

Eastside Meander with MS IV

Dist	Prev	Note	Next
0.0	0.0	Start of route	0.0
0.0	0.0	L onto 19th Ave	0.6
0.6	0.6	R onto Market St	0.9
1.5	0.9	L onto NE Juanita Dr	5.2
6.8	5.2	Continue onto 68th Ave NE	0.4
7.2	0.4	R onto NE 175th St	0.8
8.0	0.8	L toward Burke-Gilman Trail	1.2
9.1	1.2	L onto Sammamish River Trail	0.1
9.3	0.1	R to stay on Sammamish River Trail	1.1
10.4	1.1	L to stay on Sammamish River Trail	1.6
12.0	1.6	Wilmot Rest Stop	0.1
12.1	0.1	Continue straight onto Sammamish River Trail	3.3
15.4	3.3	L to exit trail to NE 124th	0.4

15.4 miles. +598/-788 feet

Dist	Prev	Note	Next
20.7	0.1	R to enter Sammamish River Trail	0.1
20.8	0.1	L to go S. on Sammamish River Trail	1.0
21.7	1.0	R to cross SRT bridge	0.0
21.8	0.0	R onto 520 Bike Trail	1.9
23.7	1.9	L onto NE 40th St	0.4
24.1	0.4	R onto 159th Ave NE	0.2
24.3	0.2	L onto NE 36th Way	0.1
24.4	0.1	R towards NE 31st St	0.4
24.9	0.4	R to stay on NE 31st St	0.2
25.0	0.2	R onto 157th PI NE	0.1
25.2	0.1	L to stay on 157th PI NE	0.0
25.2	0.0	L onto 157th Ave NE	0.2
25.4	0.2	Continue onto NE 31st St	0.1

4.8 miles. +457/-101 feet

Dist	Prev	Note	Next
15.9	0.4	R onto 154th PI NE	0.9
16.8	0.9	Continue onto NE 109th St	0.2
17.0	0.2	Continue onto 160th Ave NE/NE 104th St	0.6
17.7	0.6	R onto 166th Ave NE	0.3
17.9	0.3	L onto NE 100th St	0.3
18.2	0.3	R onto 171st Ave NE	1.1
19.3	1.1	R onto NE 80th St	0.4
19.6	0.4	R onto 166th Ave NE/Perrigo Road	0.1
19.8	0.1	L onto NE 83rd St	0.3
20.1	0.3	R onto 161st Avenue Northeast	0.3
20.4	0.3	L to QFC/Starbucks lunch stop	0.1
20.5	0.1	R onto 160th Ave NE	0.1
20.5	0.1	L onto NE 90th St	0.1

5.1 miles. +348/-366 feet

Dist	Prev	Note	Next
25.5	0.1	At the traffic circle, 1st exit onto NE 36th St	0.1
25.7	0.1	R onto 520 Bike Trail	0.0
25.7	0.0	R to stay on 520 Bike Trail	0.5
26.2	0.5	Cross freeway off ramp at crosswalk south	0.0
26.2	0.0	Cross 148th Ave NE in crosswalk west	1.8
28.0	1.8	Exit trail L onto NE 24th St; Regroup	0.3
28.3	0.3	R onto Northup Way	0.1
28.4	0.1	R onto 116th Ave NE	3.0
31.4	3.0	Continue onto NE 80th St	0.9
32.3	0.9	L onto 132nd Ave NE; bc NE 120th St	2.5
34.9	2.5	L onto Slater Ave NE	0.3
35.2	0.3	Continue straight onto NE 116th St	0.0
35.2	0.0	L onto 124th Ave NE	0.1

9.8 miles. +524/-694 feet

Dist	Prev	Note	Next
35.3	0.1	R onto Slater Ave NE	1.0
36.3	1.0	R at NE 100th St pedestrian overpass	0.1
36.4	0.1	L onto 117th Pl NE	0.3
36.7	0.3	R onto NE 95th St	0.0
36.7	0.0	L onto 116th Ave NE	0.4
37.1	0.4	116th Ave NE turns slightly R and becomes NE 87th St	0.9
38.1	0.9	R onto 2nd St	0.5
38.5	0.5	R onto 15th Ave	0.1
38.6	0.1	L onto 3rd St	0.2
38.8	0.2	R onto 18th Ave	0.3
39.1	0.3	L at 17th Ave	0.1
39.2	0.1	Finnish: 39.2 mi/2237 ft el gain	0.0

4.0 miles. +298/-282 feet