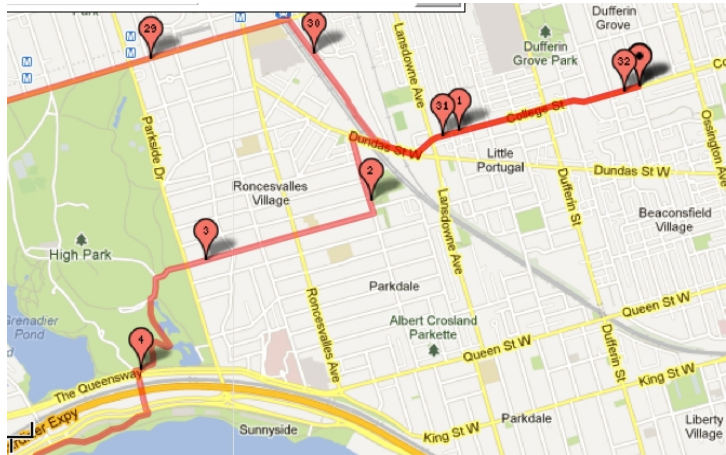
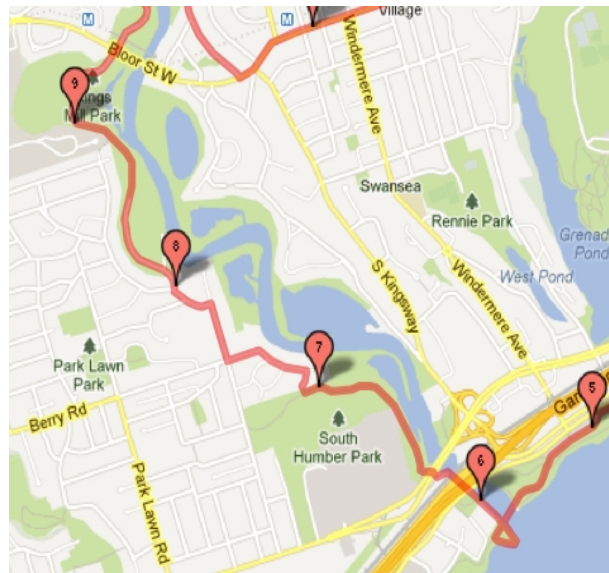


# Humber River Run

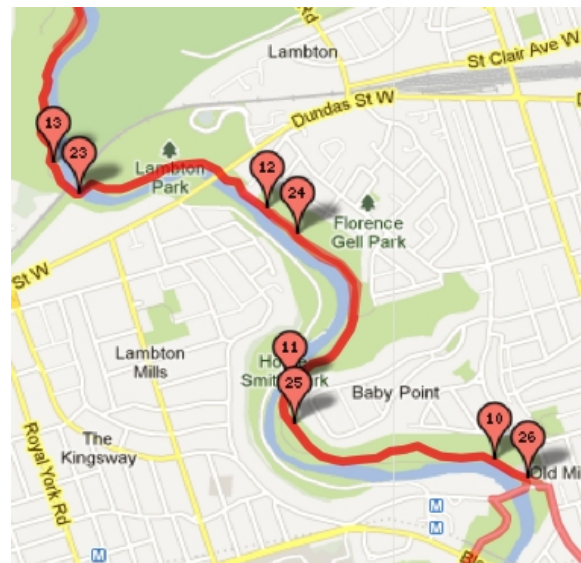
1. West on College.
2. Veer onto Dundas.
3. South on Sorauran.
4. West on Fermanagh/High Park.
5. Into High Park.
6. South on S-curve pathway just west of pond.
7. South on Colborne Lodge Dr.
8. West on Martin Goodman Trail.



9. Over Humber footbridge.
10. Circle under bridge to Humber path.
11. North on Stephen.
12. West on Riverwood Parkway.
13. North into Kings Mill Park/Humber Trail.



14. East on Old Mill Trail.
15. North back onto Humber Trail.



**Turnarounds:**

Don't go back up the Humber Trail for 16km

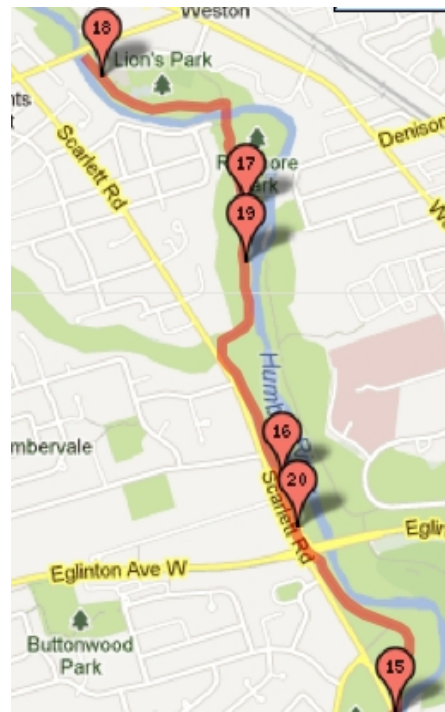
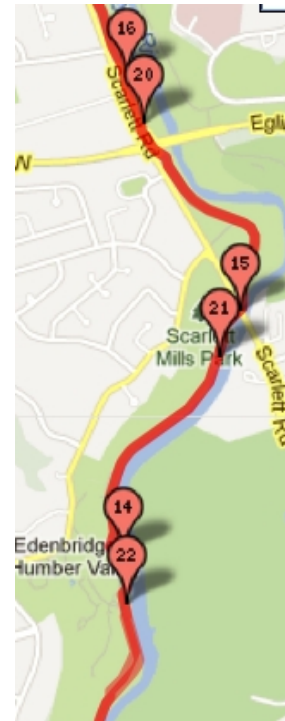
Dundas for 20.7km

Scarlet for 26.4km

Eglinton for 27.8km

Lawrence for 32.25km

(add 500m north each additional km)



**After turnaround.**

16. East on Old Mill Trail after turnaround.

17. South on Old Mill Dr.

18. East on Bloor.

19. South on West End Rail Trail.

20. East on Dundas/College back to YMCA.

