

South Lake Loop (w/MI)

Num	Dist	Type	Note	Next
1.	0.0	▶	Start of route	0.0
2.	0.0	➔	R onto Mill Ave S	0.1
3.	0.2	➔	R onto Bronson Way N	0.1
4.	0.2	←	L onto Park Ave N	0.5
5.	0.7	➔	R onto N 5th St	0.1
6.	0.8	←	L onto Garden Ave N	0.4
7.	1.2	➔	R onto N 8th St	0.1
8.	1.3	←	L onto Garden Ave N	0.4
9.	1.6	↑	Continue onto Lake Washington Blvd N	0.1

1.6 miles. +22/-19 feet

Num	Dist	Type	Note	Next
10.	1.8	←	Possible bathroom stop at Gene Coulon	2.2
11.	4.0	↑	Continue onto N 44th St	0.1
12.	4.1	←	L onto Seahawks Way	0.4
13.	4.4	↑	Continue onto Ripley Ln N	0.1
14.	4.5	➔	R	0.7
15.	5.2	➔	Slight R onto 106th Ave SE	0.7
16.	6.0	↑	Continue straight onto Lake Washington Blvd SE	0.5
17.	6.5	➔	R	0.7

4.8 miles. +231/-190 feet

Num	Dist	Type	Note	Next
18.	7.1	➔	R onto Newport Key	0.0
19.	7.1	←	L onto 118th Ave SE/Lake Washington Blvd SE	0.6
20.	7.7	←	Slight L onto Mountains to Sound Greenway Trail	0.1
21.	7.8	←	L onto I-90 Trail/Mountains to Sound Greenway Trail	0.4
22.	8.2	↑	Warning - Steep Bridge	0.6
23.	8.8	➔	R to stay on I-90 Trail/Mountains to Sound Greenway Trail	0.6

2.3 miles. +77/-47 feet

Num	Dist	Type	Note	Next
24.	9.4	←	L onto 100th Ave SE/E Mercer Way	4.2
25.	13.6	←	Draft - Possible restroom stop at Clarke Beach Park - Need to verify it's open	6.4
26.	19.9	➔	R onto SE 24th St	0.2
27.	20.2	←	L onto 72nd Ave SE	0.2
28.	20.3	➔	R	0.1
29.	20.4	←	L onto I-90 Trail/Mountains to Sound Greenway Trail	0.0
30.	20.4	➔	R onto I-90 Trail	0.0

11.6 miles. +710/-628 feet

Num	Dist	Type	Note	Next
31.	20.5	↑	Rest stop - Lid Park	0.3
32.	20.8	➔	Slight R to stay on I-90 Trail/Mountains to Sound Greenway Trail	1.9
33.	22.7	➔	R	0.0
34.	22.7	←	Warning - Very Steep uphill	0.0
35.	22.7	←	L onto S Irving St	0.0
36.	22.8	←	L onto Lake Washington Blvd S	0.7
37.	23.5	➔	R to stay on Lake Washington Blvd S	3.0

3.1 miles. +170/-266 feet

Num	Dist	Type	Note	Next
38.	26.5	←	Keep L to stay on Lake Washington Blvd S	0.2
39.	26.7	←	L onto Seward Park Rd	0.0
40.	26.7	↑	Rest Stop - Seward Park	0.0
41.	26.7	←	L onto S Juneau St	0.1
42.	26.8	←	L onto Lake Washington Blvd S	0.0
43.	26.8	➔	R onto S Juneau St	0.1
44.	26.9	←	L onto Seward Park Ave S	0.4
45.	27.3	←	L to stay on Seward Park Ave S	1.8

3.8 miles. +144/-0 feet

Num	Dist	Type	Note	Next
46.	29.1	←	L onto Rainier Ave S	2.5
47.	31.5	➔	R onto 88th Ave S	0.1
48.	31.6	←	L onto S 115th Pl	0.0
49.	31.7	□	Use crosswalk signal to stop traffic on Rainier Ave S. lane for L ahead.	0.0
50.	31.7	➔	R onto Rainier Ave N	0.1
51.	31.8	←	L toward Perimeter Rd W	0.0
52.	31.8	➔	R onto Perimeter Rd W	0.2

4.5 miles. +59/-60 feet

Num	Dist	Type	Note	Next
53.	32.0	←	Slight L to stay on Perimeter Rd W	0.7
54.	32.7	←	Slight L to stay on Perimeter Rd W	0.1
55.	32.8	←	Slight L to stay on Perimeter Rd W	0.0
56.	32.9	➔	R to stay on Perimeter Rd W	0.0
57.	32.9	↑	Continue onto Shattuck Ave S	0.0
58.	32.9	↑	Continue straight to stay on Shattuck Ave S	0.1
59.	33.0	←	L onto S Tobin St	0.2

1.2 miles. +3/-2 feet

Num	Dist	Type	Note	Next
60.	33.2	➔	R onto Logan Ave S	0.3
61.	33.4	➠	L onto S 3rd St	0.3
62.	33.7	➠	L onto Mill Ave S	0.0

0.7 miles. +0/-0 feet