

TOTAL	ACTION	GO FOR	DESCRIPTION	Mixed Terrain 101 1
0		0	Control 1-Bridge Toll Plaza, go north on West sidewalk	
2.08	S	2.08	North abutment parking area, straight	
2.12	R	0.04	Conzelman, turn right	
2.12	L		Sausalito Lateral, go down hill, becomes Alexander	
3.63	Bear RIGHT	1.48	2nd, follow road with centerline	
3.6	R		Richardson	
3.64	L	0.04	Bridgeway, go through Sausalito	
6.02	S	2.38	onto bike path	
8.4	L	2.38	East Blithedale Rd	
8.5	R	0.1	Camino Alto - up the first hill	
9.8	R	1.3	Summit - Corte Madera Ave, changes from Camino Alto	
10.6	R	0.8	Redwood	
10.65	Bear R	0.05	Tamalpais Dr	
11.55	Bear Left	0.9	Paradise Dr	
11.65	R	0.1	San Clemente Dr.	
12.16	L	0.51	Paradise Dr	
15.32	R	3.16	Trestle Glen Blvd	
15.93	X	0.61	SR-131 [Tiburon Blvd] cross Bike path into wooden bridge	
16.07	L	0.14	Blackies Pasture	
16.16	Bear R	0.09	Greenwood Cove (access via a small connector with "Road Closed" and "Bikes OK" signs to the end of the parking lot)	
16.96	L	0.8	Tiburon Blvd (E Blithedale after Hwy 101 overpass)	
18.57	S	1.61	Lomita (Mill Valley bike Path)	
19.79	S	1.22	Name change to W. Blithedale @ Throckmorton Ave (street sign on left side of street)	
20.86	S	1.07	Lee St	
20.94	Bear R	0.08	Trail Head Gate (Gate has # "3747" in black/yellow sign)	
21.64	L	0.7	No name intersection (towards a dip in the trail)	
22.77	S	1.13	Gate	
22.84	R	0.07	Fern Canyon @ Summit (paved road keep going up)	
23.47	S	0.63	Fire road again	
23.6	S	0.13	Wooden shack (Water fountain, First Ait kit and bike repair kit, please use only what you need)	
24.02	R	0.42	At intersection (Wood Logs nicely placed to make intersection)	

TOTAL	ACTION	GO FOR	DESCRIPTION	Mixed Terrain 101 2
24.21	Bear R	0.19	Stay on Old Rail Road Grade	
24.43	L	0.22	Stay on Old Rail Road Grade (@ Hoo Koo E Koo)	
26.38		1.95	West Point Inn hostel	
26.39	Bear Left	0.01	Old Stage Rd	
27.71	S	1.32	Gate	
27.85	R	0.14	Easy Grade (paved road)	
28.34	X	0.49	Panoramic Hwy	
28.4		0.06	Pantoll Ranger Station (Water, WC, parking lot)	
28.46	R	0.06	Panoramic Hwy	
31.17	S	2.71	Edgewood Ave	
33	S	1.83	Stay on Panoramic (Four Corners intersection)	
33.84	R	0.84	Shoreline Hwy (Sharp turn)	
34.22	L	0.38	Miwok Trail head (Hidden in sharp turn, usually there are cars parked there)	
35.75	R	1.53	Coyote Ridge Trail (Sharp turn go up)	
36.52	L	0.77	Coastal Fire Rd	
36.57	Bear R	0.05	Stay on Coastal	
37.33	Bear Left	0.76	Coastal Trail (very steep descent)	
37.99	L	0.66	Tennessee Valley Trail	
38.57	L	0.58	Tennessee Valley trail (Paved road)	
39.2	S	0.63	Gate preventing car traffic	
39.23	R	0.03	Miwok Stables (unmarked gravel access rd)	
39.29	L	0.06	Marincello Rd	
40.75	S	1.46	Bobcat (go down)	
41.51	R	0.76	Bobcat Trail (Towards the valley/down)	
43.57	L	2.06	Rodeo Valley Trail (at Y intersection, tiny climb)	
43.93	R	0.36	Fire Road Trail bears right at 90° (Bikes must turn right)	
44	R	0.07	Gravel parking lot after small wooden bridge	
44.09	X	0.09	Bunker Road	
44.09	Bear Left		Coastal Trail Fire road	
44.42	S	0.33	Gate	
46.22	L	1.8	Conzelman (pavement)	
47.48	R	1.26	Connector to North end GG Bridge Parking Area	
47.61	L	0.13	Parking Area, enter West GG Bridge Bike Path	
49.59		1.98	GG Bridge South end (Visitor Center)	