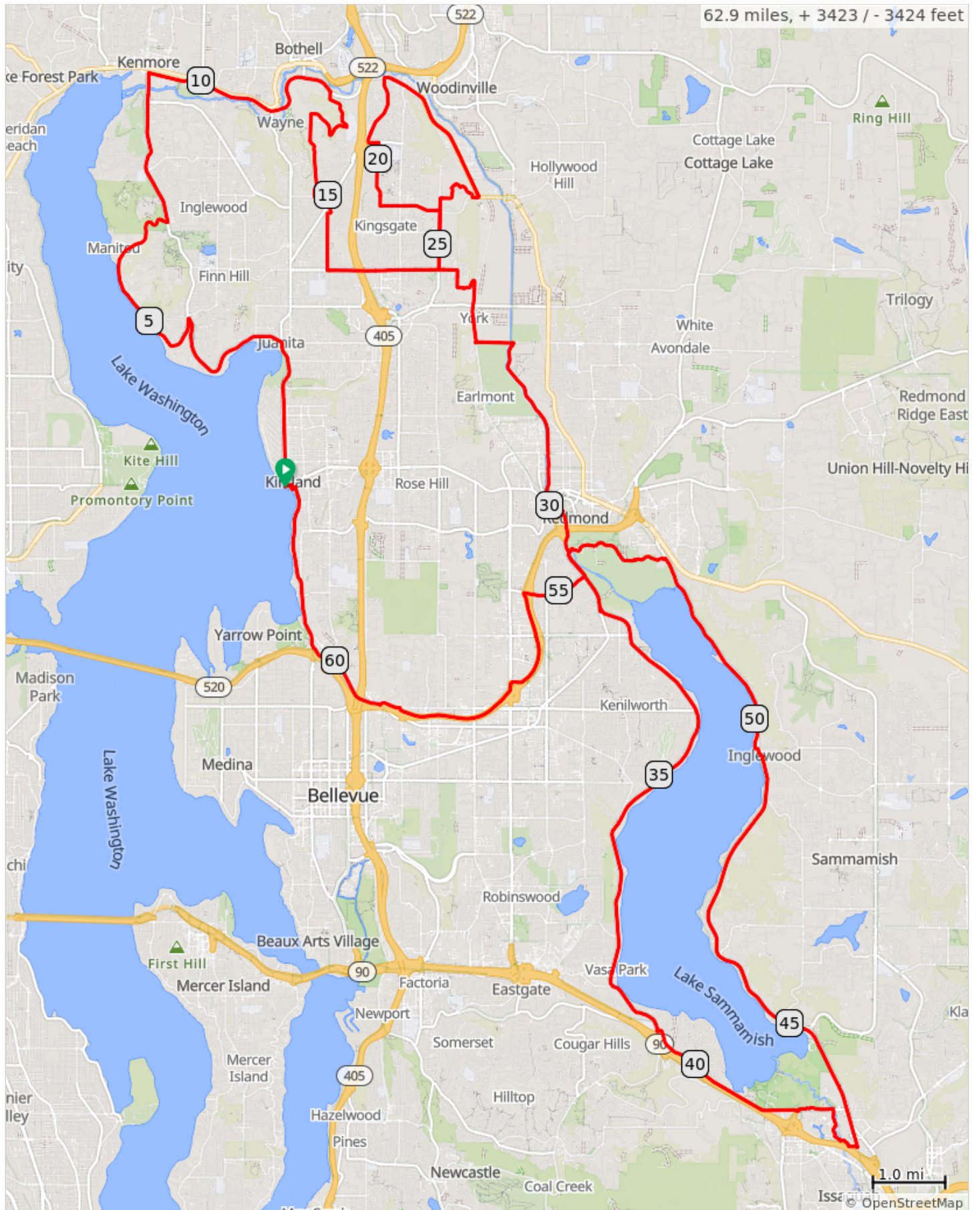



































































7 Hills of Kirkland - Metric 2026



7 Hills of Kirkland - Metric 2025

Dist	Type	Note
0.0		Start of route
0.0		Left onto Lakeshore Plaza Drive
1.2		Slight right onto Market Street
2.0		Keep left onto Northeast Juanita Drive
4.1		Left onto 76th Place Northeast
4.4		Keep right onto Holmes Point Drive Northeast
7.1		Left onto Juanita Drive Northeast
9.2		Right onto Northeast 175th Street
9.8		Sharp left
9.8		Sharp right onto Burke-Gilman Trail
11.8		Left onto West Riverside Drive
11.9		Continue onto East Riverside Drive
12.3		Right onto 108th Avenue Northeast
12.9		Sharp right onto 108th Place Northeast
13.6		Left onto 104th Avenue Northeast
14.8		Left onto Northeast 145th Street
15.1		Right onto 109th Avenue Northeast
15.4		Right onto Northeast 143rd Street
15.4		Left onto 108th Avenue Northeast
16.2		Left onto Northeast 132nd Street
17.7		Left onto 132nd Avenue Northeast
18.5		Left onto Northeast 143rd Street
19.4		Right onto 119th Place Northeast
20.3		Left onto Northeast 160th Street
20.4		Right onto Brickyard Road
21.4		Right onto Northeast Woodinville Drive
23.5		Right
23.6		Slight right onto Northeast 145th Street
23.6		Right onto 138th Way Northeast
23.9		Right onto 36th Place Northeast
24.1		Left onto 134th Avenue Northeast
24.3		Left onto 132nd Avenue Northeast
25.3		Left onto Northeast 132nd Street

25.3 miles. +2139/-1850 feet

Dist	Type	Note
25.6		Right onto 136th Avenue Northeast
25.9		Left onto Northeast 128th Street
27.0		Right onto Northeast 116th Street
27.0		Left
27.0		Right
27.0		Right
27.0		Left
27.0		Left
27.0		Right onto Northeast 116th Street
27.5		Right
27.5		Left
27.6		Slight right
27.6		Left onto Sammamish River Trail
29.4		Continue onto Sammamish River Trail
29.4		Keep right onto Sammamish River Trail
30.2		Continue onto Sammamish River Trail
30.2		Right onto Sammamish River Trail
30.8		Right
31.2		Right
31.2		Left onto West Lake Sammamish Parkway Northeast
31.8		Left onto West Lake Sammamish Parkway Northeast
31.8		Sharp left
31.9		Sharp left onto West Lake Sammamish Parkway Northeast
31.9		Left onto West Lake Sammamish Parkway Northeast
35.3		Right
35.4		Keep left
35.9		Slight right onto West Lake Sammamish Parkway Northeast
38.0		Right
38.0		Left
38.6		Left
38.6		Left
39.0		Continue onto I 90 Trail

13.7 miles. +415/-573 feet

Dist	Type	Note
39.0	←	Left
39.0	→	Right onto West Lake Sammamish Parkway Southeast
39.1	↗	Keep right onto West Lake Sammamish Parkway Southeast
39.1	↑	Enter roundabout
39.2	↑	At roundabout, take exit 6 onto West Lake Sammamish Parkway Southeast
40.7	↗	Keep right onto Northwest Sammamish Road
41.1	↘	Sharp right onto Northwest Sammamish Road
41.6	←	Left
41.6	→	Right
41.7	←	Left onto Northwest Sammamish Road
41.7	→	Right
41.7	↘	Sharp right
41.7	↖	Keep left onto Sammamish Multiple Use Trail
41.8	↗	Slight right onto Sammamish Multiple Use Trail
42.7	←	Left
43.0	↖	Keep left
43.0	←	Left onto East Lake Sammamish Trail
45.2	↗	Keep right onto East Lake Sammamish Shore Lane Southeast
45.2	←	Left onto East Lake Sammamish Parkway Southeast
49.5	←	Left onto East Lake Sammamish Parkway Northeast and drive toward Redmond
49.6	←	Left
49.6	→	Right onto East Lake Sammamish Trail
49.9	↑	Continue onto East Lake Sammamish Trail
50.6	↑	Continue onto East Lake Sammamish Trail
52.0	↙	Sharp left onto East Lake Sammamish Trail
52.6	↘	Sharp right onto East Lake Sammamish Trail
52.6	←	Left onto Marymoor Connector Trail

13.6 miles. +344/-445 feet

Dist	Type	Note
53.3	←	Left
53.3	→	Right onto Marymoor Park Road
53.8	↗	Keep right onto Marymoor Park Road
53.9	→	Right
53.9	←	Left onto Marymoor Connector Trail
54.1	←	Left onto Marymoor Connector Trail
54.1	←	Left onto Marymoor Connector Trail
54.6	→	Right
54.6	←	Left onto West Lake Sammamish Parkway Northeast
54.6	→	Right onto Northeast 51st Street
55.5	←	Left onto SR 520 Trail
55.5	→	Right onto SR 520 Trail
55.5	↘	Sharp right onto SR 520 Trail
55.5	↻	Make a U-turn onto SR 520 Trail
56.1	↖	Keep left onto SR 520 Trail
56.2	→	Right onto SR 520 Trail
56.2	←	Left onto SR 520 Trail
58.8	→	Right onto Northeast 24th Street
59.1	←	Left
59.1	←	Left onto Northeast 24th Street
59.1	→	Right onto Northup Way
60.4	↗	Keep right and drive toward Lake Washington Boulevard Northeast
60.5	↗	Slight right onto Lake Washington Boulevard Northeast
61.4	↖	Keep left onto Lake Washington Boulevard Northeast
61.4	↘	Sharp right onto Lake Washington Boulevard Northeast
62.6	↗	Keep right onto Lake Street South
62.7	↙	Sharp left onto Kirkland Avenue
62.7	←	Left onto Lakeshore Plaza Drive
62.7	→	Right
62.8	←	Left
62.8	→	Right onto Lakeshore Plaza Drive
62.9	📍	End of route

10.3 miles. +530/-538 feet