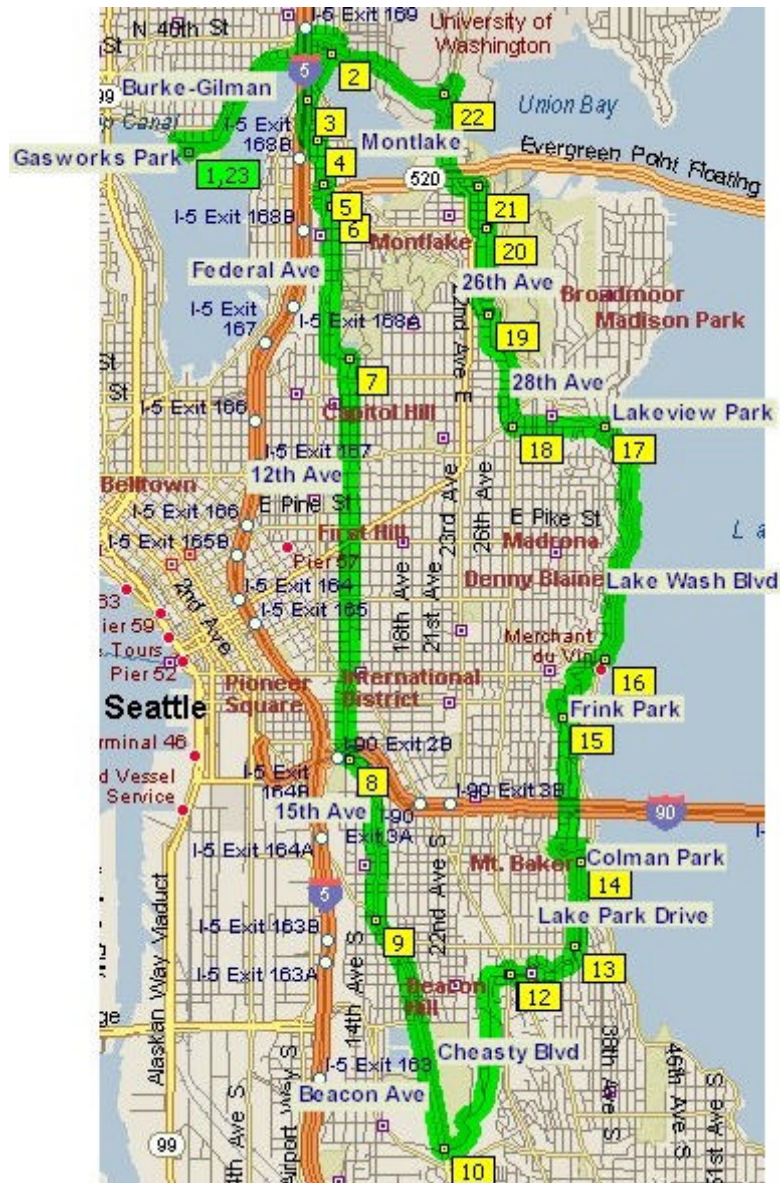


Gasworks - Capital Hill - Beacon Hill - Mt Baker 19 Miles

Mile	Instruction	For
1 0.0	R Depart Gasworks Park going east on the Burke-Gilman Trail .	1.1 mi
1.1	L 7th Avenue , then immediate right on 40th Street .	0.3 mi
2 1.4	R Eastlake Avenue E (across University Bridge).	0.3 mi
3 1.7	BL Harvard Avenue E (underneath I-5).	0.2 mi
1.9	L E Shelby Street .	0.1 mi
4 2.0	R Broadway E .	0.3 mi
2.3	L E Roanoke Street .	0.1 mi
5 2.4	R 10th Avenue E .	0.1 mi
2.5	L E Miller Street .	0.1 mi
6 2.6	R Federal Avenue E .	0.9 mi
3.5	L E Prospect Street (at end of Volunteer Park).	0.1 mi
7 3.6	R 12th Avenue E .	2.4 mi
8 6.0	BL Cross over I-90 and continue on Golf Drive S .	0.1 mi
6.1	Continues as 15th Avenue S .	0.9 mi
9 7.0	BL Beacon Avenue S .	1.4 mi
10 8.4	L Cheasty Blvd S (at end of golf course).	1.2 mi
9.6	BR Continue as S Winthrop Street (just before Martin Luther King).	0.1 mi
11 9.7	Take overpass across Rainier Avenue .	0.1 mi
12 9.8	Exit overpass and turn right on S Mt. Baker Blvd .	0.5 mi
13 10.3	BR Continue on Lake Park Drive S (at Mt. Baker Park).	0.3 mi
10.6	L At bottom of hill onto Lake Washington Blvd S .	0.2 mi
14 10.8	BL At Coleman Park , go back up hill again.	1.2 mi
	Continue on Lake Washington Blvd S over the top of I-90 .	
15 12.0	Enter Frink Park and start down again on Lake Wash Blvd .	0.5 mi
16 12.5	L At bottom (Leschi) continue north on Lake Washington Blvd .	1.5 mi
	At stop sign (Lakeview Park) take S-curves back up hill.	
17 14.0	L E Harrison Street .	0.6 mi
18 14.6	R Martin Luther King Way E and cross E Madison Street .	0.1 mi
14.7	Continue straight on 28th Avenue E (E Prospect Street) .	0.5 mi
19 15.2	Continues as 26th Avenue E .	0.8 mi
20 16.0	L E Lynn Street and immediate right on 25th Avenue E .	0.2 mi
21 16.2	L E Roanoke Street .	0.1 mi
16.3	Follow bike signs to University of Washington through alleys, across Lake Washington Blvd to 24th Avenue E over SR-520 .	0.2 mi
16.5	L Exit museum parking, continue straight, turn on E Shelby Street .	0.1 mi
16.6	R Montlake Blvd NE , cross the Montlake Bridge to UW .	0.4 mi
22 17.0	L Cross Montlake Blvd and turn left onto Burke-Gilman Trail .	2.0 mi
23 19.0	L Return to Gasworks Park .	



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