

TOTAL	ACTION	GO FOR	DESCRIPTION	LRLR 1
0.92			Safeway @ 15 Marina Blvd Start 06:00	
			Ride along Marina Green bike path toward GG Bridge	
0.9	S	1.04	Name changes to Mason Street (stay on bike path)	
2.0	Bear L	0.04	Mason Street	
2.0	R	0.08	Crissy Field Ave (climb short hill)	
2.1	R	0.09	Lincoln Blvd	
2.2	Bear R	0.42	Enter bike path	
2.6	L	1.88	Enter Golden Gate Bridge West side bike path	
4.5	Bear L	0.2	Exit GGB West sidewalk, up on parking lot	
4.7	L	1.15	Uphill at Conzelman	
5.8	Bear L	1.27	At McCullough look for Coastal trail head on the left of intersection	
7.1	S	0.33	Gate Coastal trail continues	
7.4	X	0.01	Across Bunker Road into gravel parking area	
7.4	L	0.07	Look for trail entrance @ far left end of parking area (wooden bridge)	
7.5	L	0.39	Rodeo Valley Trail (bikes MUST turn left)	
7.9	L	0.07	Bobcat Trail (little dscent)	
8.0	R	1.44	Miwok	
9.4	L	1.22	Old Springs Trail	
10.6	L	0.2	Miwok Stables	
10.8	L	0.05	Tennessee Valley Rd (Paved road)	
10.9	S	0.65	Go around Gate	
11.5	R	0.57	Tennessee Valley trail (Gravel starts)	
12.1	R	0.69	Coastal Trail (very steep hill)	
12.8	R	0.33	Name Changes Coastal Fire Rd, do not go down	
13.1	S	1.42	Coyote Ridge Trail (Stay on Coastal, down towards Muir Beach)	

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TOTAL	ACTION	GO FOR	DESCRIPTION	LRLR 2
14.5	S	0.07	Stay on Coastal Fire Rd down , down to the bottom	
14.6	R	0.25	At intersection (turn away from the beach)	
14.9	R	0.1	End of Trail, Paved road starts	
15.0	L	0.22	Shoreline Hwy (Pelican Inn at corner)	
15.2	R	1.9	Muir Woods Rd	
17.1	L	2.48	Deer Park Fire Rd. (Looong climb)	
			Open 06:49 - Close 07:52	
19.6	R	0.41	Coastal Trail	
20.0	S	0.25	Coastal Trail (Fire road ends)	
20.2	S	0.02	Pan Toll Ranger Station (Water, Restrooms)	
20.2	S	1.2	Pan Toll Rd. (Cross Panoramic Hwy)	
21.4	R	0.41	E Ridgecrest Blvd.	
21.8	L	1.57	Rock Spring Lagunitas Rd (Gate parallel to road then the the fire road on the left)	
23.4	S	0.75	Lagoon trail (Stay on Rock Spring Lagunitas Rd. Steep descent, walk if not comfortable with loose ground)	
24.2	S	0.95	Rocky Ridge (Stay on Rock Spring Lagunitas Rd)	
25.1	R	0.97	Fock Springs Lagunitas Rd (You are at Lake Lagunitas)	
26.1	R	0.63	Lakeview Rd.	
26.7	L	0.9	Eldridge Grade	
27.6	L	0.52	At the "T" take the left	
28.1	R	0.8	Take Right, at intersection trail goes downhill (NOTE: There is a water fountain across from the entrance to this turn, look for a fire hydrant type fixture and the fountain is attached)	
28.9	L	0.88	A new T intersection (Close to Phoenix Lake)	
29.8	R	0.16	Shaver Grade (Main trail towards Five Corners)	
30.0	Bear L	1.36	Concrete Pipe Rd (Five Corners intersection)	
			Open 07:25 - Close 09:12	

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TOTAL	ACTION	GO FOR	DESCRIPTION	LRLR 3
31.3	L	2.3	Fairfax Bolinas Rd. (Fire road ends)	
33.6	S	4.13	Pine Mtn. Trail Head	
37.8	L	2.5	Alpine Dam	
40.3	R	0.01	West. Ridgecrest Blvd.	
40.3	R	3.39	Bolinas Ridge trail (almost immediately after the intersection. Cattle grate right before the trail head)	
43.7	S	1.58	McCurdy Trail	
45.2	L	1.7	Randall Trail (Down towards Hwy 1)	
			Open 08:09 - Close 10:52	
46.9	R	5.8	Hwy 1 (AKA, Shoreline Hwy)	
52.7	S	2.13	Sir Francis Drake (@ Olema traffic light)	
54.9	L	0.05	Continue on Hwy 1 towards downtown Point Reyes Sta.	
54.9	L	0.5	Dirt parking lot	
55.4	S	0.05	Black Mountain Cycles (at end of parking lot)	
			Open 08:37 - Close 11:56	
55.5	R	2.13	Hwy 1	
57.6	L	1.83	Sir Francis Drake (@ Olema traffic light)	
59.4	R	3.3	Cross Marin Bike Trail (right before end of the downhill)	
62.7	S	0.14	Main paved trail goes to the left. Do not turn, Go Straight	
62.9	S	0.6	Gate pavement ends. Continue on fire road	
63.5	S	1.47	Fire Road goes over SFD	
64.9	L	3	Sir Francis Drake (Inkwell's Bridge)	
67.9	S	5	Nicasio Valley Rd.	
72.9	R	0.1	Claus Drive (Downtown Fairfax)	
73.0	L	0.25	Broadway	
73.3	S	0.01	Center, name change at Pacheco	
73.3	R	0.35	Pastori, (small side street)	
73.7	L	0.31	Lansdale	

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TOTAL	ACTION	GO FOR	DESCRIPTION	LRLR 4
74.0	L	0.09	San Anselmo Ave.	
74.1	Bear L	0.16	San Anselmo, intersect w / Scenic.	
74.2	S	0.29	San Anselmo, intersect w / Redwood,	
74.5	L	0.56	San Anselmo, intersect w / Hazelton	
75.1	R	0.04	San Anselmo	
75.1	R	0.53	Bolinas Ave.	
75.6	L	0.09	Shady Lane	
75.7	L	0.34	Lagunitas Rd.	
76.1	R	0.55	Ross Commons	
76.6	S	1.49	Kent, name change at Kentfield	
78.1	Bear R	0.67	Magnolia, int. w / Woodland (College of Marin-on left)	
78.8	S	0.8	Magnolia, x-street is King St	
79.6	L	0.05	Redwood (Do not climb Camino Alto!)	
79.6	Bear R	0.9	Tamalpais Dr	
80.5	Bear L	0.1	Paradise Dr	
80.6	R	0.51	San Clemente Dr.	
81.1	L	3.16	Paradise Dr	
84.3	Bear left	5.38	Stay on Paradise	
89.7	L	0.28	Caffe Acri 1 Main St (Tiburon, they let riders use restroom)	
			Open 10:14 - Close 15:36	
90.0	L	0.23	Beach St	
90.2	Bear R	1.07	Name change to San Rafael Ave	
91.3	L	1.03	At traffic light (Tiburon Blvd.) onto bike path	
92.3	L	0.18	Sharp 90deg turn at end of park (McKegney Green)	
92.5		0.08	Restrooms hidden on right	
92.5	S	0.09	Parking Lot (keep going on the same direction you are traveling)	
92.6	Bear R	0.8	Greenwood Cove (access via a small connector with "Road Closed" and "Bikes OK" signs to the end of the parking lot)	

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TOTAL	ACTION	GO FOR	DESCRIPTION	LRLR 5
93.4	L	1.58	Tiburon Blvd (E Blithedale after Hwy 101 overpass)	
95.0	S	1.2	Lomita (Mill Valley bike Path)	
96.2	S	1.04	Name change to W. Blithedale @ Throckmorton Ave (street sign on left side of street)	
97.3	S	0.08	Lee St	
97.3	Bear R	0.7	Trail Head Gate (Gate has # "3747" in black/yellow sign)	
98.0	L	1.13	No name intersection (towards a dip in the trail)	
99.2	S	0.07	Gate	
99.2	R	0.63	Fern Canyon @ Summit (paved road keep going up)	
99.9	S	0.13	Fire road again	
100.0	S	0.42	Wooden shack (Water fountain, First Aid kit and bike repair kit, please use only what you need)	
100.4	R	0.17	At intersection (Wood Logs nicely placed to make intersection)	
100.6	Bear R	0.2	Stay on Old Rail Road Grade	
100.8	L	1.95	Stay on Old Rail Road Grade (@ Hoo Koo E Koo)	
102.7		0.01	West Point Inn hostel Open 10:51 - Close 17:00	
102.7	Bear L	1.32	Old Stage Rd	
104.1	S	0.14	Gate	
104.2	R	0.49	Easy Grade (paved road)	
104.7	CROSS	0.06	Panoramic Hwy	
104.8		0.06	Pantoll Ranger Station (Water, WC, parking lot)	
104.8	R	2.71	Panoramic Hwy	
107.5	S	1.83	Edgewood Ave	
109.4	S	0.84	Stay on Panoramic (Four Corners intersection)	
110.2	R	0.38	Shoreline Hwy (Sharp turn)	
110.6	L	1.53	Miwok Trail head (Hidden in sharp turn, usually there are cars parked there DANGEROUS CROSSING BE CAREFUL)	

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TOTAL	ACTION	GO FOR	DESCRIPTION	LRLR 6
112.1	R	0.77	Coyote Ridge Trail (Sharp turn go up)	
112.9	L	0.05	Coastal Fire Rd Open 11:21 - Close 18:08	
112.9	Bear R	0.76	Stay on Coastal	
113.7	Bear L	0.66	Coastal Trail (very steep descent)	
114.3	L	0.58	Tennessee Valley Trail	
114.9	L	0.63	Tennessee Valley trail (Paved road)	
115.6	S	0.03	Gate preventing car traffic	
115.6	R	0.06	Miwok Stables (unmarked gravel access rd)	
115.6	L	1.46	Marincello Rd	
117.1	S	0.76	Marinchello Trail sign (go down) Open 11:32 - Close 18:32	
117.9	R	2.06	Bobcat Trail (Towards the valley/down)	
119.9	L	0.36	Rodeo Valley Trail (at Y intersection, tiny climb)	
120.3	R	0.07	Fire Road Trail bears right at 90° (Bikes must turn right)	
120.4	R	0.09	Gravel parking lot after small wooden bridge	
120.4	CROSS	0.01	Bunker Road	
120.5	Bear L	0.33	Coastal Trail Fire road	
120.8	S	1.27	Gate	
122.1	L	1.15	Conzelman (pavement)	
123.2	R	0.13	Connector to North end GG Bridge Parking Area	
123.3	L	1.98	Parking Area, enter West GG Bridge Bike Path	
125.3	0	0	GG Bridge South end (At the Strauss Statue) Open 11:53 - Close 19:30	

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