

**Mt. Tamalpais LDT C includes summit (57 miles with 49 mile short cut option) C/4 (5400')/57**

**Guy 650-704-0895**

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
0.0	4.6	C	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>REGROUP at summit gravel 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	C/L	Ridgecrest (at Pan Toll Rd)
0.2	20.8	X	Water at Amphitheater
1.3	22.1	X	Pass summit - continue downhill
1.1	23.2	R	Bicycle/pedestrian paved trail
<b>0.4</b>	<b>23.6</b>		<b>REGROUP at Summit Restrooms</b>
0.0	23.6	U	U-Turn - climb back to summit
3.0	26.6	L	Pan Toll Rd.
<b>1.4</b>	<b>28.0</b>	<b>L</b>	<b>Panoramic Hwy(REGROUP)</b>
<b>4.5</b>	<b>32.5</b>	<b>L</b>	<b>Sequoia Valley (REGROUP)</b>
0.8	33.3	R/C	Edgewood
0.5	33.8	L	Birch
0.2	34.0	L	Molino
0.6	34.5	R	Cascade Way / Old Mill
0.1	34.6	R	Throckmorton
0.3	34.9	R	Miller
<b>0.0</b>	<b>34.9</b>		<b>Lunch at Mill Valley town square (Boo Koo Asian/Depot Café/MV Market)</b>

Dist	Cum	Dir	Street
0.0	34.9	C	Miller
0.5	35.4	L	Park <b>(Slow - easy to miss!)</b>
0.1	35.5	R	Sycamore
0.9	36.4	L	Bike path
0.3	36.7	X	E Blithdale / Cont on path
0.5	37.2	R	Bike path by school
0.1	37.3	C	Lomita (go straight)
<b>0.5</b>	<b>37.8</b>		<b>REGROUP before bike path</b>
0.0	37.8	C	Bike path - take to end
0.4	38.1	L	Meadowsweet Drive(uphill!)
0.9	39.0	L/C	Meadowsweet Drive
0.2	39.2	R	Sanford
0.0	39.2	L	Tamalpais
0.7	39.9	R	Corte Madera
		C	Magnolia
2.2	42.1	L	Kent (soft left at Woodland)
		C	Poplar, C Ross Common
<b>0.9</b>	<b>43.0</b>		<b>REGROUP before Langunitas</b>
0.0	43.0	R	Lagunitas
0.1	43.1	L	Sir Francis Drake
0.1	43.1	R	Laurel Grove
0.7	43.8	L	Poplar
0.9	44.7	L	Wolfe Grade <b>(CAUTION!!!)</b>
		C	D Street
0.7	45.4	R	Bayview
0.1	45.4	L	C Street
0.5	45.9	R	5th Avenue

**SHORT CUT OPTION (49 Miles Total)**

<b>0.4</b>	<b>46.3</b>	<b>L</b>	<b>Lincoln</b>
0.1	46.4	R	Mission
0.1	46.5	L	Bike path (before freeway)
1.3	47.8	C	Merrydale
0.2	48.0	R	North San Pedro
0.4	48.4	L	Civic Center Drive
<b>0.2</b>	<b>48.6</b>	<b>R</b>	<b>Armory END</b>

**MAIN ROUTE (57 Miles Total)**

<b>0.4</b>	<b>46.3</b>	<b>C</b>	<b>5th Avenue</b>
0.3	46.6	R	Grand
0.1	46.7	L	4th Street
0.2	46.8	R	Union
0.1	46.9	L	3rd Street
0.4	47.3	C	Point San Pedro Road
<b>5.3</b>	<b>52.6</b>		<b>REGROUP at Bullard Flat (Restrooms/Water)</b>
4.4	57.0	R	Civic Center Drive
<b>0.2</b>	<b>57.2</b>	<b>R</b>	<b>Armory END</b>