

TOTAL	ACTION	GO FOR	DESCRIPTION	La Ruta Loca Randonnee (LRLR) 1
0.0		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	R	0.08	Crissy Field Ave (climb short hill)	
2.0	R	0.09	Lincoln Blvd	
2.1	Bear R	0.42	Enter bike path	
2.6	L	1.9	WEST side across bridge, and bike path	
4.5	S	0.3	Exit WEST Golden Gate Bridge sidewalk	
4.8	L	1.1	Uphill at Conzelman	
5.9	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	
7.5	X	0.01	Across Bunker Road into gravel parking area	
7.5	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	0.03	Bobcat Trail (little dscent)	
8.0	R	1.4	Miwok	
9.4	L	1.2	Old Springs Trail	
10.6	L	0.2	Miwok Stables	
10.8	L	0.05	Tennessee Valley Rd (Paved road)	
10.8	S	0.65	Go around Gate	
11.5	R	0.5	Tennessee Valley trail (Gravel starts)	
12.0	R	0.69	Coastal Trail (very steep hill)	
12.6	R	0.33	Name Changes Coastal Fire Rd, <u>do not</u> go down	
13.0	S	1.42	Coyote Ridge Trail (Stay on Coastal, go down towards Muir Beach)	
14.4	S	0.1	Stay on Coastal Fire Rd down , down to the bottom	
14.5	R	0.5	At intersection (turn away from the beach)	
15.0	R	0.1	End of Trail, Paved road starts	
15.1	L	0.22	Shoreline Hwy (Pelican Inn at corner)	
15.3	R	1.9	Muir Woods Rd	
17.2	L	2.48	Deer Park Fire Rd. Trail Head @ Muir Woods Rd (Looong climb) Informational Control, No Open or Close times	
19.7	R	0.41	Coastal Trail	
20.1	S	0.2	Coastal Trail (Fire road ends)	
20.3	S	0.02	Pan Toll Ranger Station (Water, Restrooms)	
20.3	S	1.45	Pan Toll Rd. (Cross Panoramic Hwy)	
21.8	R	0.41	E Ridgecrest Blvd.	
22.2	L	1.57	Rock Spring Lagunitas Rd (Gate parallel to road then the the fire road on the left)	
23.8	S	0.75	Lagoon trail (Stay on Rock Spring Lagunitas Rd. Steep descent, walk if not comfortable with loose ground)	
24.5	S	0.95	Rocky Ridge (Stay on Rock Spring Lagunitas Rd)	
25.5	R	0.92	Fock Springs Lagunitas Rd (You are at Lake Lagunitas SHARP RIGHT)	
26.4	R	0.6	Lakeview Rd.	
27.0	L	0.7	Eldridge Grade	
27.7	L	0.5	At the "T" take the left	
28.2	R	0.7	Take Right, at intersection trail goes downhill (NOTE: water fountain across from the entrance to this turn, look for a fire hydrant type fixture and the fountain is attached)	
28.9	L	0.8	A new T intersection (Close to Phoenix Lake)	
29.7	R	0.16	Shaver Grade (Main trail towards Five Corners)	
29.8	Bear L	1.3	Concrete Pipe Rd (Five Corners intersection) Informational Control, No Open or Close times	
31.1	L	2.3	Fairfax Bolinas Rd. (Fire road ends)	
33.4	S	4.13	Pine Mtn. Trail Head	
37.6	L	2.5	Alpine Dam	

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40.1	R	0.01	West. Ridgecrest Blvd.	
40.1	R	3.2	Bolinas Ridge trail (almost immediately after the intersection. Cattle grate right before the trail head)	
43.3	S	1.5	McCurdy Trail	
44.8	L	1.3	Randall Trail trail head gate (Down towards Hwy 1) Informational Control, No Open or Close times	
46.1	R	5.8	Hwy 1 (AKA, Shoreline Hwy)	
51.9	S	2.2	Sir Francis Drake (@ Olema traffic light)	
54.1	L	0.05	Continue on Hwy 1 towards downtown Point Reyes Sta.	
54.1	L	0.05	Dirt parking lot	
54.2	S	0.05	Black Mountain Cycles 11101 Shoreline Hwy., #B Pt. Reyes Station Open 08:37 - Close 11:56	
54.2	S	0.1	Ride back to Hwy 1 (Shoreline Hwy)	
54.3	L	0.4	HWY 1 (Shoreline Hwy)	
54.7	R	3.1	Point Reyes- Petaluma Rd.	
57.8	L	2.35	Platform Bridge Rd.	
60.2	R	3.4	Cross Marin Bike Trail entrance (Cross the bridge right before Sir francis Drake)	
63.6	S	0.14	Main paved trail goes to the left. Do not turn, Go Straight	
63.7	S	0.6	Gate pavement ends. Continue on fire road	
64.3	S	1.4	Fire Road goes over Sir Francis Drake	
65.7	L	3	Sir Francis Drake (Inkwells Bridge)	
68.7	S	5	Nicasio Valley Rd.	
73.7	R	0.1	Claus Drive (Downtown Fairfax)	
73.8	L	0.25	Broadway	
74.1	S	0.01	Center, name change at Pacheco	
74.1	R	0.35	Pastori, (small side street)	
74.4	L	0.31	Lansdale	
74.7	L	0.09	San Anselmo Ave.	
74.8	Bear L	0.16	San Anselmo, intersect w / Scenic.	
75.0	S	0.29	San Anselmo, intersect w / Redwood,	
75.3	L	0.56	San Anselmo, intersect w / Hazelton	
75.8	R	0.04	San Anselmo	
75.9	R	0.53	Bolinas Ave.	
76.4	L	0.09	Shady Lane	
76.5	L	0.3	Lagunitas Rd.	
76.8	R	0.55	Ross Commons	
77.3	S	1.45	Kent, name change at Kentfield	
78.8	Bear R	0.5	Magnolia, int. w / Woodland (College of Marin-on left)	
79.3	S	0.6	Magnolia, x-street is King St	
79.9	L	0.05	Redwood (Do not climb Camino Alto!)	
79.9	Bear R	0.9	Tamalpais Dr	
80.8	Bear L	0.1	Paradise Dr	
80.9	R	0.4	San Clemente Dr.	
81.3	L	3.1	Paradise Dr	
84.4	Bear left	5.3	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	
90.3	Bear R	1.07	Name change to San Rafael Ave	
91.3	L	1.03	At traffic light (Tiburon Blvd.) onto bike path	
92.4	L	0.18	Sharp 90° turn at end of park (Mckegney Green)	
92.5		0.08	Restrooms hidden on right	
92.6	S	0.09	Parking Lot (keep going on the same direction you are traveling)	
92.7	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)	
93.5	L	1.58	Tiburon Blvd (E Blithedale after Hwy 101 overpass)	
95.1	S	1.2	Lomita (Mill Valley bike Path)	

TOTAL	ACTION	GO FOR	DESCRIPTION	La Ruta Loca Randonnee (LRLR) 3
96.3	S	1.04	Name change to W. Blithedale @ Throckmorton Ave (street sign on left side of street)	
97.3	S	0.08	Lee St	
97.4	Bear R	0.7	Trail Head Gate (Gate has # "3747" in black/yellow sign)	
98.1	L	1.13	No name intersection (towards a dip in the trail)	
99.2	S	0.07	Gate	
99.3	R	0.63	Fern Canyon @ Summit (paved road keep going up)	
99.9	S	0.13	Fire road starts again	
100.1	S	0.42	Wooden shack (Water fountain, First Aid kit and bike repair kit, please use only what you need)	
100.5	R	0.17	At intersection (Wood Logs nicely placed to make intersection)	
100.7	Bear R	0.2	Stay on Old Railroad Grade	
100.9	L	1.9	Stay on Old Railroad Grade (@ Hoo Koo E Koo)	
102.8		0.01	West Point Inn hostel On Old Railroad Grade Open 10:51 - Close 17:00	
102.8	Bear L	1.32	Old Stage Rd	
104.1	S	0.14	Gate	
104.2	R	0.45	Easy Grade (paved road)	
104.7	X	0.06	Panoramic Hwy	
104.7		0.06	Pantoll Ranger Station (Water, WC, parking lot)	
104.8	R	2.6	Panoramic Hwy	
107.4	S	1.7	Edgewood Ave	
109.1	S	0.84	Stay on Panoramic (Four Corners intersection)	
109.9	R	0.38	Shoreline Hwy (Sharp turn)	
110.3	L	1.53	Miwok Trail head (Hidden in sharp turn, usually there are cars parked there DANGEROUS CROSSING BE CAREFUL)	
111.84	R	0.77	Coyote Ridge Trail (Sharp turn go up)	
112.6	L	0.05	Coastal Fire Rd Informational Control, No Open or Close times	
112.7	Bear R	0.76	Stay on Coastal	
113.4	Bear L	0.66	Coastal Trail (very steep descent)	
114.1	L	0.58	Tennessee Valley Trail	
114.7	L	0.63	Tennessee Valley trail (Paved road)	
115.3	S	0.03	Gate preventing car traffic	
115.3	R	0.06	Miwok Stables (unmarked gravel access rd)	
115.4	L	1.46	Marincello Rd (go up)	
116.8	S	0.76	Marinchello Trail sign (go down) Informational Control, No Open or Close times	
117.6	R	2.06	Bobcat Trail (Towards the valley/down)	
119.7	L	0.36	Rodeo Valley Trail (at Y intersection, tiny climb)	
120.0	R	0.07	Fire Road Trail bears right at 90° (Bikes must turn right)	
120.1	R	0.09	Gravel parking lot after small wooden bridge	
120.2	CROSS	0.01	Bunker Road	
120.19	Bear L	0.33	Coastal Trail Fire road	
120.52	S	1.27	Gate	
121.8	L	1.15	Conzelman (pavement)	
122.9	R	0.13	Connector to North end GG Bridge Parking Area	
123.1	L	1.98	Parking Area, enter West GG Bridge Bike Path	
125.1		0	GG Bridge South end (At the Bridge Pavilion) Open 11:53 - Close 19:30	