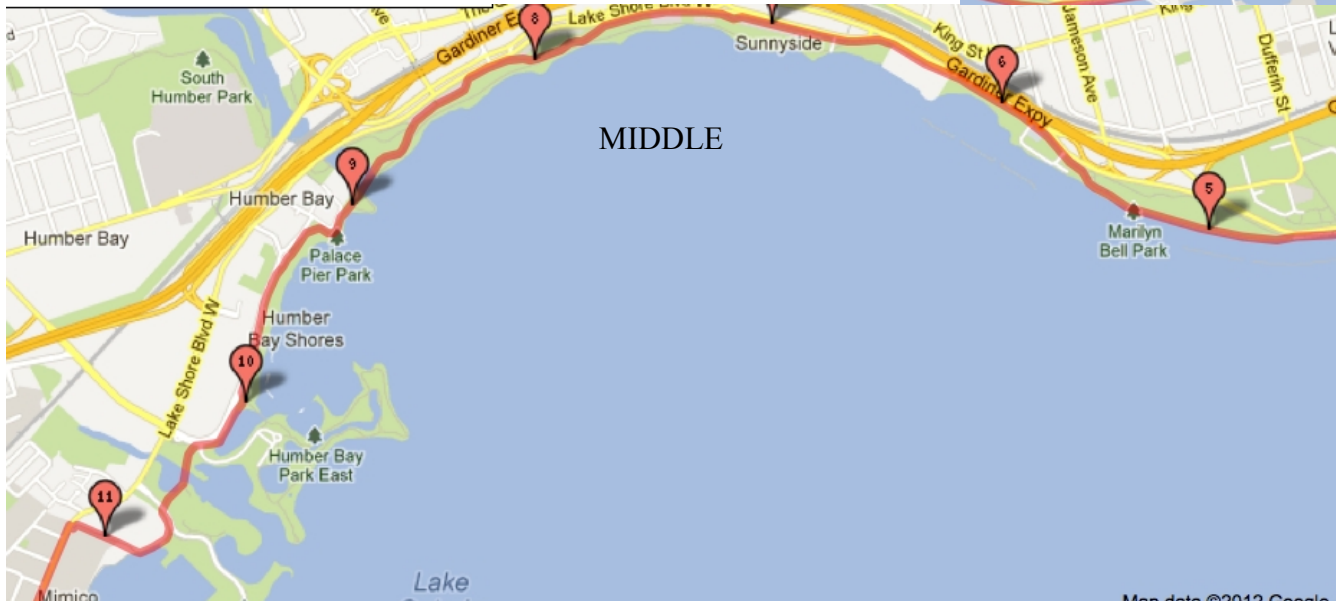
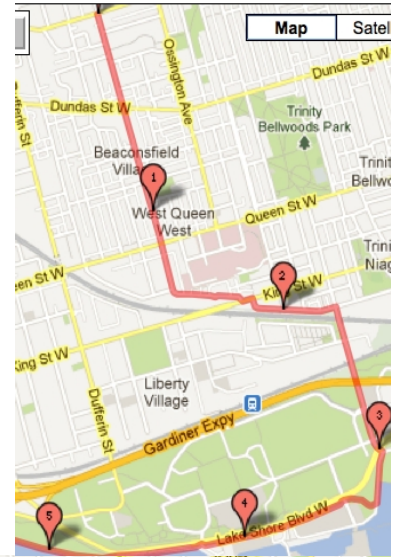


Martin Goodman West Trail Route

- 1) South on Dovercourt
 - 2) Left on Sudbury
 - 3) Left on King
 - 4) Quick right on Duoro
 - 5) South on Strachan
 - 6) West on Martin Goodman Trail
- Turnaround Points:
- 16k-just before Ellis Road
 - 18k-just after the Humber bridge
 - 20k-just before Humber Bay Park Road
 - 22k-just before end of Martin Goodman

- 7) Left on Lakeshore
- Turnaround Points:
- 24k-just past Allen Ave.
 - 26k-just before Royal York
 - 28k-Third and Lake Shore Dr.
 - 30k-Lake Shore Dr. Between 10th and 11th

BEGINNING



MIDDLE

END (and then turn around!)

