

# Tunnel/Grizzly – Humane/Intermediate/Advanced

Distance: 38.8 miles                      Climb: 2,265 feet

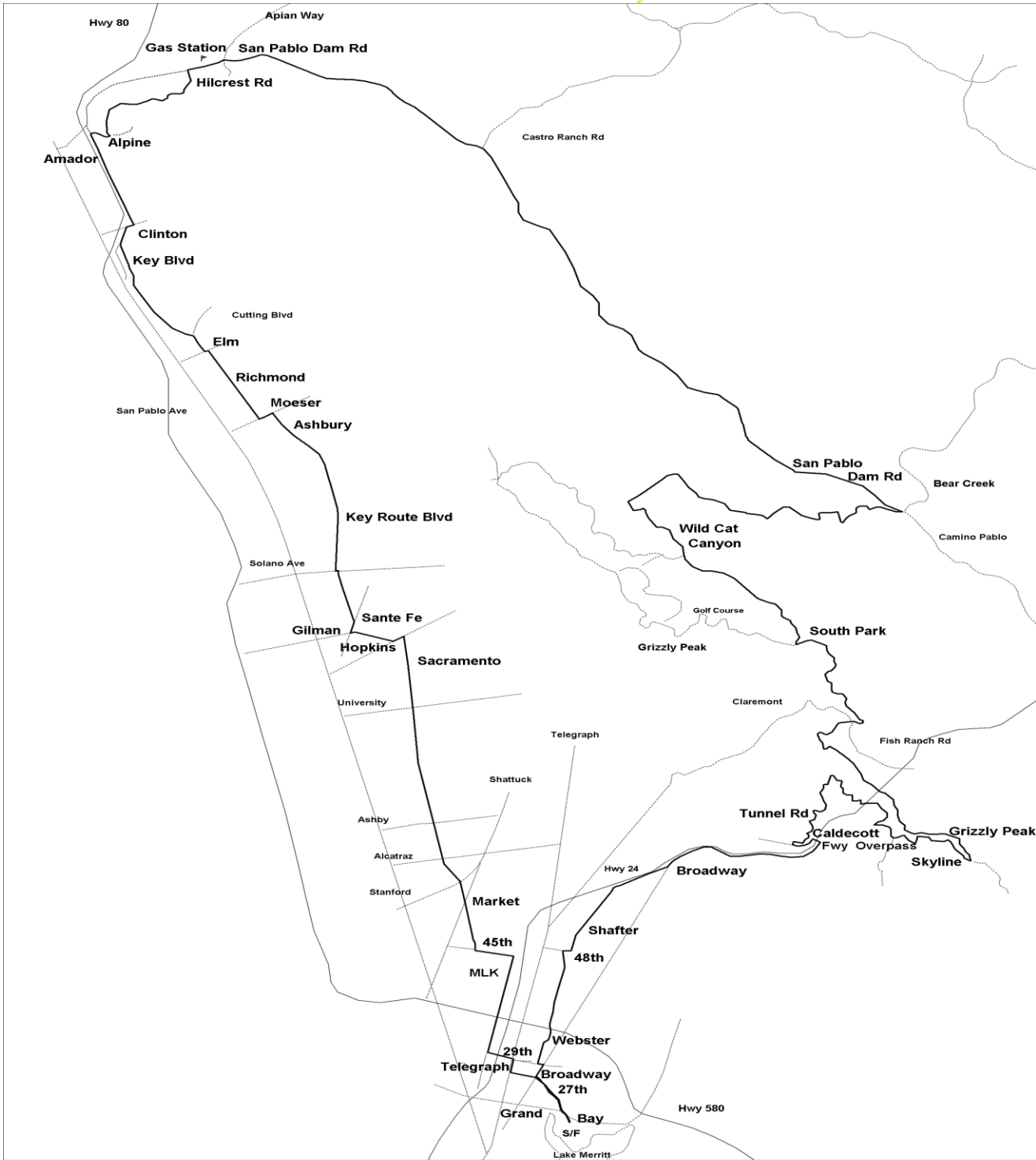
Start: Lake Merritt, Children's Fairyland parking lot

| 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 <sup>th</sup> St | 0.3  | 0.4 | at Harrison  |
| R   | Broadway            | 0.7  | 0.0 |  |
| L   | 29 <sup>th</sup> St | 0.7  | 0.1 |  |
| R   | Webster             | 0.8  | 1.2 | bike route   |
| R   | 48 <sup>th</sup> 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  | 7.7 |  |
| R   | Wildcat Canyon      | 15.8 | 5.9 |  |
| L   | San Pablo Dam Rd    | 21.7 | 7.9 |  |
| RG  | gas station         | 29.6 | 0.0 | just past Appian Way                                 |
| C   | San Pablo Dam Rd    | 29.6 | 0.3 |  |
| L   | Hilcrest Rd         | 29.9 | 1.2 | (avoids left turn onto Amador from San Pablo Dam Rd) |
| R   | Alpine              | 31.1 | 0.1 |  |
| L   | Amador              | 31.2 | 1.1 |  |
| R   | Clinton             | 32.3 | 0.2 |  |
| L   | Key                 | 32.5 | 0.7 |  |
| R   | Elm                 | 33.2 | 0.7 |  |
| C   | Richmond            | 33.9 | 0.8 |  |
| L   | Moeser              | 34.7 | 0.2 | no sign, Moeser has center divider                   |
| R   | Ashbury             | 34.9 | 0.9 |  |
| C   | Key Route           | 35.8 | 0.5 | at Albany city limit                                 |
| R   | Washington          | 36.3 | 0.0 | jogs left at Solano                                  |
| L   | Masonic             | 36.3 | 0.6 |  |
| R   | Santa Fe            | 36.9 | 0.1 |  |
| L   | Gilman              | 37.0 | 0.3 |  |
| L   | Hopkins             | 37.3 | 0.2 |  |
| R   | California St       | 37.5 | 1.9 | Bike Blvd - CHANGE IN ROUTE                          |
| L   | Russel St           | 39.4 | 0.1 | Bike Blvd - CHANGE IN ROUTE                          |
| R   | King                | 39.5 | 0.6 | Bike Blvd - CHANGE IN ROUTE                          |
| R   | Stanford            | 40.1 | 0.2 |  |
| L   | Market              | 40.3 | 0.7 |  |
| L   | 45 <sup>th</sup> St | 41.0 | 0.3 |  |
| R   | MLK                 | 41.3 | 1.0 |  |
| L   | 29 <sup>th</sup>    | 42.3 | 0.2 |  |
| R   | Telegraph           | 42.5 | 0.2 |  |
| L   | 27 <sup>th</sup> St | 42.7 | 0.4 |  |
| C   | Bay Pl              | 43.1 | 0.2 | at Harrison  |
| L   | Grand Ave           | 43.3 | 0.1 |  |
| R   | Bellevue            | 43.4 | 0.1 |  |
| F   | parking lot         | 43.5 |     |  |

R=right L=left C=name change/continue RG=regroup N=north F=finish JL=jog left



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Tunnel Grizzly HIA

