

<b>E/3/68 MARIN HEADLANDS LDT</b>		
0.0		Exit parking area at South End
0.2	R	Sheridan Ave
0.4	L/C	Lincoln Blvd.
1.4	R/C	onto bike path to GG Bridge
1.6	C	Bike path under bridge to West side - across bridge.
<i>CAUTION - WATCH OUT FOR WANDERING TOURIST BIKERS!</i>		
<b>3.5 REGROUP at North End parking lot</b>		
3.5	C	Climb out of lot to Conzelman Road uphill.
3.7	L	Conzelman Road uphill
4.8	L	Conzelman Road (at circle)
<b>5.4 REGROUP at top of hill viewpoint</b>		
5.4	S	Conzelman - STEEP DOWNHILL one way traffic
7.3	R	Paved road to Ft. Barry/Field Road (1st R - no sign)
7.3	R	Ft. Barry/Field Road (1st R - no sign)
7.9	R/C	Bunker (Go through tunnel - <b>USE CAUTION</b> )
10.4	<b>Do not miss IMMEDIATE left turn after the tunnel!</b>	
10.4	L	Bunker - go downhill
11.0	R	Murray Circle at bottom of hill at stop sign (no sign)
11.1	L	Center Road(East Road)(stop sign)
11.2	R/C	East Rd/Ft. Baker Rd (up hill)
12.1	R	S. Alexander Ave (Road narrows in Sausalito.)
12.3	C	South St.
12.4	R	2 <sup>nd</sup> St (downhill)
12.6	R	Richardson St (toward bay)
12.7	L/C	Bridgeway (bay on right) Through Sausalito (2 mi.)
14.9	R/C	Bike Path (look for <u>Gate 6 Rd</u> on right)
15.0		Pass by Mike's Bikes
<b>17.1 REGROUP at Tiburon Bike Trail roundabout.</b>		
<b>Restrooms/Water in building off to left.</b>		
17.1	L	Sycamore Avenue
17.7	L/C	La Goma Street
<i>CAUTION - traffic/narrow/steep roads next 2 miles</i>		
17.8	C	Montford Avenue
18.0	R/C	Janes St. (follow up hill - left at Sunrise Ave.)
18.5	L	Molino Avenue (short steep climb)
18.6	C	Edgewood Avenue (continue climbing)
19.1	L/C	Sequoia Valley Road (to Mt. Tam/Muir Woods)
19.9	L	Panoramic Highway
20.7	R	Hwy 1 ( <i>CAUTION - sharp hairpin turn!</i> )
29.4	R	Panoramic Highway (in Stinson Beach)
<b>33.1 REGROUP at Pan Toll Road (water/restrooms)</b>		
37.5	L	Sequoia Valley Road
38.3	R/C	Edgewood Avenue
39.0	C	Molino Avenue
39.4	L	Montford Avenue
39.5	C	La Goma Street (across Miller)
39.7	R/C	Sycamore Avenue
40.3	C	Bike trail to Tiburon (straight ahead at end)
40.5	R	Hamilton Dr (near fire station/restrooms)
41.0	R	Redwood Hwy - bike under freeway to other side

41.5	C/L	Go N on frontage Rd (E side of 101)
42.2	R	Belvedere Dr (by In/Out Burger)
42.9	L	E. Strawberry Dr (then <b>QUICK RIGHT</b> )
42.9	R	Tiburon Blvd
43.1	R	Greenwood Cove (just before Union 76 station)
43.2	S	Greenwood Cove
44.0		Road ends at parking lot - continue to Tiburon Blvd.
44.0	R	Tiburon Blvd. (then left at next light)
44.1	L	Trestle Glen Blvd (2nd left at light)
44.7	R	Paradise Drive
50.0	X	Road ends at Tiburon/Shoreline Park (circle)
<b>50.0 LUNCH by grassy area/benches - Lunch Options:</b>		
<b>1. Café Acri (next to grassy area)</b>		
<b>2. Woodlands Mkt/Deli (1/4 mile ahead on Tiburon Blvd. on L)</b>		
<b>Public Restrooms 100 feet down Main Street on left</b>		
50.0	L	Main St
50.4	L	Beach Road
50.6	R	San Rafael Ave
51.4	L/C	San Raphael Ave (at Windward Road)
51.6	L	<b>Left onto Bike path</b> at Tiburon Boulevard
53.0	L	Bike path ends at parking area.
53.0	C/L	Left onto Greenwood Cove /Greenwood Beach
53.8	L	Tiburon Blvd.(then 1st L on E. Strawberry)
54.0	L	E. Strawberry Drive ( <b>STEEP climb ahead</b> )
55.2	C	Seminary Drive
56.5	L/C	Seminary Drive (Ricardo is on right)
56.7	L	Redwood Hwy (near MacDonalds)
56.9	R/C	Bike under freeway
57.0	R/C	West side frontage Road
57.5	L	Hamilton Dr
58.0	L	Bike Trail (by fire station)
58.2	C	bike over wooden bridge
<b>58.3 REGROUP at Tiburon Bike Trail roundabout.</b>		
58.3	L	Bike path towards Sausalito
60.4	C	Cross street and cont. on Bridgeway (at Mike's Bikes)
60.4	C	South on Bridgeway
62.8	R	Richardson St
62.9	L	2 <sup>nd</sup> St (top of hill)
63.0	C/L	South Street
63.1	C	Alexander Ave.
<b>63.3 R Bike Route #5 downhill (just past East Road)</b>		
64.2	C/L	East Road (at Discovery Museum)
64.3	C/L	Moore Road (at Murray Circle stop sign)
64.5	C	Bike path (Conzelman Rd) CLIMB to bridge!
65.1	C	Across GG Bridge –
<i>CAUTION - WATCH OUT FOR WANDERING TOURIST BIKERS!</i>		
66.9		Exit right then loop under bridge,
		Then stay LEFT on path to Lincoln Blvd.
67.2	L	Lincoln Blvd.
68.2	R	Sheridan Avenue
<b>68.4</b>	<b>L</b>	<b>Into parking area END</b>