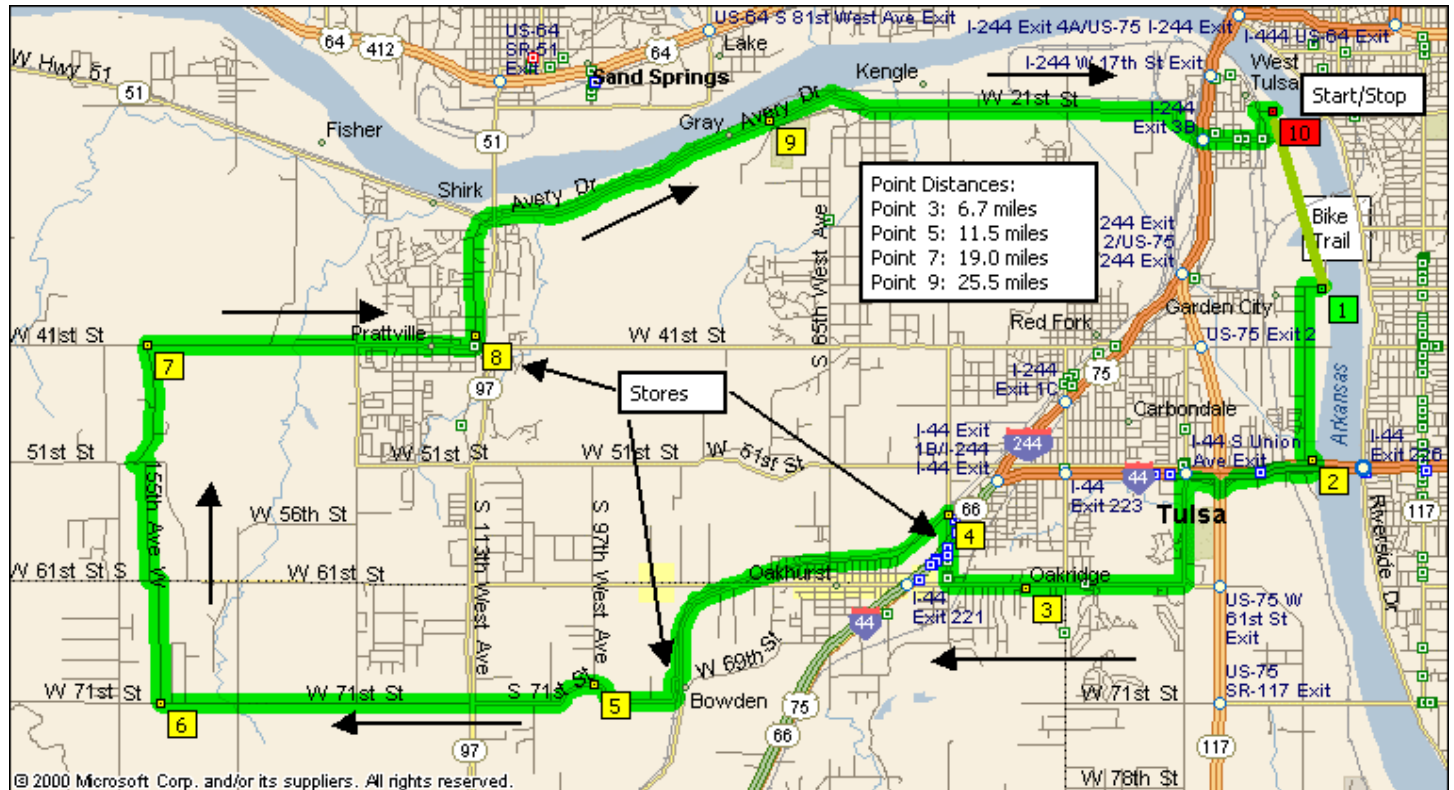


From: Ampitheater Parking Lot To: West Tulsa, Bowden Distance: 30 miles



This ride starts and ends at the Amphitheater Parking Lot on the west bank of the Arkansas river in Tulsa. The route is generally hilly. Some of the highlights of the route include Avery Drive, Coyote Trail and a bicycle path that runs from 21st Street to the soccer complex. During certain times of year, bald eagles can be spotted in the trees and over the river on Avery Drive.

West Tulsa from Ampitheater

From: Ampitheater Parking Lot To: West Tulsa, Bowden Distance: 30 miles

Distance	Instruction
0.0	10 Depart Ampitheater Parking Lot (South) on Bike Trail for 1.5 mi
1.5	1 From PSO Soccer Complex turn LEFT (South) on Elwood St for 1.6 mi
3.1	2 Turn LEFT (East) onto W 51st St. Follow access road under highway and West for 1.3 mi
4.3	Turn LEFT (South) onto S Union Ave for 0.9 mi
5.2	Turn RIGHT (West) onto W 61st St for 2.1 mi
7.3	Turn RIGHT (North) onto S 49th West Ave for 0.6 mi
7.9	4 Turn LEFT (South-West) onto Southwest Blvd [Old Sapulpa Rd] for 2.3 mi
10.2	Turn RIGHT (West) onto 71st St for 4.7 mi
14.9	6 Turn RIGHT (North) onto S 155th West Ave for 1.0 mi
15.9	Turn LEFT (West) onto W 61st St for 142 yds
15.9	Turn RIGHT (North) onto 155th Ave W for 1.0 mi
16.9	Turn LEFT (West) onto 51st St for 174 yds
18.0	Turn RIGHT (East) onto 157th St [Coyote Trl] for 1.0 mi
19.0	7 Turn RIGHT (East) onto W 41st St for 2.8 mi
21.8	8 Turn LEFT (North) onto S 113th West Ave for 1.1 mi
22.9	Bear Right (East) onto Avery Dr for 2.4 mi
25.3	Bear LEFT (East) onto W 21st St for 2.6 mi
27.9	Turn RIGHT (South) onto S Waco Ave for 0.4 mi
28.3	Bear RIGHT (East) onto Local road(s) for 0.1 mi
28.4	Continue (East) on W 23rd St for 0.4 mi
28.8	Turn LEFT (North) onto S Jackson Ave for 0.4 mi
29.2	10 Arrive Ampitheater Parking Lot