

| Three Capes Loop | | | | | |
|-------------------------|------------|-------------|--|--------------|-------------|
| Mile | Leg | Turn | Road | KM | Leg |
| | | | CONTROL: Tillamook Safeway @ 4th Open/Close(+0:00/1:00) | 0.0 | |
| 0.0 | 0.0 | L | 3rd | 0.0 | 0.0 |
| 1.5 | 1.5 | | Keep STRAIGHT onto Netarts Hwy W | 2.4 | 2.4 |
| 1.8 | 0.3 | R | Bayocean (3 capes bicycle route) | 2.9 | 0.5 |
| 7.1 | 5.3 | L | To Capes Meares | 11.4 | 8.5 |
| 9.1 | 2.0 | | INFO CONTROL: Cape Meares Answer Question on Card | 14.6 | 3.2 |
| 11.5 | 2.5 | L | to Netarts | 18.6 | 4.0 |
| 14.0 | 2.5 | R | Netarts Bay Rd | 22.6 | 4.0 |
| 15.4 | 1.4 | R | Cape Lookout Rd | 24.9 | 2.3 |
| 25.2 | 9.8 | R | Sandlake Rd | 40.7 | 15.8 |
| 33.8 | 8.6 | | CONTROL: Pacific City Open/Close(+1:50/3:40) | 54.5 | 13.8 |
| 34.1 | 0.3 | L | Pacific Ave cross bridge | 55.0 | 0.5 |
| 34.3 | 0.2 | L | Brooten | 55.3 | 0.3 |
| 35.1 | 0.8 | L | Ferry Rd (just after park) | 56.6 | 1.3 |
| 35.4 | 0.3 | R | Old Woods Rd | 57.1 | 0.5 |
| 39.4 | 4.0 | R | to Cloverdale | 63.6 | 6.5 |
| 39.9 | 0.5 | L | US-101... use Caution | 64.4 | 0.8 |
| 42.4 | 2.5 | | CONTROL: Hebo (2 small markets) Open/Close(+2:16/4:32) | 68.4 | 4.0 |
| 55.7 | 13.3 | R | South Prairie Rd | 89.8 | 21.4 |
| 57.3 | 1.6 | R | Jog R to Brickyard Rd | 92.4 | 2.6 |
| 59.9 | 2.6 | R | Long Prairie Rd | 96.6 | 4.2 |
| 61.1 | 1.2 | | INFO CONTROL: Trask River Rd & Long Prairie Answer Question on card | 98.6 | 2.0 |
| 62.7 | 1.6 | | Road name changes to Olsen Rd | 101.2 | 2.6 |
| 63.1 | 0.3 | L | SR-6 | 101.7 | 0.5 |
| 65.6 | 2.5 | L | US-101 | 105.8 | 4.1 |
| 65.7 | 0.1 | R | CONTROL: Tillamook Safeway @ 4th Open/Close(+3:32/7:04) | 105.9 | 0.1 |