

Benicia/Two Bridges - Intermediate Humane

BART option: Distance: 49.6 miles Climb: 3300 feet

Pinehurst option: Distance: 68.4 miles Climb: 4534 feet

Start: Lake Merritt, Bellevue Ave

Dir	Street/Road	At	Go	Comments
N	Bellevue Ave	0.0	0.1	
L	Grand Ave	0.1	0.1	
R	Bay Pl	0.2	0.3	
BL	27th St	0.5	0.3	
R	Telegraph Ave	0.8	0.1	
L	29th St	0.9	0.2	
R	Martin Luther King Jr Way	1.1	1.1	
L	45th St	2.2	0.3	
R	Market St	2.5	0.7	
C	Sacramento St	3.2	2.6	
L	Hopkins St	5.8	0.1	
R	Gilman St	5.9	0.3	
R	Santa Fe Ave	6.2	0.1	
BL	Key Route	6.3	1.0	
C	Ashbury Ave	7.3	1.3	
L	Moeser Ln	8.6	0.2	
R	Richmond St	8.8	1.0	
BL	Key Blvd	9.8	1.1	
R	McLaughlin St	10.9	0.2	
BR	Clinton Ave	11.1	0.1	
L	Amador St	11.2	1.1	
BR	San Pablo Dam Rd	12.3	1.4	
RG	Jack in the Box @ Appian Way	13.7	0.0	bathroom and water
L	Appian Way	13.7	1.1	
BL	Appian Way	14.8	0.9	
BL	Appian Way	15.7	1.1	
R	San Pablo Ave	16.8	2.7	
L	Willow Ave	19.5	0.1	
C	Parker Ave	19.6	0.7	
R	San Pablo Ave	20.3	2.8	
L	Carquinez Bridge Trail	23.1	1.8	after Dead Fish Restaurant; easy to miss
BR	Maritime Academy Dr	24.9	0.1	
BR	Maritime Academy Dr	25.0	0.1	
L	5th St	25.1	0.3	
R	Orange St	25.4	0.1	
L	Pine St	25.5	0.1	
R	Magazine St	25.6	0.2	
L	Magazine St	25.8	0.2	
L	Laurel St	26.0	0.4	
R	Reis Ave	26.4	1.0	
R	Benicia Rd	27.4	1.4	
R	Columbus Pkwy	28.8	0.2	
R	State Park Rd (Rose Dr)	29.0	0.2	

BL	Dillon Point Rd	29.2	0.9	
BR	W K St	30.1	0.7	
R	W 10th St	30.8	0.2	
R	W 9th St	31.0	0.1	
RG	Ninth Street Park	31.1	0.0	bathroom and water
L	W I St ("aye" st)	31.1	1.1	
R	1st St	32.2	0.5	
L	E B St	32.7	0.1	
L	E 2nd St	32.8	0.2	
R	E E St	33.0	0.4	
L	E 5th St	33.4	0.5	
R	Military E	33.9	0.5	
BL	Jefferson St	34.4	0.1	
BL	Park Rd	34.5	0.3	
R	Benicia Bridge Trail	34.8	2.1	
R	Mococo Rd	36.9	0.1	
R	Marina Vista Ave	37.0	0.1	
L	Shell Ave	37.1	2.0	
L	Alhambra Ave	39.1	1.5	
R	Alhambra Valley Rd	40.6	1.2	
L	Reliez Valley Rd	41.8	5.3	
R	Pleasant Hill Rd	47.1	1.0	
R	<i>Mt Diablo Blvd</i>	<i>48.1</i>	<i>1.2</i>	<i>BART option</i>
R	<i>Oak Hill Rd</i>	<i>49.3</i>	<i>0.2</i>	<i>BART option</i>
L	<i>Deer Hill Rd</i>	<i>49.5</i>	<i>0.1</i>	<i>BART option</i>
	<i>Lafayette BART</i>	<i>49.6</i>		<i>BART option</i>
C	Pleasant Hill Rd	48.1	0.7	
R	Olympic Blvd	48.8	0.3	
C	Lafayette-Moraga Regional Trail	49.1	5.6	
L	Moraga Rd	54.7	0.3	
RG	Gas Station	55.0	0.0	bathroom and water
C	Canyon Rd	55.0	1.9	
R	Pinehurst Rd	56.9	3.9	
RG	Skyline Blvd	60.8	0.0	
C	Shepherd Canyon Rd	60.8	1.8	
C	Snake Rd	62.6	0.2	
L	Mountain Blvd	62.8	0.2	
R	Park Blvd	63.0	0.8	
R	Trestle Glen Rd	63.8	1.9	
L	Lakeshore Ave	65.7	2.4	
BR	Harrison St	68.1	0.1	
BR	Grand Ave	68.2	0.1	
R	Bellevue Ave	68.3	0.1	
	Bellevue Ave	68.4		

L=left R=right C=continue BL=bear left BR=bear right RG=regroup X=cross

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