TOTAL	ACTION	GO	DESCRIPTION
		0.9	Safeway @ 15 N

		0.9	Safeway @ 15 Marina Blvd Start 00h:00m
0.0	L	0.5	Ride along Marina Green bike path toward GG Bridge
0.0	S	1.0	Name changes to Mason Street (stay on bike path)
2.0	Bear L	0.1	At Stop sign Mason Street
2.1	<u>R</u>	0.1	Crissy Field Ave (climb short hill)
2.1	R	0.1	Lincoln Blvd
2.2	Bear R	0.4	Enter bike path
2.7	<u>L</u>	1.9	WEST side across bridge, and bike path
4.6	<u>S</u>	0.3	Exit WEST Golden Gate Bridge sidewalk
4.9	<u>_</u>	1.1	Uphill at Conzelman
6.0	Bear R	1.3	At McCullough roundabout look for Coastal trailhead on left of
			intersection
7.2	S	0.3	Gate Coastal trail continues
7.6	L	0.1	Bunker Road (Paved)
7.7	R	0.1	Small unnamed service road
7.7	R	0.1	Smith Road Bridge (Wooden bridge)
7.8	L	0.3	Rodeo Valley Trail
8.1	L	0.1	Almost U turn into Bobcat Trail (after little descent)
8.2	R	1.4	Miwok Trail
9.6	L	1.2	Old Springs Trail
			Informational Control, answer question on permanent card. No
			Open or Close times
10.8	L	0.2	Miwok Stables
11.0	L	0.1	Tennessee Valley Rd (Paved road)
11.0	S	0.7	Go around Gate
11.7	Bear R	0.5	Tennessee Valley trail (Gravel starts)
12.2	R	0.7	Coastal Trail (very steep hill)
12.9	R	0.3	Name Changes Coastal Fire Rd, do not go down
13.2	S	1.4	At Coyote Ridge Trail stay on Coastal (down towards Muir Beach)
14.6	S	0.1	Stay on Coastal Fire Rd down , down to the bottom
14.7	R	0.5	At intersection (turn away from the beach)
15.2	R	0.1	Pacific Way @ End of Trail, Pavement begins
15.3	L	0.2	Shoreline Hwy (Pelican Inn at corner)
15.6	R	1.9	Muir Woods Rd
17.5	L	2.5	Deer Park Fire Rd. Trail Head @ Muir Woods Rd (Loooong climb)
19.9	R	0.4	Coast View Trail
			Informational Control, answer question on permanent card. No
			Open or Close times
20.3	S	0.2	Coastal Trail (Fire road ends)
20.5	S	0.0	Pan Toll Ranger Station (Water, Restrooms)
20.6	<u>S</u>	1.5	Pan Toll Rd. (Cross Panoramic Hwy)
22.0	<u></u> R	0.4	E Ridgecrest Blvd.
22.4	L	1.6	Rock Spring Lagunitas Rd (Trailhead diagonal to road)
24.0	S	0.8	Lagoon trail (Stay on Rock Spring Lagunitas Rd. Steep descent,
24.0	3	0.6	walk if not comfortable with loose ground)
24.7	S	1.0	Rocky Ridge (Stay on Rock Spring Lagunitas Rd)
24.1	3	1.0	Houry hidge (Stay of hour Spring Lagurillas nu)

TOTAL	ACTION	GO	DESCRIPTION
25.7	R	0.9	Fock Springs Lagunitas Rd (At bottom of descent, you are at Lake Lagunitas, MAKE A SHARP RIGHT)
26.6	R	0.6	Lakeview Rd.
27.2	L	0.7	Eldridge Grade
27.9	L	0.5	At the "T" take the left
28.4	R	0.7	Take Right, at intersection trail goes downhill (NOTE: water
			fountain across from the entrance to this turn)
29.1	L	0.8	A new T intersection (Close to Phoenix Lake)
29.9	R	0.2	Shaver Grade (Main trail towards Five Corners)
30.1	Bear L	1.3	Concrete Pipe Rd (Five Corners intersection)
			Informational Control, answer question on permanent card. No
			Open or Close times
31.4	L	2.3	Fairfax Bolinas Rd. (Fire road ends)
33.7	S	4.1	Pine Mtn. Trail Head
37.8		2.5	Alpine Dam on your left, stay on Fairfax Bolinas Rd
40.3	R	0.0	Stay on Fairfax Bolinas Rd @ West. Ridgecrest Blvd.
40.3	R	3.2	Bolinas Ridge trail (Immediately after the intersection)
43.5	S	1.5	Stay on Bolinas Ridge Trail @ McCurdy Trail
45.0	L	1.3	Randall Trail trail head gate (Down towards Hwy 1)
			Informational Control, answer question on permanent card. No
			Open or Close times
46.3	R	5.8	Hwy 1 (AKA, Shoreline Hwy)
52.1	S	2.2	Stay on Shoreline Hwy @ Sir Francis Drake Blvd (@ Olema traffic
			light)
54.3	L	0.1	Continue on Hwy 1 towards downtown Point Reyes Sta.
54.4	S	0.0	Downtown Point Reyes Station (Good place for lunch)
54.4	R	0.4	Continue on HWY 1 (Shoreline Hwy) @ 4th St.
54.8	R	3.1	Point Reyes- Petaluma Rd.
			Informational Control, answer question on permanent card. No
			Open or Close times
57.9	R	2.4	Platform Bridge Rd.
60.2	R	3.4	Cross Marin Bike Trail entrance (Cross the bridge right before Sir
			Francis Drake)
63.6	S	0.1	Main paved trail goes to the left. Do not turn, Go Straight
63.8	S	0.6	Gate pavement ends. Continue on fire road
64.4	S	1.4	Fire Road goes over Sir Francis Drake
65.8	L	3.0	Sir Francis Drake (Inkwells Bridge)
68.8	S	5.0	Stay on Sir Francis Drake Blvd @ Nicasio Valley Rd.
73.8	R	0.1	Claus Drive (Downtown Fairfax)
73.9	L	0.3	Broadway Blvd
74.1	S	0.3	Center Blvd, name change at Pacheco
74.4	R	0.1	Pastori, (small side street)
74.5	L	0.4	Lansdale

TOTAL	ACTION	GO	DESCRIPTION
74.9	Bear L	0.1	San Anselmo Ave.
75.0	Bear L	0.2	San Anselmo, intersect w / Scenic.
75.2	S	0.3	San Anselmo, intersect w / Redwood,
75.5	L	0.6	San Anselmo, intersect w / Hazel
76.0	R	0.0	San Anselmo
76.1	R	0.1	Bolinas Ave.
76.1	L	0.5	Shady Lane(immediately after Bolinas Ave)
76.6	L	0.1	Lagunitas Rd.
76.7	R	0.6	Ross Commons (immediately after Lagunitas Rd)
77.2	S	1.5	Kent, name change at Kentfield
78.7	Bear R	0.5	Magnolia, int. w / Woodland (College of Marin-on left)
79.2	S	0.6	Magnolia, x-street is King St
79.8	L	0.1	Redwood (Do not climb Camino Alto!)
79.8	Bear R	0.9	Tamalpais Dr
80.7	S	0.1	Go over the Hwy 101 overpass
80.8	R	0.4	San Clemente Dr.
81.2	L	3.1	Paradise Dr
84.3	Bear left	5.3	Stay on Paradise Dr. (@ Trestle)
89.6	L	0.0	Main St
89.6	L	0.3	Caffe Acri 1 Main St (Tiburon, they let riders use restroom)
			Control Open 4h:48m - Close 9h:36m (elapsed time)
89.9	L	0.2	Beach Rd
90.1	Bear R	1.1	San Rafael Ave
91.2	L	1.0	At traffic light (Tiburon Blvd.) onto bike path
92.2	L	0.2	Sharp 90° turn at end of park (Mckegney Green)
92.4		0.1	Restrooms hidden on right
92.5	S	0.1	Parking Lot (keep going on the same direction you are traveling)
92.6	Bear R	8.0	Greenwood Cove (access via a small connector with "Road
			Closed" and "Bikes OK" signs to the end of the parging lot)
93.4	L	1.6	Tiburon Blvd (E Blithedale after Hwy 101 overpass)
95.0	S	1.2	Stay on E. Blithedale @ Lomita Dr
96.2	S	1.0	Name change to W. Blithedale @ Throckmorton Ave
97.2	S	0.1	Stay on W. Blithedale @ Lee St.
97.3	Bear R	0.7	Trail Head Gate (Gate has # "3747" in black/yellow sign)
98.0	L	<u> 1.1</u>	No name intersection (towards a dip in the trail)
99.1	S	0.1	Gate
99.2	R	0.6	Fern Canyon @ Summit (paved road keep going up)
99.8	S	0.1	Fire road starts again
100.0	S	0.4	Wooden shack (Water fountain, First Aid kit and bike repair kit,
			please use only what you need)
100.4	R	0.2	At intersection (Wood Logs nicely placed to make intersection)
100.5	Bear R	0.2	Stay on Old Railroad Grade
100.7	L	1.9	Stay on Old Railroad Grade (@ Hoo Koo E Koo)
102.6		0.0	West Point Inn hostel On Old Railroad Grade (water, restroom)
			Informational Control, answer question on permanent card. No
			Open or Close times

TOTAL	ACTION	GO	DESCRIPTION
102.7	Bear L	1.3	Old Stage Rd
104.0	S	0.1	Gate
104.1	R	0.5	Easy Grade (paved road)
104.6	Χ	0.1	Panoramic Hwy
104.6		0.1	Pantoll Ranger Station (Water, WC, parking lot)
104.7	R	2.6	Panoramic Hwy
107.3	S	1.7	Stay on Panoramic Hwy @ Edgewood Ave.
109.0	S	0.8	Stay on Panoramic (Four Corners intersection)
109.8	R	0.4	Shoreline Hwy (Sharp turn)
110.2	L	1.5	Miwok Trail head (Hidden in sharp turn, usually there are cars
			parked there DANGEROUS CROSSING BE CAREFUL)
111.7	R	8.0	Coyote Ridge Trail (Sharp turn go up)
			Informational Control, answer question on permanent card. No
			Open or Close times
112.5	L	0.1	Coastal Fire Rd
112.6	Bear R	0.8	Stay on Coastal
113.3	Bear L	0.7	Coastal Trail (very steep descent)
114.0	L	0.6	Tennessee Valley Trail
114.6	L	0.6	Tennessee Valley trail (Paved road)
115.2	S	0.0	Gate preventing car traffic
115.2	R	0.1	Miwok Stables (unmarked gravel access rd)
115.3	L	1.5	Marincello Rd (go up)
116.7	S	8.0	Marincello Trail sign (go down) Name change to Bobcat Trail
			Informational Control, answer question on permanent card. No
			Open or Close times
117.5	Bear R	2.1	Stay on Bobcat Trail (Towards the valley/down)
119.6	L	0.3	Rodeo Valley Trail (at Y intersection, tiny climb)
119.9	R	0.1	Unnamed Fireroad to Smith Road Bridge
119.9	L	0.1	Small unnamed service road
120.0	L	0.1	Bunker Road
120.11	Bear R	0.3	Coastal Trail Fire road
120.41	S	1.3	Trialhead gate
121.7	L	1.2	Conzelman (at traffic circle down towards the GG Bridge)
122.8	R	0.1	Connector to North end GG Bridge Parking Area
123.0	L	2.0	Parking Area, enter West GG Bridge Bike Path
124.9	S	0.3	Continue on bike path to Lincoln
125.2	L	0.7	Lincoln Blvd.
125.9	L	0.2	McDowell Ave.
126.1	Bear L	0.1	Crissy Field Ave.
126.2	R	1.0	Mason St cross the street immediatly after ride along the bike path
127.3	R	0.9	Continue riding along Marina Green bike path
128.20	L	0.0	Safeway @ 15 Marina Blvd, San Francisco
			Open: 6h:52m Close: 13h:44m (elapsed time)