

Dumbarton/Alpine –Humane/Intermediate/Advanced

Distance: 54.6 miles

Climb: 1,080 feet

Start: Union City BART

Dir	Street/Road	At	Go	Comments
S	BART parking lot	0.0	0.1	
R	Union Square	0.1	0.1	at front of BART lot
R	Decoto Rd	0.2	0.9	
R	Mission Blvd CA-231	1.1	3.2	
R	Alameda Creek bikeway	4.3	6.7	starts after crossing creek bridge.
R	Ardenwood	10.9	0.7	Ardenwood unmarked. Look for open space and the last over-crossing crossing you see. Go under Ardenwood before going up to the road. This will put you on the correct side of the road.
R	Paseo Padre	11.6	1.4	
C	Thornton	13.0	0.6	at freeway
R	Marshland	13.6	0.0	
RG	Marshland	13.6	0.5	Restrooms on left @ D. Edwards Reg. Park
Cont	Marshland	14.1	2.5	
R	Bridge bike lane	16.6	1.7	
R	Bikeway along CA-84	18.3	1.4	
L	Willow Rd	19.7	1.9	
L	Middlefield Rd	21.6	0.1	
R	Palo Alto Ave	21.7	0.9	next to creek, turn easy to miss
R	Alma	22.6	0.1	
X	El Camino	22.7	0.0	
W	Sand Hill Rd	22.7	5.5	starts in shopping center parking lot
C	Portola Rd	28.2	3.1	at Portola Rd
RG	Valley Shopping Center	31.3	0.0	Lunch stop @ John's PO & Market/Deli
L	Alpine Rd	31.3	1.1	
R	Arastradero Rd	32.4	1.9	Turn is easy to miss! Rosati's is on the corner.
L	Page Mill Rd	34.3	0.2	
R	Arastradero Rd	34.6	2.9	before freeway by park and ride lot
L	El Camino Real	37.5	0.1	
R	El Camino Way	37.6	0.2	
R	W Meadow Rd	37.8	0.4	
L	Bryant	38.2	2.2	great bike boulevard – check it out
R	Lincoln	40.4	1.1	
R	University	41.5	2.3	
R	Bikeway along CA-84	43.8	2.6	
C	Marshland Rd	46.4	3.0	
L	Thornton	49.3	0.4	
R	Gateway	49.7	0.1	
R	Jarvis	49.9	1.6	
L	Lake Blvd.	51.5	0.2	over freeway
R	Bikeway	51.7	0.8	Turn at bike route sign onto bike path
L	Decoto Rd	52.5	2.0	Decoto unmarked – 1 st signal along bike path
R	Union Square	54.5	0.1	
L	Into BART lot	54.6		

R=right L=left C=name change X=cross RG=regroup S=south W=west F=finish



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Dumbarton – Humane- Advanced Intermediate-Advanced Route

