

Saturday CAFES2016#3 Carnation

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	■	Start of route	0.0
2.	0.0	0.0	←	Sharp L	0.1
3.	0.1	0.1	↑	Continue	0.1
4.	0.2	0.1	←	L onto Bellevue Way Southeast	0.1
5.	0.2	0.1	←	L	0.1
6.	0.4	0.1	→	R	0.2
7.	0.6	0.2	←	L onto I 90 Trail	0.0
8.	0.6	0.0	↑	Continue onto I 90 Trail	1.0

0.6 miles. +11/-29 feet

Num	Dist	Prev	Type	Note	Next
13.	3.3	0.0	←	L onto 153rd Avenue Southeast	0.3
14.	3.6	0.3	←	REGR OUP and L onto SE Newport Way	2.2
15.	5.7	2.2	←	REGR OUP and L onto Lakemo nt Blvd SE	0.2
16.	5.9	0.2	↑	Continue onto 180th Ave SE	0.2

2.7 miles. +53/-305 feet

Num	Dist	Prev	Type	Note	Next
9.	1.6	1.0	→	R onto Southeast 36th Street	1.4
10.	3.0	1.4	↑	Continue onto Southeast 38th Street	0.2
11.	3.2	0.2	→	R onto 154th Avenue Southeast	0.0
12.	3.3	0.0	→	Slight R onto Southeast 39th Street	0.0

2.7 miles. +285/-0 feet

Num	Dist	Prev	Type	Note	Next
17.	6.1	0.2	↑	At the traffic circle, 1st exit onto W Lake Sammamish Pkwy SE	2.4
18.	8.4	2.4	←	L to stay on NW Sammamish Rd	0.6
19.	9.0	0.6	↑	Continue onto Southeast 56th Street	0.1

3.1 miles. +45/-163 feet

Num	Dist	Prev	Type	Note	Next
20.	9.1	0.1	→	R onto East Lake Sammamish Trail	0.6
21.	9.8	0.6	←	L onto Issaquah to Preston Trail	1.3
22.	11.1	1.3	→	Slight R onto Issaquah Highlands Connector	1.3

2.1 miles. +194/-2 feet

Num	Dist	Prev	Type	Note	Next
23.	12.4	1.3	↑	Continue onto East Sunset Way	0.0
24.	12.4	0.0	↑	Continue onto Highlands Drive Northeast	0.3
25.	12.8	0.3	→	Slight R	0.0
26.	12.8	0.0	→	Slight R onto Southeast Issaquah Fall City Road	5.0

1.7 miles. +81/-12 feet

Num	Dist	Prev	Type	Note	Next
27.	17.8	5.0	←	Slight L onto 308th Ave SE	1.0
28.	18.8	1.0	→	R onto SE 24th St	0.2
29.	19.0	0.2	←	L onto W Snoqualmie River Rd SE	0.3
30.	19.3	0.3	←	L onto SE 24th St	3.8
31.	23.1	3.8	→	REGR OUP and R onto NE Tolt Hill Rd	0.7

10.3 miles. +68/-99 feet

Num	Dist	Prev	Type	Note	Next
32.	23.8	0.7	←	L onto WA-203 N/Tolt Ave	0.9
33.	24.6	0.9	☹	REST STOP Sandy's Espresso on R	0.4
34.	25.1	0.4	←	L onto Northeast 55th Street	0.0
35.	25.1	0.0	→	R onto 320th Avenue Northeast	0.2
36.	25.4	0.2	←	L onto Northeast 60th Street	0.5

2.3 miles. +8/-17 feet

Num	Dist	Prev	Type	Note	Next
37.	25.9	0.5	↑	Continue onto 310th Avenue Northeast	0.5
38.	26.4	0.5	←	Sharp L onto Northeast Carnation Farm Road	2.1
39.	28.5	2.1	←	Slight L onto Ames Lake-Carnation Road Northeast	2.5

3.2 miles. +67/-63 feet

Num	Dist	Prev	Type	Note	Next
40.	31.0	2.5	→	Slight R onto Northeast Ames Lake Road	0.3
41.	31.3	0.3	→	R onto Northeast Union Hill Road	3.2
42.	34.5	3.2	→	R onto 238th Avenue Northeast	0.3
43.	34.8	0.3	←	L onto Northeast Union Hill Road	2.9

6.2 miles. +374/-189 feet

Num	Dist	Prev	Type	Note	Next
44.	37.7	2.9	↑	At roundabout, take exit 2 onto Northeast Union Hill Road	1.2
45.	38.9	1.2	←	L onto 178th Place Northeast	0.3
46.	39.2	0.3	↑	Continue onto 180th Avenue Northeast	0.4

4.4 miles. +11/-26 feet

Num	Dist	Prev	Type	Note	Next
47.	39.6	0.4	↑	Continue onto East Lake Sammamish Parkway Northeast	0.1
48.	39.7	0.1	→	R onto Northeast 65th Street	0.3
49.	40.0	0.3	←	Slight L onto Marymoor Park Road	1.3

0.8 miles. +0/-6 feet

Num	Dist	Prev	Type	Note	Next
50.	41.3	1.3	←	L onto West Lake Sammamish Parkway Northeast	0.4
51.	41.7	0.4	→	R onto Northeast 51st Street	1.0
52.	42.7	1.0	←	L onto 150th Avenue Northeast	1.0
53.	43.6	1.0	←	L onto Northeast 36th Street	0.2

3.6 miles. +320/-12 feet

Num	Dist	Prev	Type	Note	Next
54.	43.8	0.2	→	R	0.1
55.	43.9	0.1	→	R onto SR-520 Trail	0.4
56.	44.2	0.4	←	Slight L	0.0
57.	44.3	0.0	→	R	0.0
58.	44.3	0.0	↑	Continue onto Northeast 29th Place	0.6
59.	44.8	0.6	→	Slight R onto Northeast 24th Street	1.5
60.	46.3	1.5	→	R onto Northup Way	0.2

2.7 miles. +148/-318 feet

Num	Dist	Prev	Type	Note	Next
61.	46.5	0.2	←	L onto 116th Avenue Northeast	0.7
62.	47.2	0.7	→	R onto Northeast 12th Street	0.3
63.	47.5	0.3	←	L onto 112th Avenue Northeast	0.6
64.	48.0	0.6	→	R onto 112th Avenue Northeast	0.1

1.8 miles. +58/-139 feet

Num	Dist	Prev	Type	Note	Next
65.	48.1	0.1	←	L onto Northeast 2nd Street	0.1
66.	48.2	0.1	→	R onto 114th Avenue Northeast	0.1
67.	48.3	0.1	↑	Continue onto 114th Avenue Southeast	0.6
68.	48.9	0.6	↑	Continue onto 118th Avenue Southeast	0.5
69.	49.4	0.5	→	R	0.0

1.3 miles. +56/-72 feet

Num	Dist	Prev	Type	Note	Next
70.	49.4	0.0	←	L onto Lake-to-Lake Trail	0.2
71.	49.6	0.2	←	L	0.0
72.	49.6	0.0	→	R onto 118th Avenue Southeast	1.0
73.	50.6	1.0	→	R onto I 90 Trail	0.5
74.	51.0	0.5	↑	Continue onto I 90 Trail	0.0
75.	51.0	0.0	→	R	0.2
76.	51.2	0.2	←	L	0.1

1.8 miles. +20/-78 feet

Num	Dist	Prev	Type	Note	Next
77.	51.4	0.1	→	R onto Bellevue Way Southeast	0.1
78.	51.4	0.1	→	R	0.1
79.	51.6	0.1	↑	Continue	0.1
80.	51.6	0.1	→	Sharp R	0.0
81.	51.7	0.0	▀	End of route	0.0

0.4 miles. +8/-9 feet