West Seattle - Kent - 50 Miles

	Mile		Instruction	For
1	0.0	R	Leave Alki Bakery on Alki Ave SW (continues as Harbor Ave SW).	3.5 mi
	3.5		Cross under West Seattle Bridge , continue on SW Avalon Way .	0.3 mi
3	3.8	\mathbf{BL}	30th Avenue SW.	0.2 mi
	4.0	L	SW Genesee Street.	0.2 mi
	4.2	R	26th Avenue SW.	0.2 mi
4	4.4	L	SW Alaska Street and then an immediate right on 25th Avenue SW .	0.7 mi
5	5.1	L	SW Findlay Street (cross Delridge Way SW).	0.1 mi
	5.3	R	23rd Avenue SW.	0.1 mi
	5.4	\mathbf{BL}	Croft Place SW (goes uphill).	0.3 mi
6	5.6	BR	21st Avenue SW (continues to left as SW Myrtle Street).	0.8 mi
7	6.4	R	At stop sign turn right on 16th Avenue SW .	1.1 mi
	7.5	L	At blinking red light to left on SW Henderson Street .	0.4 mi
8	7.9	BR	Henderson Place SW (continues as 8th Avenue SW).	1.0 mi
•			nue straight on Henderson into Watercrest Park for restrooms and water.)	
9	8.9	L	At elementary school, turn left on SW 100th Street (SW 99th Street).	0.3 mi
10	9.2	R	4th Avenue SW.	0.7 mi
11	9.9	L	SW 112th Street.	0.5 mi
10	10.4	BR	4th Place S, left on 5th Ave S, continue under SR-509 on S 112th.	0.7 mi
12	11.1	BR	Cross 14th Avenue S and continue on Glendale Way S.	0.5 mi
19	11.6	BL DD	Cross Des Moines Memorial Drive , continue on S 120th Street .	0.4 mi
13 14	12.0 14.2	BR BR	When 120th intersects with 24th Ave, bear right onto Military Road S.	2.2 mi 0.5 mi
14	14.2	R	International Blvd (Hwy 99) (over SR-518), right on S 160th.	0.3 mi
15	1 4 . <i>7</i> 15.0	L	S 160th Street (going uphill towards <i>SeaTac</i>). Air Cargo Road (continue till you can go no farther because of security).	0.3 mi
16	15.7	L	S 170th Street (unmarked) - use <i>CAUTION</i> crossing International Blvd.	0.7 mi 0.4 mi
17	16.1	R	32nd Avenue S.	0.4 mi
18	16.5	L	S 176th Street.	0.4 mi
10	17.3	R	Military Road S (before I-5).	0.9 mi
19	18.2	Ĺ	Use turn lane and turn left at S 188th Street (go under I-5).	0.2 mi
	18.4	$\overline{\mathbf{R}}$	Orillia Road S.	0.7 mi
20	19.1	L	Use turn lane and turn left at S 200th Street - continue to bridge.	0.5 mi
	19.6		Just before crossing <i>Green River</i> ; turn right on bike trail to Frager Road.	5.9 mi
23	25.5	L	W Valley Hwy (SR-181), cross river go under SR-516 into Kent.	0.5 mi
24	26.0	L	Meeker Street (<i>Meeker Square</i> - midway stop).	
	26.0		Continue west on Meeker Street to Green River Trail (at golf course).	1.0 mi
	27.0	R	Green River Trail (continue on River Trail in Tukwila).	13.4 mi
25	40.4		At trail end (102nd/27th Ave) continue north on W Marginal Place S.	1.0 mi
26	41.4	BR	Continue on 14th Avenue S .	0.6 mi
	42.0	L	Just before draw bridge, bear left on Dallas Avenue S .	0.3 mi
27	42.3	BR	10th Avenue S (continues to left as S Kenyon Street).	0.5 mi
28	42.8	R	5th Avenue S, then left on S Holden Street.	0.3 mi
29	43.1	R	At W Marginal Way S (Hwy 99), continue north on Duwamish Trail.	2.4 mi
	45.5		At trail end continue single file <i>cautiously</i> on W Marginal Way SW .	0.7 mi
30	46.2	L	At West Seattle Bridge go left on bike trail along Spokane Street .	0.7 mi
	46.9	R	Continue on bike trail along Harbor Ave SW and Alki Ave SW .	3.5 mi
32	50.4		Return to Alki Bakery .	



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