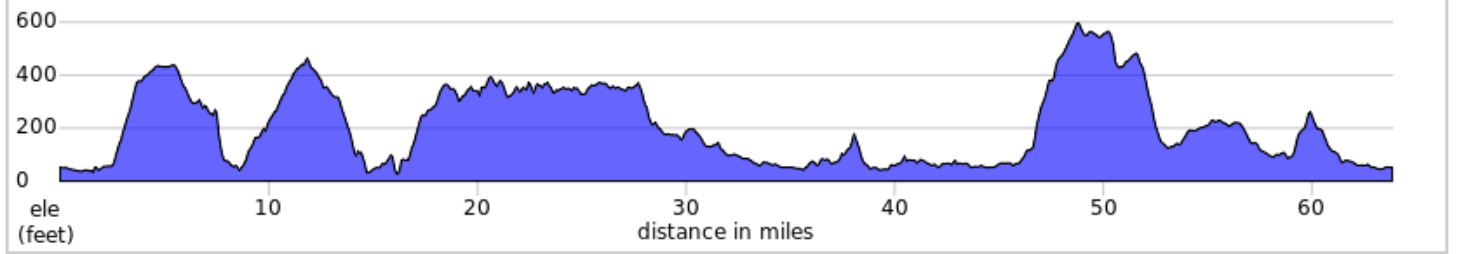
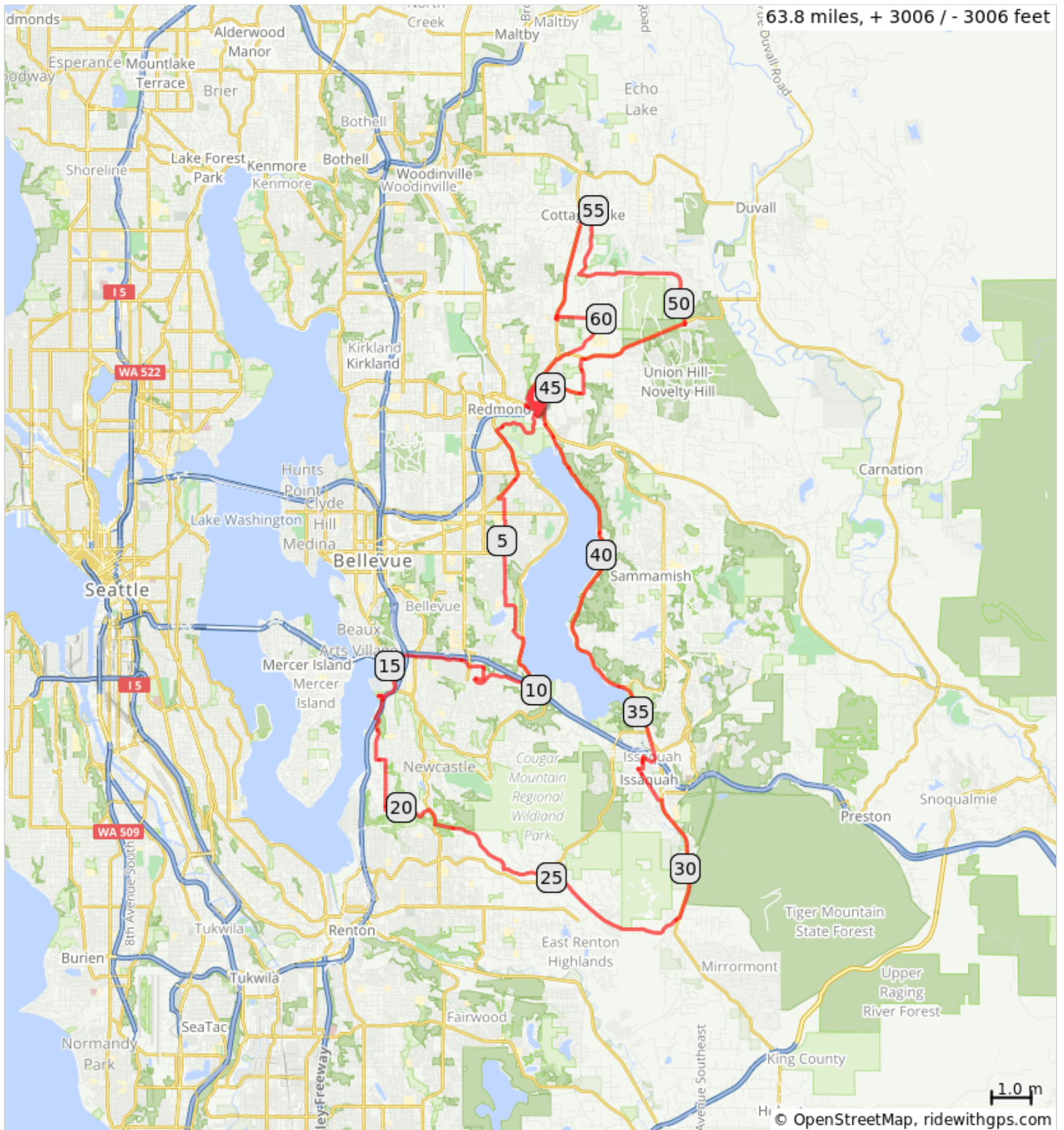


Redmond May Valley Route



Redmond May Valley Route

Dist	Prev	Type	Note	Next
0.0	0.0		Start of route	0.1
0.1	0.1		L onto NE 70th St	0.0
0.1	0.0		L onto 176th Ave NE	0.3
0.4	0.3		R onto NE Marymoor Way	1.3
1.7	1.3		L at Sammamish River Trail	0.3
2.0	0.3		R at West Lake Sammamish Pkwy NE	0.0
2.0	0.0		L onto West Lake Sammamish Pkwy NE	0.5
2.6	0.5		Continue onto Bel-Red Rd	1.2

2.6 miles. +47/-34 feet

Dist	Prev	Type	Note	Next
3.7	1.2		L onto NE 30th St	0.2
3.9	0.2		R onto 164th Ave NE	2.7
6.6	2.7		L onto Lake to Lake Trail	0.9
7.4	0.9		L onto SE 26th St	0.3
7.8	0.3		R onto W Lake Sammamish Pkwy SE	1.6
9.4	1.6		At the traffic circle, 2nd exit onto 180th Ave SE	0.3
9.6	0.3		Continue onto Lakemont Blvd SE	0.1
9.7	0.1		R toward SE Newport Way	0.0

7.1 miles. +240/-429 feet

Dist	Prev	Type	Note	Next
9.7	0.0		R onto SE Newport Way	2.1
11.8	2.1		R onto 153rd Ave SE	0.1
11.9	0.1		R onto SE 42nd St	0.2
12.1	0.2		Continue onto 156th Ave SE	0.3
12.4	0.3		Continue onto SE 38th St	0.4
12.8	0.4		Continue onto SE 36th St	1.3
14.2	1.3		L onto 128th Ave SE/Factoria Blvd SE	0.0
14.2	0.0		R onto I-90 Trail/Mountain Sound Greenway Trail	0.5

4.5 miles. +267/-368 feet

Dist	Prev	Type	Note	Next
14.7	0.5		Slight L onto 118th Ave SE/Lake Washington Blvd SE	0.6
15.3	0.6		L to stay on Newport Key	0.0
15.3	0.0		R onto Lake Washington Loop	0.7
16.0	0.7		R onto Lake Washington Blvd SE	0.2
16.1	0.2		L toward Lake Washington Blvd SE	0.0
16.2	0.0		L toward Lake Washington Blvd SE	0.0

2.0 miles. +74/-80 feet

Dist	Prev	Type	Note	Next
16.2	0.0	↷	R onto Lake Washington Blvd SE REST STOP	0.7
16.9	0.7	↶	L to stay on Lake Washington Blvd SE	0.9
17.8	0.9	↑	Continue onto 112th Ave SE	0.2
18.0	0.2	↶	Slight L onto Newcastle Way	0.2
18.2	0.2	↷	R onto 116th Ave SE	1.3
19.5	1.3	↶	L onto SE May Creek Park Dr	1.5
21.0	1.5	↷	R onto Coal Creek Pkwy SE	0.4

4.8 miles. +457/-127 feet

Dist	Prev	Type	Note	Next
21.4	0.4	↶	L onto SE May Valley Rd	2.2
23.6	2.2	↶	L to stay on SE May Valley Rd	5.1
28.8	5.1	↶	L onto Issaquah-Hobart Road Southeast	2.2
31.0	2.2	↑	Continue onto Front St S/Issaquah Hobart Rd	1.0
32.0	1.0	↶	L onto Newport Way SW	1.0
33.0	1.0	↷	R onto NW Juniper St	0.1
33.1	0.1	↶	L onto 7th Ave NW	0.2

12.2 miles. +352/-593 feet

Dist	Prev	Type	Note	Next
33.3	0.2	↶	L	0.0
33.3	0.0	↷	R	0.1
33.4	0.1	↶	L onto 7th Ave NW LUNCH STOP	0.1
33.4	0.1	↷	R onto NW Gilman Blvd	0.3
33.7	0.3	↶	L onto 4th Ave NW	0.3
34.0	0.3	↷	R toward East Lake Sammamish Trail	0.0
34.0	0.0	↶	L onto East Lake Sammamish Trail	1.9
35.9	1.9	↷	R toward E Lake Sammamish Pkwy SE	0.0

2.7 miles. +30/-43 feet

Dist	Prev	Type	Note	Next
35.9	0.0	↶	Sharp L onto E Lake Sammamish Pkwy SE	4.6
40.5	4.6	↶	L onto E Lake Sammamish Pkwy NE	3.5
44.0	3.5	↶	Slight L onto Redmond Way	0.4
44.3	0.4	↑	Continue onto 178th PI NE	0.3
44.6	0.3	↷	R onto NE 80th St/NE Union Hill Rd	1.2
45.8	1.2	↑	At the traffic circle, 1st exit onto 196th Ave NE	0.5
46.3	0.5	↑	Continue onto 195th Ave NE	0.3

10.4 miles. +295/-259 feet

Dist	Prev	Type	Note	Next
46.6	0.3	↷	R onto NE Novelty Hill Rd	2.8
49.5	2.8	↷	Sharp R at Trilogy Pkwy NE STARBUCKS REST STOP	0.1
49.6	0.1	↶	L onto Trilogy Pkwy NE	0.5
50.0	0.5	↷	R toward Redmond Ridge Trail	0.0
50.0	0.0	↶	L onto Redmond Ridge Trail	0.0
50.1	0.0	↶	L onto NE Greens Crossing Rd	0.0

3.8 miles. +496/-74 feet

Dist	Prev	Type	Note	Next
50.1	0.0	↑	Exit the traffic circle onto Trilogy Pkwy NE	0.7
50.8	0.7	↑	Continue onto NE 133rd St	2.5
53.3	2.5	↷	R onto Bear Creek Rd NE	1.2
54.5	1.2	↷	Slight R onto Mink Rd NE	0.6
55.1	0.6	↶	L onto NE 157th St	0.1
55.2	0.1	↑	Continue onto NE 158th St	0.2
55.4	0.2	↑	Continue onto NE 159th St	0.2
55.6	0.2	↶	L onto Avondale Rd NE	2.9

5.6 miles. +176/-509 feet

Dist	Prev	Type	Note	Next
58.6	2.9	↷	R toward NE 116th St	0.0
58.6	0.0	↷	R toward NE 116th St STARBUCKS RESTSTOP	0.0
58.6	0.0	↶	L toward NE 116th St	0.0
58.7	0.0	↷	R toward NE 116th St	0.1
58.7	0.1	↷	R onto NE 116th St	2.6
61.3	2.6	↷	R onto NE Novelty Hill Rd	0.3
61.6	0.3	↶	L onto Avondale Rd NE	0.9
62.5	0.9	↷	Slight R onto Avondale Way NE	0.2

6.9 miles. +179/-227 feet

Dist	Prev	Type	Note	Next
62.8	0.2	↶	L onto NE 80th St/NE Union Hill Rd	0.0
62.8	0.0	↶	L onto Bear Creek Trail	0.4
63.2	0.4	↶	L onto Redmond Way	0.4
63.7	0.4	↷	R onto NE 70th St	0.2
63.8	0.2	📍	End of route	0.0

1.3 miles. +12/-15 feet