

**Benicia/Two Bridges - Intermediate Advanced**

Distance: 68.8 miles      Climb: 4735 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	0.4	
BL	27th St	0.6	0.3	
R	Telegraph Ave	0.9	0.1	
L	29th St	1.0	0.2	
R	Martin Luther King Jr Way	1.2	1.0	
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	1.4	
L	Moeser Ln	8.7	0.1	
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	1.7	after Dead Fish Restaurant; easy to miss
BR	Maritime Academy Dr	24.8	0.2	
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	1.1	
BL	Old Glen Cove Rd	26.9	0.2	
L	Fulton Ave	27.1	0.4	
R	Ladera Dr	27.5	0.3	
R	Cabrillo Ave	27.8	0.1	
L	Alhambra Ave	27.9	0.3	
R	Laurel St	28.2	0.1	
R	Reis Ave	28.3	0.5	
C	Taylor Ave	28.8	0.5	
R	Benicia Rd	29.3	1.4	
R	Columbus Pkwy	30.7	0.2	
R	State Park Rd (Rose Dr)	30.9	0.3	

BL	Dillon Point Rd	31.2	0.9	
BR	W K St	32.1	0.7	
R	W 10th St	32.8	0.1	
R	W 9th St	32.9	0.1	
RG	Ninth Street Park	33.0	0.0	bathrooms and water
L	W I St ("aye" st)	33.0	1.0	
R	1st St	34.0	0.5	
L	E B St	34.5	0.1	
L	E 2nd St	34.6	0.2	
R	E E St	34.8	0.4	
L	E 5th St	35.2	0.5	
R	Military E	35.7	0.5	
BL	Jefferson St	36.2	0.1	
BL	Park Rd	36.3	0.3	
R	Benicia Bridge Trail	36.6	2.1	
R	Mococo Rd	38.7	0.1	
R	Marina Vista Ave	38.8	0.1	
L	Shell Ave	38.9	2.0	
L	Alhambra Ave	40.9	1.5	
R	Alhambra Valley Rd	42.4	1.2	
L	Reliez Valley Rd	43.6	5.3	
R	Pleasant Hill Rd	48.9	1.7	
R	Olympic Blvd	50.6	0.3	
L	Reliez Station Rd	50.9	0.6	
C	Glenside Dr	51.5	0.2	
R	Glenside Dr	51.7	0.4	
L	St Marys Rd	52.1	3.1	
L	Moraga Rd	55.2	0.3	
RG	Gas Station	55.5	0.0	bathrooms and water
C	Canyon Rd	55.5	1.9	
R	Pinehurst Rd	57.4	3.9	
RG	Skyline Blvd	61.3	0.0	
C	Shepherd Canyon Rd	61.3	1.8	
C	Snake Rd	63.1	0.2	
L	Mountain Blvd	63.3	0.2	
R	Park Blvd	63.5	0.8	
R	Trestle Glen Rd	64.3	1.8	
L	Lakeshore Ave	66.1	2.4	
BR	Harrison St	68.5	0.1	
BR	Grand Ave	68.6	0.1	
R	Bellevue Ave	68.7	0.1	
	Bellevue Ave	68.8		

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

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