

Des Moines - Green River 2014 mod3.

0.0	0.0	▀	Start of route
0.1	0.1	↑	East on S 227th St out of the marina.
0.2	0.1	→	R onto Marine View Dr S and stay in R lane to stay on Marine View.
2.2	1.9	←	L onto S 258th St. Becomes 14th PI S.
2.6	0.4	→	Sharp R onto 16th Ave S
2.9	0.3	←	L onto S 260th St. Becomes S 259th.
4.2	1.3	↑	Move to L lane at light to continue onto S Reith Rd. Rough road for 1/4 mile.
5.4	1.2	↑	Straight at light onto W Meeker St
5.5	0.1	→	R onto Frager Rd (before bridge). Then L onto trail. Caution: Gravel. Go under Meeker, then R and go across pedestrian bridge.
5.7	0.2	←	L onto trail.

5.7 miles. +636/-622 feet

7.6	1.9	←	L to stay on Green River Trail at T intersection.
7.7	0.1	←	L onto Russell Rd
8.3	0.6	←	Slight L into Van Doren's Landing Park.
8.4	0.2	→	Rest stop.
8.5	0.0	→	R onto trail.
8.6	0.2	←	Slight L onto Russell Rd
9.1	0.4	←	Slight L onto Green River Trail - under 212th. Caution: Rough road.
9.8	0.8	→	Detour: R just before Three Friends park. (flush toilets at park)
10.0	0.2	←	L onto 59th PI S
10.3	0.3	←	L onto 62nd Ave S
10.5	0.2	→	R onto S 196th St
11.1	0.6	→	Slight R onto Interurban Trail access path.
11.2	0.1	←	L onto Interurban Trail

5.5 miles. +31/-34 feet

14.4	3.2	→	R onto Green River Trail
14.9	0.5	→	R onto bridge. Caution: Pedestrians and bikes. May need to walk bikes or use the car bridge.
15.0	0.1	→	Take loop to stay on Green River Trail
16.4	1.4	↑	Continue straight to stay on Green River Trail. Bathrooms at Foster Links.
18.0	1.6	→	Slight R to stay on Green River Trail
18.8	0.8	←	L onto S 116th St
18.9	0.1	→	R to stay on E Marginal Way S
19.7	0.8	←	L onto S 130th St
19.8	0.1	→	R onto 41st Ave S
19.8	0.1	←	41st Ave S turns L and becomes S 131st St. Port-a-Pottie at park.
19.9	0.1	→	R onto Macadam Rd S

8.7 miles. +175/-149 feet

21.0	1.1	↑	Continue onto 51st Ave S
21.5	0.4	←	L onto S 151st St. Caution: Steep downhill with sharp R at bottom.
21.5	0.1	→	R onto 52nd Ave S. Avoid grate in middle of road.
21.7	0.2	→	R onto Southcenter Blvd. Regroup at Park & Ride across from Transit Center - Mile 22.6
23.8	2.1	↑	Continue onto S 156th Way
25.2	1.4	→	R onto 4th Ave SW
25.5	0.2	←	L onto SW 152nd St
25.8	0.4	→	R onto 10th Ave SW
26.0	0.2	←	L onto SW 149th St
26.5	0.5	→	R into Lake Burien School Memorial Park. Rest Stop.
26.5	0.0	→	R onto SW 149th St

6.6 miles. +543/-354 feet

26.8	0.2	←	L onto 22nd Ave SW
26.9	0.2	→	R onto SW 152nd St/Maplewild Ave SW
27.2	0.3	→	Maplewild Ave SW turns slightly R and becomes SW 156th St. Caution: Dangerous hairpin. Large bump. 10 MPH.
28.6	1.4	→	R onto SW 171st St into pocket park. Photo opportunity.
28.8	0.2	→	R onto Maplewild Ave SW. Becomes SW 172nd.
29.9	1.0	←	L onto Sylvester Rd SW
30.2	0.4	→	R onto SW 172nd St. Easy to miss! Caution: Steep downhill with sharp turns next 1/2 mile.
30.3	0.1	↑	Continue onto 13th Ave SW. Becomes SW 175th Pl. Becomes 12th.
30.7	0.4	←	L onto SW Shorebrook Dr

4.2 miles. +357/-665 feet

30.8	0.1	→	R onto Marine View Dr SW
33.5	2.7	→	R onto 1st Avenue South. Becomes S 216th.
34.1	0.6	↑	Continue onto Marine View Dr S. Get in R lane.
34.2	0.1	→	R onto S 218th St
34.3	0.1	↑	Continue onto 7th Ave S
34.4	0.2	→	R onto S 220th St
34.5	0.1	←	S 220th St turns L and becomes 6th Ave S
34.7	0.2	→	R onto S 223rd St
34.8	0.1	←	L into marina at stop sign.
34.9	0.0	←	L onto service road.
35.1	0.3	▀	End of route

4.4 miles. +313/-366 feet