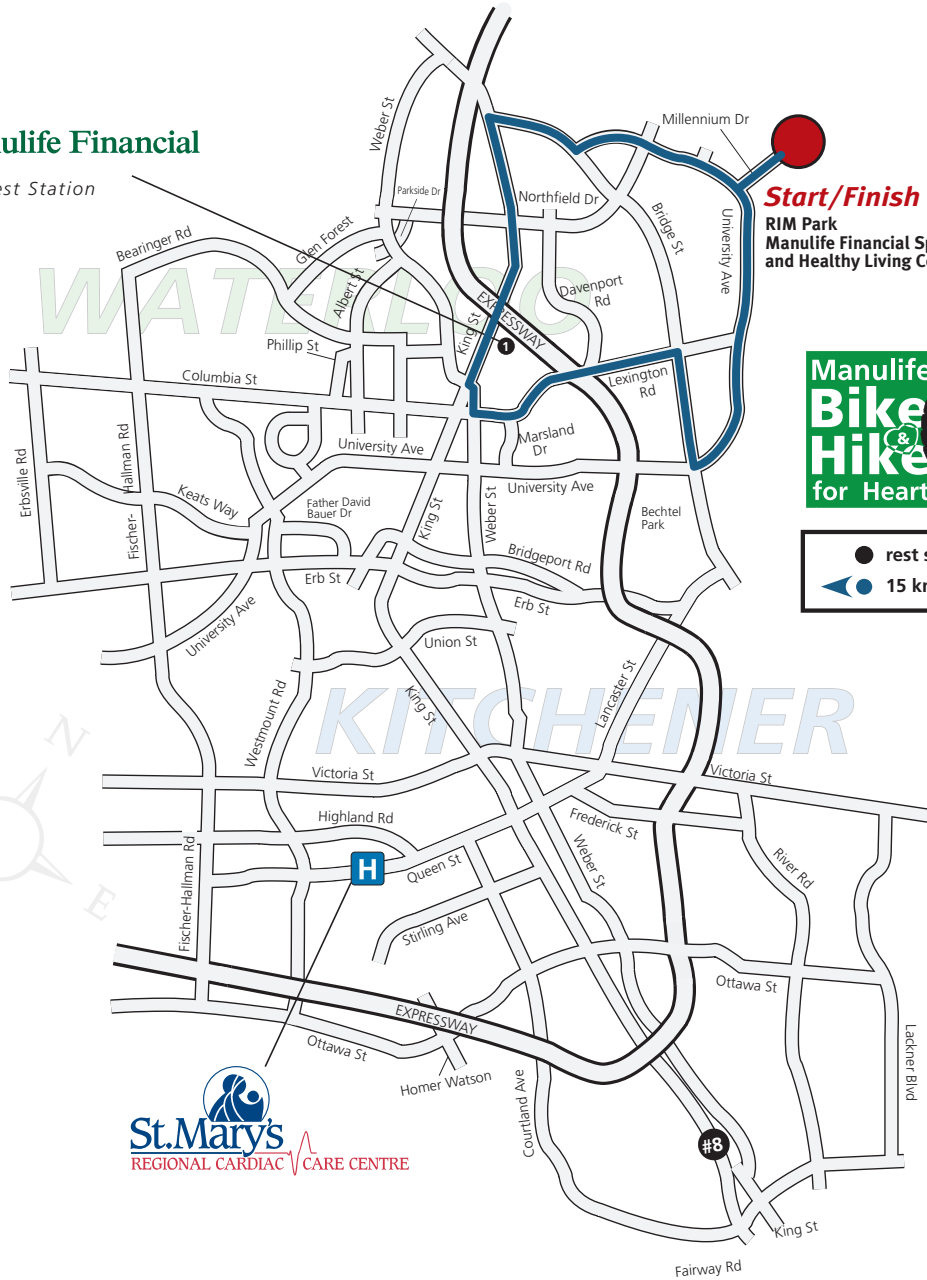




Rest Station



**Start/Finish**

**RIM Park  
Manulife Financial Sportsplex  
and Healthy Living Centre**

**Manulife  
Bike  
& Hike  
for Heart**



- rest stations
- 15 km route



# Manulife Bike & Hike for Heart

b i k i n g   r o u t e   m a p

## 15 KM ROUTE

- Millenium Blvd to University Avenue
- Left on University Avenue to Bridge Street 3.7 km
- Right on Bridge Street to Lexington 1.3 km
- Left on Lexington (turns into Columbia) to Weber St. 2.5 km
- Right on Weber Street to King St 0.4 km
- Right on King Street to 500 King St N (Manulife Financial) 0.7 km
- Right on King St to Bridge St 2.5 km
- Right onto Bridge to Country Squire Rd. 1.6 km
- Slight right at Country Squire Rd. (becomes University Ave.) 1.0 km
- Continue on University Avenue to Millenium Blvd. 1.3 km
- Left on Millenium Blvd. to FINISH