

Three Bears – Humane

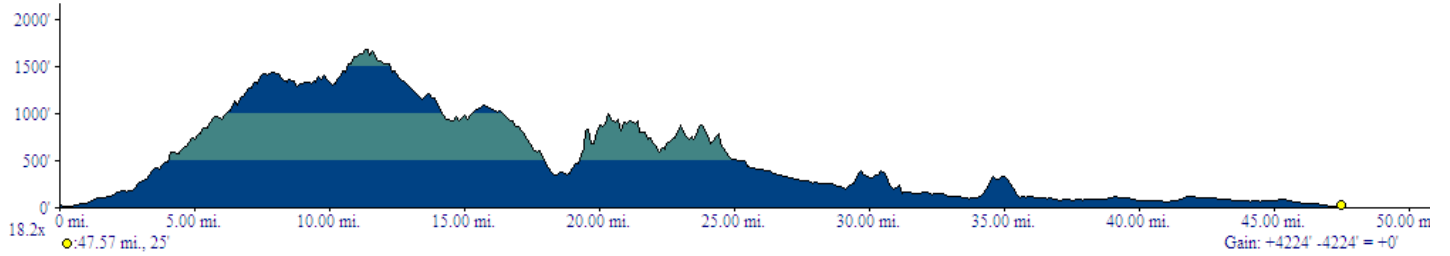
Distance: 53.8 miles Climb: 4,200 feet
 Start: Lake Merritt, Children's Fairyland parking lot

Dir	Street/Road	At	Go	Comments
N	Bellevue	0	0.1	away from lake
L	Grand Ave	0.1	0.1	
R	Bay Pl	0.2	0.1	
C	27 th St	0.3	0.4	at Harrison
R	Broadway	0.7	0.0	
L	29 th St	0.7	0.1	
R	Webster	0.8	1.2	bike route
R	48 th St	2.0	0.1	
L	Shafter	2.1	0.7	
C	Keith	2.8	0.4	at College (Rockridge BART)
L	Broadway	3.2	1.4	
L	freeway overpass	4.6	0.1	at North Oakland Sports Center
L	Caldecott	4.7	0.3	
R	Tunnel Rd	5.0	1.7	(stay to right around fire memorial)
C	Skyline	6.7	1.4	
L	Grizzly Peak Rd	8.1	5.4	
R	Golf Course Rd	13.5	1.0	
R	Shasta	14.5	0.2	
R	Wildcat Canyon	14.7	1.4	
RG	Inspiration Point	16.1		Rest Rooms
C	Wildcat Canyon	16.1	2.6	
C	Bear Creek	18.7	8.3	Climb the bears
L	Alhambra Valley	27.0	2.8	
L	Castro Ranch Rd	29.8	2.2	
R	San Pablo Dam Rd	32.0	0.8	(Left turn to BART)
RG	gas station	32.8	0.0	just past Appian Way
C	San Pablo Dam Rd	32.8	7.4	
L	Hilcrest Rd	40.2	1.2	(avoids left turn onto Amador from San Pablo Dam Rd)
R	Alpine	41.4	0.1	
L	Amador	41.5	1.1	
R	Clinton	42.6	0.2	
L	Key	42.8	0.7	
R	Elm	43.5	0.7	
C	Richmond	44.2	0.8	
L	Moeser	45.0	0.2	no sign, Moeser has center divider
R	Ashbury	45.2	0.9	
C	Key Route	46.1	0.5	at Albany city limit
R	Washington	46.6	0.0	jogs left at Solano
L	Masonic	46.6	0.6	
R	Santa Fe	47.2	0.1	
L	Gilman	47.3	0.3	
L	Hopkins	47.6	0.2	
R	California St	47.8	1.9	Bike Blvd - CHANGE IN ROUTE
L	Russel St	49.7	0.1	Bike Blvd - CHANGE IN ROUTE
R	King	49.8	0.6	Bike Blvd - CHANGE IN ROUTE
R	Stanford	50.4	0.2	
L	Market	50.6	0.7	

R=right L=left C=name change RG=regroup N=north F=finish

Dir	Street/Road	At	Go	Comments
L	45 th St	51.3	0.3	
R	MLK	51.6	1.0	
L	29 th	52.6	0.2	
R	Telegraph	52.8	0.2	
L	27 th St	53.0	0.4	
C	Bay Pl	53.4	0.2	at Harrison
L	Grand Ave	53.6	0.1	
R	Bellevue	53.7	0.1	
F	parking lot	53.8		

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