North Valley 400k rev 3

Dist	Type	Next	Note
0.0		0.0	Start of route
0.0		0.0	Control: Cortado Coffee 3230 E Union Hills Dr Ste b 135, Phoenix Open: 05:00-06:00
0.0		0.0	Left toward rear of parking lot
0.1		0.0	Left toward 32nd St
0.1		0.0	Left toward 32nd St
0.1		0.1	Right toward 32nd St
0.2		1.4	Right onto N 32nd St
1.6		1.0	Cont onto E Rose Garden Ln
2.6		4.4	Right onto N Cave Creek Rd
6.9		4.1	Left onto E Sonoran Desert Dr
11.0		4.3	Continue onto E Dove Valley Rd
15.3		0.3	Right onto North Valley Pkwy
15.5		0.8	Right onto N 27th Dr
16.3		0.4	Left onto W Carefree Hwy
16.8		1.1	Right onto N Vía Puzzola
17.9		0.2	Right onto W Cloud Rd
18.1		2.0	Continue onto N 27th Ave
20.0		0.0	Right onto W Desert Hills Dr
20.0		0.0	Left and thru fence opening
20.0		0.0	Keep right toward parking exit
20.1		0.1	Right toward W Meridian Dr
20.1		1.6	Right onto W Meridian Dr

20.1 miles. +651/-315 feet

Dist	Type	Next	Note
21.8		2.8	Continue onto W Anthem Way
24.6		0.1	Control: Circle K 3502 W Anthem Way, Phoenix
24.7		4.0	Left onto Gavilan Peak Pkwy after Control
28.7		1.2	Continue onto N North Vly Pkwy
29.9		0.6	Left onto W Carefree Hwy
30.6		0.8	Right onto N 27th Dr
31.4		1.4	Left onto N North Valley Pkwy
32.8		2.1	Food: Circle K
34.9		1.3	Right onto Norterra Pkwy
36.2		0.4	Right onto Jomax Rd
36.6		0.1	Left onto N Black Canyon Hwy
36.7		0.7	Keep right to stay on Frontage Rd
37.4		5.5	Keep right at fork, follow signs for Happy Valley Rd
43.0		0.5	Left onto N 72nd Ave
43.5		0.1	Left onto W Calle Lejos
43.6		0.5	Right onto N 71st Ave
44.1		0.1	Right onto W Pinnacle Peak Rd
44.2		0.8	Left onto N 71st Ave
45.0		0.8	Right onto W Hillcrest Blvd
45.7		0.4	Continue onto N 75th Ave
46.1		0.1	Food: Quik Trip
46.1		0.1	Right onto W Deer Valley Rd
46.2		0.1	Slight right onto sidewalk

26.1 miles. +372/-975 feet

Dist	Type	Next	Note
46.3	→	0.0	Right onto New River Bike Trail
46.3	↱	1.8	Slight right onto New River Trail
48.1	←	0.4	Left to stay on New River Trail
48.5	↰	1.1	Slight left under bridge
49.6	↰	1.0	Slight left under bridge
50.6	←	1.1	Left to stay on New River Trail
51.7	↰	0.1	Slight left to go under bridge
51.8	↑	1.1	Continue onto New River Trail
53.0	↑	0.2	Continue onto Trail under bridge
53.2	↳	0.1	Sharp right turn up hill
53.3	↰	1.0	Sharp left to stay on New River Trail
54.3	↰	0.1	Slight left to go under bridge
54.4	↳	0.0	Sharp right up hill
54.4	↰	1.0	Sharp left onto New River Trail
55.4	↱	0.9	Slight right to go under bridge
56.4	↰	0.3	Slight left onto New River Tr Northern Ave Underpass
56.7	→	1.0	Right onto New River Trail E
57.6	↰	0.1	Slight left to exit trail
57.7	→	0.1	Right onto Glendale Ave Sidewalk!
57.8	↱	0.0	Stay on sidewalk!
57.8	↰	1.5	Continue onto Bike Lane

11.6 miles. +57/-281 feet

Dist	Type	Next	Note
59.3	✎	0.0	Control: Info Glendale Training Center 11550 W Glendale Ave, Glendale
59.3	↑	0.8	Continue straight after Control
60.2	→	5.0	Right onto N El Mirage Rd
65.2	→	0.7	Right onto W Thunderbird Rd
65.8	↑	1.3	Continue onto W Thompson Ranch Rd
67.2	↑	4.9	Continue onto N El Mirage Rd
72.0	→	1.2	Right onto W Williams Dr
73.3	←	1.8	At circle 2nd exit onto 117th Ave
75.1	→	0.5	Right onto W Happy Valley Pkwy
75.6	↱	0.3	Keep right onto Bike Path across bridge!
75.9	↰	0.2	Keep left onto Happy Valley bike lane
76.1	!	0.2	Challenging Left Turn ahead!
76.3	←	0.7	Left onto Tierra Del Rio Blvd
77.0	↑	1.0	Continue onto W Jomax Rd
78.0	←	5.4	Left onto N Lake Pleasant Pkwy
83.4	🍴	0.3	Food: Conv Store
83.7	←	0.1	Left onto Lake Pleasant Rd
83.8	→	10.5	Right onto N New River Rd
94.3	✎	0.0	Control: Info. Shell Mini Mart 3906 W New River Rd. New River AZ
94.3	↑	0.2	Cont on New River Rd after control

36.5 miles. +1379/-413 feet

Dist	Type	Next	Note
94.5	←	0.3	Left onto I-17 Frontage Rd
94.7	→	9.2	Right onto W New River Rd
103.9	↑	2.8	Continue onto N 7th St
106.7	🍴	0.1	Food: Circle K
106.8	←	5.7	Left onto E Carefree Hwy
112.5	!	0.1	Challenging Left Turn ahead!
112.6	←	4.5	Left onto N Cave Creek Rd
117.1	🍴	0.1	Food: Bike friendly market
117.2	↑	4.8	At circle, cont straight
122.0	→	0.1	Right onto N Lone Mountain Pkwy
122.1	✎	2.0	Control: Info Corner Lone Mtn Pkwy & Rising Sun Dr
124.1	→	1.9	Right onto E Stagecoach Pass Rd
126.0	←	2.6	Left onto N Legend Trail Pkwy
128.6	←	3.5	Left onto N Pima Rd
132.1	←	2.8	Left onto E Dynamite Blvd
134.9	🍴	0.1	Food/Water. No services next 25 miles!
135.0	↑	0.7	Cont onto E Rio Verde Dr
135.7	⛰	9.1	Summit: 9 mile descent!
144.8	→	2.1	Right onto Forest Rd
147.0	→	8.1	Right onto N McDowell Mountain Rd
155.1	↑	0.5	Continue onto Fountain Hills Blvd

60.8 miles. +2579/-2923 feet

Dist	Type	Next	Note
155.6	←	0.6	Left onto N Saguaro Blvd
156.2	←	0.8	Left onto E Grande Blvd
156.9	↑	1.8	Continue onto E Mohave Rd
158.7	→	1.1	Right onto N Fort McDowell Rd
159.8	🍴	0.1	Food straight, route goes left
159.9	←	7.9	Left onto AZ-87 N
167.8	↱	0.4	Take exit 199 for Bush Hwy
168.2	→	9.6	Right onto N Bush Hwy
177.8	←	3.6	Left onto Usery Pass Rd
181.3	⛰	2.4	Summit: Usery Pass 2120'
183.7	→	3.0	Right E McDowell Rd
186.7	←	0.0	Left toward Shell Mini Mart
186.7	→	0.1	Right toward Mini Mart
186.8	✎	0.0	Control: Shell Mini Mart. 2737 N Power Rd. Mesa, AZ
186.8	→	0.0	Right toward N Power Rd
186.9	→	2.6	Right onto N Power Rd
189.4	↑	15.3	Continue onto N Bush Hwy
204.7	←	8.2	Left on ramp toward Phoenix
212.9	←	0.1	Left onto N Fort McDowell Rd
213.0	✎	0.0	Control: 10180 N Fort McDowell Rd, Fort McDowell
213.0	↶	0.1	U-Turn after control
213.1	←	13.0	Left onto AZ-87 S

58.0 miles. +3104/-3364 feet

Dist	Type	Next	Note
226.1	→	1.3	Right onto E McDowell Rd
227.4	→	0.2	Right onto N Longmore Rd
227.6	✎	0.3	Control: Info SRP Water Tower 10020 E Palm Ln, Scottsdale
227.9	←	1.0	Left onto E Oak St
228.9	→	0.5	Right onto N 92nd St
229.4	←	0.5	Left onto E Thomas Rd
229.9	→	0.2	Right onto Bike Path after crossing Pima Rd
230.2	↑	0.7	Continue onto N 87th Terrace
230.9	↗	0.2	Slight right onto Bike path
231.1	↑	2.4	Continue onto N 87th Terrace
233.4	↗	2.9	Slight right onto Arizona Canal Trl
236.3	↑	0.8	Continue straight on trail. Do not turn!
237.1	←	0.5	Left and stay on trail
237.5	→	1.2	Right onto N 84th St
238.8	←	0.4	Left onto E Charter Oak Dr
239.2	→	0.1	Right onto N 80th Pl
239.3	←	0.1	Left onto E Larkspur Dr
239.3	→	0.2	Right onto Hayden Rd
239.6	←	1.3	Left onto E Sweetwater Ave **CAUTION**
240.9	→	2.2	At circle cont straight
243.1	→	3.0	Right onto N 52nd St
246.1	←	1.6	Left onto E Grovers Ave
247.7	→	0.5	Right onto N 40th St

34.6 miles. +329/-65 feet

Dist	Type	Next	Note
248.2	←	0.9	Left onto E Union Hills Dr
249.1	→	0.0	Right into parking lot
249.1	✎	0.0	Control: Subway 3230 E Union Hills Dr Phoenix Open: 17:08-08:00 next day

1.4 miles. +1/-19 feet