

Three Bears – Intermediate/Advanced

Distance: 56.5 miles Climb: 4,260 feet

Start: Lake Merritt, Children's Fairyland parking lot

Dir	Street/Road	At	Go	Comments
N	Bellevue Ave	0.0	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	Shaffer	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	Old 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	4.0	
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	
L	San Pablo Dam Rd	32.0	5.4	
C	Camino Pablo	37.4	2.5	at Wildcat Canyon/Bear Valley
C	Moraga Way	39.9	4.7	at Orinda
RG	gas station at Canyon Rd.	44.6	0.0	
R	Canyon Rd.	44.6	1.9	
R	Pinehurst Rd.	46.5	4.0	
C	Sheppard Canyon	50.5	1.8	at Skyline Blvd
C	Snake Rd	52.3	0.2	
L	Mountain	52.5	0.2	
R	Park Blvd.	52.7	0.8	
R	Trestle Glenn	53.5	1.9	
L	Lakeshore	55.4	0.3	
R	El Embarcadero	55.7	0.1	
L	Grand Ave	55.8	0.6	
L	Bellevue	56.4	0.1	
F	Fairyland lot	56.5		

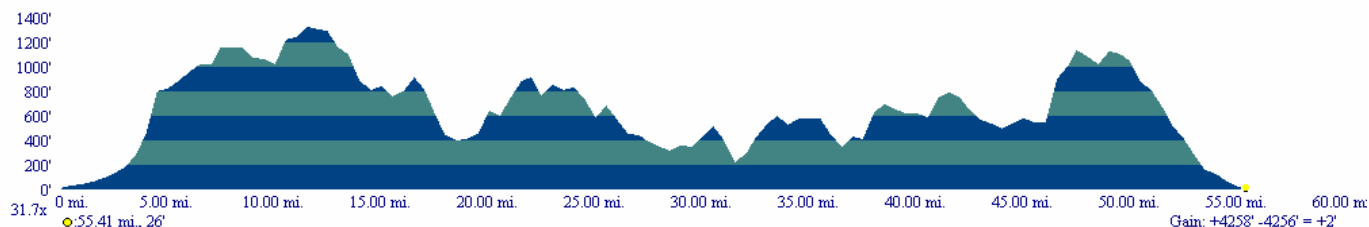
R=right L=left C=name change RG=regroup N=north F=finish



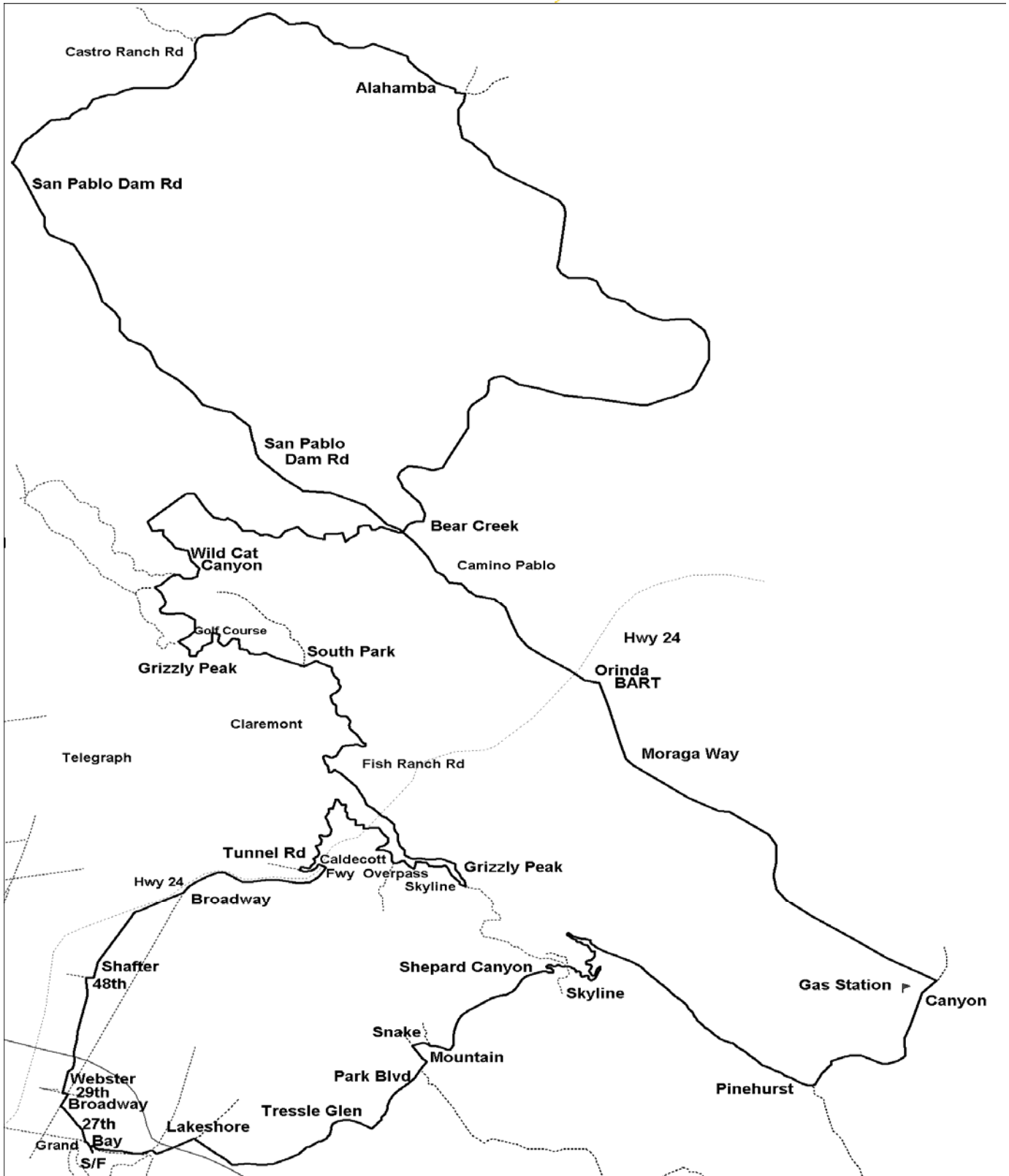
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www.oaklandyellowjackets.org

Three Bears and some Redwoods



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15°