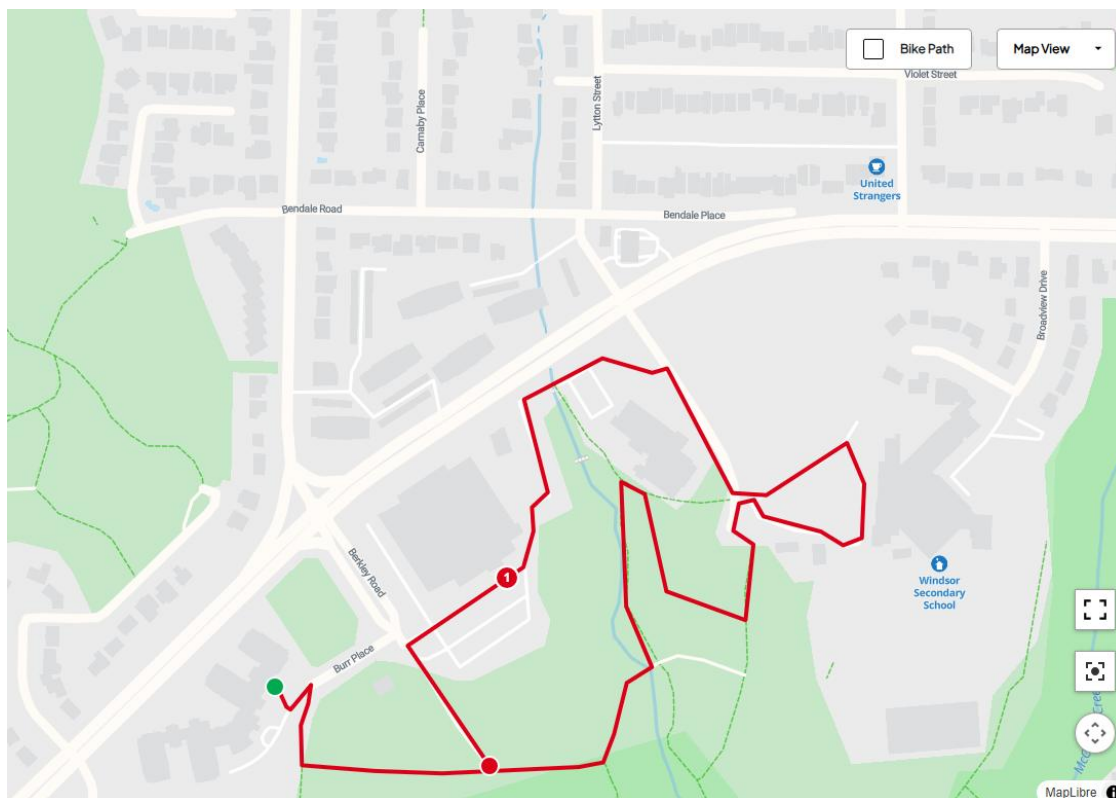


NORTH SHORE

Berkley Care Centre Trishaw Route

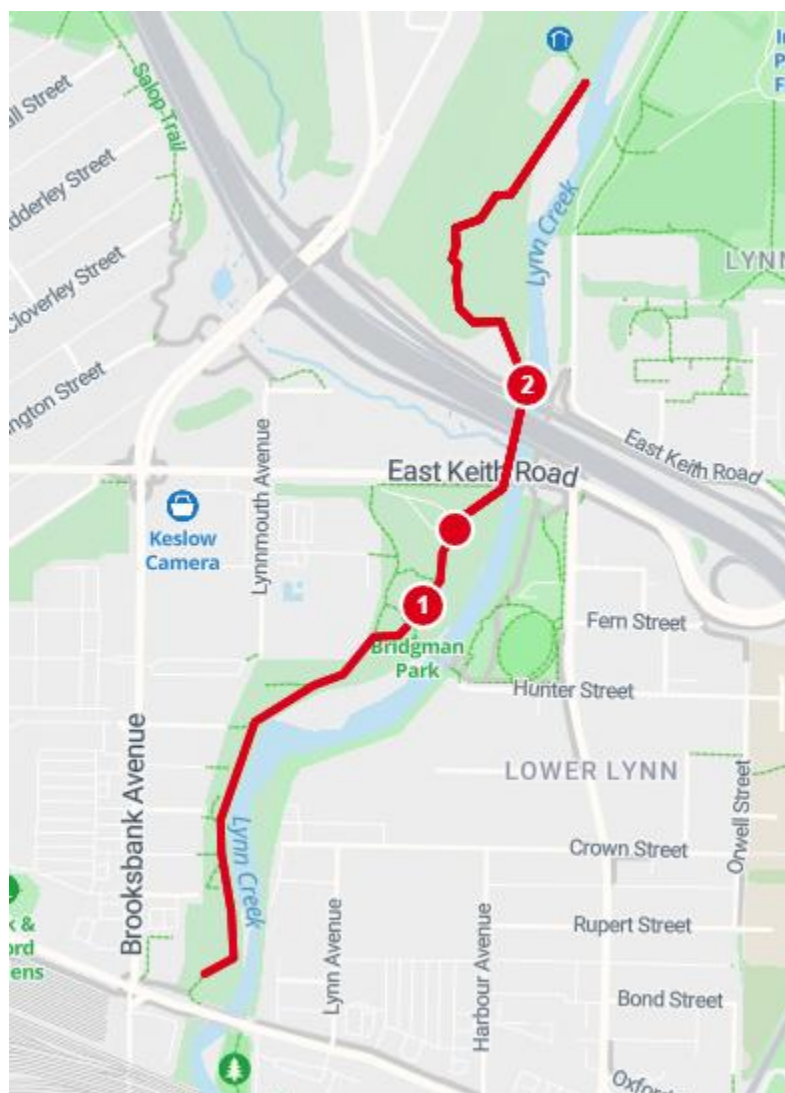
- Leave in front of care center and turn right into the Spirit Trail path for about 25m
- Turn left into the forest trail and continue straight.
- Just before the end, the trail turns left. Cross the wooden bridge and take the next left.
- As you approach the Ron Andrews Rec Center, take a sharp right and head along the forest trail.
- You will come to a crossroads. Turn LEFT up the trail and continue on to Lytton Street.
- Once you enter the street, turn right toward Windsor Secondary School. Take the roadway to the right and follow the loop.
- At the end of the loop, you will take a left toward Lytton Street.
- Once you're on Lytton Street, take a right and head up toward the traffic lights. On your left is the entrance to Ron Andrews Rec. Center
- Turn down into Ron Andrews and follow the road straight. It will curve around and follow it down and then right toward the Ice Sports center.
- Go past the center and get onto lower Berkely Road. You will take a left and then continue straight into the forest on the gravel path.
- At the end of the path, turn right and head back to the Berkely Care Center.



NORTH SHORE

Bridgman Park Trishaw Routes

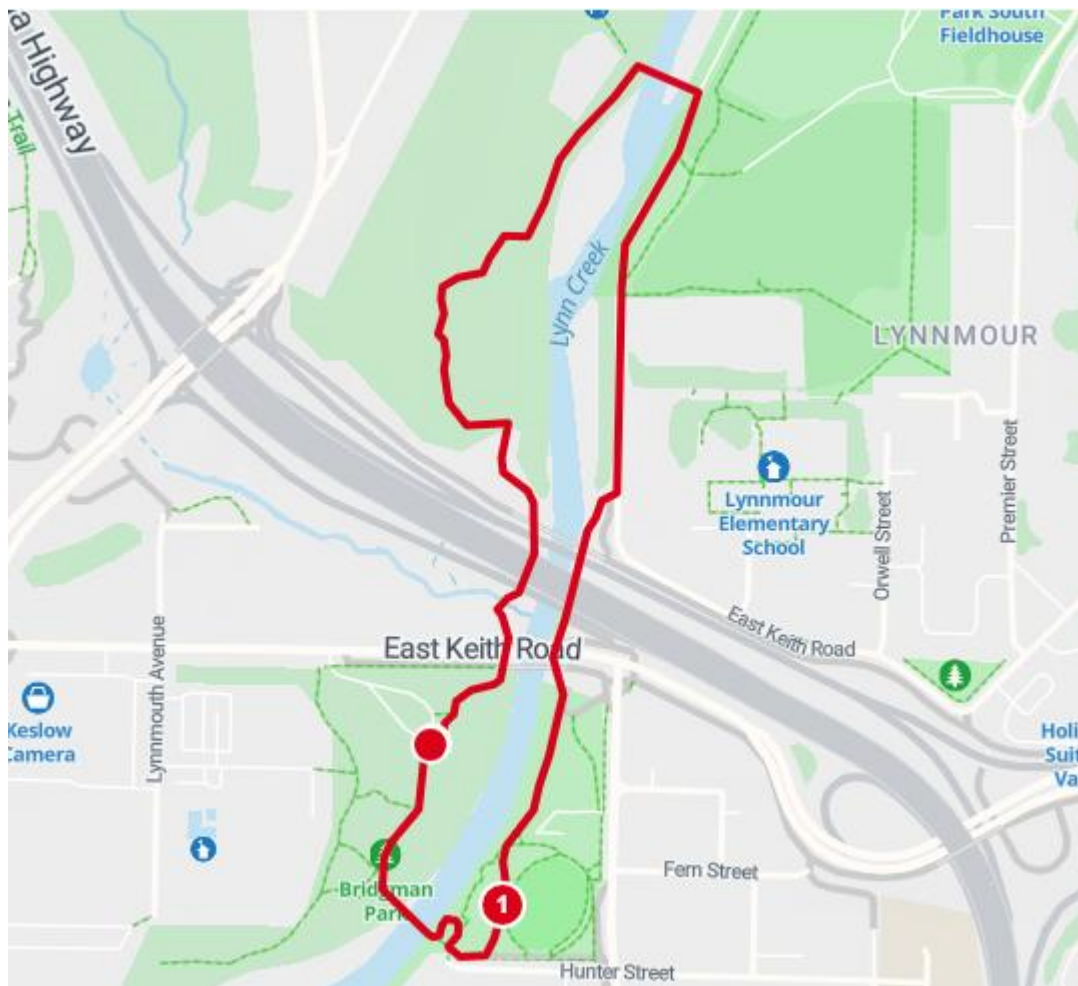
- **Bridgman Up Lynn Creek**
- Leave from the rest area in the parking area of Bridgman Park along the gravel path heading under the bridge.
- Follow this path under the highway and continue on the dirt path along the river.
- Just before you reach the bridge crossing the river, turn around and return the way you came,
- *Optional:* You can extend this ride by going past the pickup point and follow the path along the river to MEC. You can turn around at MEC and return to the pickup point.



NORTH SHORE

Bridgman Loop

- This route follows the “Bridgman Up Lynn Creek” route but instead of turning around, you proceed to cross the river over the metal bridge on the right.
- After the bridge, take a right turn on the path (or the gravel road next to the path). This area can be bumpy so be aware of your passengers and their ailments.
- Follow the route all the way to the road (Saint Denis Avenue) and continue on the road almost to the left turn at the highway.
- Take the bike path to the right. It will take you under the highway and under Keith Road.
- Continue on the RIGHT path which will take you along the river with the SeyLynn Park oval on your left.
- At the road (Hunter Street), take a right and then follow the Spirit Trail over the Spirit Bridge.
- Take the path to the right and stay right. You will be taken back to where you started your ride.



NORTH SHORE

Parkgate / Cedar Springs Trishaw Route

- Leave in front of Cedar Springs care centre, going South and turn right into Roche Point Drive
- Turn Right on Garibaldi Drive and go toward the tennis courts on your left.
- Enter the gravel path to the left and it will take you along the bottom of the park (Garibaldi Park). This path will exit at Nairn Court
- Continue up Nairn Court and turn left onto Garibaldi Drive and continue to the T-Junction with Apex Avenue.
- Turn Right on Apex and go up to the lights on Mount Seymour Parkway
- Turn right into the bike lane and continue to the traffic lights at Parkgate Avenue. You will cross on the Green Light and ride up Parkgate Avenue to the end where you can turn left on the cycle+walking path
- Stay to the right and ride up to Anne MacDonald Way where you will turn around and go back down past Parkgate Avenue.
- Continue on the path with the town homes on the left. At the end, you will come to a crossroad with a path, and you will turn LEFT toward Banff Court.
- Continue on Banff Court where you will intersect Mount Seymour Road.
- ***You can turn right down Mount Seymour Road and cross over Mount Seymour Parkway and then turn RIGHT into the driveway for Cedar Springs, if you want a shorter ride.***
- Cross over Mount Seymour Road and turn left up the road (cross at the crosswalk for safety purposes)
- Turn Right onto Hamber Place and follow the road to the end, where you will enter a bike path. Take the LEFT turn, followed by a right turn and that will take you to Indian River Park.
- Just after the tennis courts, take a right turn and follow the path into the trees. If you continue straight on this path, you will come out at CLEGG PLACE which you can follow down to Brockton Crescent and turn right and head back to Mount Seymour Parkway.
- **Avoid this part if you have doubts**
 - **To extend the ride, you take the left turn, and it will take you out on SHONE ROAD.**
 - **Turn RIGHT onto Shone Road and follow it around to Beaufort Road. Turn right.**
 - **Follow Beaufort Road to Brockton Crescent and turn right up Brockton Crescent. This is a steep section and should be do-able with easy gearing and lighter passenger.**
- Follow Brockton Crecent to Mount Seymour Parkway and turn RIGHT.

