

KENNEDY - ROUGE VALLEY 49KM

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

UPDATED MAY 9/06

Report road closures or changes to bikerally@pwatoronto.org

Correct tire pressure = more speed, fewer flats

Make sure your tires are inflated to the correct tire pressure, which is printed on the side of the tire. Hard tires are less likely to get a flat when you hit potholes or run over obstacles. They also produce less traction, so you go faster with the same amount of effort – up to 3 km/hr more!

Use a proper floor pump with a gauge to inflate your tires. Gas station air stations deliver a large blast of air that cannot be accurately measured or controlled. Don't rely on feel to tell if your tires are inflated – you will likely overestimate the psi. Pump your tires up just before you ride, because they lose air pressure even just sitting overnight.



AT	GO*	TOTAL*	TURN	LOCATION
A	0 km	0 km	R	Kennedy Subway Park & Ride. Turn right on Eglinton Ave E to go east
B	4.55	4.55	L	Kingston Rd
C	0.81	5.36	QR	Guildwood Pkwy (at lights). Stay to the left at bottom of hill
D	2.55	7.91	L	Morningside Ave
E	1.00	8.91	R	Coronation Dr
F	2.14	11.05	L	Beechgrove Dr
G	0.83	11.88	R	Lawrence Ave E. Continue to end of road and enter Rouge Park
H	4.40	16.28	X	Cross bridge and walk up path, staying to left, and continue on Dyson Rd
I	0.12	16.4	VL	Stay to left at Rodd Ave to continue on Dyson
J	0.35	16.75	QL	Rougemont Dr
K	2.55	19.30	R	Altona Rd
L	2.26	21.56	L	Finch Ave E.
M	1.25	22.81	R	Markam Pickering Town Line NOTE: NOT MARKED - it is the first right turn
N	2.75	25.56	L	Steeles Ave/Taunton Rd
O	0.83	26.39	QL	Beare Rd

AT	GO*	TOTAL*	TURN	LOCATION
P	1.50	27.89	R	Plug Hat Rd. Bends south and becomes Meadowvale Rd.
Q	0.95	28.84	X	Metal bridge. CAUTION: Bridge is slippery - cross slowly. Dismount and walk bike across if wet.
R	3.13	31.97	R	Sheppard Ave E
S	1.60	33.57	L	Conlins Rd NOTE: road is poorly marked and easy to miss
T	2.39	35.96	R	Military Tr
U	2.98	38.94	L	Turn left at stop sign at Highcastle Rd (easy to miss) to remain on Military Tr. Becomes Orton
V	1.29	40.23	R	Brimorton Dr
W	0.80	41.03	L	Scarborough Gold Club Rd CAUTION: uneven railroad tracks @ 2.18k
X	2.76	43.79	R	Kingston Rd
Y	0.32	44.11	QR	Eglinton Ave E
Z	4.55	48.66	R	Subway entrance ramp to go under Eglinton Ave E to subway
A	0.49	49.15	L	Finish at Kennedy Subway Park & Ride on Transway Cres. Feel free to hang out and welcome other riders in!

* Distances are approximate