

| <u>Interval</u> | <u>Cumulative</u> | <u>Directions</u> |
|-----------------|-------------------|--|
| | | Head west on Lake Lowell Ave |
| 0.9 mi | 0.9 mi | Turn left at S Midland Blvd |
| 0.5 mi | 1.4 mi | Turn right at W Iowa Ave |
| 2.9 mi | 4.3 mi | UPPER DAM REST STOP |
| | | Continue on Lake Ave |
| 0.8 mi | 5.1 mi | Turn right at Roosevelt Ave |
| 1.0 mi | 6.1 mi | Turn right at S Midway Rd |
| 0.5 mi | 6.6 mi | Turn left at Lake Lowell Ave |
| 2.9 mi | 9.5 mi | Return to NAMPA HIGH |