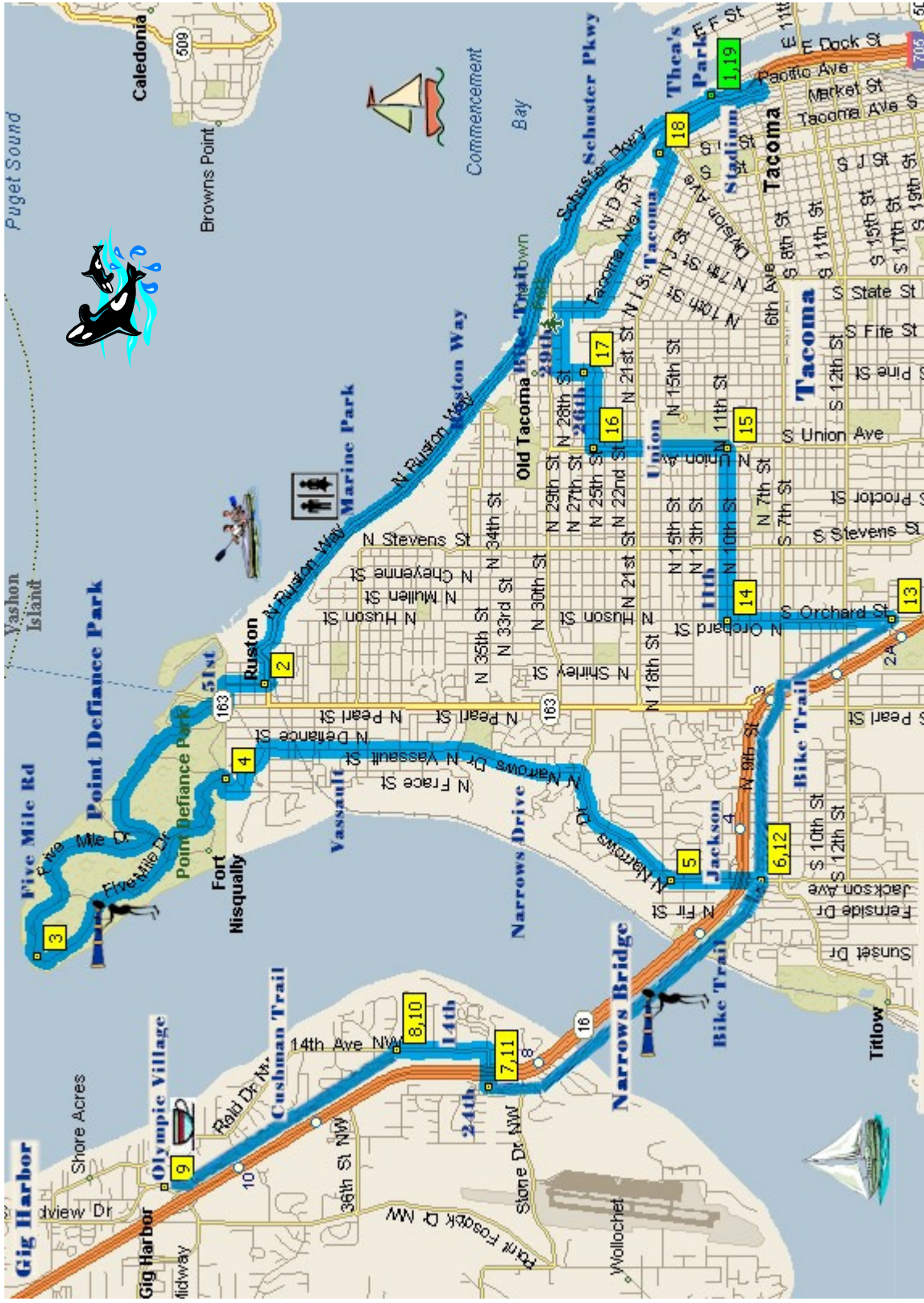


Tacoma - Point Defiance Park / Narrows Bridge 30 miles

Mile	Instruction	For
1 0.0	Depart <i>Thea's Park</i> going northwest along water on bike trail.	3.2 mi
3.2	<i>Marine Park / Les Davis Pier</i> - Restrooms.	0.6 mi
3.8	At trail end, continue on Ruston Way (Gallagher Drive & 51st Street).	0.7 mi
2 4.5 R	N Winnifred Street .	0.2 mi
4.7 L	N 54th Street .	0.1 mi
4.8 R	Enter <i>Point Defiance Park</i> on Roberts Garden Road . Using Five Mile Drive cycle around the perimeter of the park.	4.5 mi
4 9.3 R	Exit park on Mildred Street .	0.3 mi
9.6 L	N 51st Street .	0.3 mi
9.9 R	N Vassault Street (becomes N Narrows Drive).	2.7 mi
5 12.6 BL	Continue on N Jackson Avenue (over SR-16).	0.5 mi
6 13.1 R	After crossing SR-16 , turn right onto Narrows Bridge Bike Trail .	2.0 mi
7 15.1 R	Exit trail right on 24th Street NW and cross over SR-16 .	0.2 mi
15.3 L	14th Avenue NW .	0.5 mi
8 15.8 L	Pick up Cushman Trail to <i>Gig Harbor</i> (entrance is on left side of road).	1.6 mi
9 17.4	<i>Gig Harbor Olympic Village</i> - mid ride stop. Return on Cushman Trail as you came towards <i>Tacoma</i> .	1.6 mi
10 19.0	When trail ends continue south on 14th Avenue NW .	0.5 mi
19.5 R	24th Street NW and cross over SR-16 .	0.2 mi
11 19.7 L	Pick up Narrows Bridge Bike Trail to <i>Tacoma</i> .	2.0 mi
12 21.7	After bridge continue on trail along SR-16 .	2.0 mi
13 23.7 R	Exit trail right on N Orchard Street .	0.9 mi
14 24.6 R	N 11th Street .	1.0 mi
15 25.6 L	N Union Avenue .	0.8 mi
16 26.4 R	N 26th Street .	0.5 mi
17 26.9 L	N Junett Street , right on N 29th Street and right on N Carl Street .	0.8 mi
27.7 L	Tacoma Avenue N .	1.0 mi
18 28.7 L	N 1st Street and right on Stadium Way S (past ramps to I-705).	0.8 mi
29.5 L	S 7th Street and left on Pacific Avenue (Schuster Pkwy).	0.3 mi
29.8	Pick up bike trail back to park, after S 4th Street exit ramp.	0.2 mi
19 30.0 R	Return to <i>Thea's Park</i> .	



Tacoma - Point Defiance Park / Narrows Bridge
30 miles