

Friends In Motion 10k Route – High Park, Toronto



Course Route

The course is a double loop with the start/finish line located next to the skating rink on Colborne Lodge Rd.

(The yellow arrows indicate the first loop and the orange arrows indicate the second loop.)

- Run south on Colborne Lodge Rd. to West Rd. and turn right (west).
- Follow West Rd. around Grenadier Restaurant.
- Follow the path that runs alongside Grenadier Pond south to the end, turn left and run along path next to The Queensway to Spring Rd.
- Turn left (north) onto Spring Rd. and run along Spring Rd. to the North end of the park.
- Cross over Colborne Lodge Rd. and run south on West Rd. to the path that runs alongside Grenadier Pond.
- Follow the same loop – next to pond, along The Queensway, and up Spring Rd. to north end of the park.
- Cross over Colborne Lodge Rd. once again and run south on West Rd. to Colborne Lodge Rd.
- Turn left (north) on Colborne Lodge Rd. to the finish line at the skating rink.