North Valley 400k rev 4

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 #name: Coffee Shop #open: 05:00 #close: 06:00 #style: Staffed #biz: Cortado BC #addr: 3230 E Union Hills Dr Phoenix, AZ
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

20.0 miles. +645/-315 feet

Dist	Type	Next	Note
20.1		0.1	Right toward W Meridian Dr
20.1		1.6	Right onto W Meridian Dr
21.8		2.8	Continue onto W Anthem Way
24.6		0.1	Control: Circle K 3502 W Anthem Way, Phoenix #name: Gas Price #style: Info #biz: Circle K #addr: 3502 W Anthem Way, Phoenix #close: 07:57 #info: Price of regular gas
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		2.4	Right onto Norterra Pkwy
37.3		0.9	Continue onto N 23rd Ave
38.1		5.4	Right onto W Pinnacle Peak Rd
43.5		0.3	Right onto W Deer Valley Rd
43.9		0.6	Right to stay on W Deer Valley Rd
44.4		0.2	Right onto N 66th Ave
44.6		1.3	Left onto W Hillcrest Blvd
45.9		0.3	Continue onto N 75th Ave
46.2		0.1	Food: Quik Trip

26.2 miles. +485/-1019 feet

Dist	Type	Next	Note
46.3	→	0.1	Right onto W Deer Valley Rd
46.4	↱	0.1	Slight right onto sidewalk to access trail
46.5	→	0.0	Right onto New River Bike Trail after bridge
46.5	↱	1.8	Slight right onto New River Trail
48.3	←	0.4	Left to stay on New River Trail
48.7	↰	1.1	Slight left under bridge
49.8	↰	1.0	Slight left under bridge
50.8	←	1.1	Left to stay on New River Trail
51.9	↰	0.1	Slight left to go under bridge
52.0	↑	1.1	Continue onto New River Trail
53.1	↑	0.2	Continue onto Trail under bridge
53.4	↳	0.1	Sharp right turn up hill
53.5	↰	1.0	Sharp left to stay on New River Trail
54.4	↰	0.1	Slight left to go under bridge
54.5	↳	0.0	Sharp right up hill
54.5	↰	1.0	Sharp left onto New River Trail
55.6	↱	0.9	Slight right to go under bridge
56.5	↰	0.3	Slight left onto New River Tr Northern Ave Underpass
56.8	→	1.0	Right onto New River Trail E
57.8	↰	0.1	Slight left to exit trail
57.9	→	0.1	Right onto Glendale Ave Sidewalk!
57.9	↱	0.0	Stay on sidewalk!

11.7 miles. +56/-282 feet

Dist	Type	Next	Note
58.0	↰	1.5	Continue onto Bike Lane
59.5	✎	0.0	Control: Info Glendale Training Center 11550 W Glendale Ave, Glendale #name: Building #style: Photo #biz: Glendale Training Center #addr: 11550 W Glendale Ave, Glendale #close: 11:20 #info: Photo of the Training Center sign
59.5	↑	0.8	Continue straight after Control
60.3	→	5.0	Right onto N El Mirage Rd
65.3	→	0.7	Right onto W Thunderbird Rd
66.0	↑	1.3	Continue onto W Thompson Ranch Rd
67.3	↑	4.9	Continue onto N El Mirage Rd
72.2	→	1.2	Right onto W Williams Dr
73.4	←	1.8	At circle 2nd exit onto 117th Ave
75.2	→	0.5	Right onto W Happy Valley Pkwy
75.7	↱	0.3	Keep right onto Bike Path across bridge!
76.0	↰	0.2	Keep left onto Happy Valley bike lane
76.3	!	0.2	Challenging Left Turn ahead!
76.4	←	0.7	Left onto Tierra Del Rio Blvd
77.1	↑	1.0	Continue onto W Jomax Rd
78.1	←	5.4	Left onto N Lake Pleasant Pkwy
83.6	🍴	0.3	Food: Conv Store
83.9	←	0.1	Left onto Lake Pleasant Rd

25.9 miles. +818/-281 feet

Dist	Type	Next	Note
84.0	→	10.5	Right onto N New River Rd
94.5	✎	0.0	Control: Info. Shell Mini Mart 3906 W New River Rd. New River AZ #name: Gas Price #style: Info #biz: Shell Gas #addr: 3906 W New River Rd, New River #close: 15:08 #info: Price of regular gas
94.5	↑	0.2	Cont on New River Rd after control
94.6	←	0.3	Left onto I-17 Frontage Rd
94.9	→	9.2	Right onto W New River Rd
104.1	↑	2.8	Continue onto N 7th St
106.9	🍴	0.1	Food: Circle K
107.0	←	5.7	Left onto E Carefree Hwy
112.6	!	0.1	Challenging Left Turn ahead!
112.8	←	4.5	Left onto N Cave Creek Rd
117.2	🍴	0.1	Food: Bike friendly market
117.4	↑	4.8	At circle, cont straight
122.2	→	0.1	Right onto N Lone Mountain Pkwy
122.2	✎	2.0	Control: Info Corner Lone Mtn Pkwy & Rising Sun Dr #name: Road Sign #style: Photo #biz: Corner Sign #addr: Lone Mtn Pkwy & Rising Sun Dr #close: 18:04 #info: Photo of the road sign
124.2	→	1.9	Right onto E Stagecoach Pass Rd

40.4 miles. +2246/-1028 feet

Dist	Type	Next	Note
126.1	←	2.6	Left onto N Legend Trail Pkwy
128.8	←	3.5	Left onto N Pima Rd
132.3	←	2.8	Left onto E Dynamite Blvd
135.1	🍴	0.1	Food/Water. No services next 25 miles!
135.2	↑	0.7	Cont onto E Rio Verde Dr
135.9	⛰	9.1	Summit: 9 mile descent!
145.0	→	2.1	Right onto Forest Rd
147.1	→	8.1	Right onto N McDowell Mountain Rd
155.3	↑	0.5	Continue onto Fountain Hills Blvd
155.7	←	0.6	Left onto N Saguaro Blvd
156.3	←	0.8	Left onto E Grande Blvd
157.1	↑	1.8	Continue onto E Mohave Rd
158.9	→	1.1	Right onto N Fort McDowell Rd
160.0	🍴	0.1	Food straight, route goes left
160.1	←	7.9	Left onto AZ-87 N
168.0	↗	0.4	Take exit 199 for Bush Hwy
168.4	→	9.6	Right onto N Bush Hwy
177.9	←	3.6	Left onto Usery Pass Rd
181.5	⛰	2.4	Summit: Usery Pass 2120'
183.9	→	3.0	Right E McDowell Rd
186.9	←	0.0	Left toward Shell Mini Mart
186.9	→	0.1	Right toward Mini Mart

62.7 miles. +2782/-3844 feet

Dist	Type	Next	Note
187.0	✎	0.0	Control: Shell Mini Mart. 2737 N Power Rd. Mesa, AZ #name: Gas Price #style: Info #biz: Shell Gas #addr: 2737 N Power Rd, Mesa #close: 01:00 next day #info: Price of regular gas
187.0	→	0.0	Right toward N Power Rd
187.0	→	2.6	Right onto N Power Rd
189.6	↑	15.3	Continue onto N Bush Hwy
204.9	←	10.1	Left on ramp toward Phoenix
215.0	🍴	11.0	Food: 24hr CStore 1/4 mile right. Route straight
226.0	🍴	0.1	Food: Conv Store. Closes 10pm
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 #name: Water Tower #style: Photo #biz: SRP Indian Community #addr: 10020 E Palm Ln, Scottsdale #close: 05:24 next day #info: Photo of SRP water tower
227.9	←	1.0	Left onto E Oak St
228.9	→	0.5	Right onto N 92nd St
229.4	←	0.3	Left onto E Thomas Rd
229.7	!	0.2	Construction ahead on bike path. Use caution.
229.9	→	0.2	Right onto Bike Path after crossing Pima Rd

43.0 miles. +1561/-1887 feet

Dist	Type	Next	Note
230.2	↑	0.7	Continue onto N 87th Terrace
230.9	↱	0.0	Slight right onto Bike path
230.9	🍴	0.1	Food: Conv Store on right. Open 24 hrs
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
237.6	→	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
248.2	←	0.9	Left onto E Union Hills Dr
249.1	→	0.0	Right into parking lot

19.1 miles. +323/-68 feet

Dist	Type	Next	Note
249.1		0.0	Control: Subway 3230 E Union Hills Dr Phoenix Open: 17:08-08:00 next day #timed: yes #name: Coffee Shop #open: 17:08 #close: 08:00 next day #style: Photo #biz: Cortado BC #addr: 3230 E Union Hills Dr Phoenix, AZ #info: Photo of your bike in front of Cortado BC

0.0 miles. +0/-0 feet