



Pick your Route

Long Campus Run

Short Campus Run

West Campus Run

Quick Hospital Loop

Parkdale River Loop

West River Run

Medium Residential Run

Quick Residential Run

Long Residential Run

East River Run

Take directions

Short Campus Run (4.6km)

1. Start at TRW Building Front Doors
2. Head South on Hospital Dr to West Campus Blvd (Bridge)
3. Turn right on West Campus Blvd
4. Turn right on 24th Ave
5. Turn right at University Dr.
6. Turn right on Unwin Rd.
7. Turn Left on Uxbridge Dr.
8. Continue on 29th St. South
9. Turn right on pathway heading west after second Hospital Dr.
10. Turn right onto Hospital Dr.

Quick Hospital Loop (2.5km)

1. Start at TRW Building Front Doors
2. Head North on Hospital Dr.
3. Turn left just before lot 6 parking lot onto pathway heading North
4. Turn right on 29th St.
5. Turn right on pathway heading west after second Hospital Dr.
6. Turn right onto Hospital Dr.

West Campus Loop (4.5km)

1. Start at TRW Building Front Doors
2. Head South on Hospital Dr to West Campus Blvd
3. Turn right on West Campus Blvd
4. Turn left on 24th Ave
5. Turn right on West Campus Dr.
6. Turn left on 24th Ave
7. Across from Collegiate Blvd, take path leading south
8. Take right path leading towards pond
9. Turn left on West Campus Blvd
10. Turn left on Hospital Dr

Long Residential Run (11km)

1. Start at TRW Building Front Doors
2. Head North on Hospital Dr
3. Turn left on 29th St.
4. Continue on Uxbridge Dr. North
5. Turn right on Unwin Rd.
6. Turn left on University Dr.
7. Turn right on Campus Dr.
8. Turn right on 32nd Ave.
9. Turn right on Morley Tr.
10. Turn left on Cochrane Rd.
11. Turn left on Canmore Rd.
12. Turn right on 19th St.
13. Turn right on 5th Ave.
14. Turn right on 29th St.
15. Turn left on (second) Hospital Dr.

West River (10km)

1. Start at TRW Building Front Doors
2. Head North on Hospital Dr.
3. Turn right on 29th St.
4. Cross over Parkdale Blvd onto path system heading West
5. Run along path next to river, parallel to Parkdale Blvd.
6. Just after parking lot at the base of Shaganappi Tr., turn left and cross the pedestrian bridge South
7. Turn left on to pathway heading East
8. Turn right on to pathway heading South, crossing railroad tracks
9. Turn left on to pathway heading East, running parallel to the railroad tracks
10. Continue East on path until reaching the Crowchild Tr. Bridge
11. Turn left and cross pedestrian bridge North
12. Turn left on path running parallel to Parkdale Blvd.
13. Turn right onto 29th St.
14. Turn left onto (second) Hospital Dr.

Quick Residential Run (4km)

1. Start at TRW Building Front Doors
2. Head North on Hospital Dr
3. Turn right on 29th St.
4. Turn left on 13th Ave
5. Turn left on St. Andrew's Pl.
6. Turn right on Windsor St
7. Turn left on 13th Ave.
8. Turn right just before University Dr. and run along road parallel to University Dr.
9. Turn right on 12th Ave.
10. Turn left on Hamilton St.
11. Continue straight on Toronto Cres.
12. Turn left on 13th Ave.
13. Turn right on 29th St.
14. Turn left on Hospital Dr.

Parkdale River Loop (5km)

1. Start at TRW Building Front Doors
2. Head South on Hospital Dr to 4way stop
3. Cross street and take a left to continue on Hospital Dr
4. Take an immediate right on pathway heading down hill
5. Cross Bowness Rd and head straight onto pathway
6. Turn left onto pathway paralleling river
7. Turn Left onto 29th St.
8. Continue up 29th street until reaching the pedestrian crosswalk
9. Turn left on pathway heading west towards hospital Hospital Dr.
10. At 4way stop turn right continuing on Hospital Dr.

Medium Residential Run (8.7km)

1. Start at TRW Building Front Doors
2. Head North on Hospital Dr
3. Turn left on 29th St.
4. Continue on Uxbridge Dr. North
5. Turn right on Unwin Rd.
6. Turn left on University Dr.
7. Turn right on 24th Ave.
8. Turn right on 19th St.
9. Turn right on 5th Ave.
10. Turn right on 29th St.
11. Turn left on (second) Hospital Dr.

East River (11.5km)

1. Start at TRW Building Front Doors
2. Head North on Hospital Dr.
3. Turn right on 29th St.
4. Cross over Parkdale Blvd onto path system heading east
5. Run along path next to river, parallel to Parkdale Blvd.
6. Continue to run along path, parallel to Memorial Dr.
7. Turn right and cross 14th St. bridge South
8. Now on the South side of the river, turn right and run along path parallel to Bow Tr.
9. Continue West on path until reaching the Crowchild Tr. Bridge
10. Turn right and cross pedestrian bridge North
11. Turn left on path running parallel to Parkdale Blvd.
12. Turn right onto 29th St.
13. Turn left onto (second) Hospital Dr.

Long Campus Run (7.2km)

1. Start at TRW Building Front Doors
2. Head South on Hospital Dr to West Campus Blvd
3. Turn right on West Campus Blvd
4. Turn left on 24th Ave
5. Turn left on West Campus Dr.
6. Turn right on West Campus Way
7. Continue on Collegiate Rd
8. Turn left at Collegiate Blvd
9. Right on 32nd Ave
10. Just before Crowchild turn off, head South on pathway
11. Turn left on Campus Dr
12. Turn left at Campus Gate
13. Turn right at 24th Ave
14. Turn left at University Dr.
15. Turn right on Unwin Rd.
16. Turn Left on Uxbridge Dr.
17. Continue on 29th St. South
18. Turn right on pathway heading west after second Hospital Dr.
19. Turn right onto Hospital Dr.