

**Mt. Tamalpais LDT B - does not include summit (51 miles with 43 mile shortcut option) B/4 (4500')/51**

Dist	Cum	Dir	Street
0.0	0.0	L	Civic Center Drive
0.2	0.2	R	San Pedro
0.4	0.6	L	Merrydale
0.2	0.8	C	Bike path
1.3	2.1	R	Mission
0.2	2.3	R/C	Mission
0.3	2.6	R/C	jog L then R on Mission (to end)
0.5	3.1	L	H Street (at "T")
0.1	3.2	R	4th Street
0.1	3.3	R/C	4th Street (at stoplight)
0.2	3.5	L	Greenfield (next stoplight)
<b>0.9</b>	<b>4.4</b>		<b>REGROUP before Lincoln Park</b>
0.0	4.4	L	Lincoln Park
0.1	4.5	R	Bank
0.1	4.6	X	Sir Francis Drake
			Cont. on path on right side of building to San Anselmo
0.0	4.6	R	San Anselmo Ave
0.2	4.8	L	to continue on San Anselmo (do not cross Center Blvd)
0.3	5.1	R	to continue on San Anselmo
0.6	5.7	C	Lansdale (small frontage road)
0.3	6.0	R	Pastori (then L on Center Blvd)
0.0	6.0	L	Immediate Left onto Center
0.4	6.4	L	Bolinas
<b>4.0</b>	<b>10.3</b>	<b>X</b>	<b>REGROUP at summit parking</b>
4.0	14.3	X	Cross dam - start 900' climb
<b>2.5</b>	<b>16.8</b>	<b>L</b>	<b>Ridgecrest (REGROUP)</b>
3.8	20.6	R	Pan Toll Road (go down/not up)
<b>1.4</b>	<b>22.0</b>	<b>L</b>	<b>Panoramic Hwy (REGROUP)</b> (Ranger station/restrooms/water)
<b>4.5</b>	<b>26.5</b>	<b>L</b>	<b>Sequoia Valley (REGROUP)</b>
0.8	27.3	R/C	Edgewood
0.5	27.8	L	Birch
0.2	28.0	L	Molino
0.6	28.5	R	Cascade Way / Old Mill
0.1	28.6	R	Throckmorton
0.3	28.9	R	Miller
<b>0.0</b>	<b>28.9</b>		<b>Lunch in Mill Valley at Depot Café (on town square)</b>

Dist	Cum	Dir	Street
0.0	28.9	C	Miller
0.5	29.4	L	Park ( <b>Slow - easy to miss!</b> )
0.1	29.5	R	Sycamore
0.9	30.4	L	Bike path
0.3	30.7	X	E Blithdale / Cont on path
0.5	31.2	R	Bike path by school
0.1	31.3	C	Lomita (go straight)
<b>0.5</b>	<b>31.8</b>		<b>REGROUP at bike path</b>
0.0	31.8	C	Bike path - take to end
0.4	32.1	L	Meadowsweet Drive( uphill!)
0.9	33.0	L/C	Meadowsweet Drive
0.2	33.2	R	Sanford
0.0	33.2	L	Tamalpais
0.7	33.9	R	Corte Madera
		C	Magnolia
2.2	36.1	L	Kent (soft left at Woodland)
		C	Poplar, C Ross Common
<b>0.9</b>	<b>37.0</b>		<b>REGROUP before Langunitas</b>
0.0	37.0	R	Lagunitas
0.1	37.1	L	Sir Francis Drake
0.1	37.1	R	Laurel Grove
0.7	37.8	L	Poplar
0.9	38.7	L	Wolfe Grade ( <b>CAUTION!!!</b> )
		C	D Street
0.7	39.4	R	Bayview
0.1	39.4	L	C Street
0.5	39.9	R	5th

<b>SHORT CUT OPTION (43 Miles Total)</b>			
<b>0.4</b>	<b>40.3</b>	<b>L</b>	<b>Lincoln</b>
0.1	40.4	R	Mission
0.1	40.5	L	Bike path (before freeway)
1.3	41.8	C	Merrydale
0.2	42.0	R	North San Pedro
0.4	42.4	L	Civic Center Drive
<b>0.2</b>	<b>42.6</b>	<b>R</b>	<b>Armory END</b>

<b>MAIN ROUTE (51 Miles Total)</b>			
<b>0.4</b>	<b>40.3</b>	<b>C</b>	<b>5th</b>
0.3	40.6	R	Grand
0.1	40.7	L	4th Street
0.2	40.8	R	Union
0.1	40.9	L	3rd Street
0.4	41.3	C	Point San Pedro Road
<b>5.3</b>	<b>46.6</b>		<b>REGROUP at Bullard Flat (Restrooms/Water)</b>
4.4	51.0	R	Civic Center Drive
<b>0.2</b>	<b>51.2</b>	<b>R</b>	<b>Armory END</b>