

# 2009 RIDE FOR THE ROUGE

## 50 KM ROUTE DETAILS

### Legend:

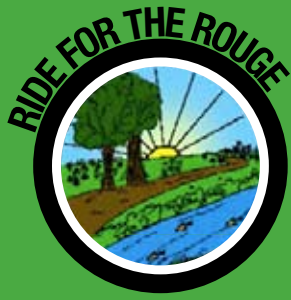
LT – Left Turn  
 RT – Right Turn  
 TL – Traffic Light

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.
- 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.



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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** At the Woodview/Finch intersection you will RT and BE, past Altona Road to the intersection with Rosebank Road. From here you'll encounter over 4km of rough road, starting as old potholed pavement and then becoming a hard packed poorly maintained farm road with pot holes.

**24** LT and BN on Rosebank up to a small hamlet where Rosebank takes a short jog to the East or Right and then continues North. BN, carefully crossing the four lanes of Taunton Road and continue North until Rosebank curves West and without mention and becomes the 4th concession.

**25** Continue to BW, crossing Altona Road until you come to a dead end at the York Durham Road where you RT and BN

for about one km to the intersection with 14th Ave. LT and continue to BW to Reesor Road.

**26** LT and BS on Reesor Road, noting a short jog to the West or Right at Steeles Ave. Continue South on Reesor to where it deadends at Old Finch where you LT and BE back to Meadowvale Road.

**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.