

Num	Dist	Note	Next
1.	0.0	Start of route	0.1
2.	0.1	Continue onto Homewood Ave	0.4
3.	0.5	R onto Wellesley St E	0.5
4.	1.1	L onto Parliament St	0.5
5.	1.5	Continue onto Bloor St E	0.9
6.	2.4	Continue onto Danforth Ave	7.1
7.	9.5	L onto Danforth Rd	3.0
8.	12.4	R onto St Clair Ave E	2.0
9.	14.4	L onto Kingston Rd	5.6
10.	20.0	R onto Galloway Rd	0.2
11.	20.2	L onto Coronation Dr	0.4
12.	20.6	L onto Poplar Rd	0.0
13.	20.6	QUICK R onto Coronation Dr	1.3
14.	22.0	R onto Manse Rd	0.5
15.	22.5	L onto Copperfield Rd	0.7
16.	23.2	R into Break 1 - East Point Park	0.3

23.2 kilometers. +117/-106 meters

Num	Dist	Note	Next
17.	23.5	Out of Break, Continue on Copperfield Rd	0.9
18.	24.4	R onto Beechgrove Dr	0.0
19.	24.4	L onto Waterfront (WF) Trail	0.6
20.	25.0	Keep R to stay on WF Trail, keep R 4kms.	3.9
21.	29.0	Pedestrian Bridge: CAUTION - Walk Bike over Bridge	0.1
22.	29.1	Keep R to stay on WF Trail	0.3
23.	29.4	Slight L onto Bella Vista Dr	0.1
24.	29.4	R onto Rodd Ave	0.4
25.	29.8	WF Trail into Petticoat Creek Conservation Area	1.3
26.	31.1	Slight R to stay on Waterfront Trail	0.2
27.	31.2	L onto Marksbury Rd	0.2
28.	31.5	R onto Surf Ave	0.1
29.	31.6	L onto W Shore Blvd	1.4
30.	33.0	R onto Bayly St/Durham Regional Rd 22	14.4
31.	47.4	R onto Charles St	0.5

24.2 kilometers. +60/-77 meters

Num	Dist	Note	Next
32.	48.0	Continue onto WF Trail, keep R.	1.8
33.	49.8	Continue on WF Trail	2.2
34.	51.9	Briefly onto Thickson Rd S	0.1
35.	52.1	R onto WF Trail	1.9
36.	54.0	Slight R to stay on WF Trail	2.5
37.	56.5	R onto Stone St	0.8
38.	57.3	Continue onto WF Trail	1.0
39.	58.4	L onto Ritson Rd S	0.1
40.	58.4	R onto Lakeview Park Ave	0.9
41.	59.3	LUNCH Lakeview Park, OSHAWA.	0.1
42.	59.4	Out of Lunch, Continue on Lakeview Park Ave, exit L onto Simcoe St S	0.6
43.	60.0	R onto Harbour Rd	0.9
44.	60.9	Harbour Rd turns slightly L and becomes WF Trail	1.4
45.	62.3	Exit WF Trail R onto Colonel Sam Dr	2.0
46.	64.4	R to stay on Colonel Sam Dr	0.3

16.9 kilometers. +54/-36 meters

Num	Dist	Note	Next
47.	64.6	L onto Waterfront Trail	0.0
48.	64.7	CAUTION: NARROW GATE, GRAVEL ROAD	0.8
49.	65.5	Keep L at fork	0.5
50.	66.0	L at the T intersection	0.6
51.	66.6	Continue onto Darlington Park Rd. CAUTION: DISMOUNT AT RR TRACKS.	1.5
52.	68.1	L onto Courtice Rd	0.1
53.	68.2	L to stay on Courtice Rd, go North under 401.	0.7
54.	68.9	R onto Baseline Rd W	9.1
55.	78.0	L onto Lambs Rd	0.7
56.	78.7	R onto Durham Regional Hwy 2	5.7
57.	84.4	R onto Mill St S/Durham Regional Rd 17 (signs for Regional Road 17/Mill Street	1.3
58.	85.7	At Clarke St. Stop Sign, Veer L onto Mill St S	1.2

21.4 kilometers. +100/-102 meters

Num	Dist	Note	Next
59.	87.0	Break 2 - Bond Head Parkette. No Snack Truck, but Porto Potty!	0.4
60.	87.4	Out of Break, R onto Lakeshore Rd	2.2
61.	89.6	CAUTION WOODEN BRIDGE/RR TRACKS!!	0.0
62.	89.6	R to stay on Lakeshore Rd...enjoy the views!	10.4
63.	100.0	Keep R to stay on Lakeshore Rd	8.3
64.	108.4	R into Haskill's Farm (2nd driveway past Haskill's bungalow at 4865 Lakeshore Road. DISMOUNT, and Welcome!	0.0
65.	108.4	End of route	0.0

22.6 kilometers. +152/-133 meters