

# TBN GATINEAU GALLOP

1. RIGHT at **Danforth**  
LEFT at **Victoria Park**, up the hill  
RIGHT at **Donside Dr**  
LEFT at **Maybourne Ave**  
RIGHT at **Bolster Ave**  
LEFT at **Westbourne Ave**  
cross St Clair, skirt school on the right side  
RIGHT at **Stamford Square**, around curve  
LEFT to stay on **Stamford Square**  
RIGHT at **Karnwood Dr**  
LEFT at **Edge Park** (becomes Harris Park),  
continue into shopping plaza  
RIGHT to shopping plaza lights  
LEFT at **Pharmacy Ave**, past Eglinton  
RIGHT to **enter Gatineau Hydro corridor**
2. follow corridor to Jack Goodlad Park bridge  
RIGHT at **Tara Ave**  
LEFT at **Fitzgibbon Ave**  
RIGHT at **Romulus Ave**, becomes Marcos  
past lights  
RIGHT **into bike path** just before Lawrence;  
cross Lawrence to NE corner  
follow hydro path to first left (gravel), zig-  
zag into Thomson Memorial Park for break.  
Continue through park to rejoin Hydro path  
Continue to Scarborough Golf Club Rd  
continue LEFT up path  
cross Ellesmere, RIGHT continue on path
3. LEFT at **Military Trail. BIG HILL.**  
Follow past Morningside and UofT  
Scarborough.(optional water break at IC)  
LEFT at **Conlins Road**, over 401  
RIGHT **at Hydro corridor**  
continue across Dean Park & Sheppard  
stop near Meadowvale  
Enjoy the view.
4. BACKTRACK on trail  
RIGHT at **Rouge River Dr**  
RIGHT at **Bald Eagle Ave** to end  
**enter trail**  
RIGHT at **Morningview Trail**  
LEFT **at trail entrance**  
LEFT at **Sewells Road**  
RIGHT at **McLevin** to **Markham**
5. LUNCH at the Tim Hortons on your  
right at NW corner of Markham &  
McLevin aka Nugget
6. exit plaza south to  
LEFT at **Nugget/McLevin**, backtrack to:  
RIGHT at **Malvern**, becomes Progress  
follow Progress across 401, Markham
7. LEFT at **Bellamy Road**  
RIGHT at **Lynnbrook Drive**  
continue through curve  
RIGHT at **Brimorton Drive**  
continue past McCowan and Brimley
8. RIGHT into park path almost at the end  
LEFT at park path intersection  
RIGHT at the first right path, across  
bridge and up to Lyon Heights Rd
9. SOUTH on Lyon Heights Rd  
LEFT at **Britwell Ave**  
RIGHT at **Brimley Rd**  
cross Lawrence to Hydro Corridor  
LEFT at **Marcos Blvd**, cross Midland  
LEFT at **Fitzgibbon**  
RIGHT at **Tara**; cross rail bridge
10. Continue across out to Ranstone Gardens  
RIGHT to stay on **Ranstone Gardens**  
LEFT at **Rosemount Drive**  
RIGHT at **Bertrand Ave**  
LEFT at **Thermos Rd**  
RIGHT at **Ashtonbee Rd**  
continue past Warden
11. LEFT at **Hakimi Ave**, becomes Lebovic  
RIGHT at **Comstock Rd**  
LEFT at **Pharmacy**
12. RIGHT at **Denton Ave**  
continue past Victoria Park  
LEFT at **Thyra Ave**  
across Danforth into parking lot