Winter Lake Loop - Middle, counterclockwise

Dist	Prev	Note	Next
0.0	0.0	Start of route	0.1
0.1	0.1	Exit R onto Market St	0.1
0.2	0.1	Continue onto Lakeshore Plaza	0.1
0.3	0.1	R to Marina Park Restroom	0.1
0.4	0.1	Exit L onto Kirkland Ave	0.0
0.4	0.0	R onto Lake St S/ Lake Washington Blvd NE	2.2
2.7	2.2	R onto NE Points Dr	0.1
2.8	0.1	L then R onto 520 Trail	1.8
4.6	1.8	Regroup	3.1
7.7	3.1	Continue onto 24th Ave E	0.0
7.7	0.0	L onto E University Blvd	0.1
7.8	0.1	R onto 25th Ave E	0.3
8.1	0.3	L onto E Lynn St	0.1

8.1 miles. +325/-340 feet

Dist	Prev	Note	Next
14.4	2.0	Slight L to stay on I-90 Trail/Mountains to Sound Greenway Trail	0.6
15.0	0.6	R onto 76th Ave SE	0.2
15.3	0.2	L to Starbucks coffee/snack stop	0.0
15.3	0.0	Exit L onto 76th Ave SE	0.0
15.3	0.0	Continue onto SE 27th St	0.1
15.4	0.1	L onto 77th Ave SE	0.1
15.5	0.1	R onto I-90 Trail/Mountains to Sound Greenway Trail	0.0
15.5	0.0	L toward I-90 Trail	0.0
15.5	0.0	L toward I-90 Trail	0.1
15.6	0.1	R onto I-90 Trail	1.2
16.8	1.2	L to stay on I-90 Trail/Mountains to Sound Greenway Trail	0.9

4.3 miles. +203/-263 feet

Dist	Prev	Note	Next
8.2	0.1	R and cross Arboretum Aqueduct/Arboretum Sewer Bridge/Arboretum Sewer Trestle/Wilcox Footbridge	0.0
8.2	0.0	Slight R onto Arboretum Aqueduct/Arboretum Sewer Bridge/Arboretum Sewer Trestle/Wilcox Footbridge	0.1
8.3	0.1	R onto new Arboretum Loop Trail	0.2
8.5	0.2	Keep L to stay on Arboretum Loop Trail	0.8
9.3	8.0	Slight L onto Lake Washington Blvd E	2.1
11.4	2.1	R to stay on Lake Washington Blvd	0.2
11.6	0.2	Slight R to stay on Lake Washington Blvd S	0.1
11.8	0.1	R to stay on Lake Washington Blvd S	0.7
12.5	0.7	L onto S Irving St	0.0
12.5	0.0	R onto 190 Trail	2.0

4.4 miles. +339/-254 feet

Dist	Prev	Note	Next
17.8	0.9	R toward 108th Ave SE	3.5
21.3	3.5	R onto NE 24th St	0.3
21.6	0.3	L onto 112th Ave NE	0.7
22.3	0.7	L onto Northup Way	0.3
22.6	0.3	R onto Lake Washington Blvd NE	2.3
24.9	2.3	L onto Kirkland Ave	0.0
24.9	0.0	R onto Lakeshore Plaza	0.0
24.9	0.0	R thru Marina Park restroom area, optional stop	0.1
25.1	0.1	Continue straight onto Lakeshore Plaza	0.0
25.1	0.0	Continue onto Market St	0.1
25.2	0.1	L onto Waverly Way	0.0
25.2	0.0	L into Heritage Park parking lot and finish	0.0
25.3	0.0	End of route	0.0

8.5 miles. +376/-379 feet