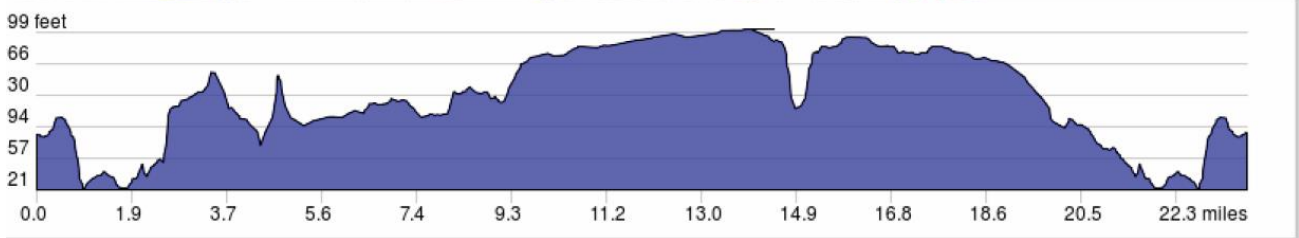
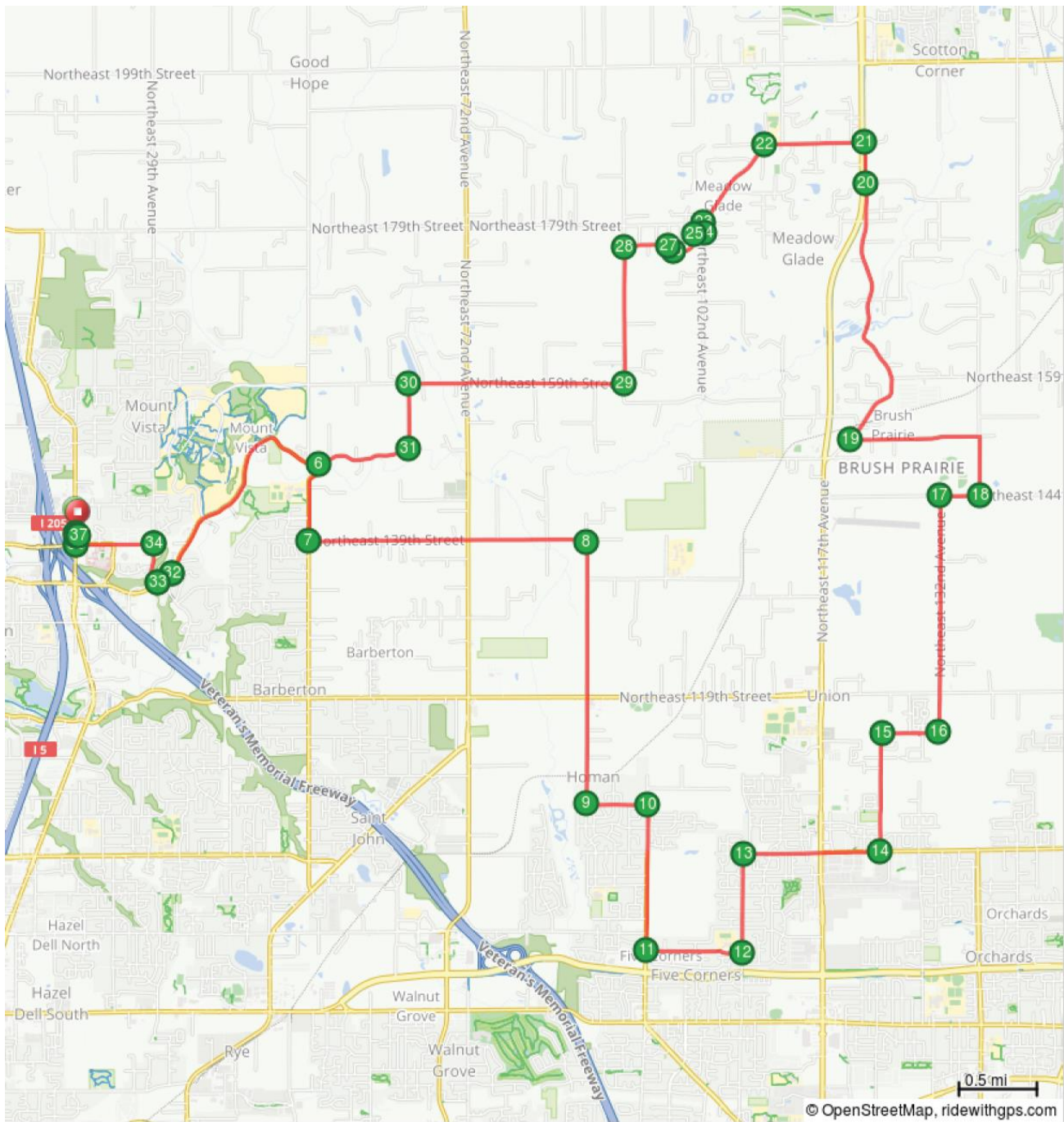


**Salmon Creek to Brush Prairie - 23.7 miles – 596' climbing**

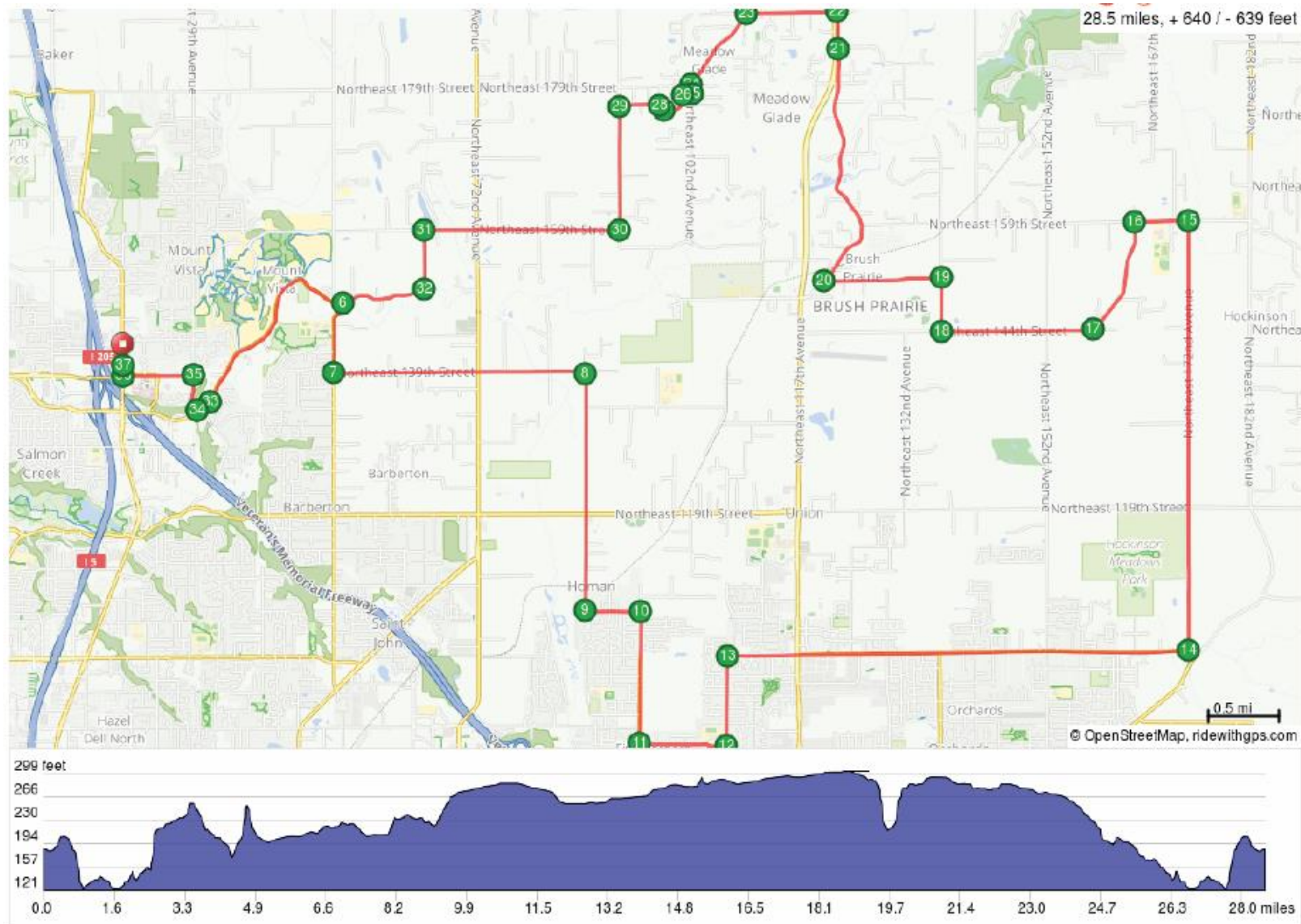




Salmon Creek to Brush Prairie - 23.7 miles – 596' climbing

Leg	Dir	Type	Notes	Total	Leg	Dir	Type	Notes	Total
	←	Left	NE 139th St	0.1	1.2	→	Right	NE Caples Rd/Old State Hwy 503	14
0.5	→	Right	NE 29th Ave	0.6	1.8	←	Left	Slight left toward NE 189th St	15.8
0.3	←	Left	NE 134th St	0.8	0.3	←	Left	NE 189th St	16
0.1	↑	Straight	onto NE Salmon Creek Ave	0.9	0.6	←	Left	NE Cramer Rd	16.7
1.5	→	Right	NE 50th Ave	2.4	0.6	←	Left	NE 102nd Ave	17.3
0.5	←	Left	NE 139th St	3	0.1	→	Right	NE 178th St	17.4
1.8	↑	Straight	NE 87th Ave	4.7	0.1	↑	Straight	NE 176th St	17.5
1.7	←	Left	NE 105th St	6.4	0.2	→	Right	NE 97th Ave	17.7
0.4	→	Right	NE 94th Ave	6.8	0	←	Left	NE 97th Ave becomes NE 177th St	17.7
0.9	←	Left	NE 86th St	7.7	0.3	←	Left	NE 92nd Ave	18
0.6	←	Left	NE 107th Ave	8.4	0.9	→	Right	NE 159th St	18.9
0.6	→	Right	NE 99th St	9	1.4	←	Left	NE 64th Ave	20.2
REGROUP AT CHEVRON STATION					0.4	→	Right	NE 64th Ave becomes NE Salmon Creek St	20.7
0.9	←	Left	NE 124th Ave	9.9	2.1	↑	Straight	NE 134th St	22.8
0.8	→	Right	NE 124th Ave becomes NE 114th St	10.6	0.1	→	Right	NE 29th Ave	22.9
0.4	←	Left	NE 114th St becomes NE 132nd Ave	11	0.3	←	Left	NE 139th St	23.1
1.5	→	Right	NE 144th St	12.5	0.5	→	Right	NE 20th Ave	23.6
0.2	←	Left	NE 137th Ave	12.7	0.1	←	Left	Turn left	23.7

## Salmon Creek to Brush Prairie via China Ditch – 28.5 miles – 641' climbing





**Salmon Creek to Brush Prairie via China Ditch – 28.5 miles – 641'**

Leg	Dir	Type	Notes	Total	Leg	Dir	Type	Notes	Total
	←	Left	NE 139th St	0.1	0.4	←	Left	NE 151st St	17.9
0.5	→	Right	NE 29th Ave	0.6	0.8	→	Right	NE Caples Rd/Old State Hwy 503	18.8
0.3	←	Left	NE 134th St	0.8	1.8	←	Left	Slight left toward NE 189th St	20.6
0.1	↑	Straight	onto NE Salmon Creek Ave	0.9	0.3	←	Left	NE 189th St	20.9
1.5	→	Right	NE 50th Ave	2.4	0.6	←	Left	NE Cramer Rd	21.5
0.5	←	Left	NE 139th St	3	0.6	←	Left	NE 102nd Ave	22.1
1.8	↑	Straight	NE 87th Ave	4.7	0.1	→	Right	NE 178th St	22.2
1.7	←	Left	NE 105th St	6.4	0.1	↑	Straight	NE 176th St	22.3
0.4	→	Right	NE 94th Ave	6.8	0.2	→	Right	NE 97th Ave	22.5
0.9	←	Left	NE 86th St	7.7	0	←	Left	NE 97th Ave becomes NE 177th St	22.5
0.6	←	Left	NE 107th Ave	8.4	0.3	←	Left	NE 92nd Ave	22.8
0.6	→	Right	NE 99th St	9	0.9	→	Right	NE 159th St	23.7
<b>REGROUP AT CHEVRON STATION</b>					1.4	←	Left	NE 64th Ave	25.1
3.3	←	Left	NE 172nd Ave	12.2	0.4	→	Right	NE 64th Ave becomes NE Salmon Creek St	25.5
3	←	Left	NE 159th St	15.3	2.1	↑	Straight	NE 134th St	27.6
0.4	←	Left	NE Parkinen Rd	15.6	0.1	→	Right	NE 29th Ave	27.7
0.8	↑	Straight	NE 144th St	16.5	0.3	←	Left	NE 139th St	28
1.1	→	Right	NE 137th Ave	17.6	0.5	→	Right	NE 20th Ave	28.4



## Salmon Creek to Brush Prairie Common Options

<b>Shortcut</b>	
Shortens both routes by 2.9 miles and reduces elevation gain by 17'	
	After turning from 151 <sup>st</sup> to Caples
<b>Left</b>	NE 156 <sup>th</sup> St
<b>Go thru</b>	Go thru hole in the fence
<b>Cross</b>	Cross 503 to NE 154 <sup>th</sup> St
<b>Right</b>	NE 112 <sup>th</sup> Ave
<b>Left</b>	NE 156 <sup>th</sup> St
<b>Right</b>	NE 92 <sup>nd</sup> Ave
	Continue Route as normal
<b>Scenic Route via WSU</b>	
Shortens both routes by 0.6 miles and adds 63' of elevation gain.	
	From NE 159 <sup>th</sup> St continue straight past NE 64 <sup>th</sup> Ave
<b>Continue Straight</b>	NE 50 <sup>th</sup> Ave at Stop sign onto the WSU entrance road
<b>Continue Straight</b>	At the end of the entrance road (at stop sign) cross street onto the path
	Follow the path through campus and the central fountain
<b>Right</b>	Before the path enters the parking lot turn right on to another path
<b>Left</b>	NE 29 <sup>th</sup> Ave
<b>Right</b>	NE 148 <sup>th</sup> St
<b>Left</b>	NE 26 <sup>th</sup> Ave
<b>Right</b>	NE 144 <sup>th</sup> St
<b>Left</b>	NE 20 <sup>th</sup> Ave
<b>Right</b>	To starting point