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DIRECTION	FROM	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. (Loooong 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)	23.8
		Open 07:16 - Close 08:32	
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	25.5
		the fire road on the left)	

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DIRECTION	FROM	DESCRIPTION	TOTAL
STRAIGHT	1.57	Lagoon trail (Stay on Rock Spring Lagunitas Rd. Steep	27.0
		descent, walk if not comfortable with loose ground)	
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	31.7
		(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)	
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
		Open 07:48 - Close 09:36	
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	43.9
		intersection. Cattle grate right before the trail head)	
STRAIGHT	3.39	McCurdy Trail	47.3
L	1.58	Randall Trail (Down towards Hwy 1)	48.9
		Open 08:38 - Close 11:16	
R	1.7	Hwy 1 (AKA, Shoreline Hwy)	50.6
STRAIGHT	5.8	Sir Francis Drake (@ Olema traffic light)	56.4
L	2.13	Continue on Hwy 1 towards downtown Point Reyes Sta.	58.5
L	0.05	Dirt parking lot	58.5
STRAIGHT	0.5	Black Mountain Cycles (at end of parking lot)	59.0
		Open 09:10 - Close 12:20	
R	0.05	Hwy 1	59.1
L	2.13	Sir Francis Drake (@ Olema traffic light)	61.2
R	1.83	Cross Marin Bike Trail (right before end of the downhill)	63.0
STRAIGHT	3.3	Main paved trail goes to the left. Do not turn, Go Straight	66.3
STRAIGHT	0.14	Gate pavement ends. Continue on fire road	66.5
STRAIGHT	0.6	Fire Road goes over SFD	67.1
L	1.47	Sir Francis Drake (Inkwells Bridge)	68.6
STRAIGHT	3	Nicasio Valley Rd.	71.6
R	5	Claus Drive (Downtown Fairfax)	76.6
L	0.1	Broadway	76.7
STRAIGHT	0.25	Center, name change at Pacheco	76.9
R	0.01	Pastori, (small side street)	76.9
L	0.35	Lansdale	77.3
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DIRECTION	FROM	DESCRIPTION	TOTAL
L	0.31	San Anselmo Ave.	77.6
Bear Left	0.09	San Anselmo, intersect w / Scenic.	77.7
STRAIGHT	0.16	San Anselmo, intersect w / Redwood,	77.8
L	0.29	San Anselmo, intersect w / Hazelton	78.1
R	0.56	San Anselmo	78.7
R	0.04	Bolinas Ave.	78.7
L	0.53	Shady Lane	79.2
L	0.09	Lagunitas Rd.	79.3
R	0.34	Ross Commons	79.7
STRAIGHT	0.55	Kent, name change at Kentfield	80.2
Bear Right	1.49	Magnolia, int. w / Woodland (College of Marin-on left)	81.7
STRAIGHT	0.67	Magnolia, x-street is King St	82.4
L	0.8	Redwood (Do not climb Camino Alto!)	83.2
Bear Right	0.05	Tamalpais Dr	83.2
Bear Left	0.9	Paradise Dr	84.1
R	0.1	San Clemente Dr.	84.2
L	0.51	Paradise Dr	84.7
Bear left	3.16	Stay on Paradise	87.9
L	5.38	Caffe Acri 1 Main St (Tiburon, they let riders use	93.3
		restroom) Open 11:00 - Close16:00	
L	0.28	Beach St	93.6
Bear Right	0.23	Name change to San Rafael Ave	93.8
L	1.07	At traffic light (Tiburon Blvd.) onto bike path	94.9
L	1.03	Sharp 90deg turn at end of park (Mckegney Green)	95.9
	0.18	Restrooms hidden on right	96.1
STRAIGHT	0.08	Parking Lot (keep going on the same direction you are	96.2
		traveling)	
Bear Right	0.09	Greenwood Cove (access via a small connector with	96.2
		"Road Closed" and "Bikes OK" signs to the end of the	
		parging lot)	
L	0.8	Tiburon Blvd (E Blithedale after Hwy 101 overpass)	97.0
STRAIGHT	1.58	Lomita (Mill Valley bike Path)	98.6
STRAIGHT	1.2	Name change to W. Blithedale @ Throckmorton Ave	99.8
		(street sign on left side of street)	
STRAIGHT	1.04	Lee St	100.9
Bear Right	0.08	Trail Head Gate (Gate has # "3747" in black/yellow sign)	100.9
L	0.7	No name intersection (towards a dip in the trail)	101.6
STRAIGHT	1.13	Gate	102.8
R	0.07	Fern Canyon @ Summit (paved road keep going up)	102.8
STRAIGHT	0.63	Fire road again	103.5
STRAIGHT	0.13	Wooden shack (Water fountain, First Aid kit and bike	103.6
		repair kit, please use only what you need)	

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DIRECTION	FROM	DESCRIPTION	TOTAL
R	0.42	At intersection (Wood Logs nicely placed to make	104.0
		intersection)	
Bear Right	0.17	Stay on Old Rail Road Grade	104.2
L	0.2	Stay on Old Rail Road Grade (@ Hoo Koo E Koo)	104.4
	1.95	West Point Inn hostel	106.3
		Open 11:42 - Close 17:24	
Bear Left	0.01	Old Stage Rd	106.4
STRAIGHT	1.32	Gate	107.7
R	0.14	Easy Grade (paved road)	107.8
CROSS	0.49	Panoramic Hwy	108.3
	0.06	Pantoll Ranger Station (Water, WC, parking lot)	108.4
R	0.06	Panoramic Hwy	108.4
STRAIGHT	2.71	Edgewood Ave	111.1
STRAIGHT	1.83	Stay on Panoramic (Four Corners intersection)	113.0
R	0.84	Shoreline Hwy (Sharp turn)	113.8
L	0.38	Miwok Trail head (Hidden in sharp turn, usually there are	114.2
		cars parked there DANGEROUS CROSSING BE	
		CAREFUL)	
R	1.53	Coyote Ridge Trail (Sharp turn go up)	115.7
L	0.77	Coastal Fire Rd	116.5
		Open 12:14 - Close 18:28	
Bear Right	0.05	Stay on Coastal	116.5
Bear Left	0.76	Coastal Trail (very steep descent)	117.3
L	0.66	Tennessee Valley Trail	118.0
L	0.58	Tennessee Valley trail (Paved road)	118.5
STRAIGHT	0.63	Gate preventing car traffic	119.2
R	0.03	Miwok Stables (unmarked gravel access rd)	119.2
L	0.06	Marincello Rd	119.3
STRAIGHT	1.46	Marinchello Trail sign (go down)	120.7
		Open 12:28 - Close 18:56	
R	0.76	Bobcat Trail (Towards the valley/down)	121.5
L	2.06	Rodeo Valley Trail (at Y intersection, tiny climb)	123.5
R	0.36	Fire Road Trail bears right at 90° (Bikes must turn right)	123.9
R	0.07	Gravel parking lot after small wooden bridge	124.0
CROSS	0.09	Bunker Road	124.1
Bear Left	0.01	Coastal Trail Fire road	124.1
STRAIGHT	0.33	Gate	124.4
L	1.8	Conzelman (pavement)	126.2
R	1.26	Connector to North end GG Bridge Parking Area	127.5
L	0.13	Parking Area, enter West GG Bridge Bike Path	127.6
	1.98	GG Bridge South end (At the Strauss Statue)	129.6
		Open 12:56 - Close 19:52	
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