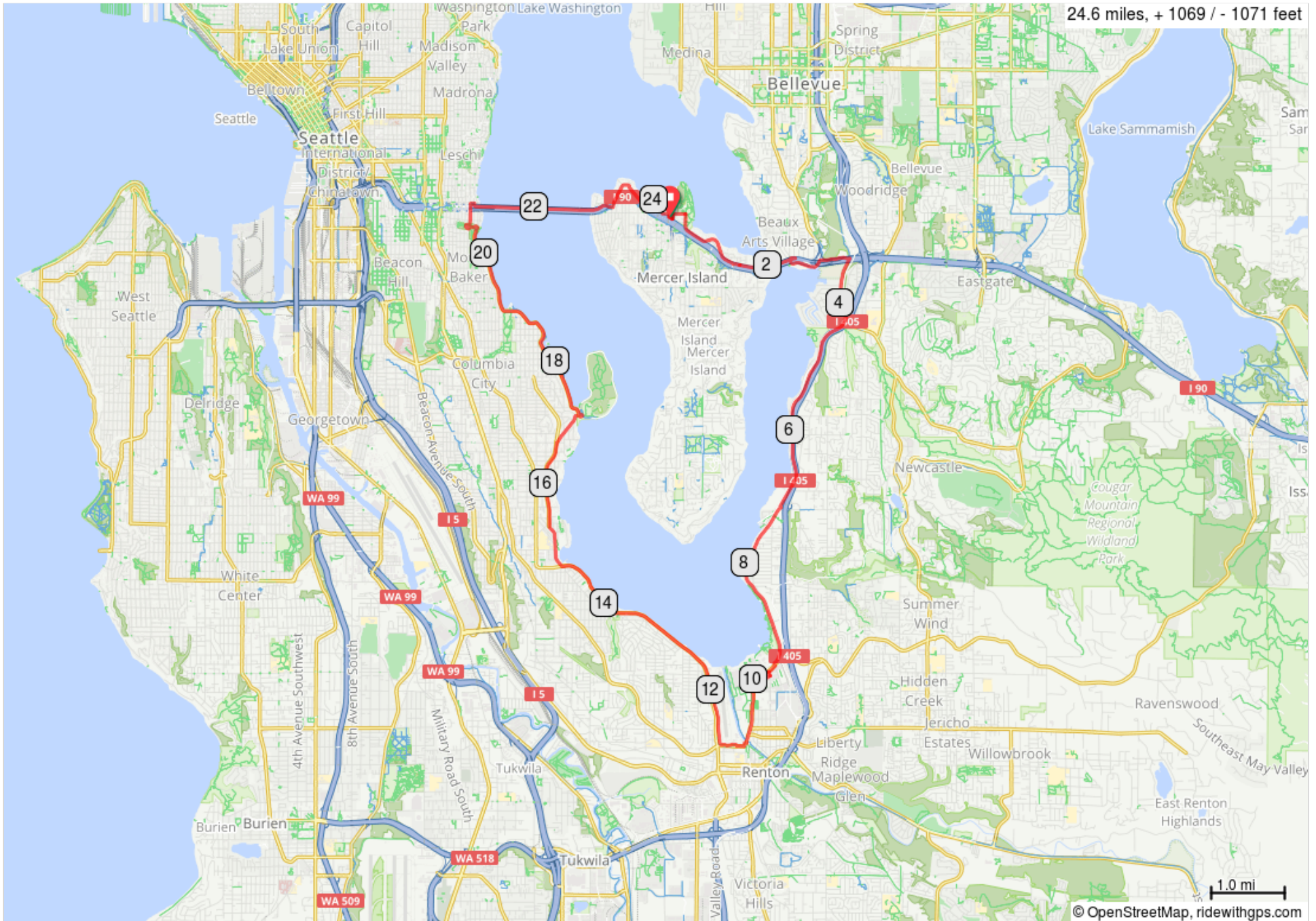


# South Lake Loop Coffee Run



24.6 miles, + 1069 / - 1071 feet



South Lake Loop Coffee Run

Num	Dist	Prev	Type	Note	Next
1.	0.1	0.0	←	L toward I-90 Trail	0.0
2.	0.1	0.0	←	L onto I-90 Trail (sidewalk)	0.1
3.	0.2	0.1	←	L onto 81st Ave SE	0.1
4.	0.2	0.1	→	R onto SE 24th St	0.4
5.	0.6	0.4	↑	Continue onto N Mercer Way	0.9
6.	1.5	0.9	←	L onto I-90 Trail/Mountains to Sound Greenway Trail	0.9
7.	2.4	0.9	←	L to stay on I-90 Trail/Mountains to Sound Greenway Trail	1.0
8.	3.3	1.0	→	R onto Mountains to Sound Greenway Trail	0.1

3.3 miles. +156/-224 feet

Num	Dist	Prev	Type	Note	Next
9.	3.4	0.1	↑	Continue onto 118th Ave SE/Lake Washington Blvd SE	0.6
10.	4.0	0.6	→	R onto Newport Key	0.0
11.	4.0	0.0	←	L to stay on Newport Key	0.0
12.	4.0	0.0	→	R onto Lake Washington Loop	0.7
13.	4.7	0.7	←	L onto Lake Washington Blvd SE	0.5
14.	5.2	0.5	↑	Continue onto 106th Ave SE	1.5
15.	6.7	1.5	←	L onto Ripley Ln N	0.1
16.	6.7	0.1	↑	Continue onto Seahawks Way	0.4
17.	7.1	0.4	→	R onto N 44th St	0.1

3.7 miles. +155/-150 feet

Num	Dist	Prev	Type	Note	Next
18.	7.1	0.1	↑	Continue onto Lake Washington Blvd N	2.4
19.	9.5	2.4	→	R onto Park Ave N	0.2
20.	9.7	0.2	→	R onto N 10th Pl	0.1
21.	9.8	0.1	↑	At the traffic circle, continue straight onto N 10th St	0.1
22.	10.0	0.1	←	L onto Logan Ave N	0.4
23.	10.4	0.4	↑	Stop at light. Straight onto sidewalk trail.	0.5
24.	10.9	0.5	→	R onto E Perimeter Rd	0.0
25.	10.9	0.0	←	L onto E Perimeter Rd	1.2
26.	12.1	1.2	←	L, go up hill to stop sign.	0.0
27.	12.2	0.0	→	R onto Rainier Ave S	2.7

5.1 miles. +141/-146 feet

Num	Dist	Prev	Type	Note	Next
28.	14.8	2.7	→	R onto Seward Park Ave S	1.8
29.	16.6	1.8	→	Continue R onto Seward Park Ave S	0.4
30.	17.1	0.4	→	R onto S Juneau St (downhill)	0.1
31.	17.1	0.1	→	R onto Seward Park Rd	0.1
32.	17.2	0.1	→	R onto Lake Washington Blvd S	3.2
33.	20.4	3.2	←	L onto Lake Washington Blvd S (to Colman Park)	0.7
34.	21.1	0.7	→	R onto S Irving St (steep downhill)	0.1
35.	21.1	0.1	→	R onto I-90 trail	1.9
36.	23.1	1.9	←	L onto W Mercer Way	0.3
37.	23.4	0.3	↑	Stay straight onto SE 22nd St	0.1

11.2 miles. +512/-460 feet

Num	Dist	Prev	Type	Note	Next
38.	23.5	0.1	↑	Stay straight on N Mercer Way	0.4
39.	23.9	0.4	←	L onto SE 22nd St	0.2
40.	24.1	0.2	→	R onto 78th Ave SE	0.2
41.	24.3	0.2	←	After stopping, continue onto SE 24th St	0.1
42.	24.4	0.1	→	R onto 81st Ave SE	0.1
43.	24.5	0.1	→	R onto trail (sidewalk)	0.1
44.	24.6	0.1	→	R into Park & Ride	0.0
45.	24.6	0.0	🏁	End of route	0.0

1.2 miles. +61/-58 feet