

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)
0.9	4.4		REGROUP before Lincoln Park
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
4.0	10.3		REGROUP at summit gravel parking
4.0	14.3	X	Cross dam - start 900' climb
2.5	16.8	L	Ridgecrest (REGROUP)
3.8	20.6	C/L	Ridgecrest (at Pan Toll Rd)
1.5	22.1	X	Pass summit - continue downhill
1.1	23.2	R	Bicycle/pedestrian paved trail
0.4	23.6		REGROUP at Summit Restrooms
0.0	23.6	U	U-Turn - climb back to summit
3.0	26.6	L	Pan Toll Rd.
1.4	28.0	L	Panoramic Hwy(REGROUP)
4.5	32.5	L	Sequoia Valley (REGROUP)
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
0.0	34.9		Lunch at Mill Valley town square (Boo Koo Asian/Depot Café/MV Market)

Dist	Cum	Dir	Street
0.0	34.9	C	Miller
0.5	35.4	L	Park (Slow - easy to miss!)
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)
0.5	37.8		REGROUP before bike path
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
0.9	43.0		REGROUP before Langunitas
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 (CAUTION!!!)
		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)

0.4	46.3	L	Lincoln
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
0.2	48.6	R	Armory END

MAIN ROUTE (57 Miles Total)

0.4	46.3	C	5th Avenue
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
5.3	52.6		REGROUP at Bullard Flat (Restrooms/Water)
4.4	57.0	R	Civic Center Drive
0.2	57.2	R	Armory END