



Hey, Lee here, this is my favourite route when in need of a long challenging run. For everyone else's sake we will start at Parkhill and Water St. From here we head East along Parkhill and take a left on Leahy's Lane and then another left onto Spencley's Lane. Take Spencley's until coming to Armour, and take a right onto Armour, stick to the sidewalks as this is a busy street! Take Armour all the way to Naassau Mills Rd, turn right. Take another right onto University Rd. and get a feast of hills for your soul. Next, cross Parkhill onto Daleview, take a left at the end of Daleview. Take this road until you reach Burnham Line, take a right here. Take Burnham Line right to the Old Norwood Rd, take a right and follow this road all the way to Ashburnham. Take Ashburnham to Hunter, go up Hunter until you reach the court house hill. Plow up this hill and coast down the other side. Get on Waterford and get onto Water St. Coast all the way home! Cheers.