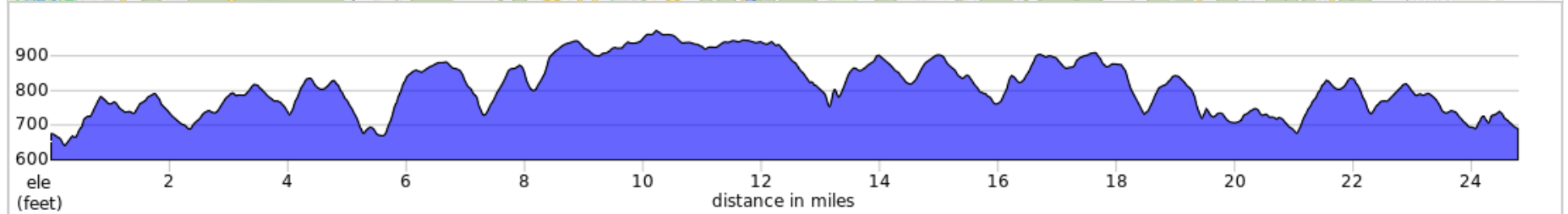
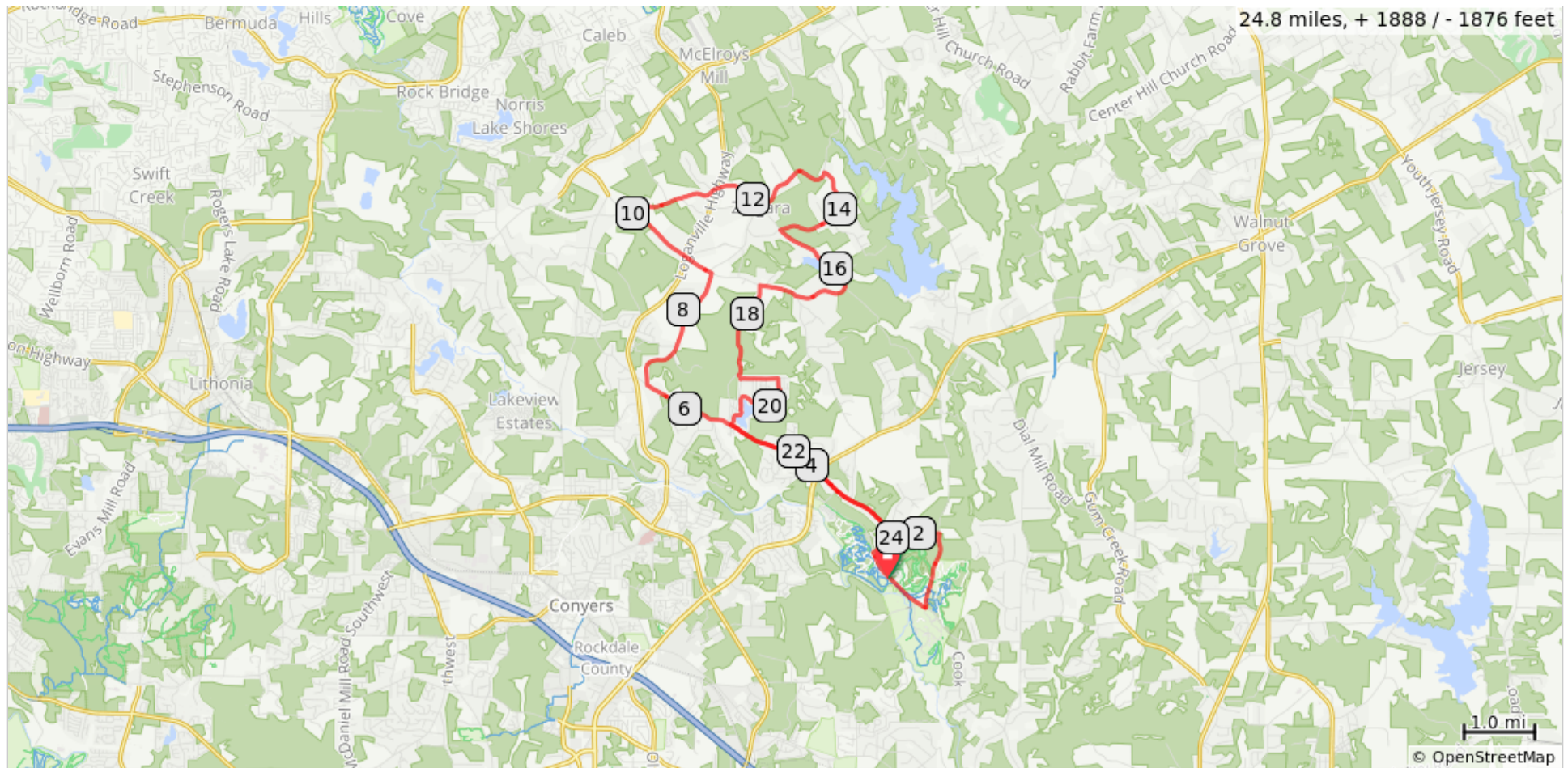


Hills 'n Lakes (GIHP Start)



Hills 'n Lakes (GIHP Start)

| Num | Dist | Prev | Type | Note | Next |
|-----|------|------|------|--|------|
| 1. | 0.0 | 0.0 | 📍 | Start of route | 0.5 |
| 2. | 0.5 | 0.5 | ↑ | Continue straight onto Gees Mill Rd NE | 0.1 |
| 3. | 0.7 | 0.1 | ← | L onto Old Costley Mill Rd | 1.1 |
| 4. | 1.8 | 1.1 | ← | L onto Dennard Rd NE | 2.0 |

1.8 miles. +173/-65 feet

| Num | Dist | Prev | Type | Note | Next |
|-----|------|------|------|--|------|
| 5. | 3.8 | 2.0 | ↑ | Continue straight to stay on Dennard Rd NE | 0.1 |
| 6. | 3.9 | 0.1 | ↑ | Continue onto Hi Roc Rd NE | 2.8 |
| 7. | 6.7 | 2.8 | → | R onto Zingara Rd NE | 2.0 |
| 8. | 8.7 | 2.0 | ← | L onto W Hightower Trail | 1.4 |
| 9. | 10.1 | 1.4 | → | R onto Bethel Rd NW | 2.0 |

8.3 miles. +667/-477 feet

| Num | Dist | Prev | Type | Note | Next |
|-----|------|------|------|--|------|
| 10. | 12.1 | 2.0 | ← | L onto Haralson Mill Rd NE | 1.2 |
| 11. | 13.3 | 1.2 | → | R onto Booth Rd NE | 0.6 |
| 12. | 13.9 | 0.6 | → | R onto Black Shoals Rd NE | 1.0 |
| 13. | 15.0 | 1.0 | ← | L onto Bethel Rd NE | 1.3 |
| 14. | 16.2 | 1.3 | ↑ | Continue straight onto N Hightower Trail | 1.3 |

6.2 miles. +289/-388 feet

| Num | Dist | Prev | Type | Note | Next |
|-----|------|------|------|-------------------------------|------|
| 15. | 17.5 | 1.3 | ← | L onto Philadelphia Dr | 1.4 |
| 16. | 18.9 | 1.4 | ← | L onto Hi Roc Cir NE | 0.1 |
| 17. | 19.0 | 0.1 | ← | L to stay on Hi Roc Cir NE | 0.5 |
| 18. | 19.5 | 0.5 | → | R onto Twin Oak Dr | 0.1 |
| 19. | 19.6 | 0.1 | ↑ | Continue onto Lakeshore Dr NE | 0.5 |

3.4 miles. +102/-283 feet

| Num | Dist | Prev | Type | Note | Next |
|-----|------|------|------|----------------------------------|------|
| 20. | 20.1 | 0.5 | ← | L to stay on Lakeshore Dr NE | 0.8 |
| 21. | 21.0 | 0.8 | ← | L onto Hi Roc Rd NE | 1.3 |
| 22. | 22.3 | 1.3 | ← | Slight L to stay on Hi Roc Rd NE | 0.1 |
| 23. | 22.4 | 0.1 | ↑ | Continue onto Denny Rd NE | 1.5 |
| 24. | 24.0 | 1.5 | → | R | 0.2 |

4.3 miles. +255/-288 feet

| Num | Dist | Prev | Type | Note | Next |
|-----|------|------|------|--------------------------------------|------|
| 25. | 24.2 | 0.2 | → | R toward Cherokee Run Golf Club | 0.1 |
| 26. | 24.3 | 0.1 | ↑ | Continue onto Cherokee Run Golf Club | 0.1 |
| 27. | 24.4 | 0.1 | ← | L onto Centennial Olympic Pkwy NE | 0.4 |
| 28. | 24.8 | 0.4 | 📍 | End of route | 0.0 |

0.8 miles. +31/-62 feet