

Dumbarton/Alpine –Humane/Intermediate/Advanced

Distance: 57.2 miles

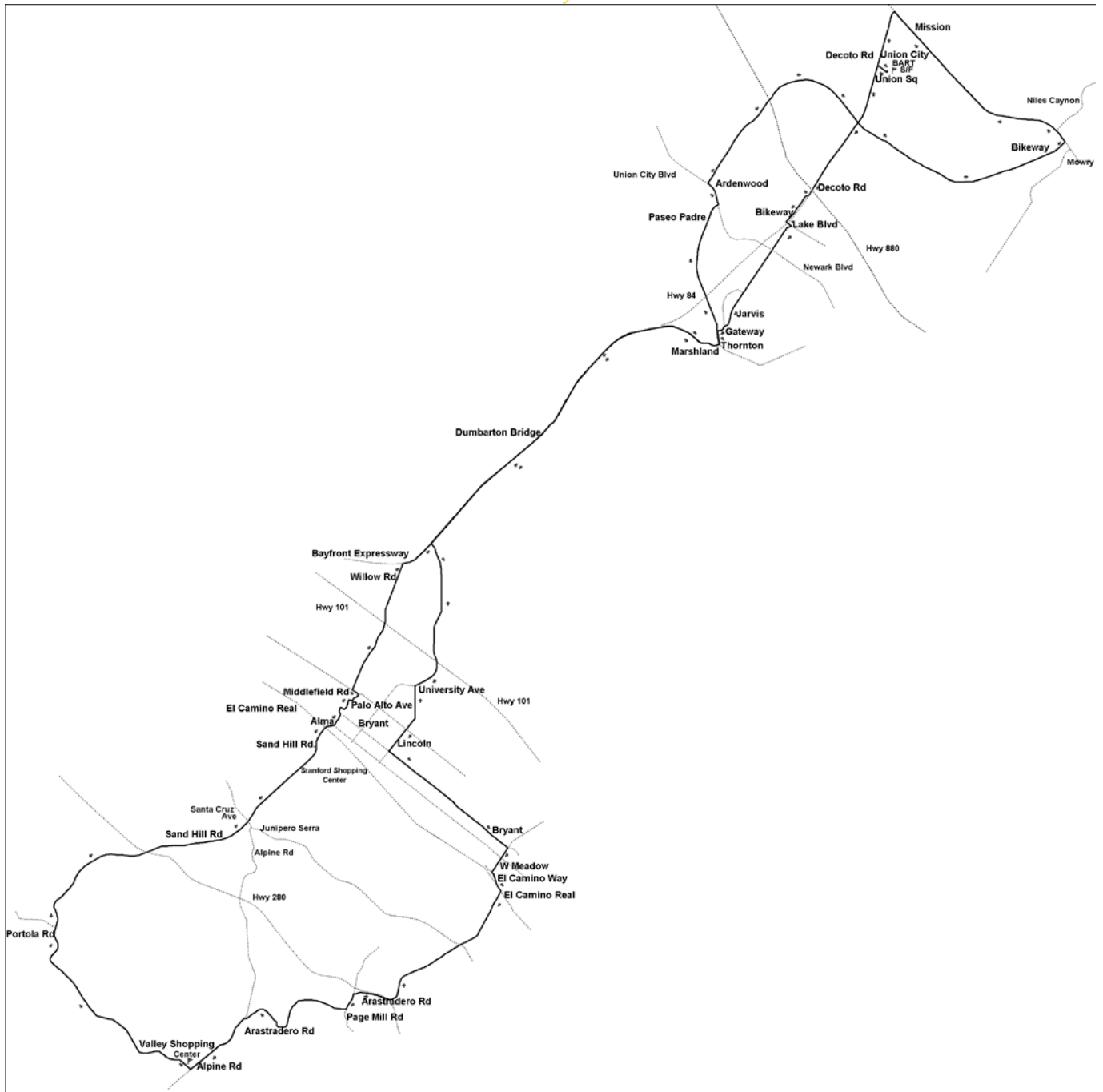
Climb: 1,520 feet

Start: Union City BART

Dir	Street/Road	At	Go	Comments
S	BART parking lot	0.0	0.1	
R	Union Square	0.1	0.1	at front of BART lot
R	Decoto Rd	0.2	0.9	
R	Mission Blvd CA-231	1.1	3.3	
R	Alameda Creek bikeway	4.4	6.9	starts after crossing creek bridge.
R	Ardenwood	11.3	0.4	Ardenwood unmarked. Look for open space and the last over-crossing crossing you see. Go under Ardenwood before going up to the road. This will put you on the correct side of the road.
R	Paseo Padre	11.7	1.4	
C	Thornton	13.1	0.8	at freeway
R	Marshlands Road	13.9	0.7	
RG	Don Edwards Wildlife Refuge	14.6	0.0	
C	Marshlands Road	14.6	2.6	
R	Bridge bike lane	17.2	1.7	
R	Bikeway along CA-84	18.9	1.5	
L	Willow Rd	20.4	2.1	
L	Middlefield Rd	22.5	0.1	
R	Palo Alto Ave	22.6	0.9	next to creek, turn easy to miss
R	Alma	23.4	0.1	
X	El Camino	23.5	0.0	
W	Sand Hill Rd	23.6	5.6	Straight ahead across intersection
C	Portola Rd	29.2	3.4	Portola Rd enters from right, continue straight
RS	Valley Shopping Center	32.6	0.0	On left, roll down to Roberts Market
L	Alpine Rd	32.6	1.1	
R	Arastradero Rd	33.7	2.0	Turn is easy to miss! Rosati's is on the corner.
L	Page Mill Rd	35.7	0.2	
R	Arastradero Rd	35.9	3.1	before freeway by park and ride lot
L	El Camino Real	39.0	0.1	
R	El Camino Way	39.1	0.3	
R	W Meadow Rd	39.4	0.4	
L	Bryant	39.8	2.2	great bike boulevard – check it out
R	Lincoln	42.1	1.2	
R	University	43.3	2.4	
R	Bikeway along CA-84	45.7	2.7	
C	Marshland Rd	48.4	3.2	
L	Thornton	51.6	0.4	
R	Gateway	52.0	0.2	
R	Jarvis	52.2	1.6	
L	Lake Blvd.	53.8	0.3	over freeway
R	Bikeway	54.1	0.7	Turn at bike route sign onto bike path
L	Decoto Rd	54.8	2.3	Decoto unmarked – 1 st signal along bike path
R	Union Square	57.1	0.1	
L	Into BART lot	57.2		

R=right L=left C=name change X=cross RG=regroup S=south W=west F=finish

Dumbarton – Humane- Advanced Intermediate-Advanced Route



Dumbarton HI-I-A

