

2009 RIDE FOR THE ROUGE

25 KM ROUTE DETAILS

Legend:

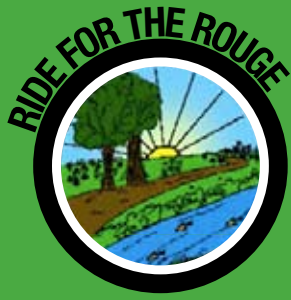
LT – Left Turn
RT – Right Turn
TL – Traffic Light

BE – Bike East
BW – Bike West
BS – Bike South

BN – Bike North
Etc. for the points in between like SW
(southwest)

NOTE: Bike paths that we travel on are multi-purpose and SHARED with pedestrians. Please be cautious and courteous when passing or approaching these pedestrians.

- 1 Upon leaving the Rouge Valley Conservation Centre gates, LT & BW past the TL and over the Meadowvale bridge. If you go beyond the South heading down ramp to Meadowvale Road and head into the Zoo road a little, you'll discover on your left, the bike path that runs beside the down ramp.
- 2 LT & BS along this path on West side of Meadowvale Road, across the bridge over the Rouge to TL @ Sheppard Ave.
- 3 Continue BS to TL @ Dean Park Road & then RT to BW and then BN as Dean Park, after several blocks, swings North. Keep following Dean Park back to another TL @ Sheppard Ave.
- 4 LT & BW on Sheppard to TL @ Conlins Road where you LT & BS, over the 401 and down to TL @ Ellesmere Road. Cross Ellesmere and continue South on Collins to Military Trail.
- 5 LT & BSE along Military Trail to Old Kingston Road where you RT & BSW, **very carefully down the hill** on old Kingston Road and across the bridge over Highland Creek.
- 6 IMMEDIATELY after crossing this bridge, RT onto bike path and then another RT about 200 feet along at bike path T junction.
- 7 Continue along bike path, under bridge you were just on & come up onto the sidewalk on South side of Old Kingston Road. Now, RT & BE back over same bridge and immediately at East end of bridge RT to BS once again on bike path.
- 8 Now, just follow the bike path South towards Lake Ontario passing under Kingston Road bridge. Take care where bike path joins service road into Colonel Danforth Park at a point part way down the hill.
- 9 At this point RT & BS over another Highland Creek bridge, along service road through the parking lots and back onto the bike path at the South end of parking lots.
- 10 Continue to BS along path with river on your left, passing under Lawrence Ave bridge and then along some more to reach a big brown iron bridge that passes under the VIA/GO tracks at the mouth of Highland Creek. At the end of this bridge you've reached Lake Ontario.
- 11 LT & BE immediately over another big brown iron bridge over the mouth of Highland Creek and continue East with the lake on your right. After about 1.5 km you'll see a gazebo like structure on your right and come to a fork in the bike path with a tunnel under the tracks on the left fork. **DO NOT ENTER THE TUNNEL** but take the right fork to continue East along the Lake passing the Rouge Hills GO Station on the left (*a good washroom stop*). The bike path currently ends here where you must come through or around a gate onto the bottom end of East Ave.
- 12 LT and carefully cross the rail tracks and then RT onto Lawrence Ave. BE about 1 km to where Lawrence ends at top of the hill going down to the Rouge marshes/beach.
- 13 BE down the hill along marshes to the footbridge. Proceed over bridge & bear somewhat left at East end of bridge where you **must walk your bike up the stairs** to the West end of Dyson Road.
- 14 BE on Dyson to where it meets Rodd Road.
- 15 Here, if you feel energetic, you can add on another scenic 3 km by taking a loop through Petticoat Creek Conservation Area. If you choose to do this, then RT to BSE, across train tracks and over to the SW back entrance to the Conservation Area. See the special map for navigating this extra loop.
- 16 If you're not so energetic, carry on as follows. **You are now about half way along on the ride.**
- 17 LT & BN to Rougemount Drive where you LT and follow Rougemount first Westerly & then (bearing right at the Y junction with Pine Ridge Road), Northerly to BN to Kingston Road @ TL.
- 18 Cross Kingston Road and continue to BN to where Rougemount turns sharply left and then BW to TL @ Altona Road.



2009 RIDE FOR THE ROUGE

25 KM ROUTE DETAILS (CON'T)

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19 Cross Altona Road and BW on Littleford Street for a couple of blocks to Hoover Drive.

20 RT & BN on Hoover Drive to Twin Rivers Drive.

21 LT and BW on Twin Rivers to TL @ Woodview Avenue.

22 RT and BN on Woodview, across the CN tracks and up to Pine Grove where you jog West a block to continue to BN on Woodview up to its end at Finch Avenue.

23 LT & BW on Finch to Beare Road where Finch ends and you are forced to RT onto Beare Road.

24 BN on Beare Road, across train tracks and then to Plug Hat Road (approx. 1 km). Plug Hat is a little hard to see but watch for its sign on the left as you pass by the reforested fields of newly planted trees that represent some of the work done by 10,000 Trees for the Rouge Valley.

25 LT & BW on Plug Hat, over the train track bridge, to where Plug Hat ends (after approx. 1 km) and where the road turns sharply left to become Meadowvale Road.

26 LT & BS **with caution**, downhill on Meadowvale, under narrow train track bridge and then downhill to steel bridge with mesh decking that crosses the Rouge River. **Here for your safety, you MUST dismount and carefully watch for cars in both directions as you cross this bridge.**

27 Continue to BS, passing junction with Old Finch on your right, where you can go onto the bike trail on right side of Meadowvale for the rest of the ride back to where Meadowvale meets the Zoo road. If you choose to stay on the road, make sure, after passing TL at Zoo parking entrances, to bear off to the right and follow the sign saying "Zoo Entrance". Note big red barn up on your left.

28 At the Zoo entrance road, LT and BE over the bridge over Meadowvale, past the TL and on to the finish line at the Rouge Valley Conservation Centre.

Thank you for your participation and we hope to see you again next year!

Rules of the Road

All participants are asked to adhere to the following rules of the road:

- Obey all traffic lights and signs
- As with standard on road rules, slower riders are to keep to the right, to allow faster riders to pass on the left
- Always check over your shoulder when changing lanes – please do not weave between lanes
- Communicate your intention to pass to other cyclists
- Stop only on the right side of the road
- Use caution on downhill sections, on bridges and wet surfaces
- Please avoid use of cell phones and personal audio systems while cycling

Use of Helmets

PLEASE NOTE: ALL participants, regardless of age, are required to wear a certified helmet suitable for cycling at all times while participating in the Ride for the Rouge. The Rouge Valley Foundation reserves the right to refuse entry onto the route to any participant who is not wearing a helmet.