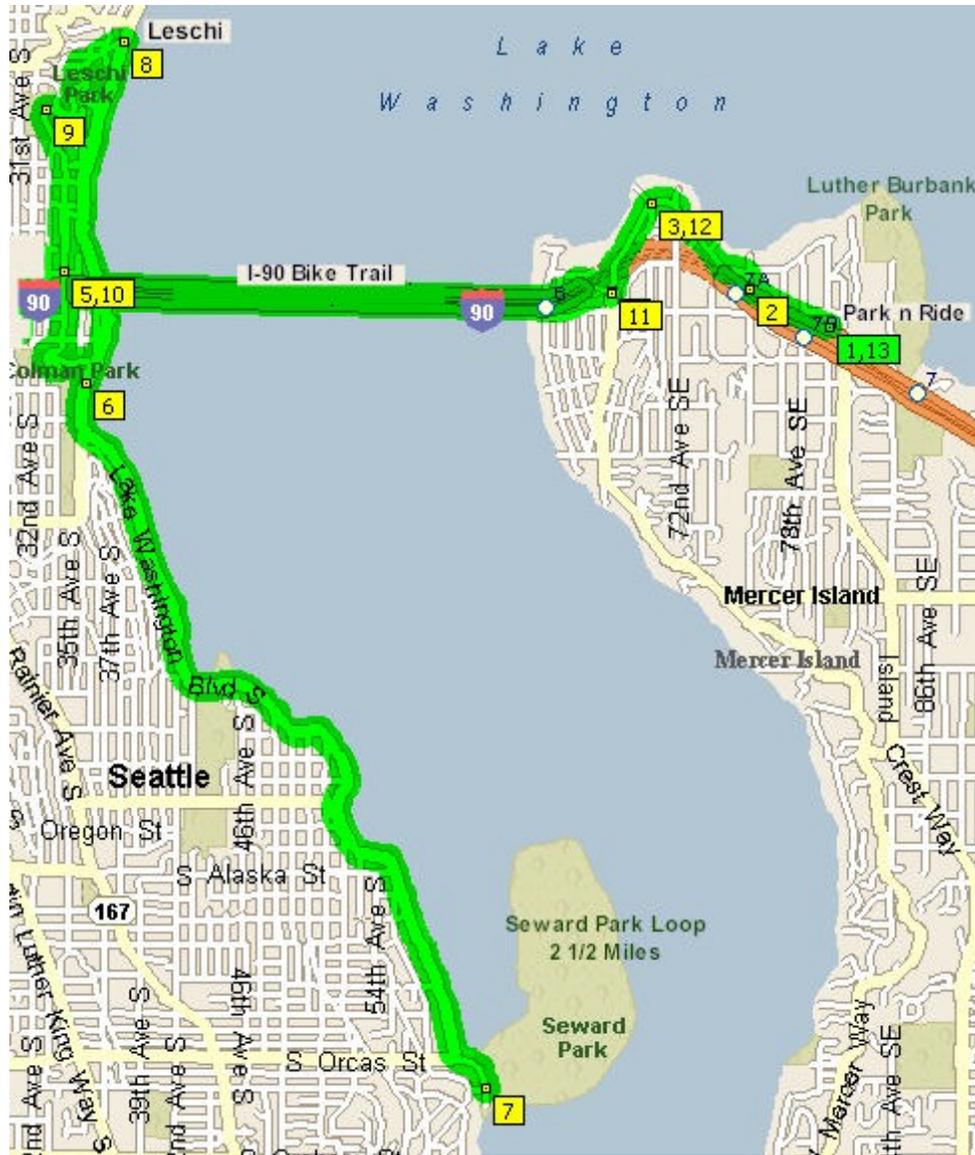


Mercer Island - Seward Park Loop 18.5 Miles

	Mile	Instruction	For	
1	0.0	R	Depart <i>Mercer Island Park n Ride</i> going West on Bike Trail.	0.3 mi
2	0.3	R	76th Avenue SE.	0.5 mi
3	0.8		Stay right at <i>Roanoke Inn</i> continuing uphill to I-90 Bike Trail.	0.4 mi
4	1.2	R	I-90 Bridge Bike Trail.	2.0 mi
	3.2		Exit bridge trail and go left uphill on S Irving Street.	0.1 mi
5	3.3	L	Lake Washington Blvd S (take loop backs down to lake).	0.7 mi
6	3.9	R	Along water going south on Lake Washington Blvd S.	3.2 mi
7	7.1	L	Seward Park , take loop around park - Restrooms & Water Stop.	2.5 mi
	9.6	R	Return north on Lake Washington Blvd along lakeshore line.	4.5 mi
	14.1		Leschi - Starbucks/Leschi Cafe for mid-ride rest stop.	
8		L	From Leschi go uphill on Lake Washington Blvd.	0.5 mi
9	14.6		Continue through Frink Park south on Lake Washington Blvd S.	0.6 mi
10	15.2	L	Downhill on S Irving Street to I-90 Bike Trail.	0.1 mi
	15.3		I-90 Bridge Bike Trail.	2.0 mi
11	17.3	L	Mercer Way at top of hill after exiting I-90 Bridge Bike Trail.	0.4 mi
12	17.7		Pass <i>Roanoke Inn</i> continuing straight on N Mercer Way.	0.5 mi
	18.2	R	Onto Bike Trail going East along N Mercer Way.	0.3 mi
13	18.5		Return to <i>Mercer Island Park n Ride.</i>	



Mercer Island - Seward Park Loop 18.5 Miles

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