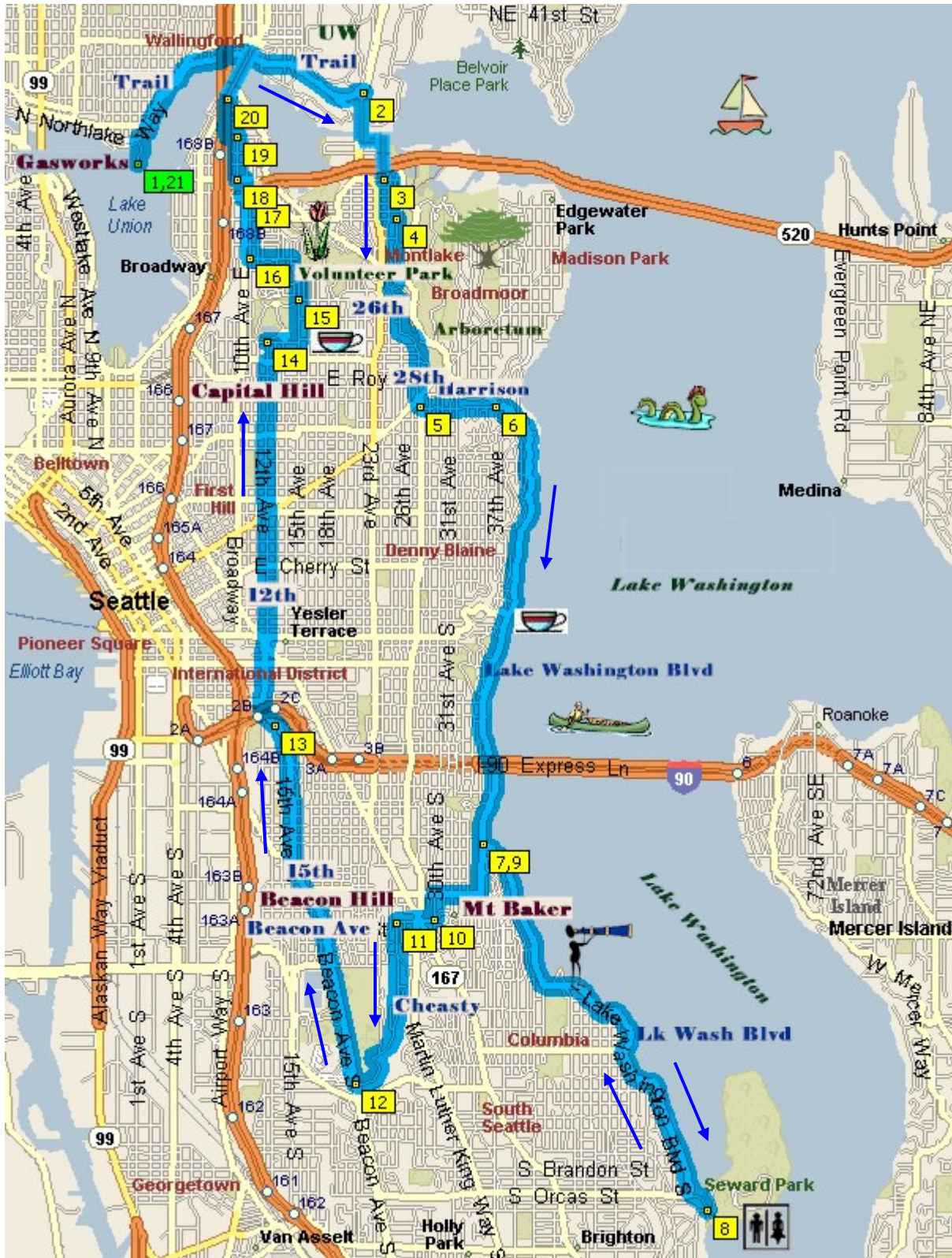


## Gasworks Park - Seward Park - Beacon Hill - Capital Hill 25 Miles

Mile	Instruction	For
1 0.0	R Depart <i>Gasworks Park</i> going east on the <b>Burke-Gilman Trail</b> .	1.9 mi
2 1.9	R Exit trail at <i>UW Campus</i> , follow Lake Washington Loop signs. Cross <b>Montlake Blvd</b> and continue south across <i>Montlake Bridge</i> .	0.4 mi
2.3	L <b>E Hamlin Street</b> .	0.1 mi
2.4	R Thru museum parking to <b>24th Ave E</b> , cross <b>SR-520</b> & <b>Lk Wash Blvd</b> .	0.2 mi
2.6	Make a quick <b>L-R-L</b> following signs to <b>Roanoke Street</b> .	0.1 mi
3 2.7	R <b>25th Avenue E</b> .	0.2 mi
4 2.9	L <b>Lynn Street</b> and take immediate right on <b>26th Avenue E</b> .	0.6 mi
	L Jog at <b>Galer Avenue</b> and continue crossing <b>Madison Street</b> at light.	0.8 mi
5 4.3	L <b>Harrison Street</b> .	0.5 mi
6 4.8	Cross <b>37th Ave</b> and go down hill ( <i>CAUTION - hair pin turns</i> ).	0.2 mi
5.0	At stop sign continue straight on <b>Lake Washington Blvd</b> .	6.0 mi
7 8.0	Turn right on <b>Lake Park Drive</b> at <i>Mount Baker Park</i> less mileage. Continue straight - <b>25 miles</b> , turn right on <b>Lake Park Drive</b> - <b>19 miles</b> .	
8 11.0	<i>Seward Park</i> - Rest Stop - Water and Restrooms.	
11.0	Return north on <b>Lake Washington Blvd S</b> .	3.0 mi
14.0	L <b>Lake Park Drive S</b> .	0.3 mi
9 14.3	BR <b>S McClellan Street</b> .	0.3 mi
14.6	L <b>30th Avenue S</b> .	0.2 mi
10 14.7	R <b>S Mt Baker Blvd</b> .	0.3 mi
	(Cross <b>MLK Way</b> on <i>foot bridge</i> and continue on <b>S Wintroppe Street</b> ).	
11 15.0	BL Road bears left and continues as <b>Cheasty Blvd S</b> .	1.2 mi
12 16.2	R <b>Beacon Avenue S</b> .	1.4 mi
17.6	BR Bear right and continue on <b>15th Avenue S</b> .	0.9 mi
13 18.5	Road continues over <b>I-90</b> as <b>Golf Drive S</b> .	0.1 mi
18.6	After <b>I-90</b> road becomes <b>12th Avenue</b> .	2.4 mi
14 21.0	R <b>E Prospect Street</b> (at <i>Volunteer Park</i> ).	0.2 mi
21.2	L <b>15th Avenue E</b> .	0.6 mi
15 21.5	<i>Volunteer Park Cafe</i> ( <b>15th Avenue E</b> and <b>E Galer Street</b> ).	
21.8	L <b>E Howe Street</b> .	0.2 mi
16 22.0	R <b>Federal Avenue E</b> .	0.4 mi
17 22.4	L <b>E Miller Street</b> , then immediate right on <b>10th Avenue E</b> .	0.2 mi
18 22.6	Cross <b>E Roanoke Street</b> to park trail to <b>Broadway</b> and continue.	0.3 mi
19 22.9	L <b>E Shelby Street</b> , then immediate right on <b>Harvard Avenue E</b> .	0.3 mi
20 23.2	BR <b>Eastlake Avenue E</b> ( <i>ride single file - cross bridge</i> ).	0.4 mi
23.6	R Off ramp and loop down to <b>Burke-Gilman Trail</b> going west.	1.2 mi
21 24.8	L Return to <i>Gasworks Park</i> .	



**Gasworks Park - Seward Park - Beacon Hill - Capital Hill  
25 Miles**