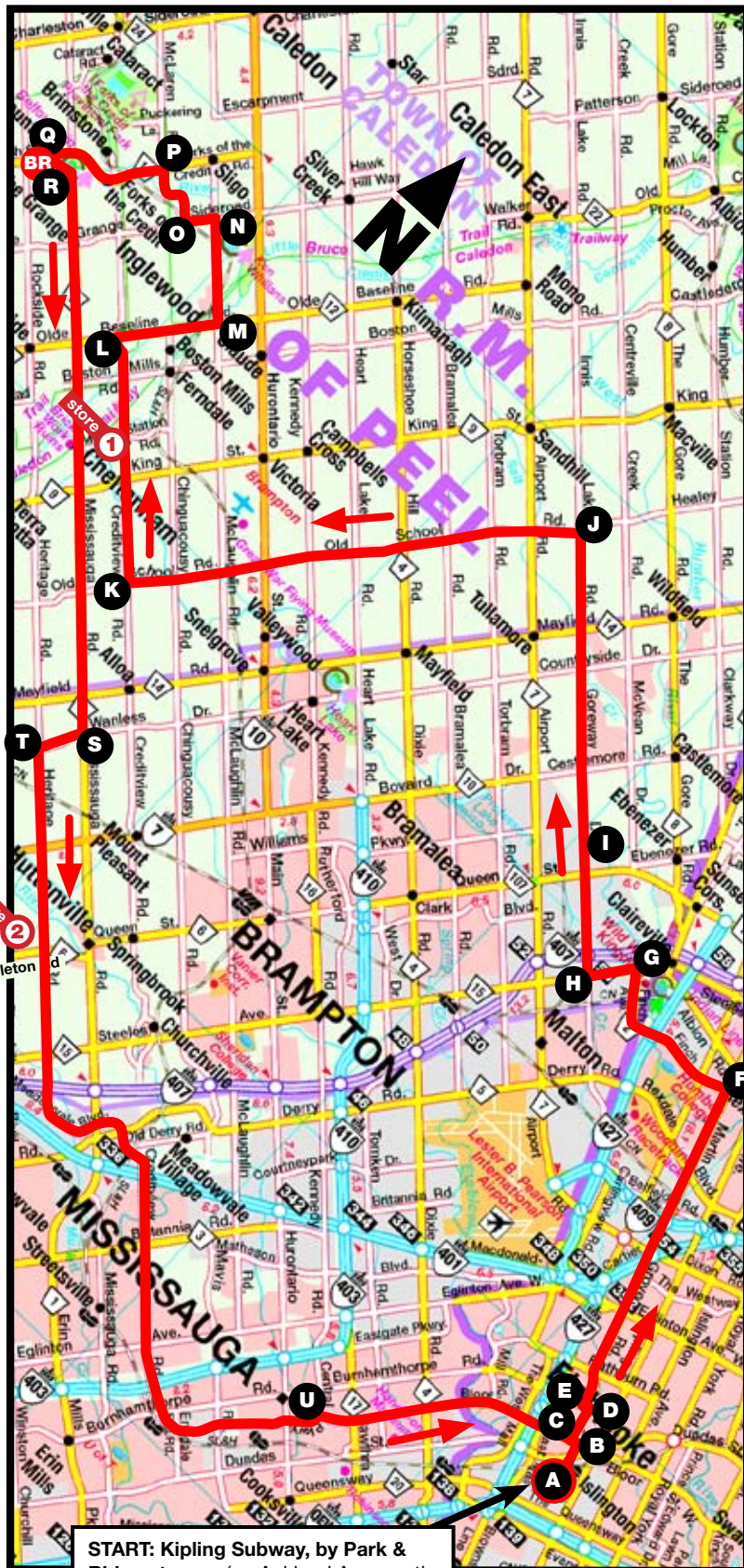


KIPLING-BELLFOUNTAIN 122KM

L=Left R=Right F=Forward S=Stop VL=Veer Left VR=Veer Right QL=Quick Left QR=Quick Right X=Cross
 UPDATED JUL 1/06 Report road closures or changes to bikerally@pwtoronto.org

NOTE: If you are ever involved in a motor vehicle collision, you **must** phone 911

*Distances are approximate



START: Kipling Subway, by Park & Ride entrance (on Aukland Ave, south of Dundas St W, west of Kipling Ave)

AT	GO*	TOTAL*	TURN	LOCATION
A	0 km	0 km	L	From Kipling Subway Park & Ride, turn left on Aukland Ave to go north
B	0.45	0.45	L	Bloor St W
C	0.13	0.58	QR	Ashbourne Dr
D	1.05	1.63	L	Burnathorpe Rd
E	0.22	1.85	QR	Martin Grove Rd (it's the 2nd street - street sign is early) NOTE: there are few variety stores after this stretch, stock up on fluids/food if needed
F	10.4	12.25	L	Finch Ave W
G	5	17.25	L	Steeles Ave E
H	1.37	18.62	R	Goreway Dr
I	3.42	22.04	R	At lights after Queen St, veer right to stay on Goreway Dr. Becomes Innis Lake Rd
J	10.6	32.64	L	Healey Rd. Becomes Old School Rd. NOTE: At Airport Rd, turn right then left to continue
K	13.88	46.52	R	Creditview Rd. NOTE: ① variety store in Cheltenham, left side of street after downhill
L	7.46	53.98	R	Olde Baseline Rd
M	3.07	57.05	L	McLaughlin Rd
N	3.09	60.14	L	The Grange Sdrd
O	0.65	60.79	R	McLaren Rd
P	2.20	62.99	L	Forks of the Credit Rd
Q	4.14	67.13	L	Main St
R	0.06	67.19	S	BREAK at BR Bellfontain General Store. Sandwiches, cookies and ice cream available! After break, continue south on Main St, which becomes Mississauga Rd
S	17.82	85.01	R	Wanless Dr. NOTE: Easy to miss after such a long stretch
T	1.37	86.38	L	Heritage Rd. (NOTE: ② variety store/market on Embleton Rd, to right) Becomes Meadowvale Blvd, then Creditview Rd, then Central Pkwy as it bends east
U	27.67	114.05	R	Bloor St W
B	8.44	122.49	R	Aukland Dr
A	0.45	122.94	R	Kipling Subway

NOTE: There are very few variety stores on certain stretches of this route - stock up on food and fluids BEFORE leaving the city. Be sure to pace yourself and take breaks when needed - you do not have to wait till the designated break to stop and take a rest.