

## 30 Mile Freedom Valley Route (rolling to flat) ~30 mi

<http://www.mapmyride.com/route/us/pa/philadelphia/203125146865367712>

Beginning at 33<sup>rd</sup> and Chestnut:

1. North on 33<sup>rd</sup> Street
2. R on Race Street
3. L on N 32<sup>nd</sup> Street
4. R on Powelton Ave
5. L on N 31<sup>st</sup> Street (becomes Mantua Ave)
6. R on N 34<sup>th</sup> Str/US-13, follow across the bridge
7. X Girard, stay straight to continue on Lansdowne Dr
8. R onto N 40<sup>th</sup> Street, follow to N Concourse Street (through the memorial arches)
9. X Belmont Ave, continue on N Concourse
10. Follow N Concourse around the roundabout, exit R on 52nd Str Dr (about 2/3 of the way around)
11. Bear R onto Georges Hill Dr
12. L onto Wynnefield Ave
13. R onto Bryn Mawr Ave
14. X City Line Ave, continue on Bryn Mawr Ave
15. Quick R onto Montgomery, quick L to follow Bryn Mawr Ave
16. Quick L onto Bala Ave, quick R to follow Bryn Mawr Ave
17. Bear L to stay on Bryn Mawr Ave
18. R onto Old Gulph Rd
19. Bear L to stay on Old Gulph Rd
20. Bear R to go onto Dove Lake Rd
21. Bear L to stay on Dove Lake Rd
22. L onto Black Rock Rd
23. R onto Old Gulph Rd
24. R to stay on Old Gulph Rd
25. Bear L onto E Upper Gulph Rd
26. R onto S Gulph Rd/PA-320
27. Bear R onto Trinity Ln/PA-320
28. R onto Balligomingo Rd
29. Exit Balligomingo Rd onto Front Str/PA-23
30. L onto Matsonford Bridge Str/Fayette Str
31. R on E Elm Str
32. L on Lee Street
33. R on E Hector Str
34. R on Barren Hill Rd
35. Bear R on River Rd
36. R to stay on River Rd
37. Bear R onto Nixon Str
38. L onto Shawmont Ave
39. 180 to the R to go onto Minerva/Umbria Str
40. R onto Leverington Ave
41. L onto Main Str (Manayunk)
42. follow Main St onto Ridge Ave

- 43. R at exit to Kelly Dr (just past the bus stop)**
- 44. follow Kelly/River Dr to Calumet Str**
- 45. R onto Falls Bridge (or continue straight onto the path)**
- 46. L onto WRD**
- 47. R onto Sweetbriar (stoplight)**
- 48. L onto Lansdowne**
- 49. X Girard, stay straight to continue onto 34<sup>th</sup> Str/US-13**
- 50. continue on 34<sup>th</sup> Str to Walnut Str**