

LDT	C Berkeley Hills C/4 (4,800')/45 Guy 650-704-0895	ELEV
	<b>START at Temescal Regional Rec Area</b>	400
0.0	R Broadway	
0.7	L Caldecott Lane (to go over Freeway)	
0.8	L Caldecott Lane (after overpass)	
0.9	R Tunnel Road (first right-long easy climb)	600
2.7	C Skyline Blvd	1000
<b>4.1</b>	<b>Regroup at Grizzly Peak Blvd</b>	1500
	L Grizzly Peak Blvd	
8.0	R South Park Drive (No cars - bikes OK)	1700
9.4	R Wildcat Canyon Road (Y intersection)	1000
<b>10.7</b>	<b>Regroup @ Inspiration point (bathrooms)</b>	1000
13.3	C Bear Creek Rd (climb papa bear then baby bear)	400
17.7	R into Briones Regional Park	
<b>18.1</b>	<b>Regroup at Restrooms/Water on left</b>	
18.1	U to exit park	
18.5	L Bear Creek Road (backtrack to Happy Valley Rd)	
18.9	L Happy Valley Road (400' tough climb ahead)	600
<b>20.0</b>	<b>Regroup at top of hill</b>	1000
20.0	<u>Happy Valley Bailout</u> (saves 3.7 miles and some tough climbs) C on Happy Valley, R on Mt. Diablo Blvd, L on Mountain View Drive (1st left), then back on route.	
20.3	R Sundown Terrace ( <b>CAUTION</b> into/through park)	
20.7	L Dalewood Drive (small wooden sign)	
21.2	L Lombardy Lane (small wooden sign)	
22.2	L <u>Sharp Left</u> on Miner Road (start 400' climb)	500
<b>23.5</b>	<b>Regroup at Gardiner Ct. (almost done climbing!)</b>	
23.7	R/C Miner Rd/Honey Hill (confusing sign!)	
24.0	C Charles Hill Road (downhill)	900
24.4	L El Nido Road	
25.9	L Mt. Diablo Blvd ( <b>CAUTION - TRAFFIC</b> )	300
26.9	R Mountain View Drive (at Trader Joe's)	
<b>26.9 LUNCH - 360 Degree Burrito/Kabob Burgers</b> <i>also Trader Joes/Diablo Foods</i>		
27.0	L Bickerstaff (1st L) - (then L to stay on Bickerstaff)	
27.2	R Dewing	
27.4	L Brook	
27.7	R Moraga Road	
27.7	L IMMEDIATE left on School St. ( <b>CAUTION</b> )	
<b>28.0</b>	<b>Regroup at Stanley School - crossover to bike trail</b> (go <b>RIGHT (SOUTH)</b> on bike trail for 4.4 miles)	
32.4	C Exit Bike Path-Moraga Commons Park	
<b>32.4</b>	<b>Regroup at Restrooms on Right</b>	
	L Through parking lot to St. Mary's Rd.	
32.4	R St. Mary's Road	
32.5	L Moraga Road	
33.0	C Canyon Road	
34.7	R Pinehurst	
37.4	C Start 600' climb (easy grade)	600
<b>38.7</b>	<b>Regroup at Skyline (top of hill)</b>	1200
38.7	C Skyline	
40.4	X Grizzly Peak Blvd (begin descent - <b>CAUTION</b> )	
41.8	C Tunnel Road	
43.5	L Tunnel Road (Stop sign - bottom of descent)	
43.6	L Caldecott Drive (immediately)	
43.8	R Across freeway overpass	
43.9	R Broadway	
<b>44.6</b>	<b>L into Temescal Park (END)</b>	400

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