

## Newark –Humane/Intermediate/Advanced

Distance: 56.0 Miles                      Climb: 25 feet  
 Start: Lake Merritt, Children's Fairyland parking lot

Dir	Street/Road	At	Go	Comments
E	Bellevue	0.0	0.6	
R	Grand Ave	0.6	0.1	
R	El Embarcadero	0.7	0.1	
R	Lakeshore	0.8	0.8	
L	E 15 <sup>th</sup> St	1.6	0.2	
R	5 <sup>th</sup> Ave	1.8	0.6	
L	Embarcadero	2.4	1.6	Take bike path under freeway and watch for oncoming traffic
C	E 7th St	4.0	0.8	
R	Fruitvale	4.8	0.5	
C	Tilden Way	5.3	0.2	after crossing bridge
L	Fernside	5.5	1.5	
L	Bikeway	7.0	0.3	cross street at Washington and ride on side walk past yacht club on to bike bridge
L	Bike Path	7.3	0.7	at foot of Bike Bridge
L	Doolittle	8.0	4.9	
L	Farallon	12.9	0.6	
R	Wicks	13.5	1.1	
L	Lewelling	14.6	1.4	
R	Embers Way	16.0	0.2	before freeway overpass
R	Hesperian	16.2	5.7	
C	Union City Blvd	21.9	3.4	
C	Ardenwood Blvd	25.3	1.5	
C	Newark Blvd	26.8	0.1	
RG	gas station at Jarvis Ave	26.9	0.0	
U	Newark Blvd	26.9	0.1	
C	Ardenwood Blvd	27.0	1.5	
C	Union City Blvd	28.5	3.4	
C	Hesperian Blvd	31.9	1.0	
R	Catalpa Way	32.9	0.2	<b>Note: New Route to avoid traffic on Hesperian after Industrial Pkwy</b>
L	Calaroga Ave	33.1	2.6	follow until it ends
L	La Playa	35.7	0.2	at t-intersection
R	1st Mall entrance	35.9	0.5	follow around stores
L	Southland Place	36.4	0.2	1st Mall exit
C	Stonewall	36.6	0.2	cross Winton
R	Nevada Rd	36.8	0.4	
L	Longwood	37.2	0.2	
R	Thelma St	37.4	0.4	
L	Memorial Way	37.8	0.0	at end of Thelma
R	Royal Ave	37.8	0.6	cross A Str
L	Perkins Dr	38.4	0.0	
R	Bengal Ave	38.4	0.2	
L	Hacienda Ave	38.6	0.7	cross Hesperian
R	Via Alamitos	39.3	0.7	
C	Washington	40.0	0.5	at Grant
L	Lewelling	40.5	1.0	
R	Wicks	41.5	1.1	
L	Farralon	42.6	0.6	

R=right L=left C=name change RG=regroup E=east U=turn around BR=bare right  
 X=cross F=finish

R	Doolittle	43.2	4.9	
R	Bikeway	48.1	0.7	at Harbor Bay Parkway
R	Bike Bridge	48.8	0.3	onto bike bridge
C	Fernside	49.1	1.5	
R	Tilden	50.6	0.2	
C	Fruitvale	50.8	0.5	at bridge crossing
L	E 7 <sup>th</sup> St	51.3	0.8	Watch out for tracks, take bike path under freeway
C	Embarcadero	52.1	1.6	stop sign @1.5 miles, oncoming traffic does not stop
R	5th Ave	53.7	0.3	cross under freeway
L	E 10 <sup>th</sup> St	54.0	0.6	
R	Oak	54.6	0.2	
C	Lakeside Dr	54.8	0.6	
C	Harrison	55.4	0.3	
R	Grand Ave	55.7	0.1	
R	Bellevue	55.8	0.2	
F	Fairyland parking lot	56.0		

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