

Alpine Dam Loop, from SF Ferry Building			
	56.4	miles	5600' of climbing
Tot Miles	Direction	Segment	Road/ Segment
0.0	Start	0	Ferry Bldg/ BART, San Francisco
0.0	R	4.3	Embarcadero to Sports Bsmnt, Presidio
4.3	L	0.6	Mason, then up Crissy Field Ave
4.9	R	0.5	Lincoln Blvd, rt onto bike path
5.4	R	1.7	Cross under GGB then onto GGB
7.1	L	0.1	Into parking Lot at far side of bridge
7.2	R	0.1	Conzelman (cross traffic does not stop)
7.3	L	3	Sausalito Lateral, becomes Bridgeway
10.3	CR	3.4	Onto bike path at Sausalito Cyclery
13.7	L	0.1	East Blithedale (use ped walk button)
13.8	R	1.3	Camino Alto (begin 1.3 mile climb)
15.1	S	1	becomes Carte Madera Avenue
16.1	C	5.8	Bike Route Larkspur to Fairfax
21.9	L	9.7	Bolinas Fairfax Road
31.6	L	3.7	Ridgecrest Blvd, the Seven Sisters
35.3	R	1.4	Pan Toll Road
36.7	L	4.6	Panoramic Highway
41.3	L	0.7	Sequoia Valley Raod
42.0	R	1.1	Edgewood
43.1	L	0.1	Montford
43.2	R	0.1	Miller, watch for bike path on other side
43.3	L/R	2.8	bike path to Sausalito Cyclery
46.1	L	10.3	Reverse Route back to Ferry Bldg/ BART
56.4	F	0	Finish Ferry Bldg/ BART