

## **Dash for Diabetes Route.**

1. **Start:** North Steps Court House
2. Proceed north on North Street to Gloucester Terrace, turn right
3. Proceed to Lions Park and veer left on walkway to North Harbour Road
4. Proceed to access path on left to Marine Heritage Walking Trail
5. Proceed on trail to West Street and turn right.
6. Continue on beach road to the Wheelhouse at the Cove, take steps up
7. Turn left on Lakeside Rd. to Bennett St. turn right to Warren St.
8. Left on Warren to Blake St. continue on Blake to Cayley
9. Left on Cayley to Essex and continue to Lighthouse St.
10. Left on Lighthouse St. to “turnaround” at the Lighthouse
11. Come back on Cobourg St. to West St.
12. Proceed to St. Georges Court and turn left
13. Proceed to Waterloo, keep left to Caledonia
14. Caledonia to North St. turn right.
15. **Finish:** North Steps, Court House

Total distance 5.07 mile / 8.11 K

Maps Available

Route will be marked

There will be two water stations