

Kipling - Burlington (106km) 2019

Num	Dist	Note	Next
1.	0.0	Start of route	0.0
2.	0.0	Go west on Subway Cres	0.4
3.	0.5	L onto Dundas St W	1.0
4.	1.5	R onto The East Mall Crescent	0.3
5.	1.8	L onto The East Mall	2.3
6.	4.1	L onto Evans Ave	0.1
7.	4.3	R onto Beta St	1.0
8.	5.3	R onto Horner Ave	0.6
9.	5.9	L onto Brown's Line	1.2
10.	7.0	Slight R onto Lake Shore Blvd W	10.3
11.	17.3	L onto Meadow Wood Rd	1.2
12.	18.5	R onto Orr Rd	1.4
13.	19.9	L onto Southdown Rd	1.1
14.	21.0	Continue onto Lakeshore Rd W	10.3
15.	31.3	R onto Fourth Line	0.1
16.	31.4	L onto Rebecca St	6.2

31.4 kilometers. +58/-101 meters

Num	Dist	Note	Next
17.	37.6	Continue onto New St	6.2
18.	43.8	L onto Guelph Line	0.8
19.	44.6	R onto Lakeshore Rd	2.5
20.	47.1	Continue onto North Shore Blvd E	1.7
21.	48.8	L to stay on North Shore Blvd E (if you find yourself on King Rd. you missed turning onto North Shore Blvd E - double back and make a R onto North Shore Blvd E)	2.6
22.	51.3	L into Lasalle Park	0.0
23.	51.3	Break for lunch	0.0
24.	51.4	Return to North Shore Blvd and go R (east - i.e. back towards Toronto)	4.3
25.	55.7	Slight L onto Lakeshore Rd	25.9
26.	81.6	Continue onto Southdown Rd	1.1
27.	82.7	R onto Orr Rd	1.4
28.	84.1	L onto Meadow Wood Rd	1.2
29.	85.3	R onto Lakeshore Rd W	8.2

53.9 kilometers. +78/-77 meters

Num	Dist	Note	Next
30.	93.4	L onto Ogden Ave	2.0
31.	95.4	R onto the pedestrian foot bridge CYCLISTS DISMOUNT TO CROSS	0.2
32.	95.6	R onto Insley Rd	0.2
33.	95.8	R onto Henley Rd	0.3
34.	96.2	L onto Stanfield Rd	1.6
35.	97.8	Continue onto Constitution Blvd	0.8
36.	98.5	R onto Flagship Dr	0.4
37.	98.9	L onto Queen Frederica Dr	0.4
38.	99.3	R onto Bloor St	5.9
39.	105.2	R onto Auckland Rd	0.4
40.	105.7	R onto Subway Crescent	0.0
41.	105.7	End of route	0.0

20.4 kilometers. +79/-38 meters