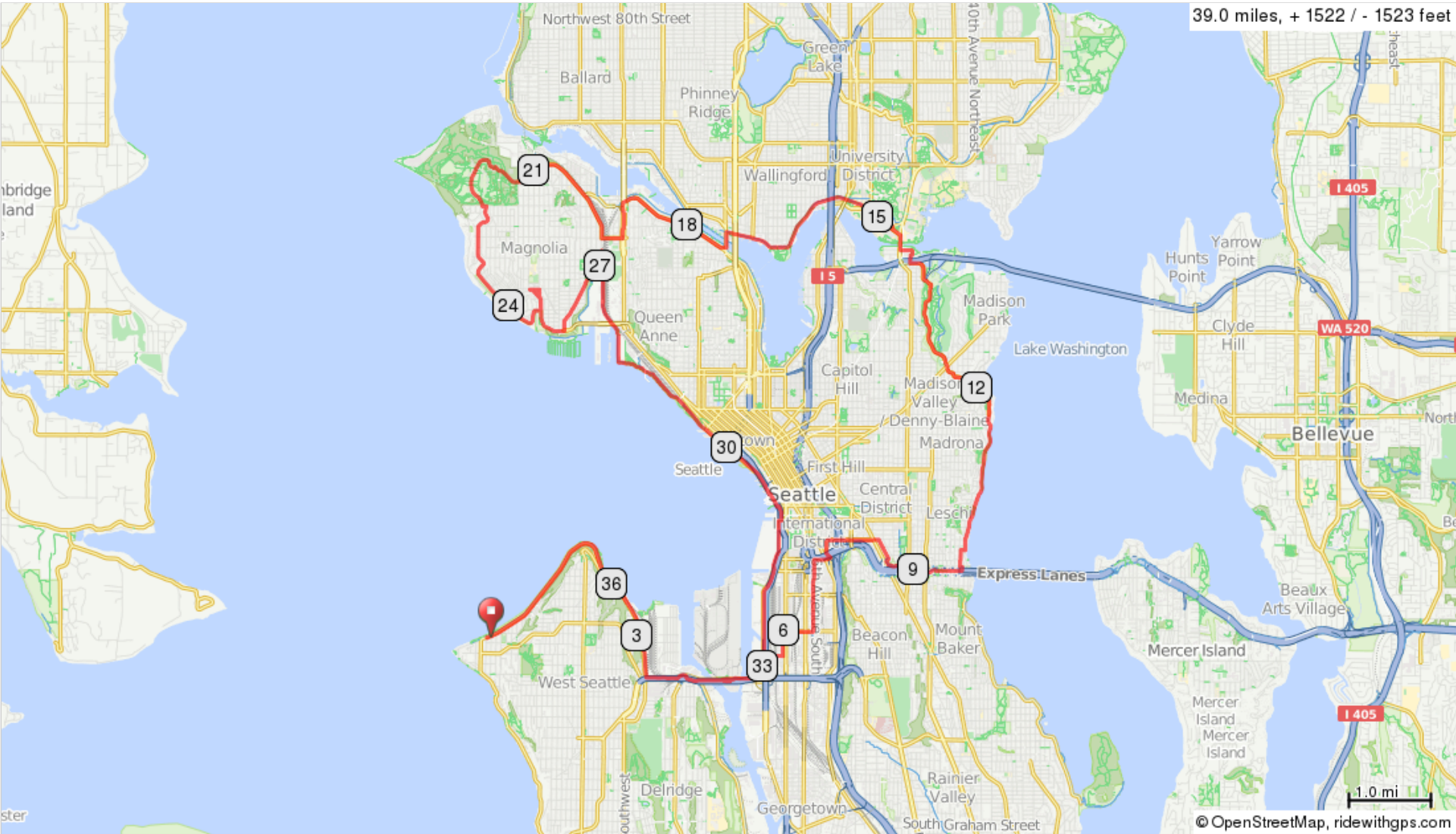


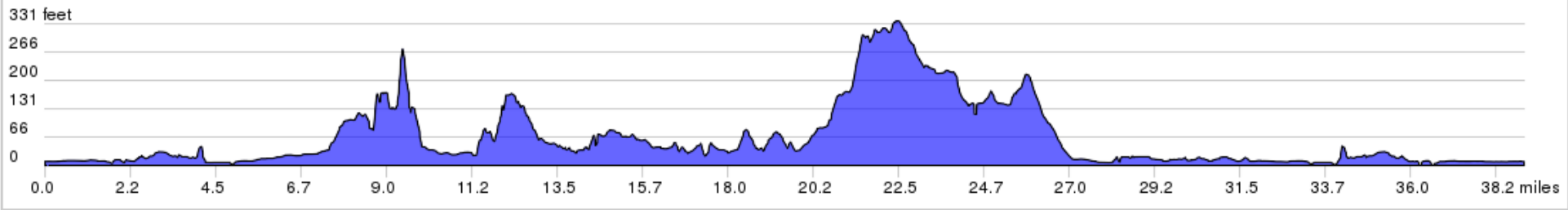
# West Seattle UW Magnolia Final



39.0 miles, + 1522 / - 1523 feet



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## West Seattle UW Magnolia Final

0.0	0.0	→	L onto Alki Ave SW
1.7	1.7	↑	Continue onto Harbor Ave SW
2.5	0.9	←	L onto SW Florida St to get on bike trail
3.9	1.3	←	Slight L to stay on Alki Trail
4.0	0.1	→	R to stay on Alki Trail and cross W Marginal Way. Go L to stay on trail and cross West Seattle Bridge
4.6	0.6	→	Keep R at end of bridge to stay on Alki Trail and go under bridge.
4.7	0.1	→	R to stay on Alki Trail after going underneath bridge. Continue following trail heading east.

4.7 miles. +85/-87 feet

7.6	0.2	→	Slight R becomes 7th Ave S. R on Dearborn street. Continue straight crossing Rainier Ave
8.3	0.6	→	R onto Hiawatha Pl S
8.4	0.1	↑	At the traffic circle, continue straight to stay on Hiawatha Pl S
8.5	0.2	→	R onto I-90 Trail
8.6	0.1	←	L to stay on I-90 Trail. Bathroom stop on trail at sanican.
8.9	0.3	←	L onto Mountains to Sound Greenway Trail crossing 23rd Ave. Continue on trail crossing Martin Luther King Way S. Go through I-90 tunnel

1.5 miles. +172/-62 feet

5.2	0.5	←	L staying on trail at East Marginal Way
5.3	0.1	←	Slight L staying on trail that parallels E Marginal Way S
5.4	0.2	→	R onto S Hanford St at stop light
5.7	0.2	←	L onto Utah Ave S
5.8	0.2	→	R onto S Forest St (actually continue on Utah ave one way street and we will R on Lander)
5.9	0.0	←	L onto 1st Avenue South (ignore this as we stayed on Utah)
6.0	0.1	→	R onto S Lander St
6.3	0.3	←	L onto SODO Trail
7.2	0.9	→	R onto S Royal Brougham Way
7.4	0.2	←	L onto Airport Way S

2.7 miles. +27/-3 feet

9.6	0.7	←	L onto S Irving St and go up short steep hill.
9.7	0.1	→	R to stay on Lake Washington Blvd S
9.9	0.1	→	R onto S Parkland Pl
9.9	0.1	←	L onto Lakeside Ave S
10.6	0.6	↑	Continue onto Lake Washington Blvd for next 3.6 miles and crossing E. Madison Street. Continue riding through Arboreteum
14.2	3.6	→	R onto 24th Ave E
14.3	0.1	→	R onto E Hamlin St
14.3	0.1	←	L onto E Shelby St
14.6	0.2	→	R to get on Montlake Blvd E. Cross bridge

5.6 miles. +250/-332 feet

14.6	0.1	←	L on Pacific and following detour route to Burke Gilman
14.7	0.0	↑	Continue onto NE Pacific St
14.8	0.1	→	Slight R
14.8	0.0	←	L onto NE Pacific Pl
14.9	0.1	←	Slight L onto Burke-Gilman Trail
14.9	0.0	←	Keep L to stay on Burke-Gilman Trail
15.3	0.4	←	Slight L to stay on Burke-Gilman Trail
15.6	0.3	←	Slight L to stay on Burke-Gilman Trail
16.2	0.6	←	Slight L to stay on Burke-Gilman Trail. When we get to Gasworks Park, we will take a restroom break.

1.7 miles. +22/-50 feet

16.9	0.7	→	R onto Stone Way N
17.0	0.0	←	L onto N 34th St
17.3	0.3	←	L onto Fremont Ave N and go over Fremont bridge
17.5	0.2	→	R onto Florentia St
17.5	0.1	→	Slight R onto Nickerson St
18.8	1.2	→	R onto 13th Ave W
18.8	0.0	←	L onto the 15th Avenue West ramp to City Center
19.1	0.3	↑	Merge onto 15th Ave W
19.2	0.2	→	R to stay on 15th Ave W
19.4	0.1	→	R onto W Dravus St
19.6	0.2	→	R onto 20th Ave W
19.7	0.1	↑	Continue onto Gilman Ave W

3.5 miles. +156/-133 feet

20.7	0.9	↑	Continue onto W Government Way. Cross 36th Ave W and continue on to Discovery Park Rd
21.6	0.9	←	L to stay on Discovery Park Blvd
21.9	0.3	←	Slight L onto Oregon Ave (fence/barricade)
22.4	0.5	←	L onto W Emerson St
22.5	0.0	→	R onto Magnolia Blvd W
24.5	2.0	→	R onto W Howe St
24.6	0.1	←	L onto Clise Pl W
24.7	0.1	↑	Continue onto 32nd Ave W
24.8	0.1	←	L onto W McGraw St
25.0	0.2	→	R onto 33rd Ave W. Lunch stop at Subway, Starbucks or Bakery

5.2 miles. +324/-262 feet

25.0	0.0	←	L onto W Lynn St
25.0	0.0	→	R onto Clise Pl W
25.3	0.2	↑	Continue onto Magnolia Blvd W
25.6	0.3	↑	Continue onto W Galer St
25.7	0.1	←	L onto Thorndyke Ave W
26.8	1.1	→	Sharp R onto 20th Ave W
27.1	0.3	←	L onto Elliott Bay Trail (Terminal 91 Bike Path)
27.8	0.7	→	Keep R to stay on Elliott Bay Trail (Terminal 91 Bike Path)
29.6	1.8	→	R onto Broad St which becomes Alaskan Way

4.7 miles. +100/-246 feet

29.7	0.0	↑	Continue onto Alaskan Way
30.0	0.4	←	L onto Elliott Bay Trail.....follow detour signs to stay on waterfront
30.6	0.6	→	R onto Seneca St (just following detours which can be modified)
30.6	0.0	←	L onto Alaskan Way
30.8	0.1	←	L onto Madison St
30.8	0.0	→	R following trail and detour signs
30.9	0.1	←	Slight L onto Alaskan Way
31.0	0.1	→	R onto Alaskan way/trail detour
31.2	0.2	↑	Continue onto Elliot Bay Trail

1.5 miles. +20/-15 feet

33.7	0.1	←	L to stay on Alki Trail and go over West Seattle Bridge
34.2	0.4	→	Slight R to stay on Alki Trail
34.3	0.1	→	R onto Alki Trail. Cross W Marginal Way to get back on trail again. Continue on trail.
34.8	0.5	→	R to stay on Alki Trail (Harbor Ave)
38.5	3.7	→	Finish 61st and Alki
39.0	0.4	▀	End of route

5.3 miles. +91/-89 feet

31.8	0.6	←	L onto Alaskan Way S
31.8	0.0	→	R to stay on Alaskan Way S
32.0	0.3	↑	Continue onto E Marginal Way S
33.0	0.9	→	Keep R to stay on E Marginal Way S
33.1	0.1	→	R onto Alki Trail (parallels Spokane St) Follow same route back to Alki staying on Alki trail
33.5	0.4	→	Slight R to stay on Alki Trail
33.5	0.0	←	Slight L to stay on Alki Trail crossing Spokane St. Go R staying on trail and go under bridge
33.6	0.1	←	L to stay on Alki Trail

2.5 miles. +8/-11 feet