

### **Starting from Shady Grove Metro bike racks East side 7 am**

- 1 Head **southeast** - go **112 ft**
- 2 Keep **right** at the fork to continue toward **Redland Rd** - go **0.2 mi**
- 3 Keep **right** at the fork to continue toward **Redland Rd** - go **0.1 mi**
- 4 Turn **right** at **Redland Rd** - go **410 ft**
- 5 Turn **left** at **Yellowstone Way** - go **0.1 mi**
- 6 Turn **right** at **Derwood St** - go **0.1 mi**
- 7 Turn **left** at **Derwood Rd** - go **0.2 mi**
- 8 Turn **left** at **Indianola Dr** - go **466 ft**
- 9 Turn **right** at **Crabbs Branch Way** - go **0.6 mi**
- 10 Turn **left** at **Calhoun Pl** - go **0.2 mi**
- 11 Turn **right** at **Calhoun Dr** - go **0.1 mi**
- 12 Turn **left** at **E Gude Dr** - go **0.7 mi**
- 13 Turn **right** at **Dover Rd** - go **0.4 mi**
- 14 Turn **left** at **N Horners Ln** - go **0.6 mi**
- 15 Continue on **Park Rd** - go **0.2 mi**

### **Arrive Rockville Metro Est 7:20 am East side pick up**

- 16 Slight **right** to stay on **Park Rd** - go **272 ft**
- 17 Make a **U-turn** at **N Stonestreet Ave** - go **469 ft**
- 18 Slight **right** at **S Stonestreet Ave** - go **0.3 mi**
- 19 Take the ramp onto **MD-28/MD-586/Veirs Mill Rd** - go **0.4 mi**  
Continue to follow MD-586/Veirs Mill Rd
- 20 Turn **right** at **Gail Ave** - go **0.2 mi**
- 21 Slight **left** at **Lewis Ave** - go **1.3 mi**
- 22 Turn **left** at **Halpine Rd** - go **259 ft**

Turn right on path into Twinbrook Metro lot – arrive est 7:35 am East side  
Walk bikes through Twinbrook Metro to West side

- 40 Turn **left** at **Chapman Ave** - go **0.4 mi**
- 41 Turn **left** toward **Randolph Rd** - go **456 ft**
- 42 Turn **right** toward **Randolph Rd** - go **404 ft**
- 43 Turn **left** at **Randolph Rd** - go **0.1 mi**
- 44 Turn **right** at **Nebel St** - go **0.2 mi**
- 45 Turn **right** at **Old Georgetown Rd** - go **0.3 mi**  
**Turn into Harris Teeter instead – or go to unmarked Citadel off Old Georgetown at Harris Teeter go .2 mi**
- 46 Turn right on Marinelli past Metro parking  
Go .1 mi

**Arriving at North Bethesda MD-355/Rockville Pike**  
Total: **9.8 mi** - about **35 mins**

Some inaccuracies in below link (eg google won't let you walk through a metro station at twinbrook)

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=117316930366517884952.00046943d7d4cd048812c&ll=39.061416,-77.136297&spn=0.042686,0.030942&z=15>