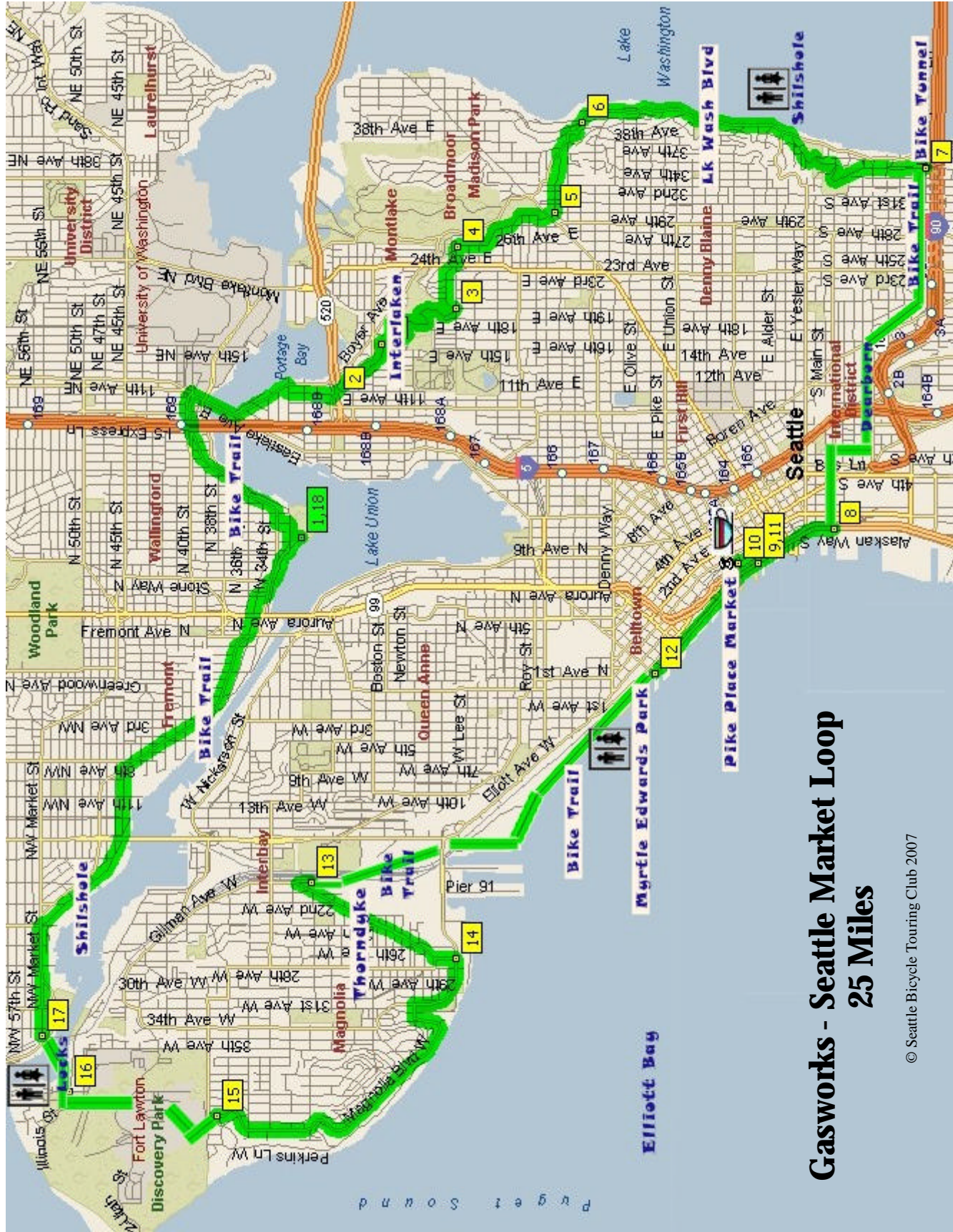


# Gasworks - Seattle Market Loop

## 25 Miles

Mile	Instruction	For
1 0.0	Depart <b>Gasworks Park</b> going east on the <b>Burke-Gilman Trail</b> .	1.1 mi
1.1	After crossing under <b>I-5</b> continue on <b>NE 40th Street</b> .	0.2 mi
1.3 R	<b>Eastlake Avenue</b> (cross ship canal).	0.3 mi
1.6 L	<b>Fuhrman Avenue E</b> (after crossing bridge).	0.4 mi
2.0 R	<b>E Shelby Street</b> , then immediate left on <b>11th Avenue E</b> .	0.3 mi
2.3 L	<b>Delmar Drive E</b> (crosses over <b>Hwy 520</b> ).	0.1 mi
2 2.4 BR	<b>E Interlaken Blvd</b> through <b>Interlaken Park</b> .	1.3 mi
3 3.7 L	Exit park on <b>E Crescent Drive</b> .	0.3 mi
4 4.0	Cross <b>24th Avenue E</b> and continue on <b>E Galer Street</b> .	0.2 mi
4.2 R	<b>26th Avenue E</b> .	0.2 mi
4.4	Continues as <b>Prospect, 28th, Ward, 29th</b> before crossing <b>Madison Street</b> .	0.5 mi
5 4.9 L	Cross <b>Madison Street</b> and go left on <b>Republican Street</b> .	0.4 mi
5.3 R	<b>Lake Washington Blvd E</b> .	0.1 mi
5.4 BL	<b>E Harrison Street</b> , then right on <b>Lake Washington Blvd</b> (downhill).	0.2 mi
6 5.6	At bottom cross <b>39th Avenue</b> and stay on <b>Lake Washington Blvd</b> .	1.3 mi
6.9 R	At <b>Leschi</b> start uphill to <b>I-90 Bike Tunnel</b> .	1.1 mi
7 8.0 L	<b>S Irving Street</b> (steep downhill to <b>I-90 Bike Tunnel</b> ).	0.1 mi
8.1	Pick up <b>I-90 Bike trail</b> going west (cross <b>Martin Luther King</b> and <b>23rd</b> ).	0.9 mi
9.0	Exit trail on <b>Hiawatha Place</b> and continue.	0.3 mi
9.3 L	<b>Dearborn Street</b> , cross <b>Rainier Avenue</b> and continue single file in bike lane.	0.8 mi
10.1 R	<b>6th Avenue S</b> .	0.2 mi
10.3 L	<b>Jackson Street</b> .	0.5 mi
8 10.8 R	Bike trail along <b>Alaskan Way</b> under viaduct.	0.5 mi
9 11.3 R	Exit trail on <b>University Street</b> .	0.1 mi
11.4 L	<b>Western Avenue</b> .	0.1 mi
10 11.5	<b>The Spanish Table (Seattle's Pike Place Market)</b> - mid ride break stop.	0.1 mi
11.6	Return downhill on <b>Western Avenue</b> .	0.1 mi
11.7 R	<b>University Street</b> .	0.1 mi
11 11.8 R	Going north on bike trail along <b>Alaskan Way</b> .	1.0 mi
12 12.8	Cross to other side of street and enter <b>Myrtle Edwards Park</b> .	2.6 mi
	Continue through parks and along the water and RR tracks on bike trail.	
13 15.4 L	Exit trail on <b>Thorndyke Avenue W</b> - going uphill.	1.1 mi
14 16.5 R	<b>Magnolia Blvd W</b> .	2.5 mi
15 19.0	Enter <b>Discovery Park</b> (follow trails to opposite side).	1.1 mi
16 20.1 R	<b>W Commodore Way</b> .	0.5 mi
20.6 L	Walk bikes through the <b>Ballard Locks</b> .	0.2 mi
17 20.8 R	<b>NW 54th Street</b> which becomes <b>NW Market Street</b> .	0.6 mi
21.4 R	<b>Shilshole Avenue NW</b> .	0.8 mi
22.2 L	<b>14th Avenue NW</b> .	0.1 mi
22.3 R	<b>NW 46th Avenue</b> .	0.1 mi
22.4 R	<b>11th Avenue NW</b> .	0.1 mi
22.5	Pick up <b>Burke Gilman Trail</b> at <b>Fred Meyer Store</b> .	2.0 mi
18 24.5	Return to <b>Gasworks Park</b> .	



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