

TOTAL	ACTION	GO FOR	DESCRIPTION	Traditional Mixed Terrain ride 1
0			0.1 Golden Gate Visitor parking Lot	
0.1	L		2.2 West side across bridge, and bike path	
2.3	L		0.2 Uphill at Conzelman	
2.5	L		1.2 Stay on Conzelman @ McCullough	
3.7			0.68 Start steep down hill (carefull here)	
4.38	R		1.72 At intersection	
6.1	R		0.1 Just a few yards at new Intersection	
6.2	L		0.67 At Y intersection (and keep going towards the left)	
6.87	R		0.23 Miwok Tail head (Fire road starts)	
7.1	R		0.5 Bobcat Trail	
7.6	L		0.02 Stay on Bobcat	
7.62	L		2.14 keep left stay on Bobcat Trail	
9.76	R		0.77 Marinchello Rd Downhill (control your speed)	
10.53	R		1.47 Parking lot	
12	L		0.05 Tennessee Valley Rd (Paved road)	
12.05	S		0.05 Go around Gate	
12.1	R		0.65 Tennessee Valley trail (Gravel starts)	
12.75	R		0.57 Coastal Trail (very steep hill)	
13.32	R		0.69 Name Changes Coastal Fire Rd	
14.01	S		0.33 Coyote Ridge Trail (Stay on Coastal trail it goes down towards Muir	
14.34	S		1.42 Stay on Coastal Trail	
15.76	R		0.07 At intersection (Official sign/map in a pole, was removed?)	
15.83	R		0.25 End of Trail, Paved road starts	
16.08	L		0.1 Shoreline Hwy (Pelican Inn at corner)	
16.18	R		0.22 Muir Woods Rd	
16.4	L		1.9 Deer Park Fire Rd. (Looong climb.)	
18.3	R		2.48 Coastal Trail	
20.78	S		0.41 Coastal Trail (Fire road ends)	
21.19	S		0.25 Pantoll Ranger Station (Water, Restrooms)	
21.44	S		0.02 Pantoll Rd. (Cross Panoramic Hwy)	
21.46	R		1.2 E Ridgecrest Blvd.	
22.66	L		0.41 Rock Spring Lagunitas Rd (Gate paralell to road then the the fire road	
23.07	S		1.57 Lagoon trail (Stay on Rock Spring Lagunitas Rd. Steep descent, walk if not comfortable with loose ground)	
24.64	S		0.75 Rocky Ridge (Stay on Rock Spring Lagunitas Rd)	
25.39	R		0.95 Fock Springs Lagunitas Rd (At the Lake Lagunitas very sharp turn do not miss this intersection!)	

TOTAL	ACTION	GO FOR	DESCRIPTION	Traditional Mixed Terrain ride 2
26.34	R		0.97 Lakeview Rd.	
27.31	L		1.63 Eldridge Grade	
28.94	L		1.47 At the "T" take the left	
30.41	R		0.58 Take Right, at intersecion 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)	
30.99	L		0.88 Shaver Grade (Main trail towards Five Corners)	
31.87	S		0.96 Concrete Pipe Rd (Five Corners intersection)	
32.83	R		1.36 Fairfax Bolinas Rd. (Fire road ends)	
34.19	L		1.52 Broadway	
35.71	S		0.26 Center, name change at Pacheco	
35.97	R		0.01 Pastori, (small side street)	
35.98	L		0.35 Lansdale	
36.33	L		0.31 San Anselmo Ave.	
36.64	Bear L		0.1 San Anselmo, intersect w/Scenic.	
36.74	S		0.16 San Anselmo, intersect w/Redwood,	
36.9	L		0.3 San Anselmo, intersect w/ Hazelton	
37.2	R		0.56 San Anselmo	
37.76	R		0.05 Bolinas Ave.	
37.81	L		0.54 Shady Lane	
38.35	L		0.09 Lagunitas Rd.	
38.44	R		0.34 Ross Commons	
38.78	S		0.56 Kent, name change at Kentfield	
39.34	Bear R		1.49 Magnolia, int.w/Woodland(College of Marin-on left)	
40.83	S		0.67 Magnolia, x-street is King St	
41.5	S		1 Corte Madera Ave, x-street is Redwood, begin ascent	
42.50	S		1.31 Camino Alto, changes name at hill summit	
43.81	L		0.1 East Blithedale Rd,	
43.91	R		2.38 bike path, right turn at curb or a nearest curb cut	
46.29	R		0 Gate 6 Road (at path end)	
46.29	L		2.38 Bridgeway(Southbound lanes)	
48.67	R		0.04 Richardson,	
48.71	L		1.48 2nd, (really, follow the road with the centerline)	
50.19	S		0 Sausalito Lateral, (name change at city limit)	
50.19	S		0.04 101 Freeway undercrossing, thru tunnel NARROW	
50.23	R		0 Conzelman, up short, steep hill	
50.23	L		2.1 Parking Area, enter West GG Bridge Bike Path	
52.33			GG Bridge South end (Visitor Center)	