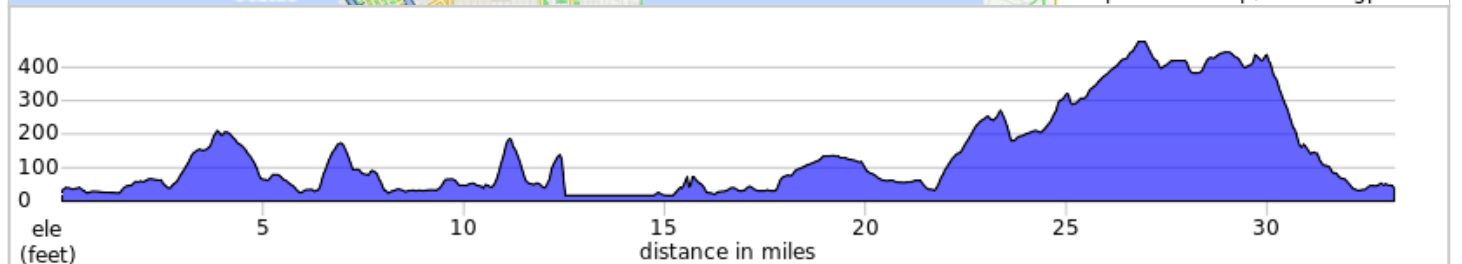
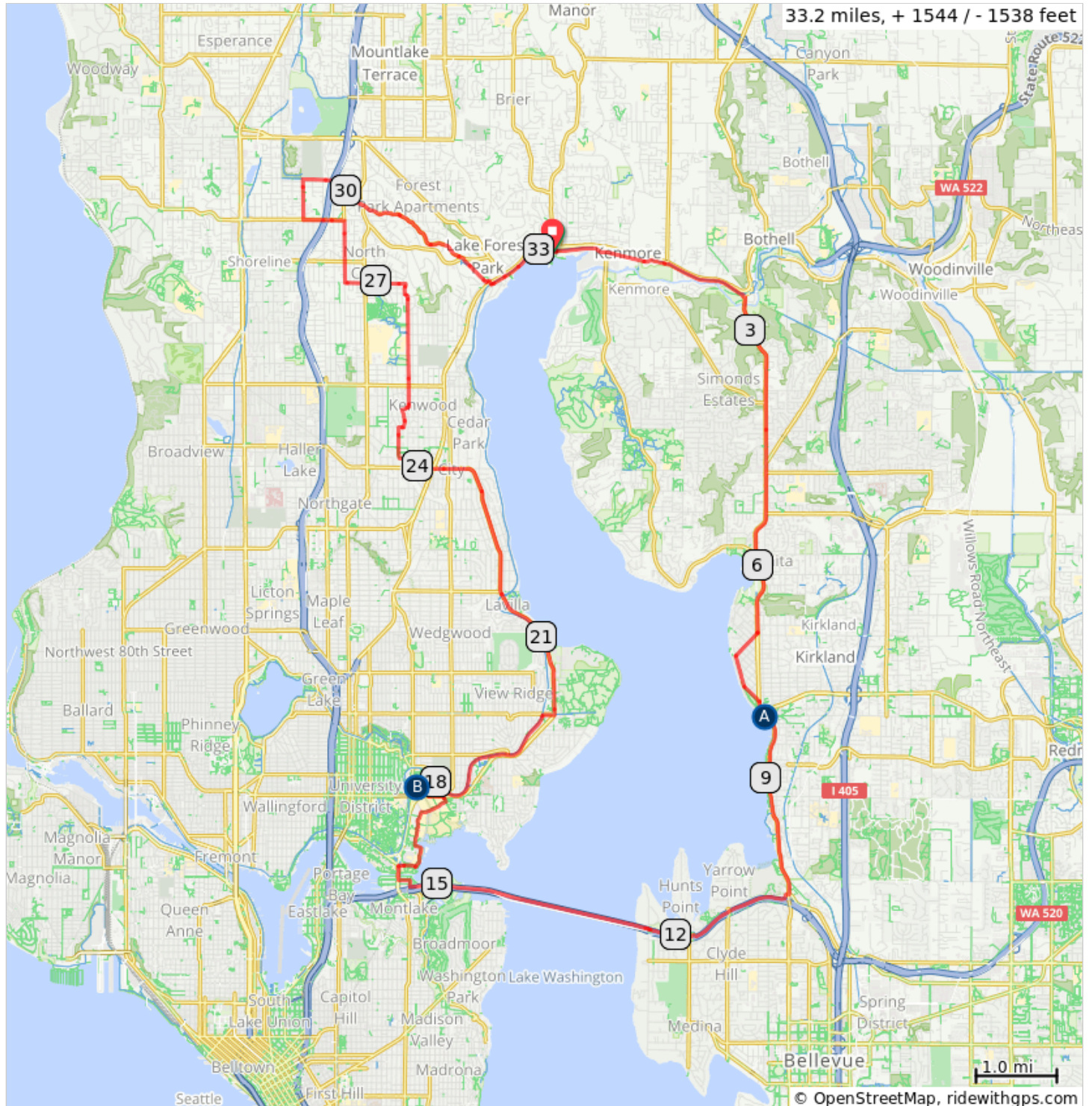


# NLL Sandpoint Perkins
















A. Optional Restroom and Water















B. Coffee Break
















# NLL Sandpoint Perkins

Dist	Type	Note	Next
0.0		Start of route	0.1
0.1		R onto NE 175th St	1.4
1.5		L toward Burke-Gilman Trail	0.0
1.5		R onto Burke-Gilman Trail	1.0
2.5		R into gravel parking lot	0.1
2.5		R onto 96th Ave NE	3.0
5.5		Continue onto 98th Ave NE	1.0
6.5		Continue onto Market St	0.3
6.8		R onto 6th street W	0.4
7.2		L onto Waverly Way	0.7
7.9		R onto Market St	0.1
8.0		Continue onto Lakeshore Plaza	0.0
8.0		L to stay on Lakeshore Plaza	0.1
8.1		L onto Kirkland Ave	0.0
8.2		R onto Lake St S	0.6

















8.2 miles. +417/-423 feet

Dist	Type	Note	Next
8.8		Continue onto Lake Washington Blvd NE	1.7
10.4		R onto NE Points Dr	0.1
10.5		L toward 520 Trail	0.0
10.5		R onto 520 Trail	1.8
12.4		Regroup Stop prior to getting onto 520 bridge	3.0
15.4		R toward E Park Dr E	0.0
15.4		R onto E Park Dr E	0.1
15.4		L onto E Shelby St	0.1
15.6		R onto Montlake Blvd E Stay on sidewalk over bridge	0.2
15.8		R into University Stadium parking	0.2
16.0		L toward Walla Walla Rd	0.3
16.3		R to stay on Walla Walla Rd	0.2
16.5		R to stay on Walla Walla Rd Be careful at gates	0.2
16.7		R onto NE Clark Rd Be careful at gate	0.3

8.6 miles. +374/-366 feet

Dist	Type	Note	Next
17.1		L onto Mary Gates Memorial Dr NE	0.1
17.1		L onto NE 45th St	0.2
17.3		R into university mall at QFC	0.1
17.4		L toward 26th Ave NE	0.1
17.5		R onto 26th Ave NE	0.0
17.6		R at Starbucks Break for refreshments	0.1
17.7		R onto NE University Village St	0.1
17.7		L at parking garage	0.1
17.8		R onto NE 49th St Gear down steep climb	0.1
17.9		L onto 30th Ave NE	0.0
17.9		Sharp R onto Burke Gilman Trail Watch for traffic in both directions	2.0
19.9		R onto NE 65th Street Stay in right hand bike lane	0.1
20.1		L onto Sand Point Way NE	3.3

3.3 miles. +107/-58 feet

Dist	Type	Note	Next
23.4		Continue onto NE 125th St	0.3
23.7		L onto 33rd Ave NE	0.4
24.1		R onto 26th Ave NE	0.1
24.2		L onto NE 127th St	0.2
24.4		R onto 23rd Ave NE	0.4
24.8		R onto NE 135th St	0.1
24.8		L onto 23rd PI NE	0.2
25.0		R onto NE 140th St	0.1
25.1		L onto 25th Ave NE	1.4
26.5		L onto NE 168th St	0.0
26.5		R onto 25th Ave NE	0.1
26.7		L onto NE 170th St	0.7
27.4		R onto 10th Ave NE	0.8
28.2		L onto NE 185th St	0.5
28.7		R onto 1st Ave NE	0.5
29.2		R onto NE 195th St	0.3

9.1 miles. +388/-200 feet

Dist	Type	Note	Next
29.5	↑	Pedestrian overpass	0.1
29.7	➡	Slight R onto 10th Ave NE	0.2
29.9	⬅	Sharp L onto NE Perkins Way	1.2
31.1	↑	Continue onto NE 180th St	0.7
31.8	➡	Slight R onto Brookside Blvd NE	0.4
32.2	⬅	L behind the BP Station	0.0
32.2	➡	R toward NE 170th Pl	0.0
32.2	↑	Continue across Bothell Way to trail	0.0
32.3	⬅	L onto Burke-Gilman Trail	0.2
32.5	➡	Slight R to stay on Burke-Gilman Trail	0.7
33.2	➡	Sharp R into Log Boom Park	0.0
33.2	📍	End of route	0.0

4.0 miles. +72/-435 feet