Kirkland to Issaquah and back 2017

| Num | Dist | Prev | Note | Next |
| :---: | :---: | :--- | :--- | :--- |
| 1. | 0.0 | 0.0 | Start of route | 0.0 |
| 2. | 0.0 | 0.0 | L onto 19th Ave | 0.6 |
| 3. | 0.6 | 0.6 | R onto Market St | 0.3 |
| 4. | 0.9 | 0.3 | R onto NE 106th St/Forbes Creek Dr | 1.3 |
| 5. | 2.2 | 1.3 | R onto NE 112th St | 0.3 |
| 6. | 2.5 | 0.3 | L onto 120th Ave NE | 0.3 |
| 7. | 2.7 | 0.3 | R onto NE 116th St | 0.3 |
| 8. | 3.0 | 0.3 | Slight L onto Slater Ave NE | 0.5 |
| 9. | 3.5 | 0.5 | Keep L to stay on Slater Ave NE | 0.3 |
| 10. | 3.9 | 0.3 | R onto NE 126th PI | 0.4 |
| 11. | 4.3 | 0.4 | NE 126th PI turns slightly R and becomes <br> 139th Ave NE | 0.2 |
| 12. | 4.5 | 0.2 | 139th Ave NE turns slightly R and <br> becomes 140th Ave NE/Willows Rd NE | 2.5 |

4.5 miles. +256/-369 feet

| Num | Dist | Prev | Note | Next |
| :---: | :---: | :---: | :--- | :---: |
| 23. | 18.8 | 1.4 | Continue onto NW Sammamish Rd | 1.0 |
| 24. | 19.8 | 1.0 | Sharp R at 17th Ave NW onto trail | 0.7 |
| 25. | 20.5 | 0.7 | R onto NW Maple St and make U turn to <br> go S on Maple | 0.5 |
| 26. | 21.0 | 0.5 | Continue onto Newport Way NW | 0.3 |
| 27. | 21.3 | 0.3 | L onto NW Juniper St | 0.1 |
| 28. | 21.4 | 0.1 | L onto 7th Ave NW | 0.2 |
| 29. | 21.6 | 0.2 | L to Safeway/Starbucks lunch stop | 0.1 |
| 30. | 21.7 | 0.1 | Exit R onto 7th Ave NW | 0.2 |
| 31. | 21.9 | 0.2 | R onto NW Juniper St | 0.1 |
| 32. | 22.0 | 0.1 | R onto Newport Way NW | 0.3 |
| 33. | 22.3 | 0.3 | L to stay on Newport Way NW | 3.6 |
| 34. | 25.9 | 3.6 | R onto Interstate 90 Trail | 0.1 |


| Num | Dist | Prev | Next |  |
| :---: | :---: | :---: | :--- | :--- |
| 13. | 7.0 | 2.5 | L onto NE 90th St | 0.4 |
| 14. | 7.3 | 0.4 | R onto 154th Ave NE | 0.8 |
| 15. | 8.1 | 0.8 | Continue onto West Lake Sammamish <br> Pkwy NE | 0.8 |
| 16. | 9.0 | 0.8 | Slight L to stay on West Lake <br> Sammamish Pkwy NE | 0.8 |
| 17. | 9.8 | 0.8 | L to stay on West Lake Sammamish Pkwy <br> NE | 0.8 |
| 18. | 10.5 | 0.8 | L onto NE 38th St | 0.1 |
| 19. | 10.6 | 0.1 | R to Idylwood Park rest stop | 0.4 |
| 20. | 11.0 | 0.4 | Return to and L onto West Lake <br> Sammamish Pkwy NE | 6.3 |
| 21. | 17.3 | 6.3 | R at School and regroup | 0.1 |
| 22. | 17.4 | 0.1 | At the traffic circle, 3rd exit and stay on <br> W Lake Sammamish Pkwy SE | 1.4 |

12.9 miles. $+438 /-320$ feet

| Num | Dist | Prev | Next |  |
| :---: | :---: | :---: | :--- | :---: |
| 35. | 26.0 | 0.1 | R onto Interstate 90 Trail/Mountains to <br> Sound Greenway | 0.9 |
| 36. | 26.9 | 0.9 | L onto SE Eastgate Way | 0.1 |
| 37. | 27.1 | 0.1 | R onto 161st Ave SE | 0.8 |
| 38. | 27.9 | 0.8 | R onto SE 24th St | 0.2 |
| 39. | 28.1 | 0.2 | Continue onto 168th Ave SE | 0.6 |
| 40. | 28.7 | 0.6 | Continue onto SE 14th St | 0.2 |
| 41. | 29.0 | 0.2 | R onto 164th Ave SE | 2.7 |
| 42. | 31.7 | 2.7 | L onto NE 30th St | 0.2 |
| 43. | 31.8 | 0.2 | R onto Bel-Red Rd | 0.0 |
| 44. | 31.8 | 0.0 | Make a U-turn | 0.0 |
| 45. | 31.8 | 0.0 | R onto NE 30th St | 0.0 |
| 46. | 31.9 | 0.0 | Continue straight onto NE 31st St | 0.2 |


| Num | Dist | Prev | Note | Next |
| :---: | :---: | :---: | :--- | :--- | :---: |
| 47. | 32.1 | 0.2 | R onto 157th PI NE | 0.1 |
| 48. | 32.2 | 0.1 | L to stay on 157th PI NE | 0.0 |
| 49. | 32.2 | 0.0 | L onto 157th Ave NE | 0.2 |
| 50. | 32.4 | 0.2 | Continue onto NE 31st St | 0.1 |
| 51. | 32.5 | 0.1 | At the traffic circle, 1st exit onto NE 36th <br> St | 0.1 |
| 52. | 32.7 | 0.1 | R onto 520 Bike Trail | 0.0 |
| 53. | 32.7 | 0.0 | R to stay on 520 Bike Trail | 0.0 |
| 54. | 32.7 | 0.0 | L to stay on 520 Bike Trail | 1.0 |
| 55. | 33.7 | 1.0 | Crosswalk | 0.4 |
| 56. | 34.2 | 0.4 | L onto NE 60th St | 0.1 |
| 57. | 34.3 | 0.1 | R onto 152nd Ave NE | 0.4 |
| 58. | 34.7 | 0.4 | L onto NE 68th St | 0.0 |


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| :---: | :---: | :---: | :--- | :---: |
| 59. | 34.7 | 0.0 | R onto 152nd Ave NE | 0.1 |
| 60. | 34.8 | 0.1 | L onto Old Redmond Rd | 0.2 |
| 61. | 35.0 | 0.2 | Slight R | 0.1 |
| 62. | 35.1 | 0.1 | L | 0.2 |
| 63. | 35.3 | 0.2 | R onto Old Redmond Rd | 0.9 |
| 64. | 36.2 | 0.9 | Continue onto NE 70th PI | 1.1 |
| 65. | 37.3 | 1.1 | R onto 116th Ave NE | 0.4 |
| 66. | 37.6 | 0.4 | Slight L toward 116th Ave NE | 0.0 |
| 67. | 37.7 | 0.0 | L toward 116th Ave NE | 0.1 |
| 68. | 37.8 | 0.1 | Continue onto 116th Ave NE | 0.1 |
| 69. | 37.9 | 0.1 | Slight R | 0.2 |
| 70. | 38.1 | 0.2 | R onto Kirkland Way | 0.0 |
| 71. | 38.1 | 0.0 | Continue onto 114th Ave NE | 0.1 |

3.4 miles. +218/-258 feet

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| :---: | :---: | :---: | :--- | :--- |
| 72. | 38.2 | 0.1 | L onto NE 87th St | 0.1 |
| 73. | 38.3 | 0.1 | R onto Cross Kirkland Corridor | 0.4 |
| 74. | 38.7 | 0.4 | Sharp L onto 110th Ave NE | 0.2 |
| 75. | 38.9 | 0.2 | R onto 6th St | 0.2 |
| 76. | 39.1 | 0.2 | Continue straight onto 15th Ave | 0.0 |
| 77. | 39.1 | 0.0 | R onto 5th PI | 0.1 |
| 78. | 39.3 | 0.1 | R onto 18th Ave | 0.1 |
| 79. | 39.3 | 0.1 | L at 17th Ave | 0.0 |

