

Eastside Ups and Downs III

0.0	0.0	Start of route
0.1	0.1	L onto 19th Ave
0.7	0.6	R onto Market St
0.9	0.3	Continue onto 98th Ave NE
1.9	0.9	Continue straight onto NE 120th PI
2.0	0.2	Continue onto 100th Ave NE
4.2	2.1	Continue onto Waynita Way NE
4.8	0.6	Continue onto 96th Ave NE
5.0	0.2	R onto sidewalk along Bothell Way NE
5.1	0.0	R onto trail entrance
5.2	0.1	Keep L to stay on Sammamish River Trail
6.3	1.2	L onto E Riverside Dr
6.4	0.1	R onto 108th Ave NE
6.5	0.1	Continue onto 112th PI NE

6.5 miles. +363/-510 feet

13.3	0.9	L onto NE 160th St
13.5	0.1	R onto Juanita Woodinville Way NE
14.5	1.0	R onto NE Woodinville Dr
15.0	0.6	Continue onto Woodinville-Redmond Rd NE
16.7	1.7	Continue onto NE 145th St
16.9	0.2	L
16.9	0.0	R onto Sammamish River Trail
17.0	0.1	L to stay on Sammamish River Trail
17.0	0.0	Sharp L to stay on Sammamish River Trail
18.6	1.6	L to stay on Sammamish River Trail
18.7	0.1	R onto NE 124th St
19.1	0.4	R onto 154th PI NE
20.0	0.9	Continue onto NE 109th St
20.3	0.2	Continue onto 160th Ave NE

7.8 miles. +302/-399 feet

7.6	1.1	R onto Juanita Woodinville Way NE
8.0	0.4	L onto NE 145th St
8.1	0.1	R onto 109th Ave NE
8.3	0.2	R onto NE 143rd St
8.4	0.1	L onto 108th Ave NE
9.2	0.8	L onto NE 132nd St
10.6	1.5	R
10.7	0.1	L
10.7	0.0	R toward NE 132nd St
10.7	0.0	R onto NE 132nd St
10.8	0.1	L onto 132nd Ave NE
11.6	0.8	L onto NE 143rd St
11.9	0.2	Continue onto NE 144th St
12.4	0.6	R onto 119th PI NE

5.9 miles. +374/-245 feet

20.5	0.3	Continue onto NE 104th St
20.9	0.4	R onto 166th Ave NE
21.2	0.3	L onto NE 100th St
21.4	0.3	R onto 171st Ave NE
22.5	1.1	R onto NE 80th St
22.9	0.4	R onto 166th Ave NE
23.0	0.1	L onto NE 83rd St
23.3	0.3	R onto 161st Avenue Northeast/Lampaert Lane
23.6	0.3	L
23.7	0.1	R onto 160th Ave NE
23.8	0.1	L onto NE 90th St
23.9	0.1	R onto Sammamish River Trail
24.0	0.1	L to stay on Sammamish River Trail
24.5	0.5	Slight L to stay on Sammamish River Trail

4.3 miles. +157/-389 feet

24.7	0.1	Keep L to stay on Sammamish River Trail
25.0	0.3	R to stay on Sammamish River Trail
25.0	0.0	L to stay on Sammamish River Trail
25.0	0.0	R onto 520 Bike Trail
26.3	1.3	crosswalk
27.8	1.5	Slight L to stay on 520 Bike Trail
28.7	0.9	Keep L to stay on 520 Bike Trail
29.2	0.6	R toward 130th Ave NE
29.3	0.1	L onto 130th Ave NE
30.0	0.7	R onto NE 32nd Pl
30.1	0.1	Continue onto 131st Ave NE
30.2	0.2	R onto NE 36th St
30.4	0.2	L onto 134th Ave NE
30.7	0.3	Continue onto NE 40th St

6.1 miles. +726/-281 feet

38.1	0.2	Continue straight onto 15th Ave
38.1	0.0	R onto 5th Pl
38.2	0.1	R onto 18th Ave
38.3	0.1	L at 17th Ave

0.4 miles. +47/-2 feet

30.7	0.1	Continue onto 132nd Ave NE
35.0	4.3	Continue onto NE 120th St
35.3	0.3	L onto Slater Ave NE
35.6	0.3	Continue straight onto NE 116th St
35.6	0.0	L onto 124th Ave NE
35.7	0.1	R onto NE 115th Pl/Slater Ave NE
36.7	1.0	R at NE 100th St
36.8	0.1	L onto 117th Pl NE
37.1	0.3	R onto NE 95th St
37.4	0.3	Continue onto 112th Ave NE
37.4	0.0	L onto NE 97th St
37.5	0.2	L onto 110th Ave NE
37.7	0.2	110th Ave NE turns slightly R and becomes 12th Ave
37.9	0.2	R onto 6th St

7.2 miles. +213/-553 feet