

MCAC_Meadowvale_all paved_2017

15.4 kilometers

Leg	Dir	Type	Notes	Total
	→	Right	Turn right on trail from Freshco plaza	0.1
0.2	←	Left	After crossing Windwood, keep making left turns until bridge over Winston Churchill Blvd	0.3
0.7	↑	Straight	Cross Winston Churchill at bridge. Then follow trail north	1.0
0.6	←	Left	At 4 way intersection, Turn left to stay Trail	1.6
0.2	→	Right	Turn right onto Millers Grove	1.8
0.1	→	Right	Cross Tours Rd, then veer right to continue on trail	1.9
0.1	←	Left	Behind school, Turn left towards playground	2.0
0.1	←	Left	Turn left at north end of playground, then follow trail north	2.1
0.5	↑	Straight	Cross Battleford using bridge	2.6
0.8	←	Left	Turn left toward Plum Tree Crescent	3.4
0.0	→	Right	At Aquitaine, quick right then left to use bridge to cross	3.4
0.3	←	Left	Turn left onto Plum Tree Crescent for short distance, then left to continue on trail	3.7
0.2	→	Right	Turn right to stay on Milgrove Trail	3.9
0.1	↑	Straight	At end of trail, continue onto Danton Promenade	4.0
0.3	↑	Straight	Continue across Derry Rd at traffic lights	4.3
0.5	←	Left	Turn left onto Aspen Ave	4.8
0.6	→	Right	Turn right onto Bayberry Dr	5.4
0.3	↑	Straight	Continue across Winston Churchill onto Crosscurrent Dr	5.7
0.1	→	Right	Turn right onto Seabreeze Dr	5.8
0.4	→	Right	Turn right onto Tradewind Dr	6.2
0.1	←	Left	Turn left onto Winston Churchill MUT (east side)	6.3
0.1	←	Left	About 100 m south on MUT, Turn left into pathway toward Bendigo Cir	6.5
0.1	←	Left	Turn left onto Bendigo Cir	6.5
0.3	←	Left	Turn left onto Copenhagen Rd	6.9
0.4	←	Left	Turn left onto Tamar Rd	7.3
0.4	→	Right	Turn right onto Millcreek Dr	7.7
0.7	→	Right	Turn right onto Derry Rd MUT (south side)	8.4
0.4	←	Left	At footbridge over Derry, Turn left onto trail, then sharp right to cross bridge	8.8
0.2	←	Left	After crossing bridge, keep left	9.0
0.4	→	Right	Behind St Richards school, follow trail in loop to return back towards bridge on same path	9.4
0.7	↑	Straight	After crossing bridge at Derry, continue south on trail across Gananoque	10.1
0.4	→	Right	Keep right to enter woods, then keep left until exit from woods	10.5
0.2	→	Right	After exiting woods, Sharp right to stay on trail	10.8
0.4	←	Left	After Aquitaine tunnel, veer left to keep Lake Aquitaine on your right. Follow trail around Lake Aquitaine.	11.2
1.1	←	Left	After crossing wooden bridge at south end of lake, Turn left to continue south on trail	12.3
0.4	←	Left	At Plowman's park (after Battleford tunnel), turn left on trail, keeping soccer fields on your right	12.7
1.0	←	Left	After crossing Montevideo Dr and going through woods, turn left to keep Lake Wabukayne on your right	13.7
0.5	→	Right	At fork near south end of lake, Keep right to go down hill towards lake	14.2
0.2	←	Left	After sightseeing platform, Turn left to stay on Lake Wabukayne Trail towards Glen Erin Dr	14.3
0.3	→	Right	After Glen Erin tunnel, veer right to climb steep short hill (gear down)	14.6
0.3	←	Left	At Windwood Park (playground on left), Turn left on trail	14.9

Leg	Dir	Type	Notes	Total
0.3	←	Left	After crossing Windwood Dr, turn left to re-enter plaza	15.2

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