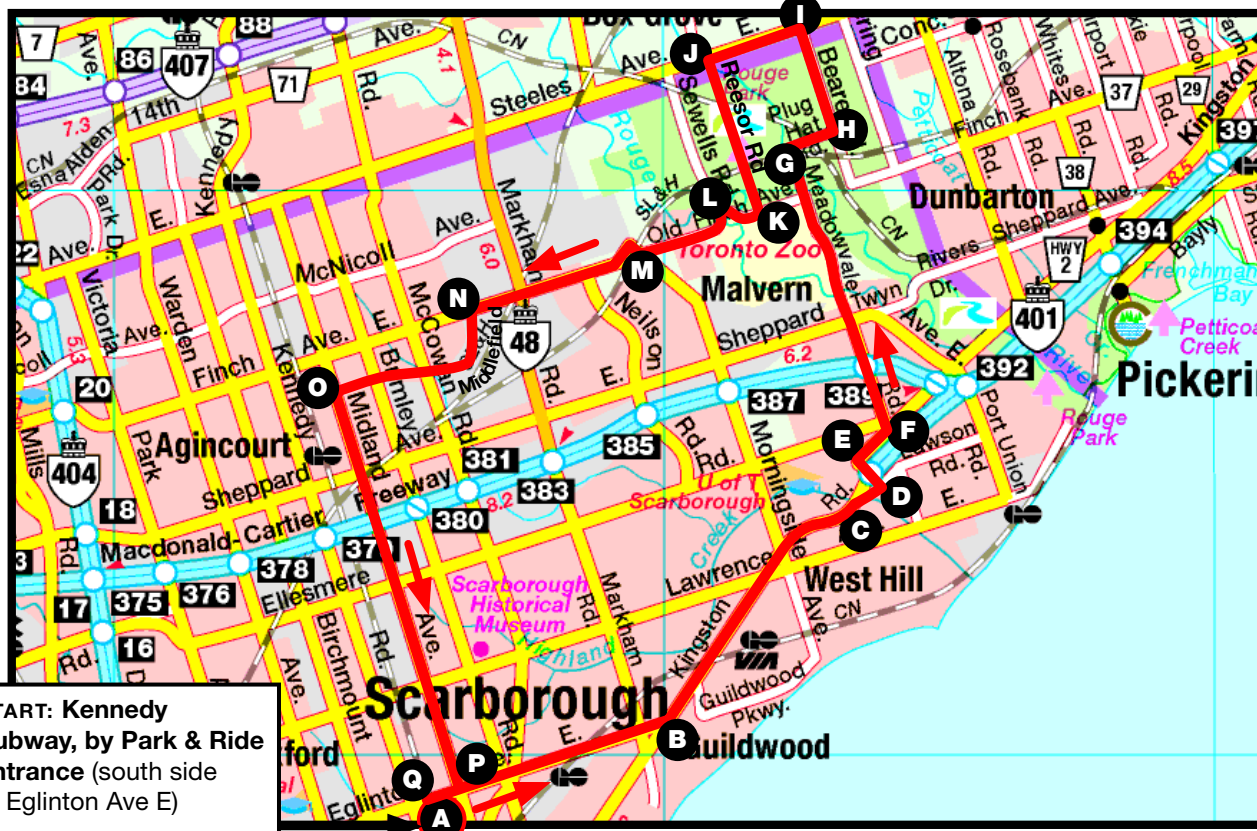


KENNEDY ZOO LOOP – 42KM

L=Left R=Right F=Forward S=Stop VL=Veer Left VR=Veer Right QL=Quick Left QR=Quick Right X=Cross

UPDATED 4/18/06

Report road closures or changes to bikerally@pwtoronto.org



START: Kennedy Subway, by Park & Ride entrance (south side of Eglinton Ave E)

AT	GO*	TOTAL*	TURN	LOCATION
A	0km	0km	R	From Kennedy Subway, turn right on Eglinton Ave E to go east
B	4.55	4.55	L	Kingston Rd
C	5.63	10.18	VR	Lawson Rd exit (before overpass)
D	0.22	10.4	QL	Lawson Rd/Highland Creek Overpass (at stop sign at top of ramp)
E	0.27	10.67	QR	Kingston Rd/Hwy 2
F	0.7	11.37	QL	Meadowvale Rd
G	5.42	16.79	X	Cross metal bridge. CAUTION: slippery surface - cross slowly, in a straight line. If wet, dismount and walk bike. Meadowvale becomes Plug Hat Rd
H	0.95	17.74	L	Bearse Rd
I	1.73	19.47	L	Steeles Ave E CAUTION: busy road
J	1.75	21.22	L	Reesor Rd CAUTION: busy left turn
K	2.76	23.98	R	Old Finch Ave CAUTION: narrow metal bridge - wait for green light
L	0.93	24.91	L	Sewells Rd (no sign – it's the end of the road). Becomes Old Finch Ave
M	1.67	26.58	VR	Where Finch Ave meets Morningside Ave, stay right to continue on Finch
N	3.74	30.32	L	Middlefield Rd. Becomes Huntington Ave
O	3.34	33.66	L	Midland Ave
P	7.24	40.9	R	Eglinton Ave E
Q	0.62	41.52	R	Entrance to Kennedy Subway (right after hill), passes under Eglinton Ave E
A	0.42	41.94	L	Finish at Kennedy Subway. Feel free to hang out and welcome other riders in!

Navigating tracks and bridges

Use caution when going over metal surfaces such as train tracks and metal bridges. Apart from the danger of getting your wheels caught in tracks, metal surfaces do not provide as much traction as asphalt.

When approaching train tracks, yell “Tracks!” and make a hand signal by crossing your hand across your lower back to alert any cyclists behind you. Shoulder check to make sure you have room around you to navigate, slow down and cross the tracks at as close to a 90° angle as possible.

Be especially careful in damp weather – metal is extremely slippery when wet. Adjust your speed before crossing the obstacle – try not to brake or turn while riding over slippery surfaces, as this can cause your wheels to lock and skid. Stay relaxed and keep your weight back over your seat to stay upright.

* Distances are approximate