

Go	Mi	Dir	Instruction	Info	Go	KM
	0.0	Start	Nehalem Market (opens 9am) or Larmie's Coffee Shack (opens 6am) on 7th, Park in public parking, Hwy 101 & 7th	Control		0.0
	0.0	L	(North) 7th			0.0
0.2	0.2	BR	North Fork Rd		0.3	0.3
4.8	5.0	L	SR 53 (T)		7.8	8.1
6.4	11.5		Soapstone Creek Bridge	Info Control	10.4	18.5
6.3	17.8	L	US-26, Necanicum Junction Store		10.2	28.7
9.1	26.9		Follow signs to 101 South to Cannon Beach		14.7	43.4
3.2	30.1	R	To Cannon Beach		5.1	48.5
0.6	30.7	R	3rd		1.0	49.5
0.1	30.8	L	Hemlock		0.1	49.6
0.2	31.0		Cannon Beach, Mariner's Market & US Bank on R, lots of cafes	Control Open/Close (+1:40/3:20)	0.4	50.0
0.0	31.0		Stay on Hemlock ignoring all signs to return to 101		0.0	50.0
2.2	33.2		Tolvana Park on right		3.6	53.6
0.9	34.1	R	Beach Loop rejoins 101		1.4	55.0
13.6	47.7	R	Nehalem, stay on 101 (South)		21.9	76.9
14.9	62.6	S	Garibaldi	All services	24.1	101.0
10.0	72.7	R	3rd, Tillamook	All services	16.2	117.2
1.9	74.5	R	Bayocean Rd just over bridge, follow 3 capes bicycle route		3.0	120.2
5.3	79.9	L	To Cape Meares State Park, follow 3 capes route		8.6	128.8
0.1	80.0		Cape Meares	Info control	0.2	129.0
4.4	84.4	L	To Netarts, Oceanside to Right (SS)		7.1	136.1
2.2	86.6		Netarts (2 small markets)	Control Open/Close (+4:40/9:20)	3.5	139.6
3.1	89.7	S	Stay on Netarts Hwy to Tillamook		5.0	144.6
1.1	90.8	R	Frazer Rd		1.8	146.4
2.2	93.0	L	Tillamook River Rd, cross over river		3.6	150.0
0.4	93.4	R	Geinger Rd		0.6	150.6
1.3	94.7	S	Cross 101, becomes Long Prairie Rd.		2.1	152.7
3.3	98.0		Long Prairie Rd/Trask River Rd	Info control	5.4	158.1
1.6	99.6	S	Becomes Olson Rd		2.5	160.6
0.3	99.9	L	SR-6, Wilson River Rd		0.5	161.1
0.7	100.6	R	Wilson River Loop Rd		1.2	162.3
1.2	101.9	L	Stay on Wilson River Loop Rd, don't cross bridge		2.0	164.3
1.9	103.7	R	US-101, Shilo Minimart & Tillamook Cheese Factory on R		3.0	167.3
7.6	111.4	R	Miami River Rd		12.3	179.6
12.8	124.1	L	SR-53		20.6	200.2
1.2	125.4	BR	US-101		2.0	202.2
1.5	126.9	End	Nehalem Market	Control Open/Close (+6:46/13:32)	2.4	204.6