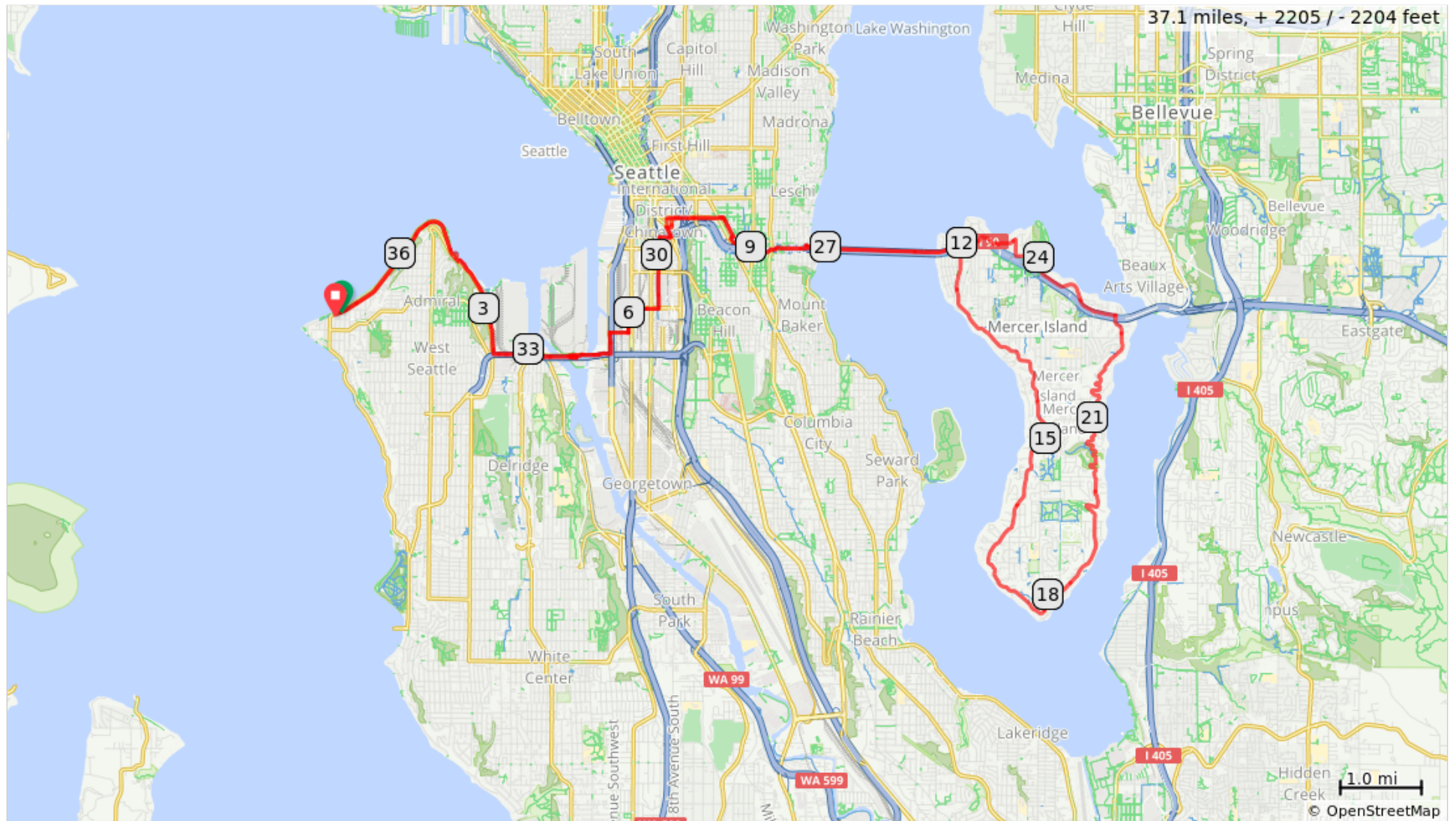
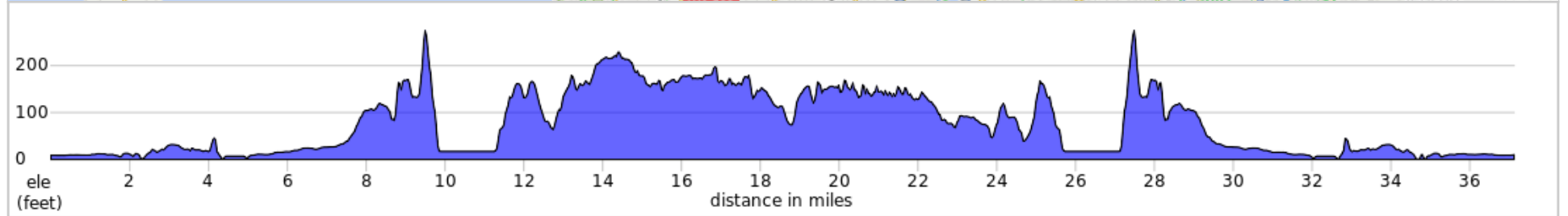


West Seattle Mercer Island Loop



37.1 miles, + 2205 / - 2204 feet



West Seattle Mercer Island Loop

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.0
2.	0.0	0.0	←	L toward Alki Trail	0.0
3.	0.0	0.0	→	R onto Alki Trail	1.0
4.	1.0	1.0	←	L onto Alki Ave SW	1.4
5.	2.4	1.4	→	R toward Alki Trail	0.0
6.	2.4	0.0	←	L onto Alki Trail	1.5

2.4 miles. +25/-27 feet

Num	Dist	Prev	Type	Note	Next
7.	3.9	1.5	←	Slight L to stay on Alki Trail	0.1
8.	4.0	0.1	→	R to stay on Alki Trail	0.0
9.	4.0	0.0	←	L to stay on Alki Trail	0.1
10.	4.2	0.1	↑	Continue onto W Seattle Bridge Trail	0.4

1.8 miles. +28/-4 feet

Num	Dist	Prev	Type	Note	Next
11.	4.6	0.4	→	R to stay on W Seattle Bridge Trail	0.1
12.	4.7	0.1	→	R to stay on W Seattle Bridge Trail	0.5
13.	5.2	0.5	←	L onto E Marginal Way S	0.3
14.	5.5	0.3	→	R onto S Hanford St	0.2

1.3 miles. +7/-4 feet

Num	Dist	Prev	Type	Note	Next
15.	5.7	0.2	←	L onto Utah Ave S	0.2
16.	5.9	0.2	→	R onto S Forest St	0.0
17.	5.9	0.0	←	L onto 1st Ave S	0.1
18.	6.1	0.1	→	R onto S Lander St	0.3
19.	6.4	0.3	←	L onto SODO Trail	0.9
20.	7.3	0.9	→	R onto S Royal Brougham Way	0.1

1.8 miles. +15/-2 feet

Num	Dist	Prev	Type	Note	Next
21.	7.4	0.1	←	L onto Airport Way S	0.1
22.	7.5	0.1	→	R onto S Plummer St	0.1
23.	7.6	0.1	←	L onto 7th Ave S	0.1
24.	7.7	0.1	→	R onto S Dearborn St	0.6
25.	8.3	0.6	→	R onto Hiawatha PI S	0.1

1.1 miles. +85/-0 feet

Num	Dist	Prev	Type	Note	Next
26.	8.4	0.1	↑	At the traffic circle, continue straight to stay on Hiawatha PI S	0.2
27.	8.6	0.2	→	R onto I-90 Trail	0.0
28.	8.6	0.0	←	L to stay on I-90 Trail	0.3
29.	9.0	0.3	←	L onto Mountains to Sound Greenway Trail	0.7

0.7 miles. +98/-44 feet

Num	Dist	Prev	Type	Note	Next
30.	9.7	0.7	→	R to stay on I-90 Trail/ Mountains to Sound Greenway Trail	1.9

0.7 miles. +0/-0 feet

Num	Dist	Prev	Type	Note	Next
31.	11.6	1.9	←	Slight L to stay on I-90 Trail/ Mountains to Sound Greenway Trail. Bathroom break before going back to West Mercer Way	0.4

1.9 miles. +0/-0 feet

Num	Dist	Prev	Type	Note	Next
32.	12.1	0.4	←	L onto W Mercer Way. Bike around the Island. Regroup at 22.7 miles.	10.6
33.	22.7	10.6	←	L onto I-90 Trail/ Mountains to Sound Greenway Trail. REGR OUP	0.3

11.1 miles. +678/-729 feet

Num	Dist	Prev	Type	Note	Next
34.	23.0	0.3	→	R onto N Mercer Way	0.9
35.	23.8	0.9	↑	Continue onto 84th Ave SE	0.2
36.	24.0	0.2	←	L onto SE 24th St	0.3
37.	24.4	0.3	↑	Continue onto 78th Ave SE	0.2
38.	24.6	0.2	←	L onto SE 22nd Way	0.2

1.9 miles. +90/-96 feet

Num	Dist	Prev	Type	Note	Next
39.	24.8	0.2	←	Slight L onto 76th Ave SE	0.0
40.	24.8	0.0	→	R onto I-90 Trail Lunch stop and bathrooms at Aubrey Davis Park	0.6

0.2 miles. +2/-0 feet

Num	Dist	Prev	Type	Note	Next
41.	25.3	0.6	→	Slight R to stay on I-90 Trail/ Mountains to Sound Greenway Trail. We will have lunch at Aubrey Park	1.9
42.	27.3	1.9	←	L to stay on I-90 Trail/ Mountains to Sound Greenway Trail	0.7

2.5 miles. +106/-106 feet

Num	Dist	Prev	Type	Note	Next
43.	28.0	0.7	→	R onto I-90 Trail	0.3
44.	28.3	0.3	→	R to stay on I-90 Trail	0.0
45.	28.3	0.0	→	R to stay on I-90 Trail	0.0
46.	28.4	0.0	←	L onto Hiawatha PI S	0.1

1.1 miles. +23/-97 feet

Num	Dist	Prev	Type	Note	Next
47.	28.5	0.1	↑	At the traffic circle, continue straight to stay on Hiawatha PI S	0.1
48.	28.6	0.1	←	L onto S Dearborn St	0.7
49.	29.3	0.7	←	L onto Maynard Ave S	0.1
50.	29.4	0.1	→	R to stay on Maynard Ave S	0.0

1.1 miles. +4/-75 feet

Num	Dist	Prev	Type	Note	Next
51.	29.4	0.0	←	L onto Airport Way S	0.1
52.	29.6	0.1	→	R onto S Royal Brougham Way	0.0
53.	29.6	0.0	↑	Make a U-turn	0.2
54.	29.8	0.2	←	L onto SODO Trail	0.7
55.	30.5	0.7	→	Slight R to stay on SODO Trail	0.1
56.	30.6	0.1	→	R onto S Lander St	0.9

1.2 miles. +2/-19 feet

Num	Dist	Prev	Type	Note	Next
57.	31.5	0.9	←	L onto Elliott Bay Trail/E Marginal Way S	0.3
58.	31.8	0.3	→	R onto W Seattle Bridge Trail	0.4
59.	32.1	0.4	→	Slight R to stay on W Seattle Bridge Trail	0.0

1.5 miles. +4/-7 feet

Num	Dist	Prev	Type	Note	Next
60.	32.2	0.0	←	Slight L to stay on W Seattle Bridge Trail	0.1
61.	32.3	0.1	←	L to stay on W Seattle Bridge Trail	0.1
62.	32.4	0.1	←	L to stay on W Seattle Bridge Trail	0.4
63.	32.8	0.4	→	Slight R onto Alki Trail	0.1

0.7 miles. +39/-6 feet

Num	Dist	Prev	Type	Note	Next
64.	32.9	0.1	→	R to stay on Alki Trail	0.0
65.	33.0	0.0	←	Slight L to stay on Alki Trail	0.0
66.	33.0	0.0	→	R to stay on Alki Trail	0.0
67.	33.0	0.0	←	L to stay on Alki Trail	0.5
68.	33.5	0.5	→	Slight R to stay on Alki Trail	1.1
69.	34.6	1.1	→	R	0.0

1.8 miles. +27/-44 feet

Num	Dist	Prev	Type	Note	Next
70.	34.6	0.0	←	L	0.1
71.	34.8	0.1	→	R onto Harbor Ave SW	0.1
72.	34.8	0.1	→	R toward Harbor Ave SW	0.1
73.	34.9	0.1	→	R toward Harbor Ave SW	0.0
74.	34.9	0.0	→	R onto Harbor Ave SW	0.4
75.	35.4	0.4	↑	Continue onto Alki Ave SW/Alki Trail	1.7

0.8 miles. +24/-21 feet

Num	Dist	Prev	Type	Note	Next
76.	37.1	1.7	→	R toward Alki Trail	0.0
77.	37.1	0.0	←	L onto Alki Trail	0.0
78.	37.1	0.0	📍	End of route	0.0

1.8 miles. +0/-0 feet