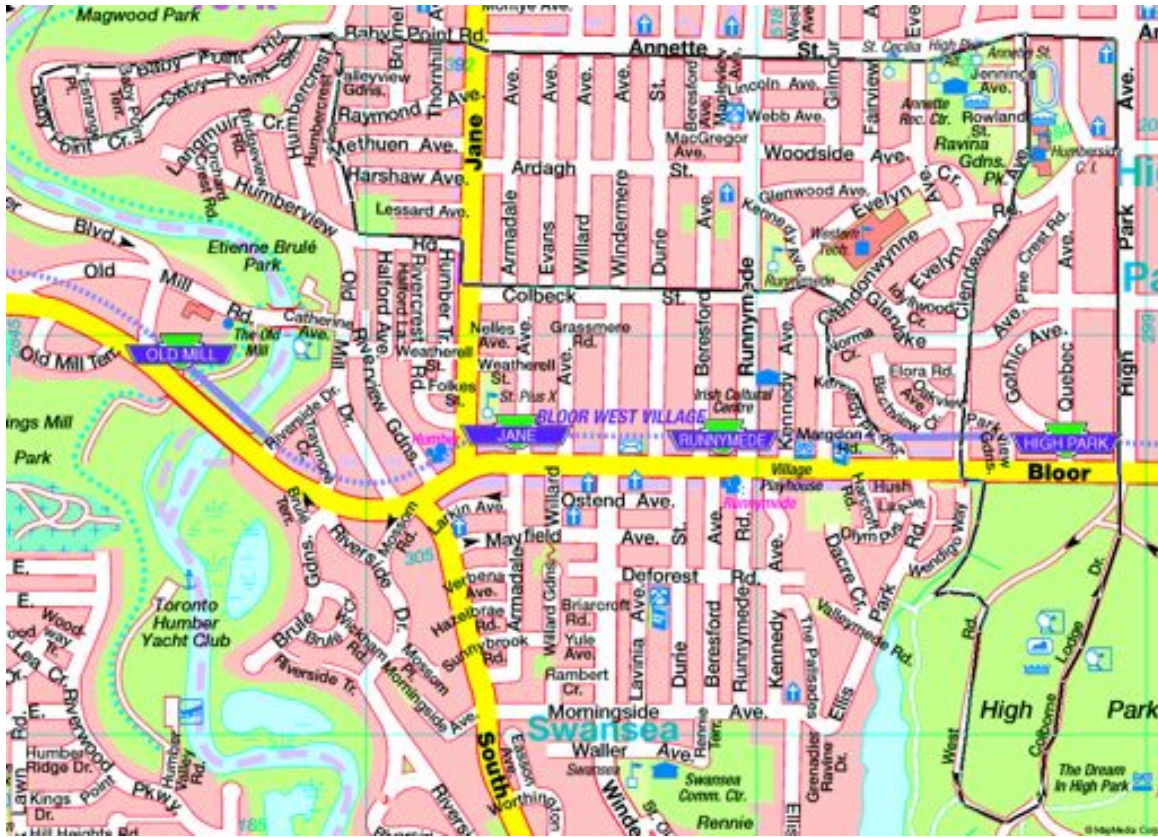
MAP B

Turn Right on Dundas across rail bridge and then a sharp left at Sterling and onto the Rail Path. Follow the Rail Path north up to Dupont, take the stairs down to Dupont and turn right under the bridges to get up to Dundas. Careful crossing at the lights. Back across Annette, left on High Park and down to Bloor, back to RR.

Pacing:

- 1:45 Group: 5:19 to 6:03 / km
- 2:00 Group: 6:15 to 6:45 / km
- 2:15 Group: 6:40 to 7:20 / km
- 2:30 Group: 7:30 to 8:20 / km
- To Complete: 8:15 to 9:15 / km

Baby Point & High Park, 7k or 9k route



West Humber Trail, Dundas, St Johns, Annette, 9 or 10km



Martin Goodman Trail to CNE, 10k (5k out & back)



Bloor Street, turn right into High Park, left down Spring Road. At the end of Spring Road, veer left up to Parkside Drive and carefully cross Lakeshore Blvd and turn left on the Martin Goodman Trail. Follow the Goodman Trail east until you are opposite Liberty Grand and the Wind Turbine (which is to your left in the CNE grounds). This is the 10 km turnaround point . . . come back the way you came.

West Toronto Rail Path, Sorauren, Martin Goodman, Windermere, 10k

