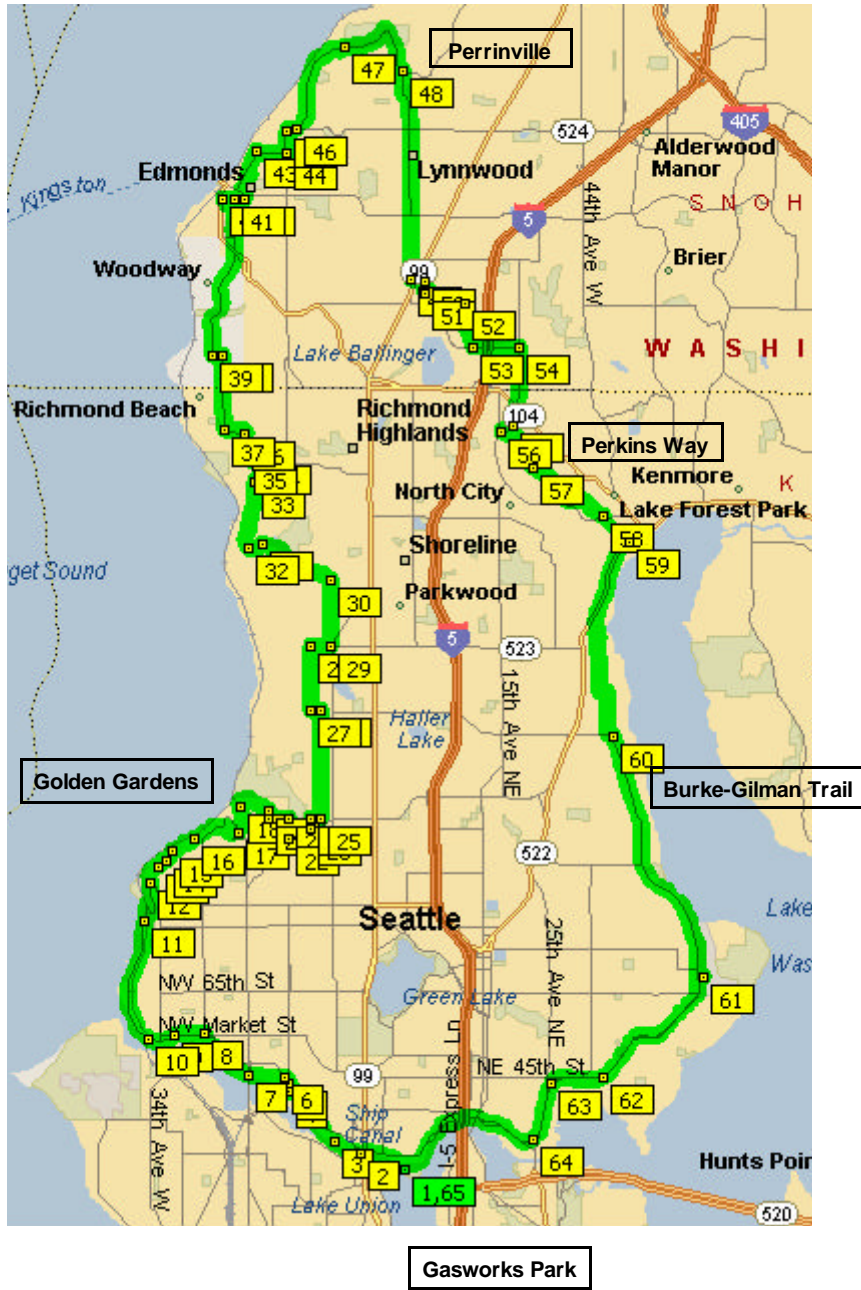


## Gasworks - Blue Ridge - Edmonds - Perrinville - Sand Point

	<b>Mile</b>		<b>Instruction</b>	<b>For</b>
1	0.0		Exit <b>Gasworks Park</b> left on <b>Burke-Gilman Trail</b> towards <b>Ballard</b> .	0.6 mi
2	0.6		Cross under <b>Fremont Bridge</b> .	1.2 mi
4	1.8	R	At end of trail, turn on <b>8th Avenue NW</b> .	0.1 mi
5	1.9	L	<b>Leary Way NW</b> ( <i>on Leary Way stay on left on sidewalk for 1 block</i> ).	0.1 mi
6	2.0	L	<b>45th Street</b> .	0.4 mi
7	2.4	BR	Continue as <b>Shilshole Avenue NW</b> ( <i>at light get in center lane</i> ).	0.7 mi
8	3.1	L	<b>NW Market Street</b> .	0.3 mi
9	3.5	L	<b>NW 54th Street</b> .	0.3 mi
10	3.8	R	Continue as <b>Seaview Avenue NW</b> (goes along beach).	1.5 mi
11	5.3		At <b>Golden Gardens</b> , take spiral drive to top of cliffs.	0.7 mi
12	6.0	L	<b>View Ave NW</b> ( <i>first left</i> ).	0.3 mi
13	6.3		Continues as <b>Whitney Place NW</b> , then <b>NW 95th Street</b> .	0.1 mi
14	6.4	L	<b>31st Avenue NW</b> .	0.2 mi
15	6.6	R	<b>NW Esplanade Street</b> .	0.3 mi
16	6.9	L	<b>Triton Drive NW</b> (continues as <b>NW Blue Ridge Drive</b> after stop sign).	0.7 mi
17	7.6	L	<b>Valmay Avenue NW</b> .	0.3 mi
18	7.9	L	<b>NW Woodbine Way</b> .	0.5 mi
19	8.4	R	<b>12th Avenue NW</b> .	0.1 mi
20	8.5	L	<b>NW 105th Street</b> .	0.2 mi
21	8.7	R	<b>8th Avenue NW</b> .	0.3 mi
22	9.0	L	<b>NW 100th Street</b> .	0.3 mi
23	9.3	L	<b>3rd Avenue NW</b> .	0.1 mi
24	9.4	R	<b>NW 105th Street</b> .	0.1 mi
25	9.5	L	<b>1st Avenue NW</b> .	1.3 mi
26	10.8	L	<b>NW 130th Street</b> .	0.1 mi
27	10.9	R	<b>3rd Avenue NW</b> .	0.7 mi
28	11.6	R	<b>145th Street</b> .	0.3 mi
29	11.9	L	<b>Greenwood Avenue N</b> ( <b>bends right to Westminster Way</b> ).	0.8 mi
30	12.7	L	<b>Innis Arden Wy NW</b> ( <i>Seattle Community College - steep downhill - slow</i> ).	0.9 mi
31	13.6	L	<b>NW 167th Street</b> .	0.2 mi
32	13.8	R	<b>15th Avenue NW</b> (continues as <b>14th Avenue NW</b> ).	0.9 mi
33	14.7	R	<b>Springdale Court NW</b> .	0.3 mi
34	15.0	L	<b>NW 188th Street</b> .	0.1 mi
35	15.1	R	<b>15th Avenue NW</b> .	0.4 mi
36	15.5	L	<b>NW 195th Street</b> .	0.2 mi
37	15.7	R	<b>20th Avenue NW</b> (continues as <b>Timber Lane</b> ).	0.9 mi
38	16.6	L	<b>238th Street SW</b> .	0.1 mi
39	16.7	R	<b>114th Avenue</b> (continues as <b>Woodway Park Road</b> ).	2.2 mi
40	18.9	R	<b>Dayton Street</b> .	0.2 mi
41	19.1		<b>Mid-Point Break</b> (at <b>5th Avenue N</b> ), Return back on <b>Dayton Street</b> .	0.2 mi
42	19.3	R	<b>3rd Avenue S</b> .	0.4 mi
43	19.7	R	<b>Caspers Street</b> .	0.3 mi
44	20.0	L	<b>9th Avenue N</b> .	0.3 mi
45	20.3	R	<b>Puget Drive</b> .	0.1 mi
46	20.4	L	<b>Olympic View Drive</b> .	2.4 mi
48	22.8	R	<b>76th Avenue W</b> in <b>Perrinville</b> .	2.5 mi
49	25.3	L	<b>224th Street SW</b> .	0.2 mi
50	25.4	R	<b>73rd Place W</b> .	0.2 mi
51	25.6	L	<b>226th Place SW</b> (continues as <b>228th Street</b> ).	0.5 mi
52	26.1	R	<b>66th Avenue W</b> .	0.6 mi
53	26.7	L	<b>236th Street SW</b> (crosses over <b>I-5</b> ).	0.5 mi
54	27.2	R	<b>56th Avenue W</b> (continues as <b>19th Ave NE</b> ).	1.0 mi
55	28.2		Cross <b>Ballinger Road</b> and continue as <b>NE 196th Street</b> .	0.1 mi
56	28.3	L	<b>NE 195th Street</b> (continues as <b>Largo Place NE</b> & <b>23rd Avenue NE</b> ).	0.6 mi
57	28.9	L	<b>NE Perkins Way</b> (continues as <b>NE 189th Street</b> ).	1.1 mi
58	30.0		Cross <b>NE 178th Street</b> to <b>Brookside Blvd NE</b> .	0.4 mi
59	30.4		Cross <b>Bothell Way NE</b> to <b>Burke-Gilman Trail</b> (right on trail).	12.6 mi
65	43.0		Return to <b>Gasworks Park</b> .	



**Gasworks - Blue Ridge - Edmonds - Perrinville - Sand Point  
43 Miles**

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