

	South on Ambleside
0.12	Left on Cross Country/Nesbitt
1.06	1/4 onto Fitchrona
1.25	Right onto path, then reverse over bridge on Military Ridge Trail
3.15	Hard left at trail bridge, then right to join Badger Trail/SW Commuter Path
8.2	UWISC up ramp to Campus Mall
8.84	Left on Capital City Trail
9.25	DOWNTOWN MADISON use Broom St.
12.31	At curve, left over tracks onto Starkweather connector path
12.38	Right/Left on St. Paul/Dixon
12.47	Right on Starkweather Path
13.66	Right on Melvin
13.89	VALUED STAY ALOHA INN

	South on Rethke
0.15	Left on Commercial, beside highway
0.39	Right on Fair Oaks
0.91	Left/Right on Milwaukee/Garver Path
1.40	Right over bridge staying in front of main building
1.58	U-turn over tracks onto Capital City Trail
2.97	Left on Cottage Grove (under highway)
6.91	Right on Vilas (NOT VILAS HOPE!!)
8.47	Left on Clark
9.08	Straight through lot onto Glacial Drumlin Trail
15.69	DEERFIELD
24.63	LAKE MILLS
30.69	After river, right/left on Schreiber/Watertown
30.94	Straight on path to go under highway
31.61	Right on Watertown
32.64	Right/Left on Witte/Lucas
33.30	Right on North and over bridge
33.46	Left on High
33.85	Left/Right on Linden/Wisconsin
34.05	Left on Riverview
34.24	Right on Garrity
34.55	Left/Right on Plymouth/Grove
34.94	Right/Left on Collins/Ryan
35.09	AMERICINN

	North on Ryan
0.14	Right/Left on Collins/Grove
0.42	Right/Left on Plymouth/Main
0.79	Right/Left on Dane/Center
1.14	Right on Linden
1.56	Left on Dewey
4.40	Right on Junction
4.48	Left on Y
4.85	Right on Glacial Drumlin Trail
10.00	(small park 1 block right on Duck Creek)
14.30	SULLIVAN
20.41	DOUSMAN
21.09	Continue on Glacial Drumlin Trail diversion
26.31	WALES
30.25	(park to right of path)
33.59	Left on sidepath along Sentry/College
33.85	Left on Prairie
34.00	Right/Left on Marshall/Dunbar
34.40	Left on West/Main
34.93	CLARKE HOTEL

	East on Main
0.04	Right on Broadway
0.13	Go around square, then right on Barstow
0.51	Left on Frederick Trail
1.84	Bear right on New Berlin Trail
8.70	Keep right over bridge
8.86	Bear left on connector, then left on Oak Leaf Trail
9.25	Straight on 121st
9.53	Right/Left on Rainbow/120th
9.92	Straight on Oak Leaf Trail
10.40	Bear left after highway to stay on Oak Leaf
10.96	At powerlines, right/right onto Hank Aaron Trail
16.59	Left over bridge towards Canal St.
16.62	Right on Canal St sidepath
19.11	Right on 6th St. cycletrack
19.28	Right over curb to curve under bridge on trail
19.56	East on Freshwater/Pittsburgh
20.01	Right on Erie
20.70	Straight on Aaron Trail
21.58	At art museum, left on Michigan
21.98	Left on Jefferson
22.01	HOLIDAY INN

	South on Jefferson using passage under highway
0.39	Right on Menomenee
0.45	Slight left on Young (32) over bridge
0.64	Left on Water
1.16	Join sidepath (KK River Trail)
1.39	Right/Left under tracks onto KK River Trail
2.08	Right/Left on Maple/Kinnickinnic
2.70	Bear right on Howell
3.39	Easy left onto Park
3.91	Left on Oklahoma
4.51	After highway, right on connector
4.57	Left on Euclid
4.73	Zig-zag to continue on Euclid
4.97	Right/Left on Pennsylvania/Fernwood
5.33	Left on Vermont
5.44	Right/Straight on Oklahoma/Oak Leaf Trail
12.43	Join Grant Park Drive
12.63	At mansion, straight/left to beach lot
12.81	Go to far end of lot and cross bridge
12.92	Continue on Marshall
13.17	Left/Right on 3rd/Marion

13.49	Left on 5th
15.35	Left/Right on Lake Vista/Breakwater
15.92	Right/Left on Lake Vista/5th
16.41	Left on Chicago (32)
17.39	Left on Barton
17.53	Right/Right on 3rd/4th
17.95	Right/Left on Elm/Energy Trail
20.06	West on 7 Mile DO NOT CROSS TRACKS!
20.34	Left on Douglas (32)
21.20	Bear right on 31
21.38	Left on 6 Mile
21.90	Right on MRK Trail
26.21	Left on Melvin (after South)
26.43	Right on Charles
26.66	Left on Augusta
27.45	Join Lake Michigan Trail
28.78	West on Reichert through boatyards
28.97	Left/Right on Michigan/Dodge
29.11	Use east sidewalk over bridge, then left on waterside trail
29.80	Right on 4th RACINE

30.00	Easy left on Water
30.16	Bear right to stay on Water
30.54	Left/Right on Racine/6th (use near sidewalk)
30.76	Right onto path, then back under bridge
31.37	Left on Clayton
31.48	Left on Riverside, then pan
31.81	Left after bridge
31.99	Left along 12th (far sidepath)
32.50	Cross Washington, South on Quincy
32.71	Left/Right on 15th/West
32.93	Join county trail (sidepath) at 16th
38.62	Left/Left on Birch/15th (don't cross 22nd on trail)
39.13	Right on 15th Ave.
39.59	Left on Pike Trail (sidepath along Birch) (keep following Pike Trail)
42.67	Use 50th to cross bridge
42.91	WYNDHAM

	South on path behind hotel Keep following path along waterfront
1.70	Left on 3rd
1.89	Right on 65th
2.06	Left/Right to stay on 65th
2.52	Left on 14thg
2.85	Right on 69th/MLK
3.23	Left on 20th
3.44	Right/Left on 75th/22nd THE SPOT DRIVE-IN
3.68	Right on Lincoln
4.18	Left/Right on 28th/80th
4.36	Left on 30th
5.37	Straight on Kenosha/McClory Bike Path
8.72	ENTERING ILLINOIS
17.44	DOWNTOWN WAUKEGAN (1mi via Porter)
20.98	Right on MLK sidewalk
21.03	Left on Commonwealth
21.26	Left to rejoin McClory Path
21.40	Up to left to head south on path along Sheridan
23.79	Pass Lake Bluff Station and cross over bridge LAKE BLUFF TO LEFT
24.10	Hard right to go west on North Shore Path
25.28	Right on Skokie Valley/Washington
25.48	Right on frontage road
25.59	BY THE WAY MOTEL

	South on frontage road
0.10	Left on Washington/Skokie Valley
0.31	Left on North Shore Path
0.43	Right on Skokie Valley Bikeway
9.72	Left on Lake Cook (use near sidewalk until after highway)
10.92	Right into Botanical Garden
10.96	Keep left to join North Branch Trail
12.17	Cross Dundee, left on Black Trail
14.07	Cross Tower, right to stay on Black Trail
14.28	At boat access, straight on Red Trail
16.10	Cross Willow, stay on Red
20.52	South across Golf to stay on Red
22.37	West along Dempster sidepath, then cross at Lehigh to stay on Red
23.60	Use overpass to cross Oakton on Red
25.11	Use Touhy or sidewalk to cross bridge, then south on Red LEANING TOWER JUST EAST ON TOUHY
27.53	Cross Devon to stay on Red
30.48	Left/Right on Foster/Lowell at end of Red Trail
31.13	Bear right onto Leland
31.32	Left on Kenneth/Cullom
31.88	Right on Kostner
32.13	ENDPOINT

	Southeast on Chicago Beach
0.25	At end of lot, left over bridge
0.46	South on Lakefront Trail
3.63	Left on sidepath along 71st
3.99	Southwest on US-41
6.96	Left on Ewing over bridge
7.48	Bear right on L
7.97	Left/Right on 99th/Ewing (Consider sidewalk under bridges)
8.23	Left on near-side sidepath along Indianapolis (41)
8.79	At offramp, cross 41, then south on Burnham Trail
9.84	Right on 112th
10.15	Right on Marina Trail ENTERING INDIANA
12.51	Left on 129th sidepath
12.75	Right on Sheffield sidepath
13.50	Veer left on Marquette Greenway
14.65	Left/Right on 143rd/Torrence
15.33	Right/Left on paths/lanes along Hoffman/Sohl
16.15	Right on Sibley
16.50	Left on Lackawanna Trail DOWNTOWN HAMMOND STRAIGHT

20.95	Left at river to stay on Lackawanna Trail
21.49	Right over bridge, then left to stay on Lackawanna
21.96	Cross under US-41, straight on Grand
22.28	Right on Lackawanna Trail
26.05	Right/Left/Right on Broad/B/Lackawanna Trail GRIFFITH (train museum)
26.97	Left on Oak Savannah Trail
27.60	Keep left to stay on Oak Savannah
32.31	SOUTH GARY BROADWAY ACCESS
33.84	Right on Liverpool
35.14	At 6247, cut across grass and through parking lot
35.30	Straight on 62nd/Roche
35.61	COMFORT INN

	North on Lakeshore
3.86	Left on Red Arrow
4.90	Right on Harbert
7.02	Left on Flynn
9.09	Right on Browntown
9.98	Left on Snow
11.84	Left on Baldwin
13.34	Right on Lake BRIDGMAN
14.33	Right on Gast
16.10	Left on Livingston
16.66	Right on Thornton
17.99	Right on Willow/Thornton
19.95	Straight on Notre Dame
21.24	Right on Marquette Woods
21.74	Left on Ridge
22.74	Right on Glenlord
23.24	Left on Red Arrow/Lakeshore
27.42	Left on Lake/Port
27.70	ST JOSEPH

28.52	Left, using far sidewalk to cross bridge
28.74	Bear right on ramp just after bridge
28.96	Right on Whitwam
29.33	Left on Graham
30.10	Right on North Shore
31.34	Right on Enterprise
32.23	Left on Paw Paw
32.62	Bear right on Riverside
36.58	Stay straight onto Fikes
38.32	Straight on Riverside
38.49	Left/Right on Michigan/Wood
38.63	Left on Cherry
38.75	Right on Beechwood
38.97	Right on Chestnut
39.21	Left on Hagar/Hagar Shores
40.50	Left on Blue Star
49.68	Right on Van Buren Trail
52.18	Right on 12th
52.70	Left on BL196/M140
53.21	GREAT LAKES INN

	North on BL196/Le Grange
0.75	Easy left on Ravinia
1.02	Left/Right Edgell/Center
1.77	Right on Williams SOUTH HAVEN
1.94	Left on Dyckman
2.29	Right on North Shore
3.74	Left on 74th
4.34	Right on Lakeridge
4.72	Left on Blue Star/70th
11.27	Bear left on 70th/Lakeshore/Adams/123rd
15.44	Left on Lakeshore
16.17	Right on 124th
16.76	Left on 68th/Blue Star
17.75	Right on 126th
18.74	Left on 66th
20.78	Left on Riverside
21.06	Right on Water
21.47	Left/Right on South/Main
21.7	DOUGLAS
22.02	Right on Blue Star over bridge
22.33	Left on Lake/Culver
22.95	Straight on Water/Lucy SAUGATUCK

23.61	Left on Holland
24.00	Join Beeline Trail (sidepath to left)
25.56	Beeline takes left along 64th (right sidepath)
26.66	Beeline Path takes right along 138th/Beeline/62nd (right sidepath) (eventually sidepath will cease, keep north on 62nd/Myrtle)
32.47	Right on Shore/17th
34.16	Left/Right on Ottawa/16th
34.37	Left on Kollen Park/11TH
34.96	Left on Washington
35.09	Right on 9th
35.63	Left on Central DOWNTOWN HOLLAND
35.82	Right on 6th ALTERNATE SKIPPING MILL: straight, then use paths through park to bridge
36.20	At Columbia, straight to cut through lot eastbound
36.33	Left on Lincoln
36.89	WINDMILL PARK, then return on Lincoln
37.35	Use paths through park, stay westbound close to water
38.09	Use sidepath along River Ave to cross bridge
38.40	Path curves right after bridge
38.59	Right on Scotts
39.32	Left on Roost
39.43	Right on far sidewalk along Lakewood
40.42	Left on sidepath along 120th
40.62	Left on access road
40.90	COUNTRY INN AND SUITES

	Southeast on Monroe Center
0.11	Right/Left on Division/Fulton
0.83	Bear right on Lake
4.35	Right on Edgewood (after left curve)
4.72	Left on Hampshire
4.96	Right through gate onto Knollcrest
5.07	Use circular turnaround, then walk bikes to turnaround on other side of sports complex
5.19	Right on Knight
5.37	Left under highway, then bear right on Campus Dr.
6.12	Right to use paths past tennis/softball to church parking lot
6.64	Use east exit, then left (east) on Burton (consider using left sidewalk)
7.06	Left/Right on Engleside
7.42	Left on Forest Hill (sidepath at first)
8.10	Right on Forest Lake
8.32	Right/Left on Wayside/Bluegrass
8.65	Across from 4734, left to access school path
8.83	Head north out of school access road
8.94	Right/Left on Meadows/Patterson
9.32	Right on Argo
9.86	Right on Ada (sidepath at first)
13.02	Left on Bronson ADA

13.14	Straight/Straight on covered bridge/Fase
13.66	Left/Right through gate onto Moorings
13.78	Right on Thornapple
14.41	Left on Grand River
20.21	At barn, left over tracks, past soccer, over footbridge
20.87	Sharp right onto Bowes
22.12	Left on Pleasant
22.33	Right on Main LOWELL
23.10	Right on Jackson/Division
23.57	Left after bridge on Grand River
24.06	Stright on Meijer Trail
29.90	SARANAC
38.08	Right after bridge onto Steele
38.33	Right on Brown
38.41	AMERICAN INN

	North on Kostner
0.24	Right on Cullom
0.80	Left/Right on Pulaski/Elston
2.90	East on Belmont
5.92	Straight/Right on Lakefront Trail
11	DOWNTOWN CHICAGO
16.27	Right to cross over/under Lake Shore Drive
16.47	Left onto path aside park
16.75	Continue on Cornell
16.84	Left/Right on 49th/Chicago Beach
16.97	CHICAGO LAKE SHORE HOTEL

	East on 62nd/Northland
0.32	Cut through lot and across grass
0.48	Left on Liverpool
1.78	Right on Oak Savannah Trail
4.68	HOBART TO LEFT
5.12	Continue on Indiana
5.32	Left/Right/Right on Georgiana/51/Oak Savannah
5.56	Continue on Lillian
5.65	Left on Oak Savannah Trail
5.87	Cross intersection to continue on Oak Savannah/Prairie Duneland Trail
16.26	Left/Left on 15th/Broadway CHESTERTON JUST EAST
16.37	Right on 16th
16.53	Right on Jackson/Wagner
16.60	Left on Lincoln/Sexton
16.93	Left on Beam (might be sidepath)
17.35	Right/Left on Mineral Springs/Howe (maybe sidepath)
17.66	Use overpass to Brickyard Trail/Howe Rd.
18.37	Right on Brickyard Trail into woods
19.44	Left/Right on Mineral Springs/Calumet Trail
20.80	DUNES VISITOR CENTER 3/4 MILE SOUTH
24.14	Left on Boundary Road
25.42	Right on Lake Front Drive BEACHES/WORLDS FAIR HOMES

28.16	Right on Drake/Montant
29.68	Right on Central
30.12	Left on Calumet Trail
31.99	Right on Lincoln
32.28	Left on 9th
33.12	Left on Franklin MICHIGAN CITY
33.53	Right/Left on 4th/Pine
33.75	Bear right on Franlin
34.03	Right on Lake Shore BEACHES NEXT 5 MILES
38.57	ENTERING MICHIGAN
39.65	Left/Right on Tahoma/Ponchartrain
40.19	Right on Dogwood
40.41	Left on Pinewood/Station/Royal
41.01	Left on Grand Beach
41.19	Right/Left onto US-12
41.68	Right on Wilson
42.78	Left on Stromer
43.10	Left on Sand
43.38	Right on Lubke/Detroit
44.59	Left on Willard
44.76	Right on Michigan
45.08	Left on Whitaker NEW BUFFALO

45.62	Bear right on Marquette
48.33	Left on Lakeshore
48.81	GORDON BEACH INN

	East on access road
0.24	Left on sidepath along 120th
1.50	Left on Riley St. sidepath
4.43	Right on Butternut sidepath (first on right, then on left) (sidepath may appear/disappear over the next few miles)
10.56	Butternut becomes Lakeshore
21.34	Right/Left on Terrill/Hillcrest
21.98	Right/Left on Cutler
22.18	Bear right on 7th at school
22.61	Left on Washington GRAND HAVEN
23.21	Right on Harbor
23.64	Left on 3rd/Coho
24.41	Left on Harbor Island to loop under bridge
24.81	Right on path to cross bridge
25.00	Right on bridge path just after river
25.12	Bear right to go under other bridge then aside Pine
25.44	Left on south sidepath along 3rd/74th
26.31	Left on Dogwood/180th (sidepath comes and goes)
28.14	Left on Hickory sidepath
28.60	Bear right on Palm/Black Lake
30.32	Left on Pontaluna
30.91	Right on Henry
34.67	Right on Seminole
35.51	Right on Norton
35.89	DAYS INN

	West on Norton
0.14	Right on Peck
0.65	Right on Summit
2.41	Left on Worden
2.66	Right on Broadway
3.94	Left on Sheridan (after Black Creek Rd.)
4.24	Right on Musketawa Trail
16.61	RAVENNA TO LEFT
21.50	CONKLIN
34.04	Left on Walker Rd at end of trail/sidepath (Consider using right sidewalk for first mile)
37.39	Road curves right at Stocking Ave.
37.99	Left/Right on Bridge/Seward
38.36	Left on Lake Michigan
38.55	Right on Mount Vernon
38.68	Left under highway onto Front
38.78	Straight over ped bridge
38.98	Left on Campau
39.11	Right/Bear Right on Pearl/Monroe Center
39.33	CITY FLATS HOTEL

	East on Brown
0.09	Left on Steele
0.34	Right on Meijer Trail
6.85	Right on Ionia/Superior, right on Prairie/Tabor MUIR
7.44	Bear right on Elizabeth
7.81	Right on Water/Prairie
7.99	Right on Bridge/Libhart/Keefer LYONS
10.39	Left on Lyons
15.03	Bear right on Gibbs
15.46	Left on Portland Riverwalk
17.92	PORTLAND TO RIGHT
19.41	Left on Cutler where path turns right
22.06	Right on Monroe
23.05	Left on Howe/Main
36.17	Right on Bridge DEWITT
36.42	Left/Right on Dill/Turner
42.67	Right/Left after tracks onto Reasoner/James, into park
42.93	At far end of lot, head south on Lansing River trail
43.78	Cross bridge with square spiral art, and continue south
44.26	DOUBLETREE

	North on M-52
1.73	Right on Clinton (52/106)
2.09	Right on Lakelands Trail STOCKBRIDGE STRAIGHT AHEAD
7.30	GREGORY
11.67	Right on Kelly
14.18	Left on Patterson Lake HELL
14.48	Right on Silver Hill
14.92	Left on Tiplady
16.88	Right on Toma
19.37	Left on Territorial
20.94	Go around fence to join B2B Trail southbound (before river)
25.41	Left up incline to town (after going under road bridge)
25.52	Right on Main DEXTER
25.64	Left on Central
26.07	Right on B2B Trail (just after tracks)
28.62	Right/Left on trail at Zeeb Rd
30.39	Left to leave trail and cross bridge
30.47	Right on Huron River
34.36	Left into Barton Park, join path to cross bridge
35.08	Left on Huron River ALTERNATE: If tracks-crossing path is open to left, take that

35.63	Left on Lake Shore
35.70	Right on B2B Trail after track (ALTERNATE REJOINS)
36.04	Bear right just before dam onto access trail
36.29	Straight on 5th (cycletrack at first)
36.90	DOWNTOWN ANN ARBOR
37.17	Left on Packard
37.61	Right on State
39.45	At Eisenhower, continue on State using right-side sidewalk
39.64	Use left-turn lane to switch to left-side sidewalk
39.78	RED ROOF INN

	North on State (can use sidewalk for first bit)
2.16	Left on Packard
2.46	Right on Division
2.90	DOWNTOWN ANN ARBOR
3.33	Left/Right on Summit/5th
3.48	Straight on connector trail
3.72	Right over dam on B2B Trail
4.55	Maiden Lane Bridge across river
4.63	Left on right sidepath along Fuller
5.31	Right on Gallup Park Trail
9.26	Right on Matthei Trail (at Geddes&Dixboro)
11.27	Right/Left to parking lot
11.48	North on lot access road
11.84	Right on Dixboro sidepath
12.49	Right on Church DIXBORO
13.02	Left on Plymouth/Ann Arbor
21.01	Left on Ann Arbor Trail
23.57	PLYMOUTH
24.34	Left on Riverside
24.66	Right on Hines Park Trail (starts as sidepath)
36.80	Left/Right on Outer/Ann Arbor FORD MUSEUMS 2.5 miles straight on path

37.01	Bear left on Emery
37.15	Left on Rockdale (far sidewalk)
37.56	North on Rouge Park Trail (next to Outer Drive)
38.34	Right/Right along Tireman/Spinoza
38.85	Left on Tireman
45.82	Bear left over highway onto Grand Ave.
46.44	Right/Left on Lawton/Ferry Park
47.31	Right/Left on Holden/Sterling
47.50	Right on Milwaukee
48.14	Right on Cass
50.65	Left on Adams
50.82	Right on Park, around Grand Circus
50.98	Right on Broadway
51.29	Left on Monroe
51.52	HOLLYWOOD GREEKTOWN CASINO

	East on Michigan Ave.
0.13	Right on Museum to River Trail
2.62	After river bridge, head right up to Aurelius sidepath
2.95	Path curves right away from road
5.70	Left on far-side sidepath along Jolly
6.04	Right/Right on 5 Oaks/Dunkel (sidepath eventually)
6.79	Follow Sycamore Trail
10.27	Right along Hold (consider far sidewalk)
10.53	Left/Straight on Michael/Hancock
10.70	Follow path to Cedar
10.90	Left on sidepath along Cedar
14.55	Use parking lot to make left onto Howell (sidepath may exist)
15.45	Right on Hayhoe Path, away from road
16.17	Use cemetery to connect to Columbia
16.69	Left on State
16.90	Left/Right on Maple/Jefferson MASON
17.03	Left on Ash (M36)
18.34	Bear right on Dexter
26.64	Right to stay on Dexter (at Carter)
29.66	Bear left to stay on Dexter (at Murray)
33.39	Right on Adams
34.39	Left on Morton
35.16	Straight on Main
35.69	Right on Clinton STOCKBRIDGE
36.51	Left on Green/Hinkley (M52)
38.21	ROUTE 52 INN

	Southwest (towards downtown) on Grand Ave (can use sidewalk)
0.69	Left on Thames/5th
1.11	Left on King
1.34	Left on William
1.43	Right on Colborne
3.40	Straight on River (39)
17.11	Left on Magnavilla
18.24	Left/Right onto Norton THAMESVILLE ACROSS RIVER (3/4 mile)
22.12	Bear left on River
24.27	Left on Littlejohn
25.62	Right on Longwoods (2)
26.14	ALTERNATE VIA BOTHWELL: (W Bothwell to Elm, Peter to McEwan)
28.82	Left on Clachan (121)
30.10	ALTERNATE REJOINS
30.75	Bear right on Concession (14)
40.27	Right on Main GLENCOE TO LEFT
40.78	Left on Parkhouse
54.40	Right on Christina
55.25	Left on Irish
58.03	Right on Adelaide (81)
59.82	Left on Longwoods (2)
60.19	Left on Gideon DELAWARE

65.52	Straight on Kains
67.25	Straight on Commissioners
68.38	Left on Halls Mill Rd (use near-side sidewalk)
68.45	Use path to cross under bridge and continue along river Path becomes Chapman Path then Fox Parkway
72.80	Follow Riverview at break in path
73.02	Rejoin path at O'Brien
73.47	Left to cross bridge, then bear left to connect with Dundas
73.66	Right/East on Dundas
74.42	SANDMAN HOTEL

	West through alley, or on Monroe sidewalk
0.09	Left on Beaubien
0.60	At road end, straight/right on riverwalk
1.43	Right on riverwalk, Yzerman ALTERNATE: If riverwalk is open, use it
1.55	Left under overpass onto Jefferson
2.16	Right on SW Greenway
2.78	Under Bagley, if open, otherwise cross it onto 15th
3.02	Left/Left at Michigan Central on Lacombe/Vernor
3.41	Left/Right on 20th/Bagley
3.56	Use overpass to cross highway onto Bagley MEXICANTOWN
3.83	Left on 24th
4.03	Right on Porter
4.46	Left on Scotten
4.67	Right/Left on Fisher/Clark
4.88	Right/Left at gas station on alley/McKinstry
5.37	Right on Jefferson
6.14	Right for bike access to bridge
7.34	ENTERING ONTARIO
8.21	Pass through customs
8.31	North on Sandwich St. sidepath
10.50	3/5 onto Riverside
10.74	Just after bridge, left on riverside path
12.38	At playground, bear right for street access
12.44	BEST WESTERN PLUS

	North on Riverside
0.17	Left to access riverside path
1.44	Continue on Riverside
4.89	Right on Isabelle
5.00	Left on Ganatchio Trail Continue on Riverside whenever trail ends
11.06	Road curves to become Brighton Ave. (maybe sidepath)
11.55	Left on Techumseh (maybe sidepath)
14.91	Use left sidepath to avoid rotary and route 22 over bridge
15.19	Left on Puce
15.37	Right on Lilydale/Shoreline/Edgewater/Caille
18.74	Cross ped bridge onto Waterfront Trail/sidepath
20.04	Cross ped bridge onto Charron Beach Rd.
21.09	Cross ped bridge onto Ross Beach Rd.
21.34	Right/Left on Strong/Techumseh (2)
25.46	Left on St. Clair (maybe sidepath)
28.68	Right on Clareview
29.07	Left on Tecumseh (2/36)
42.00	Straight on Riverview (36)
49.44	Right/Left on Merritt/King
50.78	Left on 5th CHATHAM
51.25	Right on Grand (consider sidewalk)
51.86	KENT MOTEL

	North on Marketplace
0.17	Right/Right on Gratiot/Kings Pointe
0.44	Left/Right on Royal/Lord
0.79	Left on Pat
0.99	Right on Briar Towne
1.02	Right on 21 Mile
1.34	Left on Brandenburg/Meadow
2.41	Right/Left on Fuller/Galassi
2.75	Left on Kelly Lea
2.95	Left on Celeste/Clark
3.32	Left on Pine Glen
3.55	Left on Carlos
3.85	Right on Cotton
5.12	Left on Sugarbush/Callens
7.88	Right on Embassy
8.15	Right/Left on Martinique/Lakewood
8.68	Right on Helmandale
8.90	Left on Jefferson
9.60	Bear right on 23 Mile (might be bad)
9.85	Right on Alfred
10.34	NEW BALTIMORE

10.63	Right/Left on Ashley/Main
11.35	Bear right on Main (29)
12.97	Left on Church
13.09	Right on Short Cut
16.12	Right on Palms
17.13	Left on Shea
19.20	Right on Starville
20.45	Curve left on Swartout
21.60	Bear right on McKinley
21.97	Curve left/right on Benoit/Stone
24.11	Bear right to stay on Stone
25.26	Right on St. Clair (29)
25.37	FERRY TO CANADA
25.40	Right after customs onto River Rd.
26.05	Left on Tecumseh/Dufferin (32)
32.11	Right/Left on Walnut/Turnbull
32.50	Right on Elm
32.85	Left/Right on Garnet/Arnold
33.35	Left/Right on Mason/Glass
33.67	Right on Baseline
34.29	Left on Lowe
34.42	Cut through parking lot and grass strip
34.54	WALLACEBURG INN

	Northeast on Monroe
0.10	Right/Left on Chrysler/Lafayette
2.21	Right on Grand
2.50	Left on Jefferson
6.31	Right/Left on Alter/Fairfax
7.10	Right/Left on Trombley/Essex
7.63	Left on Whittier
7.83	Right/Left on Jefferson/Kensington
8.11	Right on Maumee/Grosse Point
10.49	Left on Kerby
11.47	Right on Chalfonte
12.41	Left on Cook
12.56	Right on Holiday
13.02	Left on Oxford
13.67	Right on Helen
14.21	Left/Right on Van Antwerp/Canton
14.83	Right/Left on 8 Mile/Helen
15.20	Zig-zag 1 block to stay on Helen
15.97	Left on Colony
16.23	Right/Left on Harper/9 Mile (sidewalk?)
16.38	Right on Elaine
16.51	Left/Right on Broadway/Harmon
16.73	Left/Right on Pleasant/Ursuline
17.10	Left/Right to stay on Ursuline
18.11	Right on Frazho
18.44	Right/Left onto Bonheur
19.27	Left on Greater Mack

20.36	Left/Right on Gordon/Florence
20.50	Right/Left on Martin/Greater Mack
22.14	Right on 13 Mile
22.33	Left on Greater Mack
22.76	Left/Right on Masonic/Rhode Island
22.95	Right/Left on Playview/Greater Mack
23.84	Right on Harvard Shore
24.16	Left on Jefferson
25.14	At corner, bear right on Jeffers
25.54	Left on Clear
25.69	Right on Jefferson
26.20	At end of bridge, left onto Spillway Path
28.47	Right over ped bridge at Reade St, then straight through park
28.63	North on Barbara
29.04	Left on Robertson
29.53	Right on Miller
29.99	Right on Cass
30.30	Left on Walnut
30.39	Left on Macomb MOUNT CLEMENS

30.63	Bear right on North
30.92	Right on Gallup
31.12	Left on Welts
31.62	Right on Canfield
30.90	Left on Gratiot (wide shoulder soon)
33.23	Right onto sidewalk on far side of Hall
33.59	Left along Marketplace Drive (use parking lots instead of road)
33.99	HAMPTON INN

	Northwest on McNaughton (40)
0.22	Right/Left on Reaume/Bridle Path
0.59	Left on Murray
0.95	Right on Margaret
6.01	Left on Brigden
13.69	Right on Bentpath (2)
19.01	Left on Marthaville
22.33	Right on Aberfeldy
24.62	Left on Oil Heritage (21)
26.29	Right on Oil Springs Line OIL SPRINGS
33.66	Left on Inwood (8)
35.34	Right on Courtright (80)
41.05	Left on Nauvoo (79)
41.92	Right on Railroad
42.31	Left on River ALVINSTON
43.14	Left on Shiloh
43.54	Right on Nauvoo (79)
45.47	Right on Rokeby/Winter/Thames
53.50	Left on Walkers
58.07	Left/Right to stay on Walkers
62.60	Left on Saxton
63.92	Left on English/Maitland
64.49	Right/Right on Adelaide/Metcalfe (9)
64.66	Bear left on Frank
64.80	CLOCK TOWER INN

	Southeast on Frank
0.13	Bear right on Metcalfe
0.26	Left/Left on Adelaide/Maitland/English
0.88	Right on Queen
3.05	Left on Scotchmere
4.56	Right on McEvoy
6.26	Left on Olde
9.28	Right on Amiens
11.55	Left on Oxbow
13.07	Right on Komoka KOMOKA
14.94	Left on Gideon
16.56	Right on Brigham
16.83	Left on Elviage
18.60	Left on Westdel
18.73	Right on Byron
20.65	Left on North, and into park
20.96	Right on riverside path
24.60	Left on Riverview
24.84	Right/Left on Wharncliffe/Becher
25.16	Straight over river into park
25.22	North to go east on Dundas
26.13	SANDMAN HOTEL

	North on Graham
0.60	Right on Brant
0.80	Left on Wellington
1.19	Right on Fair
1.40	Left/Right on Glencairn/Highland
1.72	Left on park access road
1.99	Join trail at back left of lot
3.10	East on Township 3 (ALTERNATE: dirt path along river)
4.28	Left on Oxford 4/Blandford/Oxford 29
5.00	ALTERNATE REJOINS
7.70	INNERKIP
8.73	Left on Blandford
12.18	Right on Oxford 8
18.33	Right on Albert PLATTSVILLE
19.09	Left on Hofstetter/Puddicombe
21.39	Right on Bridge
26.10	NEW DUNDEE

27.58	Left/Right on Trussler/Plains
29.51	Right on Broadacre
29.69	Left on Beckview
29.97	Right on Tartan
30.46	Left on Rockcliffe
30.80	Left on Strasburg sidepath (sidepath may come and go)
31.32	Stay alongside Strasburg through rotary
34.12	Use overpass over highway
34.39	Right on Stirling (west of overpass)
35.45	Left on Mill
35.57	Right on Madison
36.05	Left on Church
36.38	Right on Benton
36.48	CROWNE PLAZA

	Northwest on King
0.10	Right on Queen
0.76	Left on Lancaster
0.97	Right/Left on Wellington/Spring Valley
1.66	Right on Guelph
1.91	Left on Riverbend
2.20	Right to connect to trail going northwest
2.99	Right on Lancaster
3.16	Right over bridge
3.41	Left on Bloomingdale
5.11	Right on Ebycrest
5.65	Left on Hopewell Creek
8.83	Left on Shantz Station
8.95	Right on Foerster
9.97	Right on Village View
10.76	Right on Woolwich-Guelph
12.37	Left on Speedvale
15.04	Right on Elmira sidepath, Left on Flaherty
15.27	Left on Thornhill
15.76	Left/Right on Imperial/Westwood
16.98	Right/Left on Silvercreek/Paisley
18.43	Straight on Quebec
18.59	Straight on Douglas
	GUELPH

18.71	Right/Left on Woolwich/Heffernan Path
18.81	Right after tracks onto riverside path
19.35	Left on Wyndham
19.51	Right to join Eramosa Trail
20.87	Bear right after volleyball to head up to street
20.97	Right on Victoria over bridge
21.96	Left on Stone
23.23	Right on Watson
24.77	Left on Arkell
27.06	Right on First Line Nassagaweya
28.97	Left on 25 Side
34.98	Left on Dublin
35.60	Right on Mill
36.48	ACTON
36.98	Bear right on Young/7
37.22	Right on Longfield
37.75	Right on Churchill
38.41	Bear left on Glen Lawson
38.99	Right on 4th Line
39.72	Left on 22 Side
41.48	Right on 6th Line
43.39	Left on 17 Side/Maple
44.43	Left/Right on Halton Hills/Park path
44.77	Right on path through woods to park
45.03	Use 3B side of fields to access Park Ave.
45.17	Left/Right on Charles/Mill
45.50	GEORGETOWN

45.90	Left on McNabb
46.00	Bear right on John
46.40	Right on Rosset Valley
46.57	Left on River
47.51	Right on 10th Line/17 Side
50.46	Right/Left on Veterans/Cobriza
50.77	Use passage over bridge and to far right end of park
50.99	Right on Terrick
51.03	Right on Haverstock/Killkarrin/Clockwork
51.82	Right/Left on Action/Block
51.98	Right on Boathouse
52.25	Right on Rememberence/Hawtry
52.44	Right on Affusion
52.69	Use path to left, keeping right at end of pond/meadow
52.86	Cross Wanless to path, then two quick lefts on path
53.58	Left on path, then left on Beaver Valley
53.75	Right on Harkema trail
53.89	Straight on Echoridge
54.19	Left on connector, straight on Potters Wheel
54.40	Right on Van Kirk
54.64	Left on Sandalwood far-side sidepath
55.31	Right onto connector at far side of Hurontario

55.89	Take southwesterly trail at large intersection by dog park Try to stay next to creek (to avoid street connector stubs)
58.37	Go under Vodden St. bridge
58.55	At 3rd field, keep right to access road
58.66	Right/Left on Centre/connector path
58.79	Bear right on Salisbury, quick right on connector path
58.91	Straight on Sophia
59.08	Left on Church
59.38	Cut through school lot to connector at back left
59.59	Straight on Roland/Lauderdale
59.80	Left on Madoc
59.98	Right on Rutherford
60.29	Consider sidewalk after crossing Queen
60.53	Left on Clark
60.65	QUALITY INN

	East on Dundas
0.09	Right on Colborne
0.89	Left on Nelson
1.46	Right on Lansdowne
1.56	Left/Right at Trafalgar into dirt lot
1.63	Connect to riverside trail, heading east
3.72	Right/Left on path at Meadowlilly Bridge
3.94	Keep left at fork
4.69	Right on Gore
5.51	Right on River
6.90	Straight on Catherine
10.83	Right on Dorchester, Left on Hamilton/King DORCHESTER
21.77	Left on Thames, right on Charles/Beachwood/Ingersoll INGERSOLL
29.96	Right on Anderson
30.11	Left on Canrobert
30.36	Right on Park
30.68	Left on Mill
30.88	Right on Simcoe
31.14	Left on Brock
31.27	Right on South Alley (just after Dundas)
31.35	WOODSTOCK INN

	South on Clark
0.10	Left on Rutherford (consider far sidewalk)
0.24	Left behind Calypso Hut, front of mattress store, around Dosa Dosa
0.62	Left on Hansen
0.80	Right on Eastern
1.33	Left on Trueman
1.44	Overpass, then continue southeast alongside tracks
1.64	Cross street into park After tennis, left on Etobicoke Trail
3.65	Bear right to head up to street
3.77	At intersection, left on Bartley Bull
3.99	Right on Bartley Bull
4.45	Right on Orchard/Hartford
4.73	Join trail at corner
7.40	Left on Cardiff/Columbus at far end of lot
8.34	Left on Midway
8.67	Straight onto trail at Dixie
9.88	U-turn over bridge along Netherhart
10.09	Rejoin trail
15.06	Left on Ponytrail
15.56	Left on Fieldgate/Golden Orchard

16.65	Left on Cedartree
16.77	At 3198, left on connector, then keep straight
16.90	Right/Left on Frederica/Gripsholm
17.07	Path through Applewood Park
17.26	Left on Constitution/Stanfield
18.26	Left on Melton/Sidney
18.90	Left on Kendall
18.96	Left/Right onto Venta
19.28	Right on Denise
19.60	Left on Sherway
19.80	Straight onto creekside trail
21.81	Bear left on trail at ped bridge toward road
21.99	Straight on Lake Promenade
22.33	Right/Left on 36th/Lake, then onto trail
22.73	Straight on Lake
23.26	Join trail to right at 23rd
23.62	Bear left away from road
23.88	Straight on Lakeshore
24.03	Left/Right on 13th/Lakeshore
24.17	Right to stay on Lakeshore (continue on Lakeshore as it wends left/right)
24.89	Left/Right on 1st/Lakeshore cycletrack

25.82	Right on Norris/path
26.75	Bear left along road
26.81	Right to cross road on path Keep following trail towards downtown
31.25	At Ontario Place, bear left on path to stay beside road
31.45	At Princes' Gates, left to join Strachan
32.09	Left on Adelaide
32.23	Left on Walnut
32.29	Left/Right on Richmond/Walnut
32.40	Left/Right on Queen/Bellwoods (TRACKS)
32.53	Right on Robinson
32.69	Right on Euclid
32.94	Right on Dundas (TRACKS)
33.05	DRAGON GATE INN

	South on Markham
0.26	Right on Robinson
0.49	Left on Claremont
0.60	Right/Left on Queen/Niagara (TRACKS)
0.69	Right on Richmond
0.86	Left on Strachan
1.59	Right onto Waterfront Trail Follow signage to reverse last ride
11.11	Cross Creek, and follow "Waterfront Trail" signage...
14.14	...along Cumberland/Wanita/Elmwood
15.25	PORT CREDIT
15.62	...along Front St.
16.49	...along Maple, then Ben Machree (keeping left)
18.68	...along Parkland/Bexhill/Bridgestone/Silver Birch/Petrie
20.03	...along Meadow Wood/Orr/Southdown
23.70	Continue on Lakeshore when Waterfront Trail ends
27.05	OAKVILLE
31.75	BRONTE
38.00	Left on Elizabeth BURLINGTON
38.15	Use Waterfront Trail or Promenade (ALTERNATE: Lakeshore Dr.)
38.53	At clocktower, bear right back to road away from lake ALTERNATE VIA MUSEUM (see below)

38.65	South on North Shore Blvd (might be bad for 1/4 mile)
39.70	Left to stay on North Shore
42.68	Left on Plains sidepath
43.18	Left on Spring Garden
44.06	Left on trail, after gravestones, curve, and hill
44.47	Left on York sidepath
46.42	Left on Queen
46.64	HAMPTON INN
38.65	ALTERNATE: At loccktower, stay along lakeside path
42.85	At powerline crossing, head right to roadway
42.90	Left on Beach Blvd under highway (consider far sidewalk)
43.07	Left on Woodward
43.56	MUSEUM OF STEAM AND TECHNOLOGY
44.63	Left on Barton
45.73	Left on Shelby, Right on Britannia
46.07	Left on Cannon bikepath
49.91	Left on Queen
50.12	HAMPTON INN

	East on Market
0.07	Right on Hess
0.26	Right on Cannon cycletrack
4.10	Cannon becomes Britannia
4.44	Left on Shelby at power lines
4.54	Right on Melvin
5.46	Left on Woodward
6.10	Right on Brampton to Red Hill Trail
7.03	Left alongside road towards lake
7.23	Right on lakefront trail
8.74	Right/Left on Grays/Frances
9.51	Straight on trail
9.92	Right/Left on Millen/Service
10.55	Left on Dewitt/Lakeview
11.02	Left on Service
13.68	Left/Right on Bellavista/Riviera
13.79	Left on Lido
14.03	Right/Left on Winona/Baseline
14.48	Left on Service
14.88	Left/Right on Lockport, then Baseline/Winston/Service
16.58	GRIMSBY ON THE LAKE

17.95	Left on Olive
19.25	Left/Right on Ontario, then Lake/Service/Prudhomme
31.79	Left on Gregory
31.97	Right on Lakeshore
33.53	Right on Martindale
35.02	Left onto trail at Erion
36.10	Left on Welland Vale
36.36	Left on near sidewalk to intersection
36.40	Left/Right on Ontario/Adie
36.57	Left/Right on Thomas/Louisa
37.00	Left on Henry
37.41	Right on Russell
37.60	Left on Terry Fox trail, then straight onto alley
37.91	COMFORT INN

	South on Alley/Fox Trail
0.72	Left/Right on Geneva/Balfour
0.85	Cut through back left of Tim Hortons lot
0.93	Right/Left on Niagara/Davidson
1.21	Right on Tasker
1.35	Left on Queenston
3.40	Walk on sidewalk over canal bridge
3.79	Left/Right under highway to stay on Queenston
8.05	Left/Right on York/Tanbark
8.51	Left on Apricot/Bunny
8.77	Left on Creekside
8.96	Right on 4 Mile
9.17	Left on Niagara Townline (NOT Stamford Townline!)
9.86	Right on Stanley (102)
10.82	Left on Whirlpool
11.69	Straight/Right on path If path disappears, join Niagara Parkway
14.15	Right on Eastwood
14.22	Left on Ontario
14.50	Left on Bender DOWNTOWN NIAGARA FALLS (ON) FORWARD/RIGHT
14.58	Right on Falls Ave.
14.70	Left to cross Rainbow Bridge Use traffic lanes, not sidewalk. Toll payable in coins only
14.94	ENTERING NEW YORK

15.14	Straight/Right after customs on Niagara/Rainbow
15.44	Right on Old Main
15.59	Bear right on Riverway
15.65	Left on trail at crosswalk
15.71	Left on riverside trail FALLS STRAIGHT ON GOAT ISLAND RD
19.97	Left on sidewalk to west side of bridge
20.21	Use west side path to cross bridge
21.05	Loop to right under bridge, then south alongside highway
21.93	Left on East-West/River
22.69	Right on path
24.20	Left/Right on Bedell/Baseline
24.87	AMUSEMENT PARK (other side of strip mall)
25.09	Left on Grand Island Blvd
26.52	Join left-side path
27.33	Right between bridges to join sidewalk on either bridge
28.00	U-turn at end of sidewalk toward river
28.18	Left on bikeway after crossing 266 Follow Empire State Trail on paths/tracks into Buffalo
37.59	Left on Erie
37.66	Bear right on Seneca
37.78	Left on Pearl
38.46	Right on Chippewa
38.52	HOLIDAY INN

	West on Chippewa
0.23	Right on Delaware
0.84	Right on Allen ALLENTOWN
0.92	Left on Franklin
1.12	Right/Left on Linwood
2.44	Left on Lafayette
2.56	2/5 onto Chapin
3.03	North on Lincoln Pkwy RICHARDSON OLMSTEAD CAMPUS just to northwest
3.59	After bridge, join pathway on right, staying close to road
3.70	Use spiral ramps to cross roadway
3.82	Head east on path
4.13	Right on narrow sidepath, which will curve back east
4.98	Right on Meadow Dr DELAWARE PARK
5.17	Right on Jewett at lot to leave park
5.31	Left on Woodward
5.79	Left on Crescent
5.90	U-turn under tracks on Parkside
6.02	Right on Depew after tracks
6.43	Left on Voorhees
6.69	Right/Left to stay on Voorhees NORTH BUFFALO

6.85	Right on Tacoma/Parkside
7.22	Join roadside path at softball
7.33	At home plate, up and left on trail
11.92	Left on State
12.27	Right/Left under tracks on Roosevelt
12.34	Right on William
12.94	Left on Broad
13.02	Right on Main TONAWANDA
13.17	Right under "Canal St" archway
13.26	Straight/Left on trail over bridge
14.78	Join Creekside Dr.
15.70	Bear left on trail
17.86	Join Tonawanda Creek Rd.
18.78	Rejoin trail
19.70	Left briefly on Brennon, then rejoin trail
20.71	Left on Tonawanda Creek Rd.
21.44	Left on path at Campbell (270) to go under bridge
23.30	Left on Orbit, then rejoin
31.04	Left on High over bridge
31.16	Right on Prospect
31.53	Right on Niagara
31.87	Straight on Canal St., then bear right/down on lockside trail LOCKPORT

39.20	GASPORT
43.87	MIDDLEPORT
50.09	MEDINA (use Glenwood Ave bridge near giant apple)
59.26	Left, then loop to cross bridge ALTERNATE: Downtown Albion next bridge
59.26	Join Eagle Harbor Rd/State St.
59.43	Right on King
59.79	Right on West (31)
59.94	DOLLINGERS MOTOR INN (not Dollinger's Motel!)

	East on West Ave. (31)
0.14	Left on King ALTERNATE: fast food straight
0.43	Right on Park
0.96	Left on Main ALBION
1.26	Right on Erie Canal Trail
11.00	HOLLEY
15.34	BROCKPORT
23.05	SPENCERPORT
28.44	Left just before bridge Cross bridge, then right to go under other side of bridge
34.40	Left on Genesee Trail near highway bridge
37.78	Just before arena, left on Court, then right on Exchange/State
38.11	WYNDHAM

	West on Union (31)
0.14	Right on Clinton
0.26	Right on Erie Canalway
0.46	Join Van Buren/Old Lyons
2.14	Rejoin path
4.21	Join Old Lyons/Water
5.14	Rejoin path
5.55	Join Water/Elm LYONS
5.83	Rejoin path
10.72	Join Old Route 31
12.00	Right on 31
13.41	Right on Glasgow (414) CLYDE
13.66	Left onto path after bridge
16.14	Left/Right on 31
20.05	SAVANNAH
29.99	PORT BYRON
30.24	Right onto path
32.50	Right on 31
33.30	Follow signage to stay on canalway route WEEDSPORT
38.42	JORDAN

53.63	Left on Bridge St. sidepath
54.70	Follow signage through fairgrounds to overpass
55.09	Path continues in back right corner of lot
55.68	U-turn to head south along lake
57.91	Left on Hiawatha
58.10	Straight on sidepath
58.18	Right onto Onandaga Creekwalk
58.77	Left on Kirkpatrick
58.98	Right/Left on Solar/Catawba
59.49	Right on Townsend
60.18	Right on James (far sidewalk?)
60.26	CLARION POINTE

	Northeast on James (sidewalk?)
0.09	Right/Left on Townsend/Hawley
0.66	Right on Lodi
0.93	Left on Canal
1.08	Right/Left on Beech/cycletrack (Keep following Empire State Trail)
20.86	Cross tracks to trail
22.52	CANASTOTA
27.03	Join Canal Rd. briefly
27.99	Left/Right on 46/Center
28.10	Left on Church
28.20	Left/Right on Broad/Canal DURHAMVILLE
30.29	Left/Right on 31/46 to rejoin trail
35.32	Left on Lock Rd. (don't worry about "bridge out" signs)
35.98	Cross canal using lock
43.43	Trail backtracks along 46 to light
43.61	Cross 46, right on Dominick
45.16	Right on James ROME

45.87	Right to go under bridge on trail
46.69	At rotary, cross ped bridge, then stay on road
46.98	Right on Mill to cross bridge
47.21	Left on Martin sidepath
54.01	Left on Erie
54.15	Left on River ORISKANY
54.75	Left into lot to rejoin trail
61.74	After DPW lot, use ramp up to street
61.98	Left onto sidewalk aside Genesee
62.05	RED ROOF INN

	SOUTH ON OUTSTANDING
0.07	Left/Right on Townsend/Fisher
0.35	Right on Miller
0.49	Left on Rosewood
0.68	Left/Right on Briggs/Grand
0.87	Left on Crescendoe
1.02	Left on Perry
1.50	JOHNSTOWN
1.72	Left on Montgomery
1.86	Right on Glebe/Switzer Hill
3.28	Left on Duane
4.03	Left on Van Antwerp
5.12	Left on Bush
5.44	Right on 67, bear right on Stoners Trail Rd.
8.72	Right on Mohawk (26)
9.13	Left on Main (27)
9.75	Follow Main/27 through left/right/left/right turns
10.44	Left on Empire State Trail
15.10	AMSTERDAM
24.35	ROTTERDAM
32.13	Path turns to sidewalk up to intersection
32.18	Left/Right on Washington/Union
32.35	Right/Left on Church/Liberty
	SCHENECTADY

32.87	Left on Clinton
33.12	Left/Right on South Ave/Jay St.
33.22	Right onto path
39.75	At parking, left on Line Dr. to connect to path
47.43	Right on Island View
47.95	Straight onto path
48.22	Left at T intersection on trail ALTERNATE 1 MILE TO ROLLER RINK: (Right/Left on path, Right/Right/Left on Windmill/Meadows/Boght)
52.73	Left on Alexander
52.93	Left on Lincoln
53.01	Right on Spring/Dyke/Cohoes
53.70	Left/Right on Veterans/Cannon
54.30	Left/Right on Tibbits/George
55.16	Left to cross Green Island Bridges
55.53	Right on 4th
55.58	BEST WESTERN

	South on State/Exchange
0.26	Left on court to partially cross bridge
0.40	Bear right on Genesee Trail on far side of river
3.62	Curve to left at confluence. Don't cross a bridge.
10.60	PITTSFORD
17.41	FAIRPORT
25.91	Path crosses bridge
27.75	Note: Path may be closed here. If so then 1/2 mile detour: Right Walworth, Left 31, rejoin at park
29.35	Left on Division over bridge, then right on trail PALMYRA
37.83	Right on Main over bridge
37.88	Left on Union NEWARK
38.56	MICROTEL

	Return to road and head south on sidewalk
0.18	Right into park and ride to join path
0.73	Cross canal on Leland Ave bridge
4.07	Right on Dyke cycletrack
4.82	Left on ramp, Left on Southside/Main/Acme
10.75	FRANKFORT
12.04	Left on trail before bridge
13.25	ILION
14.82	MOHAWK
22.92	LITTLE FALLS
38.80	FORT PLAIN
42.20	CANAJOHARIE
54.22	Left on Main/Bridge (30A) FULTONVILLE
54.84	Left on Main
55.09	Right on Center/Kane (start climb) FONDA
55.90	Right on Boshart
56.52	Left on Old Trail (30) (end climb)
57.24	Right on Old Plank (30A)
58.05	Right on Enterprise
58.21	Right on Clermont
58.41	Left on Union
58.71	Right on trail
60.14	JOHNSTOWN TO RIGHT
61.34	Right on Townsend
61.60	Left on Outstanding
61.69	SUPER 8

	North on 4th
0.07	Left on Bridge
0.44	Right on George
1.23	Left/Right on Tibbits/Cannon
2.02	Straight on Black Bridge Trail
4.01	Straight after third bridge onto 2nd
4.29	Right on Broad/126th WATERFORD
4.62	Left on 2nd/River
5.29	Bear right to stay on River (begin climb)
5.67	Straight on Houghney/Irish
7.44	Right on Highway 40
7.68	Left on Fogarty/Cooksboro
8.45	(end of climb)
12.23	Left on Hoosick (7)
13.52	Right on Log Woods
14.15	Bear left to stay on Log Woods
15.03	Left on Brunswick/Log Woods/Tamarac
18.48	Straight on Simmons (at 7) (begin climb) BOYNTONVILLE

18.90	Left on 7, Left on Warren Cemetery/Windy Hill (may be unpaved for a bit)
21.75	Straight on Spicer (105) (end climb)
22.40	Right on Pine Valley (103)
25.87	Right on 7/22
26.05	Left on 22
28.29	Left on 346
28.86	Left on Green (95)
29.59	Right on Indian Massacre (96)
31.67	Pavement ends ENTERING VERMONT
32.26	Left on 346
35.70	Straight on Church
36.03	Right on 346 POWNAL
32.26	Right on US-7
38.13	ENTERING MASSACHUSETTS
40.28	Left on Whitman
40.38	Right on Adams Theater Dr. (through campus)
40.56	Left on Main (2)
40.76	WILLIAMSTOWN (right on Spring)
43.47	Left at Phelps to use ped bridge
43.64	Right on Massachusetts
45.44	Left/Right on Harris/Hathaway
45.55	DESTINATION

	Head south on Hathaway and Harris
0.13	Left/Right on River/Brown
0.39	Left on 2
0.62	Bear right on West Main
0.98	At statue, bear right on Church/East
4.47	(start big climb)
7.73	At curve, Left/Right on Walling/Burlingame/White (climb gets steeper)
9.49	Left on Main (116)
10.42	(end climb: 2001 feet, highest point on trip)
12.5	SAVOY
17.66	Straight to stay on 116 where 8A branches
19.94	PLAINFIELD
27.15	Left on 112/116
27.49	Right on Steady
28.06	Bear right on Norton Hill
28.87	Right on Main/Conway (116) ASHFIELD
30.29	Bear left on Hill
30.62	Bear left to say on Hill
31.35	Left on Conway (116)
35.03	Keep left to stay on 116 (River)
35.45	Keep right to stay on 116 (Main) CONWAY

35.64	Keep right to stay on 116 (South Deerfield)
37.47	At bend, bear left on Mathews, crossing Graves Rd.
37.92	Left on Hoosac (partially unpaved)
39.61	Left at fork to stay on Hoosac
39.93	Left on Stillwater
40.35	Left over bridge, then right on Lower
44.38	Right on Wisdom
44.93	ALTERNATE: LEFT DIRECT TO HOTEL
45.43	Right on Mill
45.7	Left on Bank Row (5)
45.88	Left on Main (2A) GREENFIELD (Hotel alternate below)
46.17	Right on Conway
46.47	Left on West St. AIRBNB 31 WEST ST
46.38	To hotel: Bear right on Colrain St.
47.13	3/4 onto Colrain Rd.
47.72	HAMPTON INN ON LEFT

	FROM HOTEL: right on Colrain Rd.
0.65	1/4 on Colrain St.
1.31	Left on Elm
1.57	Right on West St.
1.64	AIRBNB (Add 1.64 to all distances from here) FROM AIRBNB: East on West St.
0.12	Left on Conway
0.26	Right/Left on Grove/Beech
0.52	Right on Allen
0.66	Left on Chapman
0.74	Right on Pierce
0.95	Left on Davis
1.41	Right on Cleveland/Washburn
2.3	Right on Silver
2.59	Left on 2A, bear right on Turners Falls
3.82	Straight on 5th
3.96	Left on A TURNERS FALLS
4.19	Right on 1st
4.68	Left on Unity
5.06	Keep left onto Millers Falls
8.51	Bear left on West Main
8.67	Right on Bridge/Prospect/Wendell MILLERS FALLS

9.84	Bear left on Mormon Hollow
12.57	Straight on Farley (big climb)
15.02	Left on Wendell Depot
18.73	Bear right before RR on Orange
19.69	Right on Holtshire
20.33	Left on West River
21.73	Left on South Main
21.78	Right on 2A/East Main/South Main ORANGE
26.45	Right on School ATHOL (start big climb)
26.84	Right on High
27.11	Left on Tremont, bear right on Chestnut
27.38	Right on Main (2A)
28.27	Straight to stay on 2A/Templeton
30.2	(end big climb)
32.16	Right on Brooks Village/Carruth
33.52	Straight on Brooks Village
34.37	Right on Patriots (2A)
35.68	Left on Baldwinville TEMPLETON

35.9	Right on Otter River
37.14	Right on North Main
38.43	Follow rotary signs for 101 north EAST TEMPLETON
40.87	Straight on Lynde at Gardner Savings Bank GARDNER
40.99	Right/Left on Pine/Cross
41.55	Right on Elm GIANT CHAIR
42.12	Left/Right on Lennon/Eastwood
42.35	Use Nursing Center entrance to cut to back of hotel GARDNER INN

	Cut back to Eastwood via Nursing Center cut-through
0.17	Right on Lennon
0.39	Right on Temple/Saunders
1.86	Right on Betty Springs
2.68	Right on 140
3.17	At highway entrance, left on Simplex
4.67	Right on Overlook/Bacon
5.38	Left on Main (2A)
5.48	Bear right on Leominster
6.14	After turn, cut through church, then straight on Narrows
7.37	At pond, left to stay on Narrows
8.64	Right on Turnpike Rd.
9.3	If possible, straight to RR parking Otherwise, right on Development/Authority
10.38	Left/Right on Princeton/Old Turnpike WACHUSETT STATION
10.75	Left on Franklin
12.25	Left on Depot
12.56	Right on Fairmount
13.49	Left on Daniels
13.66	2/4 onto River
14.31	Right on Main (31)
14.47	Bear right to stay on Main (not 31) FITCHBURG

15.41	At diner, bear left on Fitchburg (2A)
16.46	Right on Pleasant
17.4	Left on West
19.52	Left on Leominster
19.77	Right/Right on Whiting/Lancaster LUNENBURG STRAIGHT
20.81	Left on Page/Whitney
24.26	Go around common to continue straight on Horse Pond
25.5	Right on Walker
27.45	Hard left on West Main
29.46	Left/Right on Columbia/Central AYER
30.66	Straight on Sandy Pond/Willow
32.51	Straight on Bruce
33.44	Left on Harvard
34.17	Left/Right on King/Harwood LITTLETON
36.44	Bear left to stay on Harwood
36.93	Left/Right on Newtown/Nashoba
37.68	Right on Nagog Hill
40.05	Left on Main (27): Consider using sidewalk ACTON TO RIGHT

40.59	Right on Brook
41.01	Right/Left on 2A/Strawberry Hill
43.94	Left on Barretts Mill
44.65	Straight on Barnes Hill/Estabrook/Liberty
45.36	Left to walk bikes on footpath over Old North Bridge
45.78	Right on Monument
46.01	Left on Reformatory Trail CONCORD STRAIGHT
50.21	BEDFORD DEPOT
54.16	LEXINGTON
59.01	ARLINGTON
60.47	ALEWIFE Alternate: Fresh Pond to Vassal/Sparks to river paths
61.68	DAVIS
64.01	EAST SOMERVILLE
64.76	HOME