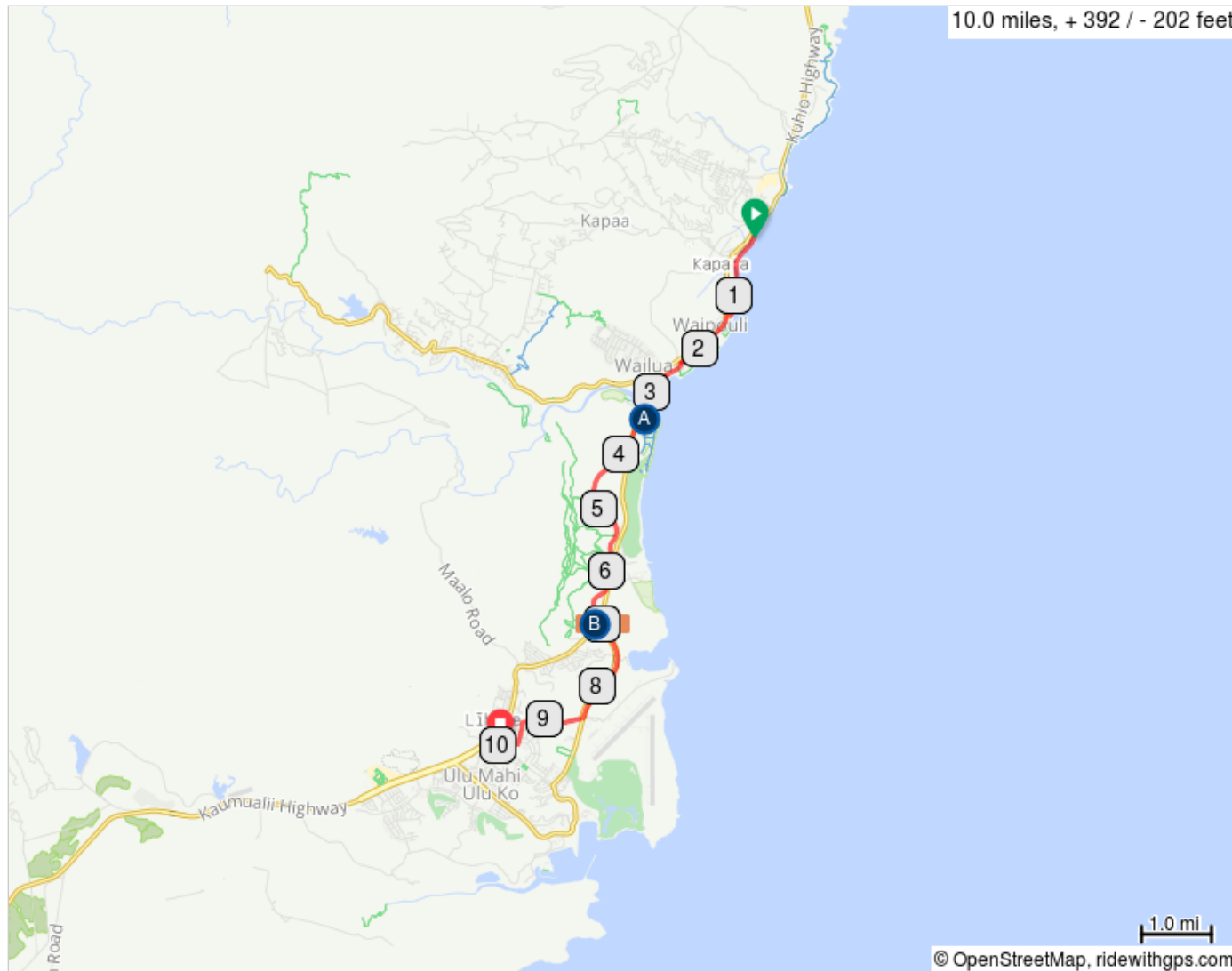


B2WD 2018 Kapaa to Lihue



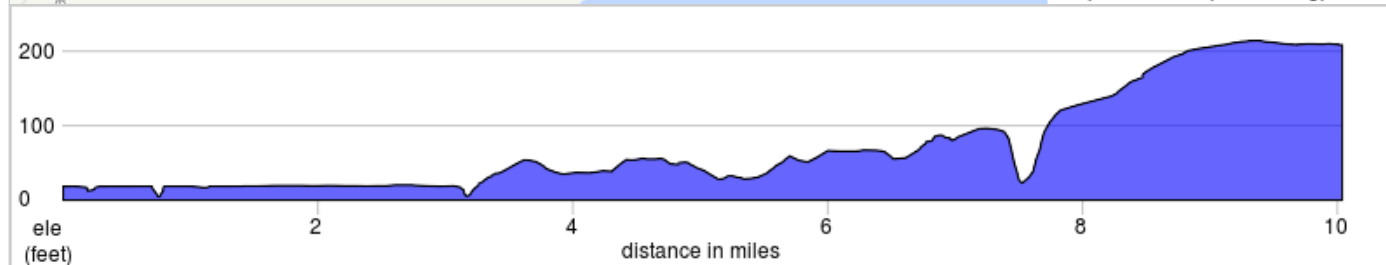
Bike to Work Day 2018 Basic Route Kapaa to Lihue

Pace: E (Social rides for anybody wanting a very relaxed pace. Suitable for recreational riders, beginners and families. Ideally has more than one ride leader. Typical average speeds less than 11 mph. No drop ride.)

Terrain: 1 (mostly flat)

Main ride departs from the Kapaa Neighborhood Center

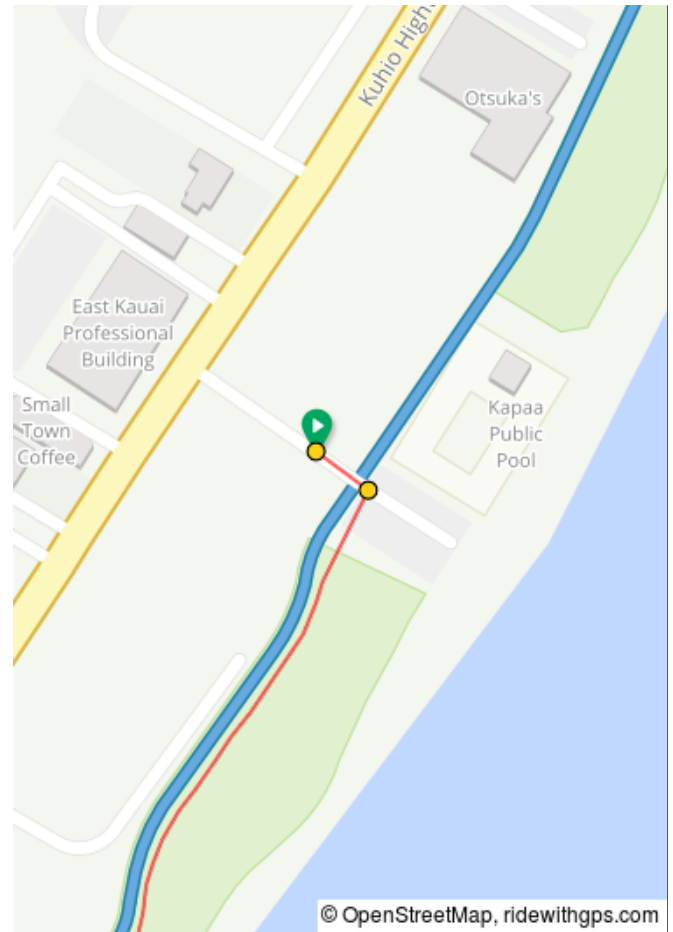
5:45 AM show up for SQUAD
6:00 AM roll out from Kapaa NC
~6:20 AM roll through Lydgate Park Pickup Point #1
~6:50 AM roll through Roberts Tours Bus Base Yard entry Pickup Point #2
~7:15 AM arrive at Lihue Civic Center Rotunda.



- A. Mid-route Pickup Point #1 (Lydgate Park)
- B. Mid-route Pickup Point #2 (Roberts Tours Base Yard)

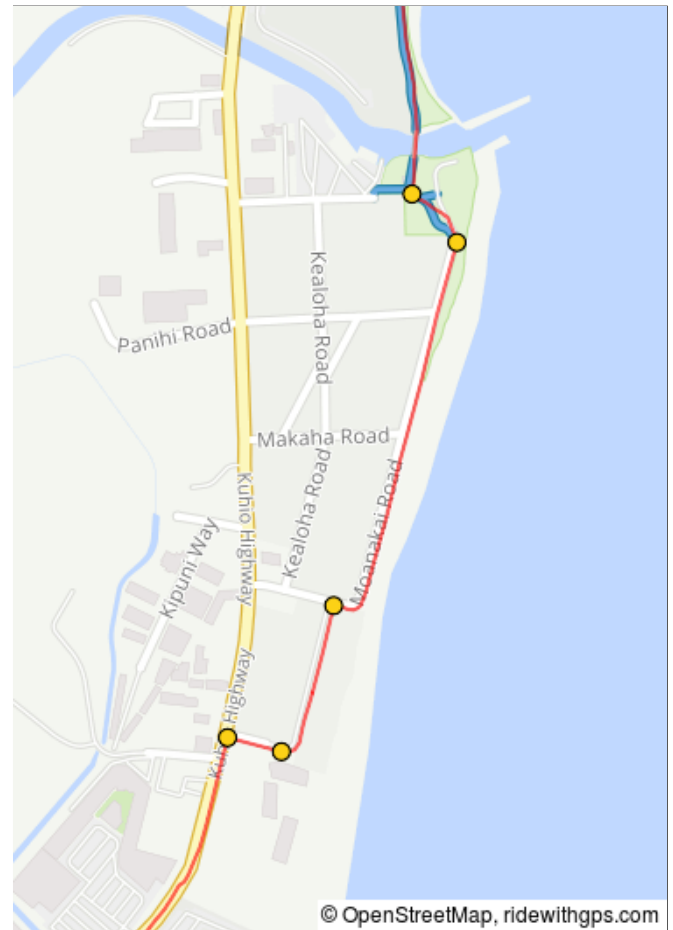
B2WD 2018 Kapaa to Lihue

Num	Dist	Type	Note	Next
1.	0.0	▶	Start of route	0.0
2.	0.0	➔	Right onto Kauai Multiuse Path(Ke Ala Hele Makalae)	0.8



0.0 miles. +0/-0 feet

Num	Dist	Type	Note	Next
3.	0.8	◀	Left to stay on Kauai Multiuse Path(Ke Ala Hele Makalae)	0.1
4.	0.8	➔	Kauai Multiuse Path(Ke Ala Hele Makalae) turns slightly right and becomes Moanakai Rd	0.3
5.	1.2	◀	Left onto Niulani Rd	0.1
6.	1.3	⬆	Continue onto Ala Rd	0.0
7.	1.3	◀	Left onto HI-56 S	0.4



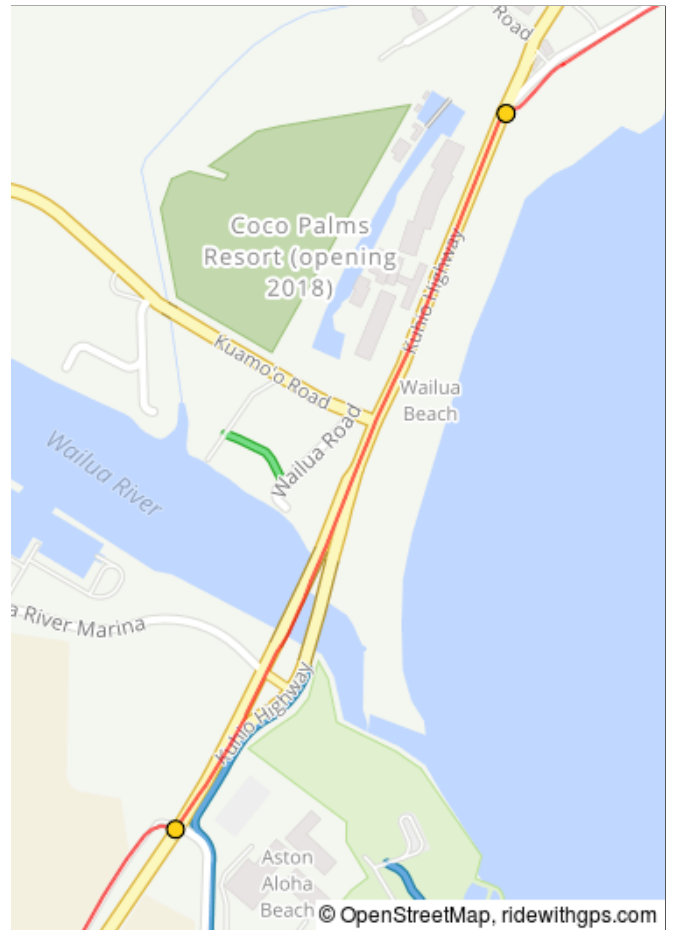
1.3 miles. +2/-1 feet

Num	Dist	Type	Note	Next
8.	1.8	←	Left onto Aleka Loop	0.4
9.	2.2	↑	At the traffic circle, 1st exit and stay on Aleka Loop	0.0
10.	2.2	←	Left toward Papaloa Rd	0.1
11.	2.4	←	Left onto Papaloa Rd	0.4



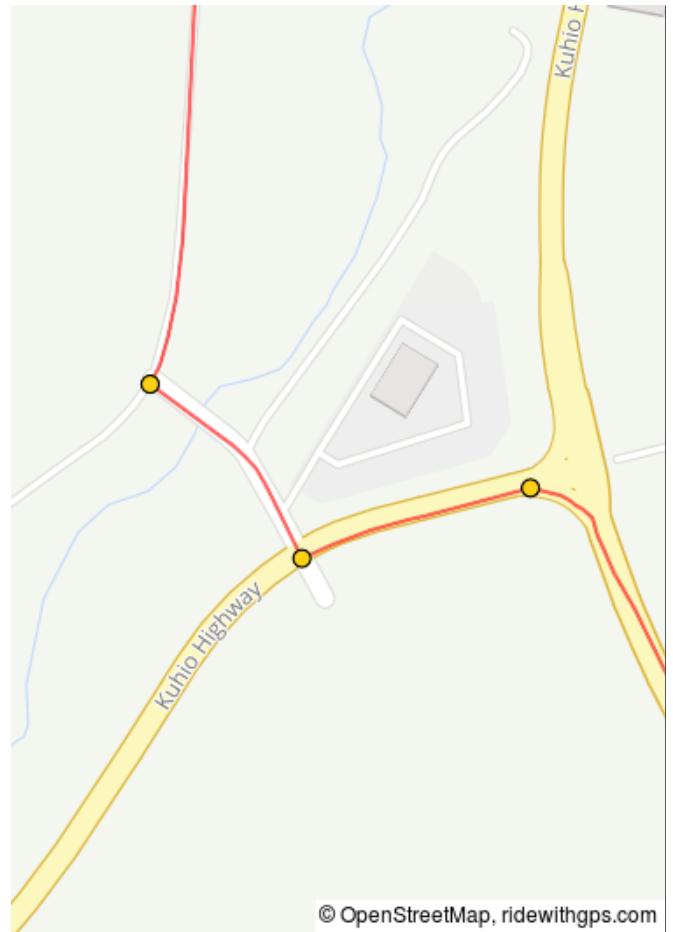
1.0 miles. +0/-0 feet

Num	Dist	Type	Note	Next
12.	2.7	↑	Continue onto HI-56 S	0.6
13.	3.4	→	Right	3.4



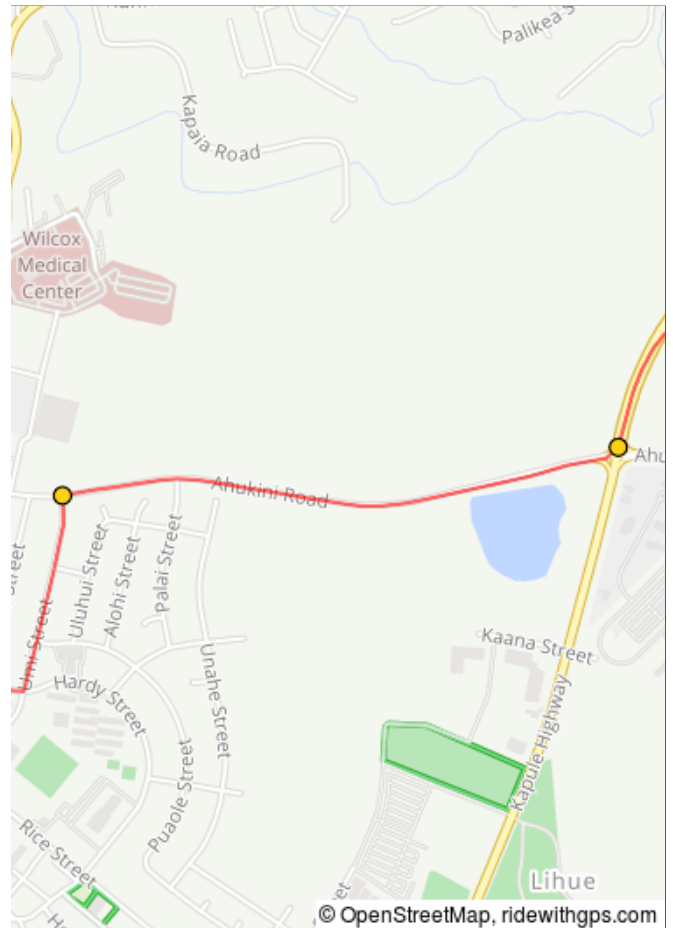
1.0 miles. +26/-13 feet

Num	Dist	Type	Note	Next
14.	6.8	←	Left toward HI-56 N	0.1
15.	6.9	←	Left onto HI-56 N	0.1
16.	7.0	→	Right onto HI-51 S	1.5



3.6 miles. +8/-4 feet

Num	Dist	Type	Note	Next
17.	8.5	→	Right onto Ahukini Rd	0.9
18.	9.4	←	Left onto Umi St	0.3



2.4 miles. +43/-0 feet

Num	Dist	Type	Note	Next
19.	9.7	➔	Right onto Hardy St	0.1
20.	9.8	➡	Left onto Eiwa St	0.0
21.	9.8	➔	Right	0.0
22.	9.8	➡	Left	0.1
23.	9.9	➔	Right	0.0
24.	9.9	➡	Left	0.1
25.	10.0	➔	Right	0.0
26.	10.0	🚩	End of route	0.0

0.7 miles. +1/-1 feet

