

# KIPLING TO INGLEWOOD - 97KM

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

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Report road closures or changes to bikerally@pwtoronto.org

**NOTE:** There are very few variety stores on certain stretches of this route – stock up on food and fluids BEFORE leaving the city.

AT	GO*	TOTAL*	TURN	LOCATION
<b>A</b>	0 km	0 km	<b>L</b>	From Kipling Subway Park & Ride, turn left on Aukland Ave to go north
<b>B</b>	0.45	0.45	<b>L</b>	Bloor St W
<b>C</b>	2.95	3.4	<b>R</b>	Mill Rd. Becomes Orbitor Dr after park
<b>D</b>	4.23	7.63	<b>L</b>	Matheson Ave
<b>E</b>	4.21	11.84	<b>R</b>	Tomken Rd
<b>F</b>	3.34	15.18	<b>L</b>	Courtneypark Dr
<b>G</b>	4.30	19.48	<b>R</b>	McLaughlin Rd
<b>H</b>	26.20	45.68	<b>S</b>	<b>BR</b> BREAK at Inglewood General Store (great sandwiches). To continue, reverse direction to backtrack to
<b>I</b>	0.55	46.23	<b>L</b>	Olde Baseline Rd
<b>J</b>	9.60	55.83	<b>R</b>	Airport Rd (last variety store for awhile)
<b>K</b>	1.21	57.04	<b>L</b>	Castleberg Sdrd <b>NOTE:</b> easy to miss - runs east only
<b>L</b>	1.38	58.42	<b>R</b>	Innis Lake Rd. Becomes Goreway Dr
<b>M</b>	16.81	75.23	<b>L</b>	at traffic lights at Goreway Dr/ Humberwest Dr to continue south on Goreway Dr. Becomes Disco Rd (!)
<b>N</b>	9.62	84.85	<b>R</b>	Carlingview Dr
<b>O</b>	2.66	87.51	<b>R</b>	International Blvd/Renforth Dr
<b>P</b>	1.60	89.11	<b>L</b>	Eglinton Ave W
<b>Q</b>	1.58	90.69	<b>R</b>	The East Mall
<b>R</b>	4.36	95.05	<b>L</b>	Bloor St W
<b>B</b>	1.36	96.41	<b>R</b>	Aukland Ave
<b>A</b>	0.45	96.86	<b>L</b>	<b>FINISH</b> at Kipling Subway Station Park & Ride. Feel free to hang out and welcome other riders in!

\* Distances are approximate

## Flat fix tips

Always carry all the tools you need to fix a flat. (Note that rubber cement dries out after being open for about six months.) Practice removing and reinflating your tires at home, and make sure that your mini pump will be able to inflate the tire enough to ride on. For easier removal of the rear wheel, shift the rear gear to the smallest cog.

A small pierce in the tube is probably from road debris – check the tire at the same location to remove any sharp objects, or you'll get more flats. If the hole is on the inside of the tube, check the rim tape inside of the rim for protruding spokes. If it's two parallel slits, it's a pinch flat caused by the tube getting caught in the rim – usually avoidable if you inflate your tires to the max pressure (on the side of the tire). A tear at the valve stem is caused by an improperly inserted valve - make sure the valve sits at a 90° angle to the rim.



design: www.luchtwallica.com