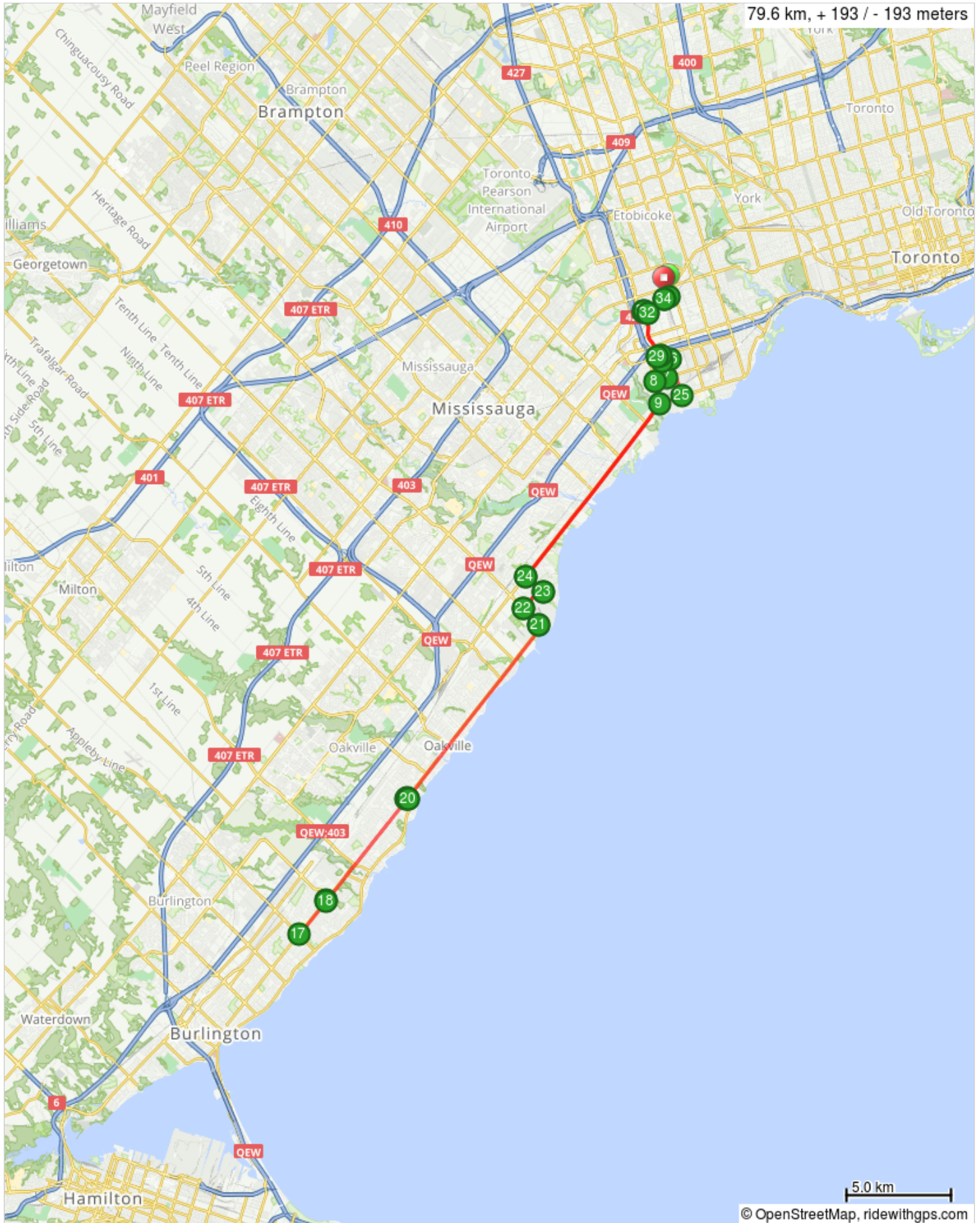


Kipling - Appleby/New St Out and Back - 80km



Kipling - Appleby/New St Out and Back - 80km

Num	Dist	Type	Note	Next
1.	0.0		Start of route	0.5
2.	0.5		L onto Dundas St W	1.0
3.	1.5		R onto The East Mall Crescent	0.3
4.	1.8		L onto The East Mall	2.3
5.	4.1		L onto Evans Ave	0.2
6.	4.3		R onto Beta St	1.0
7.	5.3		R onto Horner Ave	0.6
8.	5.9		L onto Brown's Line	1.2
9.	7.1		R onto Lake Shore Blvd W	10.3
10.	17.4		L onto Meadow Wood Rd	1.2
11.	18.6		R onto Orr Rd	1.4
12.	20.0		L onto Southdown Rd	1.1
13.	21.0		Continue onto Lakeshore Rd W	10.3
14.	31.4		R onto Fourth Line	0.1
15.	31.5		L onto Rebecca St.	6.2

31.5 kilometers. +57/-100 meters

Num	Dist	Type	Note	Next
16.	37.6		Continue onto New St	2.0
17.	39.7		At Appleby Line reverse your direction and go east along New St.	2.1
18.	41.7		Continue onto Rebecca St	6.2
19.	47.9		R onto Fourth Line	0.1
20.	48.0		L onto Lakeshore Rd W	10.3
21.	58.3		Continue onto Southdown Rd	1.1
22.	59.4		R onto Orr Rd	1.4
23.	60.8		L onto Meadow Wood Rd	1.2
24.	62.0		R onto Lakeshore Rd W	11.4
25.	73.4		L onto Thirtieth St	1.8
26.	75.2		L onto Lanor Ave	0.4
27.	75.6		R onto Beta St	0.3
28.	75.9		L onto Evans Ave	0.1
29.	76.0		R onto The East Mall	2.3

44.5 kilometers. +95/-81 meters

Num	Dist	Type	Note	Next
30.	78.3		Slight R	0.1
31.	78.3		R onto The East Mall Crescent	0.2
32.	78.5		L onto Dundas St W	1.1
33.	79.6		R onto Subway Crescent	0.0
34.	79.6		End of route	0.0

3.6 kilometers. +4/-2 meters