

mcac_2017_Lisgar

18.9 kilometers

| Leg | Dir | Type | Notes | Total |
|-----|-----|----------|--|-------|
| | ↑ | Straight | Turn left from St. John of the Cross School, and continue across 10th Line onto Trelawny Cir | 0.1 |
| 0.4 | → | Right | Turn right onto Forest Park Dr | 0.4 |
| 0.2 | ← | Left | Turn left to trail at north end of park | 0.6 |
| 0.3 | → | Right | After playground, Turn right onto Lisgar Meadow Brook Trail | 0.9 |
| 0.6 | ← | Left | Turn left to go through tunnel under Derry Rd | 1.5 |
| 0.4 | → | Right | At first intersection after Derry, Turn right toward Black Walnut Trail | 1.9 |
| 0.0 | ↑ | Straight | Cross Black Walnut Trail to go east on Scotch Pine Gate | 1.9 |
| 0.6 | ↑ | Straight | Continue across 10th Line onto Avalon Dr | 2.6 |
| 0.2 | → | Right | Turn right onto Danton Promenade | 2.8 |
| 0.6 | ↑ | Straight | Continue across Vanderbilt onto Milgrove Trail. Then veer left at fork to stay on trail | 3.5 |
| 0.3 | → | Right | Turn right onto Plum Tree Cres for about 100 m, then turn right to return to trail | 3.8 |
| 0.3 | → | Right | After crossing bridge over Aquitaine, turn right, then left to follow trail south | 4.1 |
| 1.3 | → | Right | At Eden Grove Park (after crossing Battleford Rd bridge) Turn right towards playground | 5.4 |
| 0.1 | ← | Left | After playground, Turn left towards Edenwood Dr | 5.5 |
| 0.1 | → | Right | At intersection, continue south on Edenwood Dr for about 100 meters | 5.6 |
| 0.1 | → | Right | Turn right onto Lavery Ct | 5.7 |
| 0.2 | ↑ | Straight | Continue straight onto Lake Wabukayne Trail | 6.0 |
| 0.4 | ← | Left | Cross Edenwood Dr and take bridge over Winston Churchill | 6.4 |
| 0.2 | → | Right | After crossing bridge, sharp right to take Winston Churchill MUT south (Use caution at turn after steep descent) | 6.6 |
| 0.3 | ↑ | Straight | Continue across Britannia on MUT | 7.0 |
| 2.5 | → | Right | Turn right onto Erin Centre Blvd | 9.4 |
| 1.1 | → | Right | Turn right onto Eaglesview Dr | 10.5 |
| 0.3 | ← | Left | Veer left to Cross Escada Dr to follow trail north | 10.8 |
| 0.4 | ← | Left | Slight left to cross Tacc Dr to continue north on Trailbank Dr | 11.2 |
| 0.3 | → | Right | Slight right to cross Sunlight St to continue north on trail | 11.4 |
| 0.3 | → | Right | Slight right right to cross Bala Dr to continue north on Passion Flower Blvd | 11.8 |
| 0.3 | ← | Left | Slight left to cross Thomas St to continue north on trail | 12.1 |
| 0.7 | ← | Left | At end of trail, turn left onto McDowell Dr. | 12.7 |
| 0.5 | → | Right | Turn right onto Churchill Meadows Blvd | 13.2 |
| 0.4 | → | Right | Cross Britannia and turn right on MUT (north side) | 13.6 |
| 0.2 | ← | Left | Turn left onto trail | 13.8 |
| 0.3 | ← | Left | Turn left to trail to keep Osprey Marsh on your right | 14.1 |
| 0.7 | → | Right | At 9th Line, turn right on MUT (east side) | 14.8 |
| 0.2 | → | Right | Turn right onto trail at north end of Osprey Marsh | 15.0 |
| 0.8 | → | Right | Turn right onto Osprey Blvd. Then left across Osprey to continue on trail | 15.8 |
| 0.7 | ← | Left | Turn left to cross bridge over creek. Then turn right to continue north on trail | 16.5 |
| 0.7 | ↑ | Straight | Cross Doug Leavens Blvd to continue on trail | 17.2 |
| 0.3 | → | Right | At baseball diamond, keep right on trail | 17.5 |
| 0.5 | → | Right | Turn right to cross bridge | 18.0 |
| 0.1 | → | Right | Turn right at playground | 18.1 |
| 0.3 | → | Right | Turn right onto Forest Park Dr | 18.4 |
| 0.2 | ← | Left | Turn left onto Trelawny Cir | 18.6 |

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|-----|-----|------|----------------------|-------|
| 0.3 | ← | Left | Turn left into plaza | 18.9 |

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