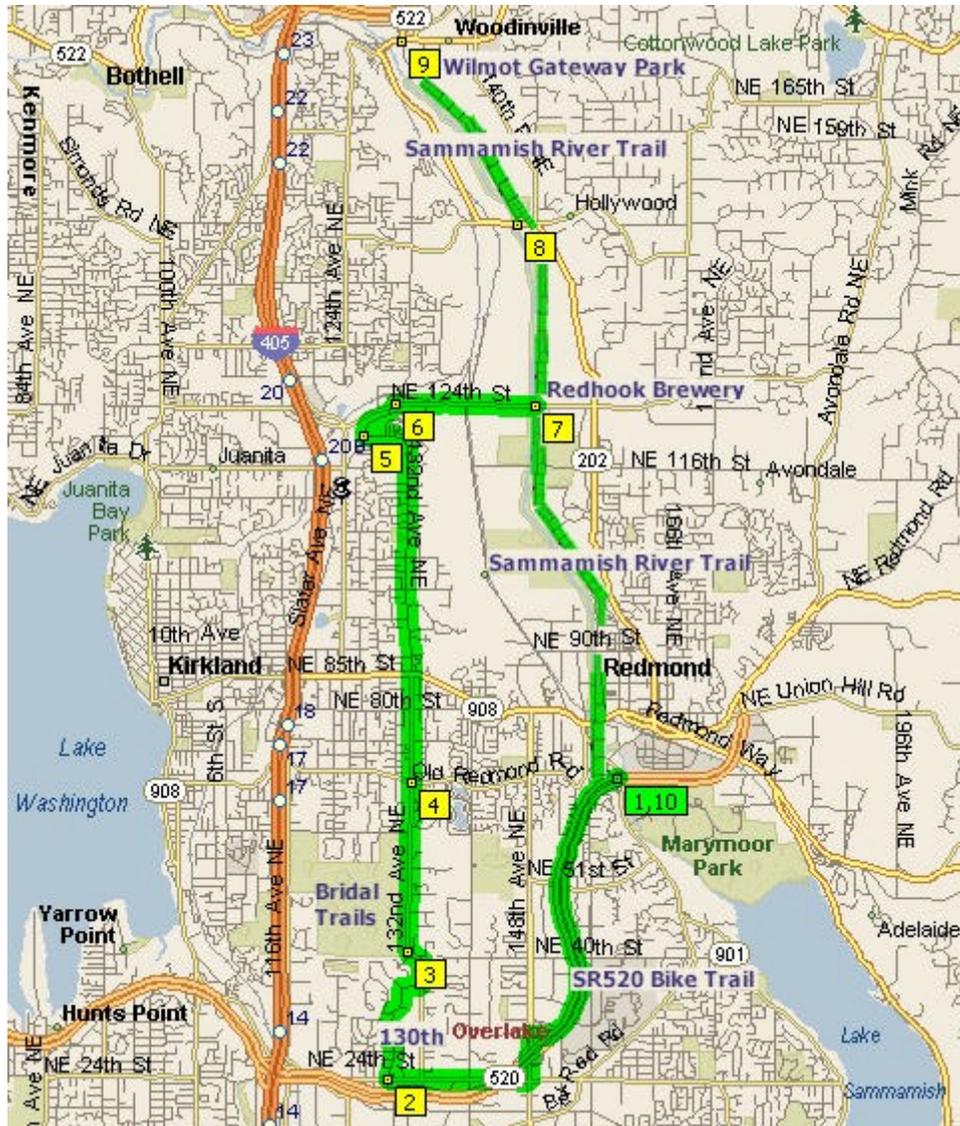


## Marymoor Park - Kirkland Scenic 22 Miles

Mile	Instruction	For
1 0.0	Depart <b>Marymoor Park</b> crossing <b>Lake Sammamish Parkway</b> . Enter <b>SR520 Bike Trail</b> going west along <b>SR-520</b> .	2.3 mi
2 4.0 R	Exit trail at <b>130th Avenue NE</b> .	0.7 mi
4.7 R	<b>NE 32nd Place</b> (becomes <b>131st Avenue NE</b> ).	0.2 mi
4.9 R	<b>NE 36th Street</b> .	0.2 mi
5.0 L	<b>134th Avenue NE</b> (becomes <b>NE 40th Street</b> ).	0.4 mi
3 5.4 BR	<b>132nd Avenue NE</b> (go north along edge of <b>Bridle Trails State Park</b> ).	1.4 mi
4 6.8	<b>Synders Corner Park</b> (regroup before crossing <b>Old Redmond Road</b> ). Cross <b>Old Redmond Road</b> and continue north on <b>132nd Avenue NE</b> .	2.8 mi
9.6	Road continues left as <b>NE 120th Street</b> .	0.4 mi
5 9.9 R	<b>Slater Avenue NE</b> .	0.4 mi
6 10.3 BR	<b>NE 124th Street</b> ( <i>Caution</i> busy street - ride single file).	1.2 mi
7 11.5	Cross <b>Sammamish River</b> and go right to <b>Sammamish River Trail</b> .	0.1 mi
11.6 R	Go north on the <b>Sammamish River Trail</b> .	1.5 mi
8 13.1	Cross under <b>145th Street</b> and exit trail to right.	0.3 mi
13.4	Exit trail cross over <b>Sammamish River</b> to brewery/winery. Mid-way ride break - <b>Redhook Brewery</b> or <b>Ste Michelle Winery</b> .	0.3 mi
13.7	Return to <b>Sammamish Trail</b> going north to <b>Woodinville</b> .	1.8 mi
9 15.5	<b>Wilmot Gateway Park</b> - rest stop and turnaround point.	
15.5	<b>Sammamish Trail</b> going south to <b>Redmond</b> .	6.5 mi
10 22.0	Return to <b>Marymoor Park</b> .	



## Marymoor Park - Kirkland Scenic 22 Miles

© Seattle Bicycle Touring Club 2006