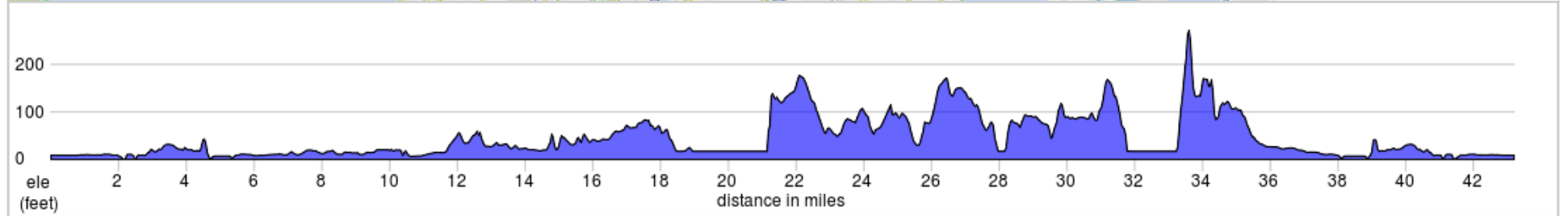
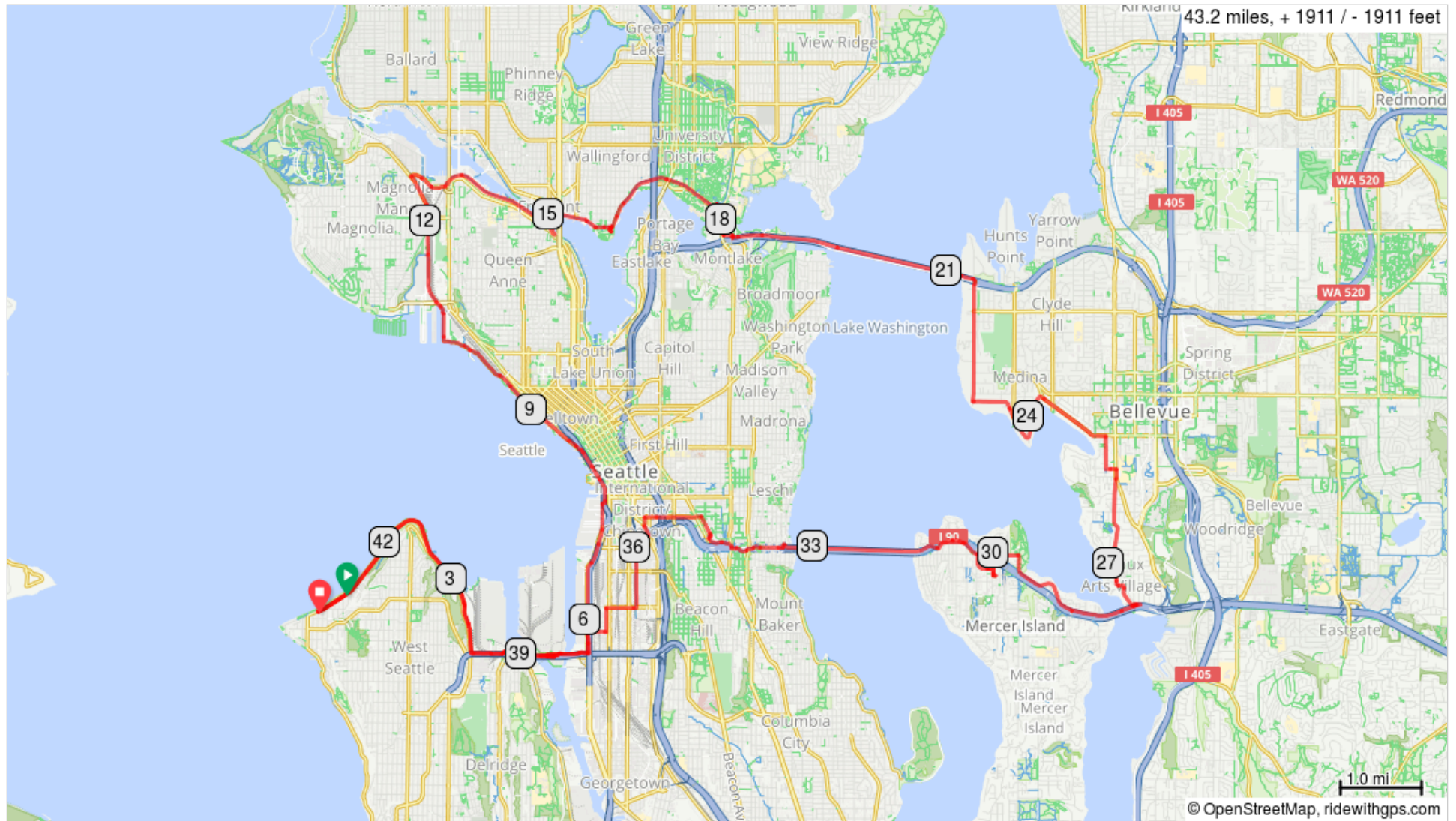


Frumps 5 Bridges from West Seattle



Frumps 5 Bridges from West Seattle

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	▶	Start of route	4.3
2.	4.3	4.3	←	Slight L to stay on Alki Trail	0.1
3.	4.4	0.1	→	R to stay on Alki Trail, crossing W Marginal Way SW.	0.0

4.4 miles. +62/-53 feet

Num	Dist	Prev	Type	Note	Next
4.	4.4	0.0	←	L to stay on Alki Trail. BE CAREFUL OF GRAVEL	0.0
5.	4.4	0.0	←	L to stay on Alki Trail	0.1
6.	4.6	0.1	↑	Continue onto W Seattle Bridge Trail	0.4

0.2 miles. +21/-3 feet

Num	Dist	Prev	Type	Note	Next
7.	5.0	0.4	→	R to stay on W Seattle Bridge Trail. This curves around underneath bridge.	0.1
8.	5.1	0.1	→	R to stay on W Seattle Bridge Trail	0.5
9.	5.6	0.5	←	L onto E Marginal Way S,	1.9

1.1 miles. +7/-3 feet

Num	Dist	Prev	Type	Note	Next
10.	7.5	1.9	→	R onto S King St getting off of bike trail.	0.0
11.	7.5	0.0	←	L onto Alaskan Way S	1.5
12.	9.1	1.5	←	L onto Elliott Bay Trail	0.2
13.	9.3	0.2	↑	Continue straight to stay on Elliott Bay Trail	2.3

3.6 miles. +18/-23 feet

Num	Dist	Prev	Type	Note	Next
14.	11.6	2.3	➔	R onto 20th Ave W, cycling along bike trail.	0.6
15.	12.2	0.6	⬆	Continue onto Gilman Ave W	0.4
16.	12.6	0.4	➔	R onto W Emerson PI	0.1
17.	12.8	0.1	➔	R onto Emerson Street Bike Trail/S Ship Canal Trail	0.3

3.5 miles. +62/-39 feet

Num	Dist	Prev	Type	Note	Next
18.	13.0	0.3	⬆	Continue onto South Ship Canal Trail	1.5
19.	14.5	1.5	⬆	Continue straight to stay on South Ship Canal Trail	0.2

1.8 miles. +18/-27 feet

Num	Dist	Prev	Type	Note	Next
20.	14.7	0.2	➔	Slight R toward Access Roadway/Che shiahud Lake Union Loop	0.1
21.	14.8	0.1	➔	R onto Westlake Ave N	0.0
22.	14.8	0.0	➔	Slight R onto 4th Ave N going over Fremont Bridge	0.3

0.3 miles. +23/-0 feet

Num	Dist	Prev	Type	Note	Next
23.	15.1	0.3	➔	R onto N 34th St/J.P. Patches PI	0.4
24.	15.5	0.4	➔	R onto N Northlake PI	0.1
25.	15.6	0.1	⬅	Cross at light onto Burke-Gilman Trail	0.2
26.	15.8	0.2	➔	R into Gasworks Park for Bathroom break.	0.1

1.1 miles. +29/-37 feet

Num	Dist	Prev	Type	Note	Next
27.	16.0	0.1	➔	Head back onto Burke-Gilman Trail	1.6
28.	17.6	1.6	➔	L off the trail on UW Campu s heading towards light rail station	0.0
29.	17.6	0.0	➔	R	0.1
30.	17.7	0.1	➔	R	0.1

1.8 miles. +55/-23 feet

Num	Dist	Prev	Type	Note	Next
31.	17.8	0.1	➔	Slight L to go over Montlake Bridge. L on Hamlin Street. R on 24th Ave E to meet up with 520 bike trail.	0.5

0.1 miles. +0/-0 feet

Num	Dist	Prev	Type	Note	Next
32.	18.3	0.5	➔	L onto 520 Trail and follow it acrossed the 520 bridge	3.0
33.	21.3	3.0	➔	Slight R onto Evergreen Point Rd	1.5
34.	22.8	1.5	➔	L onto Overlake Dr W	1.5

5.1 miles. +185/-163 feet

Num	Dist	Prev	Type	Note	Next
35.	24.3	1.5	➔	Slight R onto Lake Washington Blvd NE	0.8
36.	25.1	0.8	➔	Continue onto Main St	0.1
37.	25.3	0.1	➔	R onto 102nd Ave SE	0.4
38.	25.7	0.4	➔	L onto SE 6th St	0.1
39.	25.8	0.1	➔	R onto Bellevue Way SE	0.1
40.	25.9	0.1	➔	R onto 104th Ave SE	1.2

3.1 miles. +86/-74 feet

Num	Dist	Prev	Type	Note	Next
41.	27.1	1.2	←	Slight L onto SE 28th St	0.0
42.	27.2	0.0	→	Slight R onto 105th Ave SE	0.1
43.	27.2	0.1	↑	Continue onto SE 30th St	0.1
44.	27.3	0.1	→	R onto 106th Ave SE	0.3
45.	27.7	0.3	←	L onto 108th Ave SE	0.0

1.8 miles. +9/-71 feet

Num	Dist	Prev	Type	Note	Next
46.	27.7	0.0	←	L onto I-90 Trail/Mo untains to Sound Greenway Trail	0.1
47.	27.8	0.1	→	R to stay on I-90 Trail/Mo untains to Sound Greenway Trail	0.9
48.	28.6	0.9	→	R onto N Mercer Way	0.9

1.0 miles. +71/-76 feet

Num	Dist	Prev	Type	Note	Next
49.	29.5	0.9	↑	Continue onto 84th Ave SE	0.2
50.	29.7	0.2	←	L onto SE 24th St	0.3
51.	30.0	0.3	→	Slight R onto I-90 Trail	0.0
52.	30.1	0.0	←	L, crossing at stoplight on to bike trail.	0.2
53.	30.2	0.2	←	L onto SE 27th St	0.1

1.6 miles. +69/-39 feet

Num	Dist	Prev	Type	Note	Next
54.	30.3	0.1	→	R onto 78th Ave SE	0.1
55.	30.4	0.1	←	L onto SE 28th St. Lunch at Einstein's Bagels	0.1
56.	30.5	0.1	→	R onto 78th Ave SE	0.1
57.	30.5	0.1	←	L onto SE 27th St	0.1
58.	30.7	0.1	↑	Continue onto 76th Ave SE	0.2

0.4 miles. +5/-4 feet

Num	Dist	Prev	Type	Note	Next
59.	30.9	0.2	←	L onto I-90 Trail. Continue over I-90 bridge	2.5
60.	33.4	2.5	←	L to stay on I-90 Trail trail and then go through bike tunnel.	0.7
61.	34.1	0.7	→	Keep following I-90 bike trail	0.3

3.4 miles. +360/-275 feet

Num	Dist	Prev	Type	Note	Next
62.	34.4	0.3	→	R to stay on I-90 Trail	0.1
63.	34.5	0.1	←	L onto Hiawatha PI S	0.1
64.	34.6	0.1	↑	At the traffic circle, continue straight to stay on Hiawatha PI S	0.1
65.	34.8	0.1	←	L onto S Dearborn St	0.7

0.7 miles. +39/-1 feet

Num	Dist	Prev	Type	Note	Next
66.	35.4	0.7	←	L onto Maynard Ave S	0.1
67.	35.6	0.1	→	R to stay on Maynard Ave S	0.0
68.	35.6	0.0	←	L onto Airport Way S	0.1
69.	35.7	0.1	→	Slight R onto Royal Brougham. At stop light, slight L to get on sidewalk.	0.1

0.9 miles. +0/-15 feet

Num	Dist	Prev	Type	Note	Next
70.	35.8	0.1	←	L onto SODO Trail	0.9
71.	36.7	0.9	→	R onto S Lander St	0.4
72.	37.1	0.4	←	L onto Utah Ave S	0.3
73.	37.4	0.3	→	R onto S Hanford St	0.2
74.	37.6	0.2	←	L onto Elliott Bay Trail/E Marginal Way S	0.3

1.9 miles. +2/-20 feet

Num	Dist	Prev	Type	Note	Next
75.	37.9	0.3	➔	R onto W Seattle Bridge Trail	0.5
76.	38.4	0.5	➔	L to stay on W Seattle Bridge Trail, going around underneath the W Seattle bridge	0.1

0.8 miles. +3/-6 feet

Num	Dist	Prev	Type	Note	Next
77.	38.5	0.1	➔	L to stay on W Seattle Bridge Trail going over bridge	0.6
78.	39.0	0.6	➔	Continue onto Alki Trail crossing W Marginal Way	0.7
79.	39.7	0.7	➔	Light to stay on Alki Trail (at Harbor Ave)	3.5

1.3 miles. +48/-36 feet

Num	Dist	Prev	Type	Note	Next
80.	43.2	3.5	➔	End of Ride 61st and Alki	0.0
81.	43.2	0.0	🚩	End of route	0.0

3.5 miles. +0/-0 feet