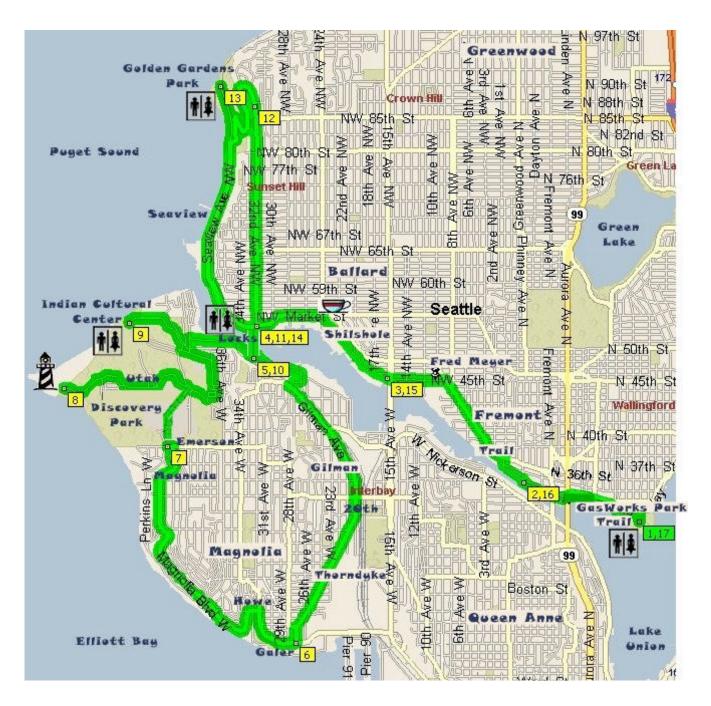
Gasworks - Around Ballard/Magnolia 22 Miles

(Addition of 2.2 Miles to Discovery Park Lighthouse Point.)

	Mile		Instruction	For
1	0.0		Depart Gas Works Park going west on the Burke-Gilman Trail.	1.0 mi
2	1.0		Weave through buildings under <i>Fremont Bridge</i> and continue west on trail.	1.5 mi
	2.5		At <i>Fred Meyer</i> , exit trail right on 11th Ave NW , turn left on NW 46th St .	0.3 mi
3	2.8	R	Shilshole Ave NW - ride single file.	0.5 mi
	3.3	L	At light get in left turn lane and turn on NW Market Street .	0.3 mi
	3.6	BL	NW 54th Street.	0.2 mi
4	3.8	L	Ballard Locks - walk bikes thru locks exiting on opposite side of ship canal.	0.3 mi
5	4.1	L	W Commodore Way - going downhill.	0.5 mi
	4.6	R	27th Avenue W, then immediate right on W Fort Street.	0.2 mi
	4.8	L	Gilman Avenue W - continues as 20th Avenue.	1.2 mi
	6.0		Continues uphill as Thorndyke Avenue W .	1.0 mi
6	7.0	R	W Galer Street - continues as Magnolia Blvd W.	0.5 mi
	7.5	L	W Howe Street - cross bridge.	0.1 mi
	7.6	L	Continuing on Magnolia Blvd W.	2.0 mi
7	9.6	L	W Emerson St , right into <i>Discovery Park</i> - take park roads to other side.	0.8 mi
8	10.4		For extra fun 2.2 miles go left on Utah Avenue down hill	
			to Lighthouse Point and back up hill again.	
	10.4		Cross Utah Avenue and continue across park on Vermont Avenue.	0.3 mi
	10.7	L	Illinois Street to the Indian Cultural Center:	0.6 mi
9	11.3		Indian Cultural Center - Rest Stop - return on Illinois Street.	0.6 mi
	11.9	L	Texas Way W, then left on 40th Avenue W.	0.2 mi
	12.1	R	West Commodore Way.	0.5 mi
10	12.6	L	Ballard Locks - walk bikes thru locks exiting on opposite side of ship canal.	0.3 mi
11	12.9	L	NW 54th Street, then right on 32nd Avenue NW going uphill.	1.8 mi
12	14.7		Continues downhill as Golden Gardens Drive NW/Seaview Place NW.	0.9 mi
	15.6	R	Go under RR Tracks, turn on Seaview Ave NW into Golden Gardens Park	. 0.4 mi
13	16.0		Golden Gardens Park - Rest Stop - Restrooms.	
	16.0		Return back on Seaview Avenue NW and continue along waterfront.	1.8 mi
	17.8		Cross RR Tracks and continue on NW 54th Street - use bike trail.	0.2 mi
14	18.0		At Ballard Locks , exit trail and continue on NW 54th Street .	0.2 mi
	18.2	BR	NW Market Street.	0.3 mi
			Downtown Ballard - La Isla Seattle - 2320 NW Market Street - Puerto Rican Cuisine.	
	18.5	R	From downtown return back on Market to 24th Ave and go left on Shilshole Ave NW . Shilshole Avenue NW .	0.5 mi
15	10.5 19.0	к L	Shilshole Avenue NW - <i>ride single file</i> . NW 46th Avenue and right on 11th Ave NW.	0.3 mi
10	19.0 19.3	L	Turn left to Burke-Gilman Trail at <i>Fred Meyer Store</i> and continue.	0.5 mi 1.5 mi
16	19.3 20.8		Weave through buildings under Fremont Bridge and continue west on trail.	1.0 mi
17	21.8 ²		Return to Gas Works Park .	1.0 111

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