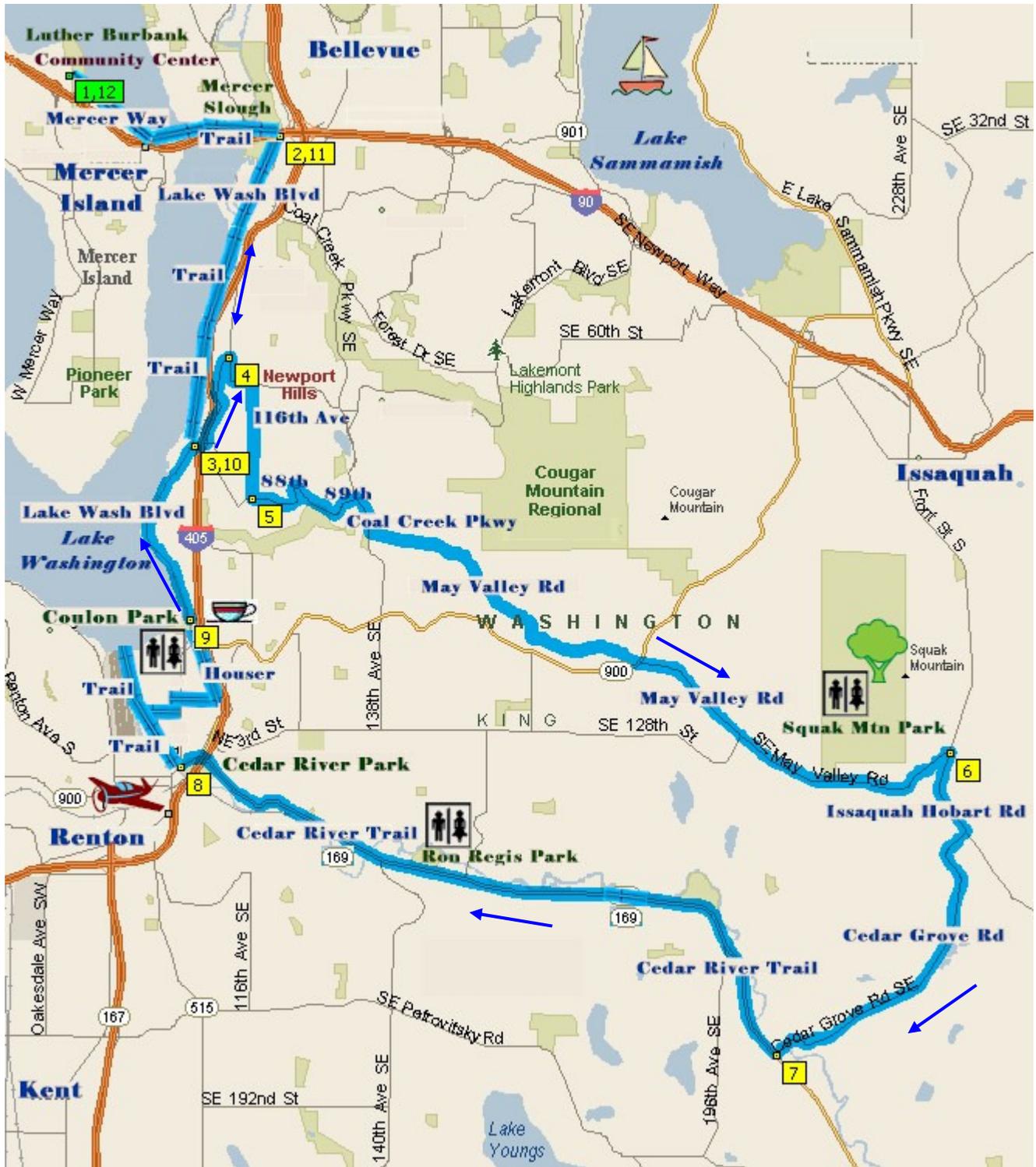


Mercer Island - May Valley - Maple Valley

44 Miles

Mile	Instruction	For
1 0.0	L Leave <i>Mercer Island Community Center</i> going downhill on SE 24th St.	0.1 mi
0.1	R 84th Avenue SE (becomes N Mercer Way).	1.0 mi
1.1	L I-90 Bike Trail to <i>Bellevue</i> and continue through the <i>Mercer Slough</i> .	1.9 mi
2 3.0	R Lake Washington Blvd.	1.0 mi
4.0	L At Coal Creek Pkwy, pick up Lake Washington Bike Trail going south.	2.8 mi
3 6.8	L NE 44th Street and cross over the top of I-405.	0.1 mi
6.9	L Take first left after freeway and continue on Lake Washington Blvd.	1.0 mi
4 7.9	R Take a sharp right onto 112th Avenue SE going south (at SE 64th Street).	0.2 mi
8.1	Road bends left and continues as Newcastle Way / SE 69th Way.	0.2 mi
8.3	R 116th Avenue SE.	1.3 mi
5 9.6	L SE 88th Street / SE 88th Place / 124th Avenue SE / SE 89th Place.	1.5 mi
11.1	R Coal Creek Pkwy SE (<i>ride single file in bike lane</i>).	0.4 mi
11.5	L SE May Valley Rd (at 164th go left then right to stay on May Valley Rd).	7.5 mi
17.5	<i>Squak Mtn State Park</i> - Rest stop - restrooms. After break continue east on May Valley Road.	
6 19.0	R Issaquah Hobart Road SE.	0.9 mi
19.9	R Cedar Grove Road SE.	3.7 mi
7 23.6	R At intersection with SR-169 turn right onto the Cedar River Trail.	7.5 mi
28.4	<i>Ron Regis Park</i> - rest stop - restrooms.	
31.1	R At I-405 go right across bridge into Cedar River Park.	0.1 mi
31.2	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
8 31.3	Continue on trail past library and along river - <i>watch for walkers</i> .	1.0 mi
32.3	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
32.8	L Garden Avenue.	0.3 mi
33.1	R N 8th Avenue.	0.3 mi
33.4	L Houser Way - at end continue under Park Drive on bike trail.	0.8 mi
9 34.2	Cross RR tracks and Lake Wash Blvd to Coulon Park - rest stop.	
34.2	L Exit Coulon Park on Lake Washington Blvd N going north.	2.2 mi
10 36.4	L Staying on Lake Washington Blvd at N 44th Street.	0.1 mi
36.5	R Pick up Lake Washington Bike Trail going north.	2.8 mi
39.3	L Lake Washington Blvd going north.	1.0 mi
11 40.3	L I-90 Bike Trail through the Mercer Slough to Mercer Island.	1.9 mi
42.2	L N. Mercer Way which becomes 84th Avenue SE at stop sign.	1.0 mi
43.2	L SE 24th Street.	0.1 mi
12 43.3	R Return to Mercer Island Community Center.	



**Mercer Island - May Valley - Maple Valley
44 Miles**