

Traditional

R = Right, L = Left, S = Straight, BR = Bear Right,
BL = Bear Left, BC = Becomes , SS = Stop Sign

Mile	Turn	At	On	Mile	Turn	At	On
0.0	Start		Marina Park	19.5	R		Brickyard RD NE
0.0	S	SS	Market St	20.5	R	SS	NE Woodinville Dr
0.8			<u>Top of Market Hill</u>	21.0	BC		Redmond-Woodinville Rd NE
2.0	L	Light	Juanita Dr	21.1			Caution! Tracks!
4.0			<u>Top of Juanita Hill</u>	22.6			NE 145th St
4.0	L	Light	Holmes Point Dr NE	22.7			Caution! Tracks!
7.2	L	Light	NE Juanita Dr	22.8	R		138th Way NE
7.2			<u>Top of Seminary Hill</u>	23.0	BC		NE 146th St
9.3	R	Light	NE 175th St	23.0	R		36th PI NE
9.6	S	SS	Follow Bike Trail	23.1	BC		148th Ave NE
9.7	R		Sammamish River Trail	23.2	L		134th Ave NE
11.3	S		Enter tunnel	23.3	BR		NE 145th St
11.4	BR		Cross Bridge	23.5	L	SS	132nd Ave NE
11.5	L		W Riverside Dr	23.5			<u>Top of Winery Hill</u>
12.3	BC		E Riverside Dr	24.5			Food Stop
12.5	R		108th Ave NE	24.5	L		NE 132nd St
12.6	BC		112th PL NE	24.7	L		136th Ave NE
13.1	R	SS	NE 164th PL	24.9	BC		NE 128th St
13.4	BC		108th Ave NE	25.0	L	SS	NE 128th St
13.5	BC		107th PI NE	25.1	BC		139th Ave NE
13.8	BC		NE 168th St	25.3	R (180)		Caution! Tracks!
13.9	BL		104th Ave NE	25.3	BC		Willows Rd
13.9			<u>Top of Norway Hill</u>	25.5	S	Light	Willows Rd (NE 124th St)
14.4	BC		105th Ave NE	26.0	S	Light	Willows Rd (NE 116th)
14.9	L	SS	NE 145th St	28.3	S	Light	Redmond Way (SR908)
15.2	S	Light	NE 145th St	28.4	L	Light	W Lake Sammamish Pkwy NE
15.3	R		109th Ave NE	28.5	R		Old Redmond Rd
15.5	R		NE 143rd St	30.4	L	Light	132nd Ave NE
15.6	L	SS	108th Ave NE	30.8	R	SS	NE 60th St
15.9	L		Food Stop	31.4			<u>Top of Rose Hill</u>
15.9	L		108th Ave NE	32.1	L	SS	116th Ave NE
16.3	L	Light	NE 132nd St	34.1	R	Light	Northup Way
17.3	L	Light	124th Ave NE	35.4	R	Light	Lake WA Blvd NE
17.6			<u>Top of Kingsgate Hill</u>	36.2	BL	Light	Lake WA Blvd NE
18.2	L		NE 144th St	37.5	L	Light	Central Way
18.5	R	SS	119th PL NE	37.6	L	SS	Market St
19.4	L	Light	NE 160th St	37.6			Finish!



Thank you to Columbia Bank, Merit Homes, and The Kirkland Rotary!

Visit 7hills.AttainHousing.org and take our ride survey after the ride!