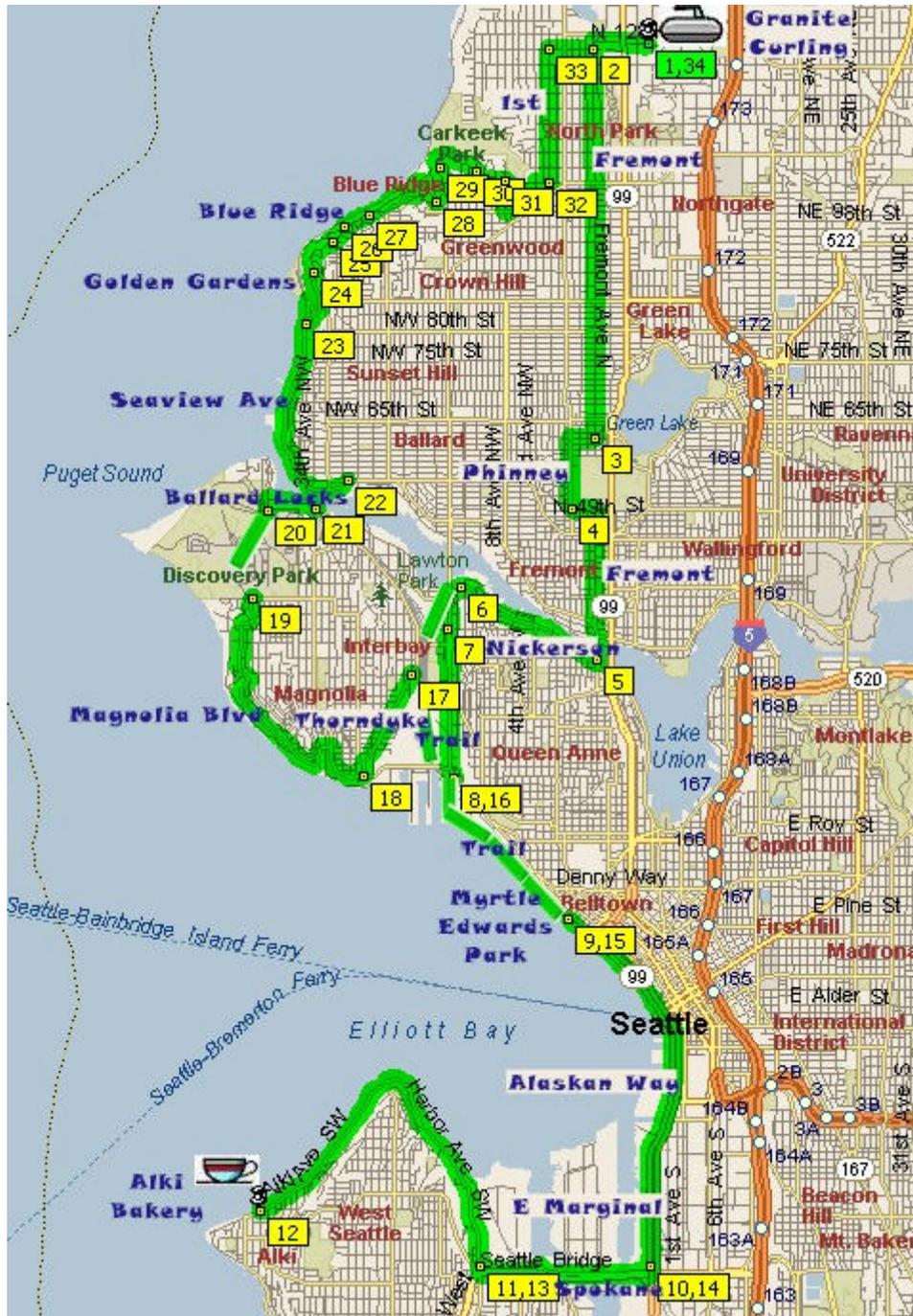


North Seattle - West Seattle

44 Miles

Mile	Instruction	For
1 0.0	R Depart Granite Curling Club going west on N 128th St (cross Hwy 99).	0.5 mi
2 0.5	L Fremont Avenue.	3.3 mi
3 3.8	R 62nd Street and left on Phinney Avenue.	0.8 mi
4 4.6	L 50th Street and right on Fremont Avenue (cross Fremont Bridge).	1.4 mi
5 6.0	R Nickerson Street going west (use canal bike trail).	1.4 mi
6 7.4	Follow signs to Downtown Seattle via 15th Avenue.	0.4 mi
7 7.8	R Bertona Street , left on 17th Ave and right on Dravus Street.	0.4 mi
8.2	L 20th Ave (veer left taking downtown bike trail as Thorndyke goes right).	1.3 mi
8 9.5	Continue on bike trail along 16th Ave and through Myrtle Edwards Park.	1.7 mi
9 11.2	Exit park and continue south on Alaskan Way/E Marginal Way.	3.4 mi
10 14.6	R Spokane Street (use bike trail).	1.5 mi
11 16.1	R Harbor Avenue/Alki Avenue (use bike trail).	3.5 mi
12 19.6	L Alki Bakery (across from Lady Liberty). - Rest Stop.	
12 19.6	R Return on Alki Avenue/Harbor Avenue (use bike trail).	3.5 mi
13 23.1	L Spokane Street (use bike trail).	1.5 mi
14 24.6	L E Marginal Way/Alaskan Way (use bike trail/lane where possible).	3.4 mi
15 28.0	Pick up bike trail through Myrtle Edwards Park.	1.7 mi
16 29.7	After 16th Avenue , jog staying on bike trail along RR Tracks.	1.0 mi
30.7	L Exit bike trail and go left uphill on Thorndyke Avenue.	0.1 mi
17 30.8	L Thorndyke Avenue (going uphill).	1.0 mi
18 31.8	R Galer Street which continues as Magnolia Blvd to Discovery Park.	2.5 mi
19 34.3	Pick up bike trail going through Discovery Park to north side.	1.1 mi
20 35.4	Exit park on 40th Avenue and turn right downhill on Commodore Way.	0.6 mi
21 36.0	L Enter Commodore Park and take trail across the Ballard Locks.	0.3 mi
22 36.3	L Exit locks going west on NW 54th Street.	0.3 mi
36.6	Road crosses RR tracks and continues as Seaview Avenue NW.	1.5 mi
23 38.1	R Cross under RR tracks to Seaview Place - Golden Gardens Drive.	0.7 mi
24 38.8	L View Avenue NW (first left turn at top of hill).	0.3 mi
39.1	Continues as Whitney Place , then NW 95th Street.	0.1 mi
25 39.2	L 31st Avenue NW.	0.2 mi
26 39.4	R NW Esplanade Street.	0.3 mi
27 39.7	L Triton Drive NW (continues as NW Blue Ridge Drive after stop sign).	0.7 mi
28 40.4	L Valmay Avenue NW.	0.3 mi
29 40.7	L NW Woodbine Way.	0.5 mi
30 41.2	R 12th Ave NW , then immediate left onto NW 105th Street.	0.3 mi
31 41.5	R 8th Avenue NW.	0.3 mi
41.8	L NW 100th Street.	0.3 mi
42.1	L 3rd Avenue NW.	0.1 mi
42.2	R NW 105th Street.	0.1 mi
32 42.3	L 1st Avenue NW.	1.1 mi
33 43.4	R N 127th Street.	0.4 mi
43.8	L Fremont Ave N , then immediate right to N 128th St. (Cross Hwy-99).	0.5 mi
34 44.3	Return to Granite Curling Club.	



North Seattle - West Seattle 44 Miles

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