

Dir.	Street	~Miles	~Elev		Dir.	Street	~Miles	~Elev
	(Nahant outbound)		[ft]			(back & Causeway loop)		[ft]
Note: Elevation is only noted when it changes and is fairly constant until the subsequent value.								
N.W.	Causeway Parking Lot - facing towards Lynn		16.5		L	Gardner Rd		59.4
U-turn	Around cones				R	Castle Rd (NOT Castle Way!)	8	62.32
L	Wilson Rd				R	Fox Hill Rd		24.1
R	Little Nahant Rd	1	75.9		R	Flash Rd	9	49.5
R	Little Nahant Rd				L	Spring Rd		
L	Little Nahant Rd		89.1		R	Valley Rd		29.7
L	Little Nahant Rd				L	Willow Rd	10	13.12
R	Little Nahant Rd				L	Cliff St		42.64
L	Nahant Rd	2	23.1		R	Vernon St		42.9
L	Greystone Rd		29.7		L	Swallow Cave Rd		
R	High St		89.1		R	Marine Science Institute (MSI) - NE Univ		29.7
L	Prospect St				R	After parking area		
L	Pond St				R	After MSI building		
R	Maolis Rd		66.0		L	At top of path		
L	Ocean St				L	Oval at top - clockwise	11	59.4
R	Marginal Rd	3	29.7		L	Return down same road		
Straight	Cary St				R	Before MSI building		
R	Pleasant St		49.5		L	After MSI building		
L	Nahant Rd				L	At parking area		29.7
L	Marine Science Institute (MSI) - NE Univ		29.7		R	Nahant Rd		
R	After parking area				R	Pleasant St		49.5
R	After MSI building				L	Cary St	12	
L	At top of path				Straight	Marginal Rd		29.7
L	Oval at top - clockwise	4	59.4		L	Ocean St		
L	Return down same road				R	Maolis Rd		66.0
R	Before MSI building				L	Pond St		89.1
L	After MSI building				R	Prospect St		
L	At parking area		29.7		R	High St		
L	Swallow Cave Rd				L	Greystone Rd		29.7
R	Vernon St				R	Nahant Rd	13	23.1
L	Cliff St	5	42.9		R	Little Nahant Rd		
R	Willow Rd		42.64		L	Little Nahant Rd		
R	Valley Rd		13.12		R	Little Nahant Rd		89.1
L	Spring Rd		29.7		R	Little Nahant Rd		
L	Flash Rd	6			L	Little Nahant Rd	14	
R	Fox Hill Rd		49.5		L	Wilson Rd		75.9
L	Castle Rd (NOT Castle Way!)	7	24.1		R	Parking lot - after Duncan Donuts		16.5
R	Gardner Rd		62.32		Straight	Causeway path	15, 16	
L	Bass Pt Rd		59.4		R	Red Rock - CCW		
L	Bass Pt Rd		18.2		L	Return on Causeway path	17, 18	
L	Trimountain Rd				Finish	Causeway Parking Lot - facing Little Nahant	18.64	16.5
			79.2					