

Mt George – Advanced/Advanced Intermediate

Distance: 59.4 miles

Climb: 3.070

Start: Benicia State Recreation Area, Military West & West K, Benicia

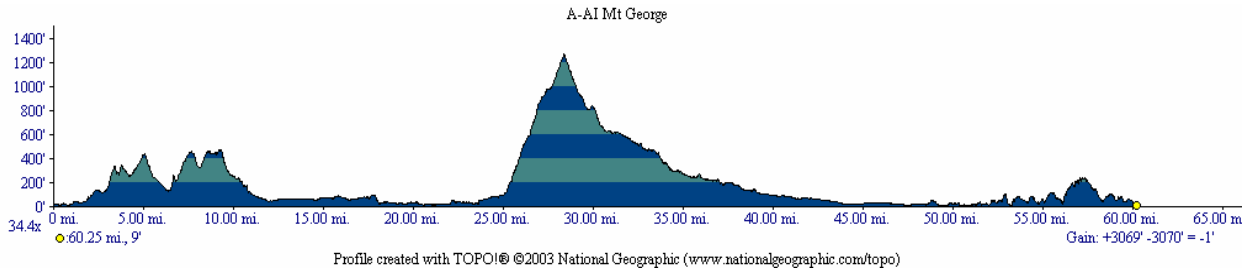
| Dir | Street/Road | At | Go | Comments |
|-----|---------------------------------|------|------|---|
| NW | Bay Trail | 0 | 0.7 | |
| R | Rose | 0.7 | 0.1 | |
| L | Rose | 0.8 | 0.2 | |
| L | Columbus Parkway | 1.0 | 1.8 | |
| R | Columbus Parkway | 2.8 | 3.1 | small climb |
| | Bike path | 5.9 | 2.8 | At Columbus Parkway and Admiral Callaghan Lane – exit bike path and continue on service road, narrow shoulder |
| L | American Canyon | 8.7 | 3.1 | |
| R | CA 29 | 11.8 | 5.3 | |
| BR | CA 221 (Napa – Vallejo Highway) | 17.1 | 3.1 | |
| BR | CA 121 (Silverado Trail) | 20.2 | 2.3 | |
| BL | CA 121 (Silverado Trail) | 22.5 | 0.4 | |
| BR | CA 121 (Monticello Rd) | 22.9 | 6.6 | climb – watch for trucks towing boats |
| R | Wooden Valley Rd | 29.5 | 11.9 | |
| RG | Tower Market | 41.4 | 0.0 | at Rockville Rd |
| C | Suisun Valley Rd | 41.4 | 1.2 | |
| R | Mangels | 42.6 | 0.9 | |
| L | Green Valley | 43.5 | 0.6 | I-680 frontage road for next 10 miles |
| C | Lopes Rd | 44.1 | 9.6 | at Cordelia Rd |
| RG | at Lake Herman Rd | 53.7 | 0.0 | |
| C | Second St | 53.7 | 3.7 | name changes at Lake Herman Rd. |
| R | Military East | 57.4 | 1.9 | |
| L | West K | 59.3 | 0.1 | |
| F | Benicia State Rec Area | 59.4 | | |

NW=north west R=right L=left BR=bear right BL=bear left C=name change RG=regroup
F=finish X=cross



07APR2005

www.oaklandyellowjackets.org



Mt George – Advanced/Advanced Intermediate

