

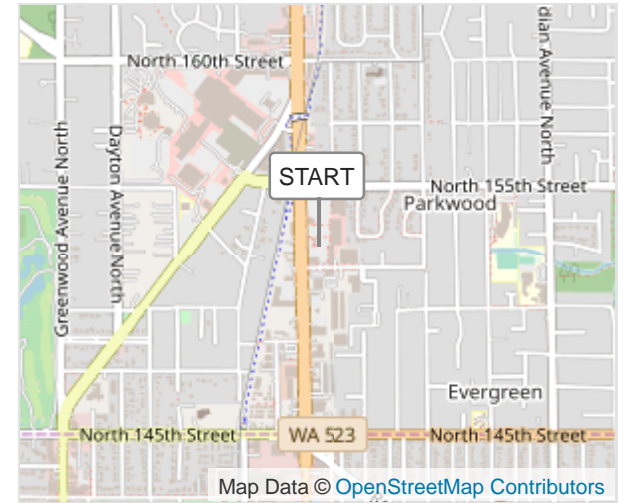


Parkwood - Twin Ponds

ROUTE INFORMATION



ROUTE LENGTH	2.838 miles
ASCENT	190 ft
DESCENT	187 ft
HILLS	↑ 46.0% ↓ 40.0% → 14.0%
TERRAIN	Mixed
START	LAT: 47.739356, LNG: -122.344495



NOTES

Walk through the Parkwood and Westminster neighborhoods from Twin Ponds to the Interurban Trail. Walk is rated moderate for some hills and trails. Walk is approximately 2.8 miles. Meet in the shopping center parking lot behind Starbucks near 152nd and Aurora.

