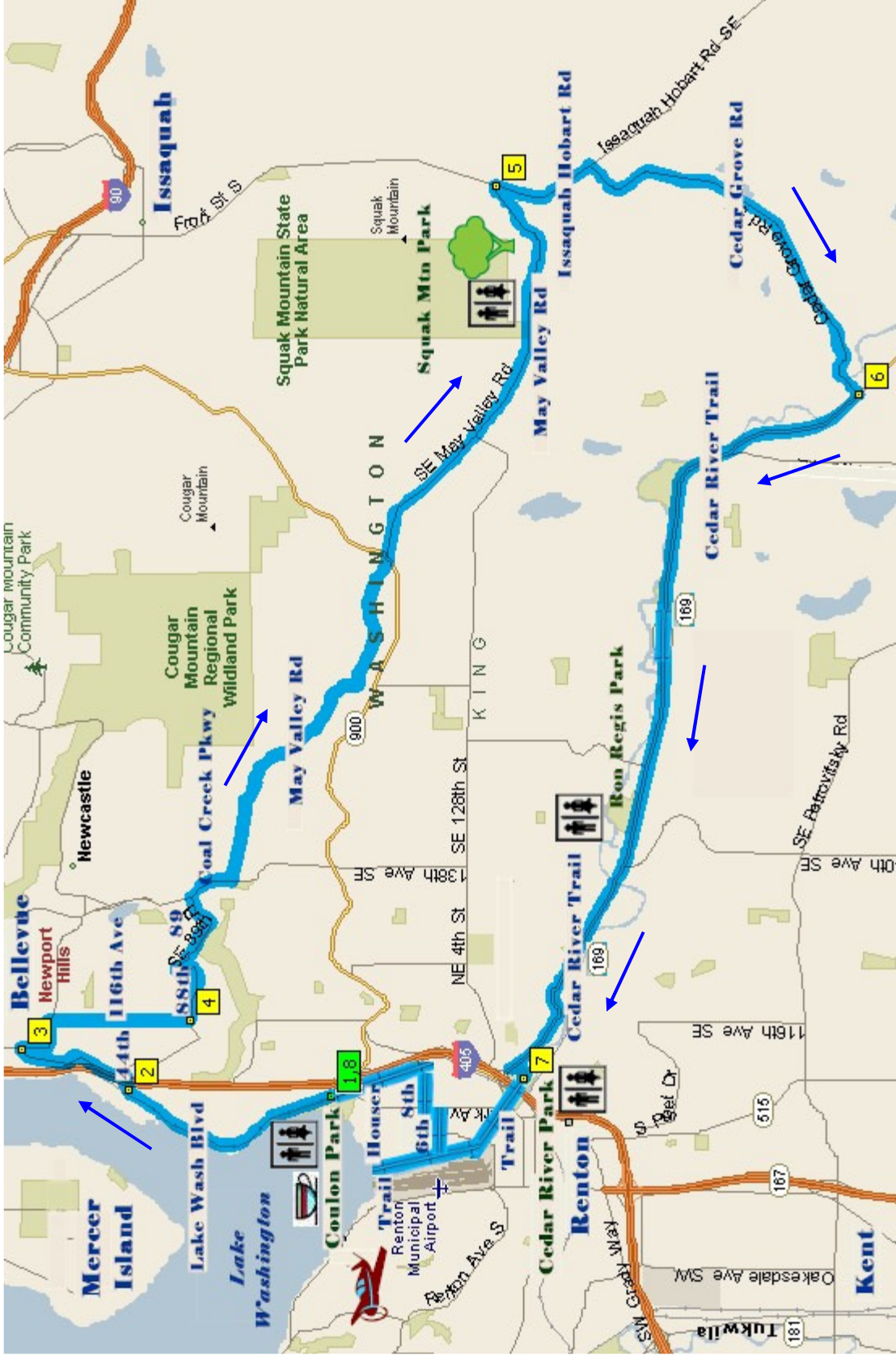


Coulon Park - May Valley - Maple Valley 30 Miles

Mile	Instruction	For
1 0.0 L	Depart <i>Coulon Park</i> on Lake Washington Blvd N going north.	2.2 mi
2 2.2	Continues as N 44th Street and crosses over the top of I-405 .	0.1 mi
2.3 L	Take first left after freeway and continue on Lake Washington Blvd .	1.0 mi
3 3.3 R	Take a sharp right onto 112th Avenue SE going south (at SE 64th Street).	0.2 mi
3.5	Road bends left and continues as Newcastle Way / SE 69th Way .	0.2 mi
3.7 R	116th Avenue SE .	1.3 mi
4 5.0 L	SE 88th Street / SE 88th Place / 124th Avenue SE / SE 89th Place .	1.5 mi
6.5 R	Coal Creek Pkwy SE (<i>ride single file in bike lane</i>).	0.4 mi
6.9 L	SE May Valley Rd (at 164th go left then right to stay on May Valley Rd).	6.0 mi
12.9	Squak Mtn State Park - Rest stop - restrooms. After break continue east on May Valley Road .	1.6 mi
5 14.5 R	Issaquah Hobart Road SE .	0.9 mi
15.4 R	Cedar Grove Road SE .	3.7 mi
6 19.1 R	At intersection with SR-169 turn right onto the Cedar River Trail .	7.5 mi
24.0	Ron Regis Park - rest stop - restrooms.	
7 26.6 R	At I-405 go right across bridge into Cedar River Park .	0.1 mi
26.7 L	In park take immediate left under I-405 and cross Houser Way . <i>Heavy auto traffic on Houser Way - cross carefully.</i>	0.1 mi
26.8	Continue on trail past library and along river - <i>watch for walkers</i> .	1.0 mi
27.8 R	Leave trail at N 6th Street (just after high school stadium). For extra 1.1 miles continue to trail to end and return to N 6th Street .	0.5 mi
28.3 L	Garden Avenue .	0.3 mi
28.6 R	N 8th Avenue .	0.3 mi
28.9 L	Houser Way - at end continue under Park Drive on bike trail.	0.9 mi
8 29.8	Cross RR tracks and Lake Washington Blvd returning into Coulon Park .	



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