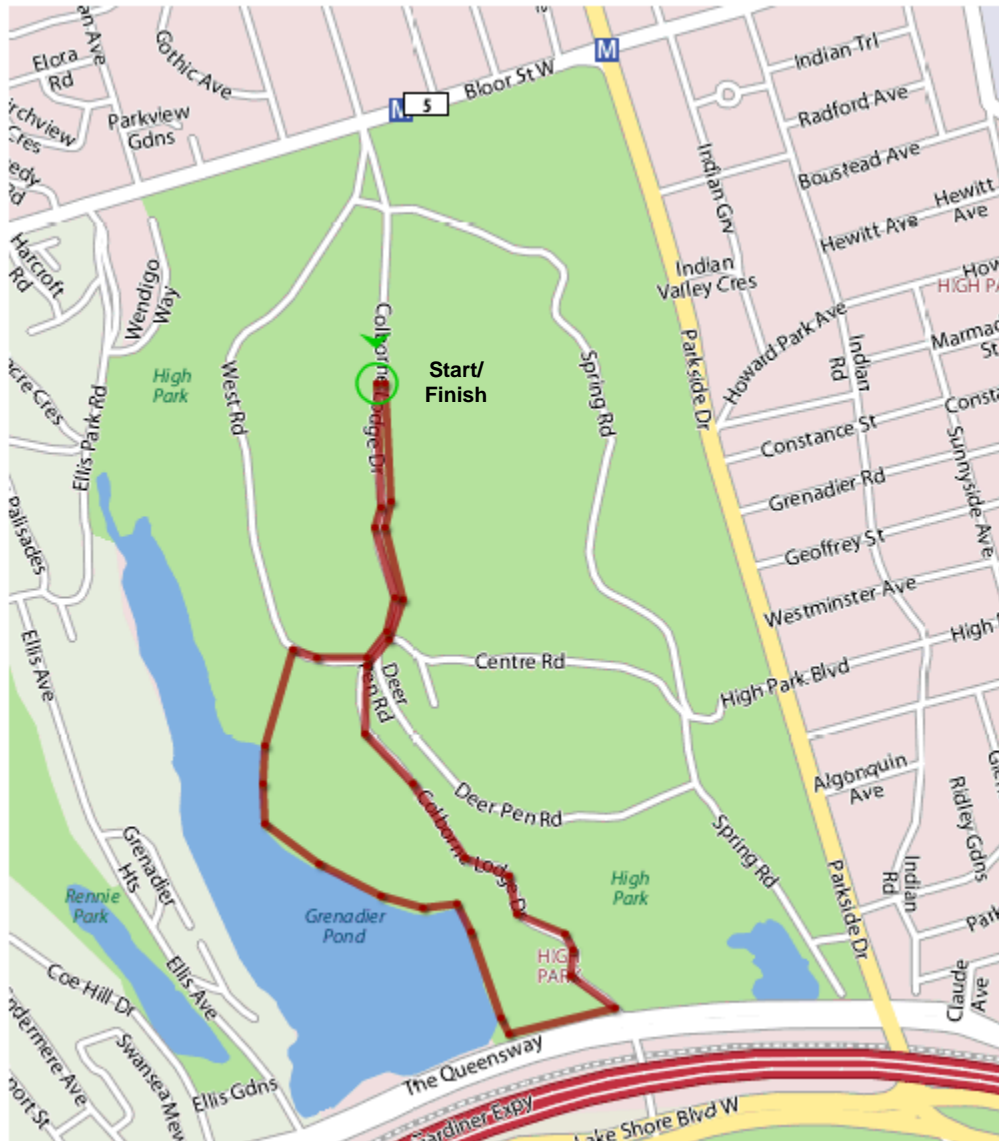


Friends In Motion 3k Route – High Park, Toronto



Course Route

The start/finish line located next to the skating rink on Colborne Lodge Rd.

- 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 Colborne Lodge Rd.
- Turn left (north) onto Colborne Lodge Rd. and run north to the finish line at the skating rink.