

<u>Interval</u>	<u>Cumulative</u>	<u>Directions</u>
		Head east on Lake Lowell Ave
0.6 mi	0.6 mi	Turn right at Holly St
0.4 mi	1.0 mi	Continue on Sunnyridge Rd
2.6 mi	3.6 mi	Turn right at E Lewis Ln
0.5 mi	4.1 mi	Turn left at 12th Ave Rd/ID-45
0.5 mi	4.6 mi	Turn right at Lake Shore Dr
1.0 mi	5.6 mi	LYNWOOD REST STOP by BONNEVILLE COLLECTIONS
1.3 mi	6.9 mi	Bear right , staying on Lake Shore Dr
8.7 mi	15.6 mi	Slight right at Riverside Rd
1.4 mi	25.3 mi	LOWER DAM REST STOP by R E I
0.6 mi	17.7 mi	Turn right at Orchard Ave
3.6 mi	21.2 mi	Turn right at Lake Ave
1.5 mi	22.8 mi	Turn left at Roosevelt Ave
1.0 mi	23.8 mi	Turn right at S Midway Rd
0.5 mi	24.3 mi	Turn left at Lake Lowell Ave
2.9 mi	27.1 mi	Return to NAMPA HIGH