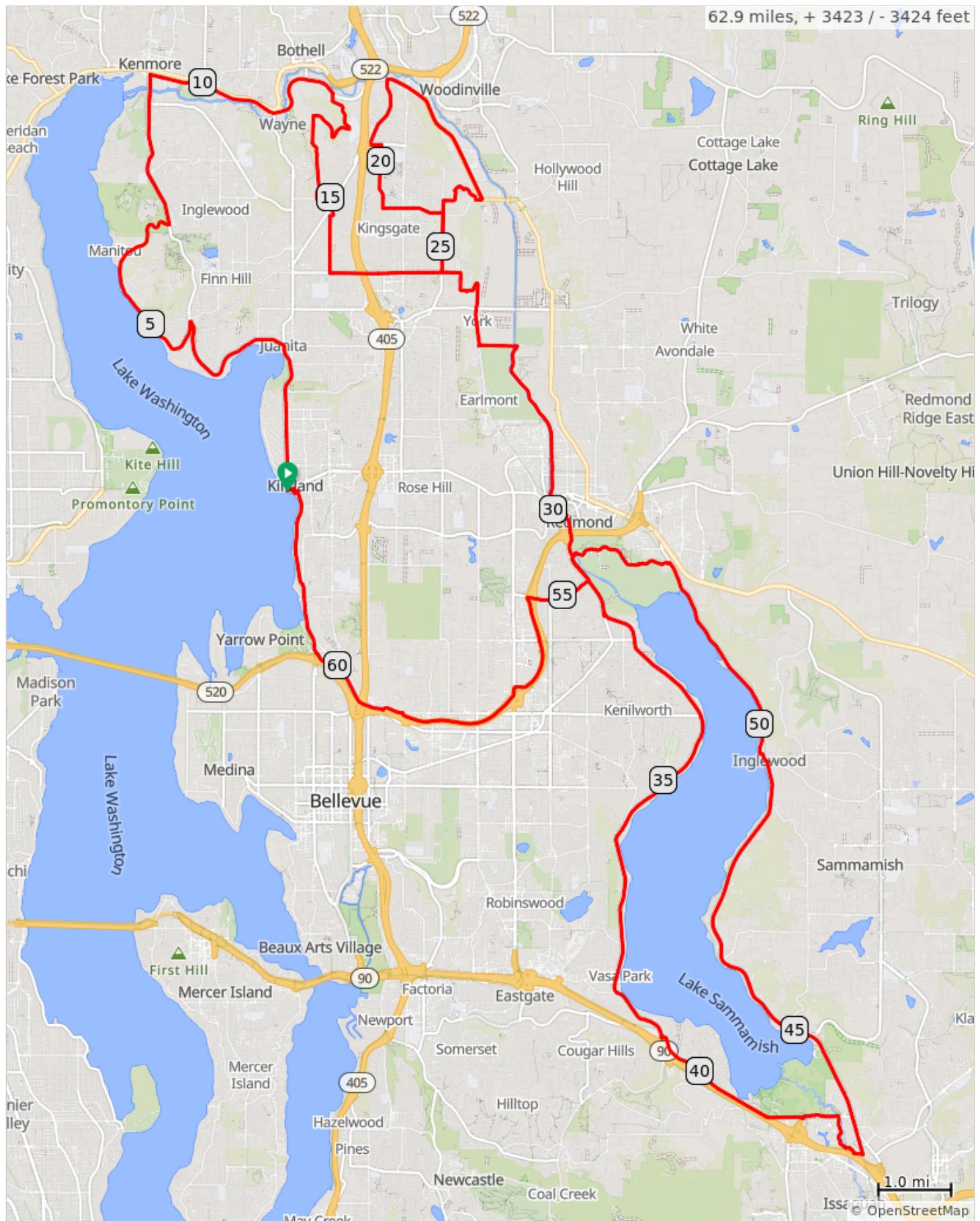


7 Hills of Kirkland - Metric 2026



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	⬅	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	Ｕ	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