

**Medium Route**



## MEDIUM ROUTE

Route: 826 4th St S to Churchill St W

Distance: 26.60 miles

Total Ascent: 814 feet

*Deb's cell: 651-402-1298*

*Matt's cell: 651-402-1299*

Distance			
Total	Last	Directions	Notes
0.00	0.00	Depart from 826 4th St S	
0.01	0.01	Head West on Churchill St W	
0.58	0.57	Turn right onto Greeley St S	
0.97	0.39	Turn left onto Ramsey St W	
1.03	0.06	Take the 1st right onto Owens St S	
2.06	1.03	Continue onto County Rd 5/Stonebridge Trail N	
2.74	0.68	Continue onto County Road 55	Road name change only
2.83	0.08	Continue onto Norell Ave N	Shoulder ends, bike trail available
<i>Bathrooms available at Pine Point Park</i>			
7.15	4.32	Turn right onto Square Lake Trail N	
7.71	0.57	Take the 1st left onto Hwy 3/Old Cty Rd 55/Norell Ave N	No shoulder road
11.40	3.68	Turn left onto 170th St N/Cty Rd 4	
13.69	2.29	Turn left onto County Rd 15/Manning Trail N	Higher traffic level, but good shoulder
20.43	6.74	Turn left onto Mendel Rd N	Turn is after the Gateway Trail (bridge)
22.36	1.93	Turn left onto MN-96 W/Dellwood Rd	Higher traffic, small shoulder
22.79	0.43	Turn right onto Oak Glen Trail	
23.40	0.60	Turn left onto Neal Ave N	
23.52	0.13	Turn left onto McKusick Rd N	
24.97	1.44	Continue onto Laurel St W	
25.14	0.17	Turn right onto Owens St N	Cross Myrtle St at the 4-way stop
25.58	0.44	Turn left onto Ramsey St W	
25.64	0.06	Turn right onto Greeley St S	Nelson's Ice Cream here!
26.02	0.39	Turn left onto Churchill St W	
26.60	0.57	Arrive at 826 4th St S - Chilkoote Café and Cyclery	