

Yellow=OffRoad DIRECTION	FROM	Please send corrections to Carlos Duque: cduquenot@gmail.com DESCRIPTION	TOTAL
	0	Safeway @ 15 Marina Blvd Start 06:00 Ride along Marina Green bike path toward GG Bridge	
STRAIGHT	0.86	Name changes to Mason Street (stay on bike path)	0.9
Bear Left	1.04	Mason Street	1.9
R	0.03	Crissy Field Ave (climb short hill)	1.9
R	0.16	Lincoln Blvd	2.1
Bear Right	0.23	Enter bike path	2.3
L	0.39	Enter Golden Gate Bridge West side bike path	2.7
L	2.2	West side across bridge, and bike path	4.9
L	0.2	Uphill at Conzelman	5.1
L	1.1	Stay on Conzelman @ McCullough	6.2
	0.67	Start steep down hill (careful here)	6.9
R	1.7	At intersection	8.6
R	0.1	Just a few yards at new Intersection	8.7
L	0.67	At Y intersection (and keep going towards the left)	9.4
R	0.23	Miwok Tail head (Fire road starts to right of building)	9.6
R	0.5	Bobcat Trail	10.1
L	0.02	Stay on Bobcat	10.1
L	2.14	keep left stay on Bobcat Trail	12.2
R	0.77	Marinchello Rd Downhill (control your speed)	13.0
R	1.37	Parking lot	14.4
L	0.05	Tennessee Valley Rd (Paved road)	14.4
STRAIGHT	0.05	Go around Gate	14.5
R	0.65	Tennessee Valley trail (Gravel starts)	15.1
R	0.57	Coastal Trail (very steep hill)	15.7
R	0.69	Name Changes Coastal Fire Rd	16.4
STRAIGHT	0.33	Coyote Ridge Trail (Stay on Coastal trail, down towards Muir Beach)	16.7
STRAIGHT	1.42	Stay on Coastal Fire Rd	18.1
R	0.07	At intersection (turn away from the beach)	18.2
R	0.25	End of Trail, Paved road starts	18.5
L	0.1	Shoreline Hwy (Pelican Inn at corner)	18.6
R	0.22	Muir Woods Rd	18.8
L	1.9	Deer Park Fire Rd. (Looong climb.)	20.7
R	2.48	Coastal Trail	23.2
STRAIGHT	0.41	Coastal Trail (Fire road ends)	23.6
STRAIGHT	0.25	Pan Toll Ranger Station (Water, Restrooms) Open 07:18 - Close 08:36	23.8
S	0.02	Pan Toll Rd. (Cross Panoramic Hwy)	23.8
R	1.2	E Ridgecrest Blvd.	25.0
L	0.41	Rock Spring Lagunitas Rd (Gate parallel to road then the the fire road on the left)	25.5

Last update 4/25/08

La Ruta Loca Randonnee (LRLR)

Carlos Duque

Yellow=OffRoad DIRECTION	FROM	Please send corrections to Carlos Duque: cduquenot@gmail.com DESCRIPTION	TOTAL
STRAIGHT	1.57	Lagoon trail (Stay on Rock Spring Lagunitas Rd. Steep descent, walk if not comfortable with loose ground)	27.0
STRAIGHT	0.75	Rocky Ridge (Stay on Rock Spring Lagunitas Rd)	27.8
R	0.95	Fock Springs Lagunitas Rd (You are at Lake Lagunitas)	28.7
R	0.97	Lakeview Rd.	29.7
L	0.63	Eldridge Grade	30.3
L	0.9	At the "T" take the left	31.2
R	0.52	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)	31.7
L	0.8	A new T intersection (Close to Phoenix Lake)	32.5
R	0.88	Shaver Grade (Main trail towards Five Corners)	33.4
Bear Left	0.16	Concrete Pipe Rd (Five Corners intersection)	33.6
L	1.36	Fairfax Bolinas Rd. (Fire road ends)	34.9
STRAIGHT	2.3	Pine Mtn. Trail Head	37.2
L	4.13	Alpine Dam	41.4
R	2.5	West. Ridgecrest Blvd.	43.9
R	0.01	Bolinas Ridge trail (almost immediately after the intersection. Cattle grate right before the trail head)	43.9
STRAIGHT	3.39	McCurdy Trail	47.3
L	1.58	Randall Trail (Down towards Hwy 1)	48.9
R	1.7	Hwy 1 (AKA, Shoreline Hwy)	50.6
R	5.8	Sir Francis Drake (@ Olema) Open 09:06 - Close 12:12	56.4
R	1.83	Cross Marin Bike Trail (right before end of the downhill)	58.2
STRAIGHT	3.3	Main paved trail goes to the left. Do not turn, Go Straight	61.5
STRAIGHT	0.14	Gate pavement ends. Continue on fire road	61.6
STRAIGHT	0.6	Fire Road goes over SFD	62.2
L	1.47	Sir Francis Drake (Inkwells Bridge)	63.7
STRAIGHT	3	Nicasio Valley Rd.	66.7
R	5	Claus Drive (Downtown Fairfax)	71.7
L	0.1	Broadway	71.8
STRAIGHT	0.25	Center, name change at Pacheco	72.0
R	0.01	Pastori, (small side street)	72.1
L	0.35	Lansdale	72.4
L	0.31	San Anselmo Ave.	72.7
Bear Left	0.09	San Anselmo, intersect w / Scenic.	72.8
STRAIGHT	0.16	San Anselmo, intersect w / Redwood,	73.0
L	0.29	San Anselmo, intersect w / Hazelton	73.3
R	0.56	San Anselmo	73.8
R	0.04	Bolinas Ave.	73.9
L	0.53	Shady Lane	74.4
L	0.09	Lagunitas Rd.	74.5

Last update 4/25/08

La Ruta Loca Randonnee (LRLR)

Carlos Duque

Yellow=OffRoad	Please send corrections to Carlos Duque: cduquenot@gmail.com		
DIRECTION	FROM	DESCRIPTION	TOTAL
R	0.34	Ross Commons	74.8
STRAIGHT	0.55	Kent, name change at Kentfield	75.4
Bear Right	1.49	Magnolia, int. w / Woodland (College of Marin-on left)	76.9
STRAIGHT	0.67	Magnolia, x-street is King St	77.5
L	0.8	Redwood (Do not climb Camino Alto!)	78.3
Bear Right	0.05	Tamalpais Dr	78.4
Bear Left	0.9	Paradise Dr	79.3
R	0.1	San Clemente Dr.	79.4
L	0.51	Paradise Dr	79.9
Bear left	3.16	Stay on Paradise	83.0
L	5.38	Main St (Tiburon, coffee shop let riders use restroom) Open 10:50 - Close 15:40	88.4
L	0.28	Beach St	88.7
Bear Right	0.23	Name change to San Rafael Ave	88.9
L	1.07	At traffic light (Tiburon Blvd.) onto bike path	90.0
L	1.03	Sharp 90deg turn at end of park (McKegney Green)	91.0
	0.18	Restrooms hidden on right	91.2
STRAIGHT	0.08	Parking Lot (keep going on the same direction you are traveling)	91.3
Bear Right	0.09	Greenwood Cove (access via a small connector with "Road Closed" and "Bikes OK" signs to the end of the parking lot)	91.4
L	0.8	Tiburon Blvd (E Blithedale after Hwy 101 overpass)	92.2
STRAIGHT	1.58	Lomita (Mill Valley bike Path)	93.8
STRAIGHT	1.2	Name change to W. Blithedale @ Throckmorton Ave (street sign on left side of street)	95.0
STRAIGHT	1.04	Lee St	96.0
Bear Right	0.08	Trail Head Gate (Gate has # "3747" in black/yellow sign)	96.1
L	0.7	No name intersection (towards a dip in the trail)	96.8
STRAIGHT	1.13	Gate	97.9
R	0.07	Fern Canyon @ Summit (paved road keep going up)	98.0
STRAIGHT	0.63	Fire road again	98.6
STRAIGHT	0.13	Wooden shack (Water fountain, First Aid kit and bike repair kit, please use only what you need)	98.7
R	0.42	At intersection (Wood Logs nicely placed to make intersection)	99.2
Bear Right	0.17	Stay on Old Rail Road Grade	99.3
L	0.2	Stay on Old Rail Road Grade (@ Hoo Koo E Koo)	99.5
	1.95	West Point Inn hostel	101.5
Bear Left	0.01	Old Stage Rd	101.5
STRAIGHT	1.32	Gate	102.8
R	0.14	Easy Grade (paved road)	103.0
CROSS	0.49	Panoramic Hwy	103.4
	0.06		103.5

Last update 4/25/08

La Ruta Loca Randonnee (LRLR)

Carlos Duque

Yellow=OffRoad	Please send corrections to Carlos Duque: cduquenot@gmail.com		
DIRECTION	FROM	DESCRIPTION	TOTAL
R	0.06	Panoramic Hwy	103.6
STRAIGHT	2.71	Edgewood Ave	106.3
STRAIGHT	1.83	Stay on Panoramic (Four Corners intersection)	108.1
R	0.84	Shoreline Hwy (Sharp turn)	108.9
L	0.38	Miwok Trail head (Hidden in sharp turn, usually there are cars parked there DANGEROUS CROSSING BE CAREFUL)	109.3
R	1.53	Coyote Ridge Trail (Sharp turn go up)	110.9
L	0.77	Coastal Fire Rd	111.6
Bear Right	0.05	Stay on Coastal	111.7
Bear Left	0.76	Coastal Trail (very steep descent)	112.4
L	0.66	Tennessee Valley Trail	113.1
L	0.58	Tennessee Valley trail (Paved road)	113.7
STRAIGHT	0.63	Gate preventing car traffic	114.3
R	0.03	Miwok Stables (unmarked gravel access rd)	114.3
L	0.06	Marincello Rd	114.4
STRAIGHT	1.46	Bobcat (go down)	115.9
R	0.76	Bobcat Trail (Towards the valley/down)	116.6
L	2.06	Rodeo Valley Trail (at Y intersection, tiny climb)	118.7
R	0.36	Fire Road Trail bears right at 90° (Bikes must turn right)	119.0
R	0.07	Gravel parking lot after small wooden bridge	119.1
CROSS	0.09	Bunker Road	119.2
Bear Left	0.01	Coastal Trail Fire road	119.2
STRAIGHT	0.33	Gate	119.5
L	1.8	Conzelman (pavement)	121.3
R	1.26	Connector to North end GG Bridge Parking Area	122.6
L	0.13	Parking Area, enter West GG Bridge Bike Path	122.7
	1.98	GG Bridge South end (Visitor Center) Open 12:46 - Close 19:32	124.7

TOTAL MILES 124.7	
Off Road	Road
48.21	76.5
Percentage of total	
38.66%	61.34%

Last update 4/25/08

La Ruta Loca Randonnee (LRLR)

Carlos Duque