

Delta miles	Daily Miles	Description
0.0	0.00	Start at Loyalty Park in Sumner at intersection of Sumner Ave and Park St. Ride east on Park St
0.17	0.17	Right onto Wood Ave
0.42	0.59	Left onto Gary St
0.10	0.69	Right onto Valley Ave (SR 162)
0.12	0.81	Cross freeway
0.18	0.99	Left onto 74 th St (aka Montgomery Dr)
0.17	1.16	Right onto Riverside Dr
2.04	3.20	Left onto McCutcheon Rd
0.80	4.00	Ascend hill
0.21	4.21	Bear right at intersection with Rhodes Lake Rd
1.96	6.17	Cross Pioneer Way (SR 162) and turn left onto Foothills Trail
0.88	7.05	Cross footbridge at McMillin Trailhead; restrooms
2.71	9.76	Enter Orting City Park at Calistoga St. Restrooms may be open
0.24	10.00	Cross Bridge St (SR 162)
3.00	13.00	Cross Carbon River
4.67	17.67	End of Foothills Trail; restrooms and expresso. Turn around
0.29	17.96	Right onto Emery Ave
0.03	17.99	Left onto SR 162
5.89	23.88	Right into hatchery
0.17	24.05	Hatchery. Turn around
0.15	24.20	Right back onto SR 162
0.66	24.86	Bear right at Oroville Rd
0.20	26.06	Right onto Bridge St
0.06	26.12	Left onto Van Scoyoc Ave
0.07	26.19	Pass Trailside Cyclery
0.10	26.29	Lunch stop at Park Bench Eatery and Cafe
0.00	26.29	Continue north on Van Scoyoc Ave
0.03	26.32	Right onto Calistoga St
0.03	26.35	Left onto Washington Ave (SR 162); continue on shoulder
2.69	29.04	When traffic permits, cross road to trail at McMillin Trailhead
3.89	32.93	Cross Pioneer Ave
0.57	33.50	Trailhead, restrooms
0.26	33.76	End of trail. Continue west on 80 th St E
0.03	33.79	Left onto 134 th Ave E
0.03	33.82	Right onto Pioneer Ave E
0.79	34.61	Left onto 21 st St SE
0.09	34.70	Right onto 7 th Ave SE
1.28	35.98	Cross Meridian St
0.25	36.23	Right onto 5 th St SW

0.53	36.76	Cross Stewart Ave; road becomes 4 th St NW
0.44	37.20	Cross River Rd
0.19	37.39	Right onto Riverwalk Trail
0.63	38.12	Exit trail; go north on 5 th St NE and cross Puyallup River
0.11	28.23	Right onto Benston Dr
0.54	38.77	Left onto 114 th Ave Ct
0.28	39.05	Right onto Houston Rd
1.38	40.43	Right onto Pacific Ave
0.21	40.64	Follow road to right and cross bridge on Bridge St
0.12	40.76	Cross five-way intersection at light; road becomes Main St
0.18	40.94	Right onto Alder Ave
0.25	41.19	Left onto Park St
0.10	41.29	End at Loyalty Park