

Tukwila - Sumner - South Prairie

88 miles - Flat

Mile	Instruction	For
1 0.0	Depart Tukwila Community Center south on Green River Trail . Trail stays mostly along river away from Interurban Avenue . Van Dorens Park - Restrooms - Water.	10.0 mi
10.0		5.2 mi
2 15.2 R	Interurban Trail going south (south goes right over bridge).	7.5 mi
3 22.7 L	3rd Avenue SW (end of trail).	0.5 mi
23.2 R	Milwaukee Blvd S .	0.2 mi
23.4 L	5th Ave SE , then immediate right on Valentine Ave (136th Ave) .	1.8 mi
25.2 L	24th Street .	0.4 mi
4 25.6 R	142nd Avenue .	1.3 mi
26.9 BL	At "Y" in road bear left over bridge (Tacoma Avenue).	0.3 mi
5 27.2 L	Puyallup Street .	0.5 mi
27.7 R	E Valley Hwy .	0.1 mi
6 27.8 L	Elm Street which bears right and becomes 160th Avenue .	1.2 mi
29.0 L	64th Street .	0.4 mi
7 29.4 R	Sumner-Tapps Hwy (cross under SR-410 , becomes 166th Ave).	1.0 mi
30.4 R	78th Street (Wood McCumber Road) .	0.2 mi
8 30.6 L	Riverside Road .	1.2 mi
31.8 R	Turns and becomes 96th Street (cross river).	1.0 mi
9 32.8 L	Foothills Trail (west side of Pioneer Way).	2.0 mi
34.8	Foothills Trail - McMillin Trail Stop .	3.6 mi
10 38.4	Foothills Trail - Orting Trail Stop (restrooms - water).	8.0 mi
11 46.4	Foothills Trail - South Prairie - end of paved trail. Park at trail end for snacks and relaxation (restrooms - water).	
11 46.4	Return trip on Foothills Trail .	8.0 mi
12 54.4	Foothills Trail - Orting Trail Stop (restrooms - water).	3.6 mi
58.0	Foothills Trail - McMillin Trail Stop .	3.4 mi
13 61.4 R	At Puyallup Trail Head parking lot exit right on 80th Street .	1.0 mi
14 62.4 L	Valley Avenue .	1.8 mi
15 64.2 R	Elm Street which curves left and becomes E Valley Hwy .	0.3 mi
16 64.5 L	Puyallup Street .	0.6 mi
65.1 R	Tacoma Avenue (becomes 142nd Avenue).	1.6 mi
17 66.7 L	24th Street then right on 136th Avenue (Valentine Avenue) .	2.2 mi
68.9 L	5th Avenue then immediate right on Milwaukee Blvd .	0.3 mi
69.2 L	3rd Avenue .	0.5 mi
18 69.7 R	Onto the Interurban going north.	14.0 mi
19 83.7	Continue on Green River Trail going north.	3.5 mi
20 87.2 R	Return to Tukwila Community Center .	



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