

# SACRAMENTO TO BODEGA BAY

140 MILES / 6,290 FEET

START: Mile 13.5, American River Parkway Bike Trail, Carmichael, CA

MILE	WP	R/L	ROAD
0.0	01		proceed west on American River Parkway Bike Trail Elev = 50'
5.1	02	R	veer right off bike trail under Howe Avenue bridge up to levee bike path
5.7	03	L	cross American River on Guy West Bridge
5.8	04	R	right turn onto levee bike path
6.3	05	R	veer right & continue north under H Street Bridge
6.4		L	160° hairpin turn to left (very slowly!)
6.5	06	S	exit bike path proceed west along H Street
6.9		S	RR underpass
8.7		R	veer right on road adjacent to McKinley Park
8.8	07	S	cross Alhambra Blvd onto G Street
8.9	08	S	cross 29 <sup>th</sup> Street & bypass vehicle barrier to remain on G Street
9.6		!	RR tracks
10.2		!	Light Rail RR tracks
10.6	09	L	7 <sup>th</sup> Street
11.0	10	R	Capitol Mall
11.6		S	RR Tracks. Cross Sacramento River on Tower Bridge
11.7	11	R	veer right onto W Capitol Avenue
12.0		S	RR Underpass
12.2	12	R	remain on W Capitol Avenue
15.2	13	R	right turn onto bike path toward Davis
15.8		S	start Yolo Causeway passage
18.9	14	R	exit Yolo Causeway onto bike path
19.1	15	!	bike path turns left then exit bike path, continuing straight (west) on Road 32A (no road sign)
21.1	16	R	cross RR tracks; then immediately turn left to remain on Road 32A
22.2	17	R	Mace Blvd
22.6		S	becomes E Covell Blvd
25.8		S	becomes W Covell Blvd
28.6	18	S	cross Road 98 becomes Road 31
33.6	19	S	veer left: becomes Road 93A (Road 31 continues straight)
34.6		S	veer right: becomes Russell Blvd
37.6		S	cross I-505. Becomes E Grant Avenue. Start Hwy 128
37.8	20	R	on right: Chevron Station Food Mart

		!	<b>REST &amp; REGROUP #1</b> - Winters Elev = 120' Climbing So Far (csf) = 225'
37.8	20	R	continue west on Hwy 128 (E Grant Avenue)
38.6	21	S	cross Railroad Avenue becomes W Grant Avenue (Hwy 128)
		!	<b>CAUTION:</b> large boat trailers!
50.4		S	start Cardiac Hill climb Elev = 410' csf = 765'
52.1		S	top of Cardiac Hill climb. Start descent Elev = 1,000' csf = 1,320'
58.5	22	R	remain on Hwy 128 @ junction Hwy 121
58.6	23	!	on right: Moskowite Corner <b>REST &amp; REGROUP #2</b> Elev = 815' csf = 1,620'
74.6	24	R	Silverado Trail csf = 2,105'
87.8	25	L	Hwy 29
88.5	26	!	<b>REST &amp; REGROUP #3</b> - Calistoga csf = 2,465' on right: Calmart Market. Across street: Palisades Market
88.9	27	R	Hwy 128
89.9	28	L	Petrified Forest Road
90.4	29	R	Franz Valley School Road
94.8	30	L	Franz Valley Road csf = 3,110'
		!	<b>CAUTION:</b> sharp, downhill curves
97.8	31	R	Porter Creek Road (on right: Safari West, a private zoo)
99.4		S	becomes Mark West Springs Road
102.7	32	L	Riebli Road
103.71	33	L	remain on Riebli Road
105.3	34	R	Wallace Road
106.7		S	becomes Brush Creek Road
107.5		S	continue straight through stop-lighted intersection with Montecito Road
108.8	35	R	Hwy 12 (Sonoma Hwy) csf = 4,070'
109.4	36	L	Farmers Lane
		!	<b>CAUTION:</b> multiple lanes!
119.6	37	R	Montgomery Drive
110.6	38	L	West 3 <sup>rd</sup> Street
111.6		!	RR Tracks
111.9	39	L	Dutton Avenue
		R	Dave's Market
		!	<b>REST &amp; REGROUP #4</b> - Santa Rosa
114.5	40	S	cross Fulton Road becomes Hall Road
116.4	41	R	Willowside Road (no road sign)
117.4	42	L	Guerneville Road
119.5	43	L	Frei Road (intermittently bumpy!)

120.9	44	S	Graton Road
127.0	45	L	Bohemian Hwy
127.2	46	R	Coleman Valley Road Elev = 580'      csf = 4,960'
129.0	47	R	intersection Joy Road csf = 5,490'

137.3	48	L	Hwy 1	csf = 6,135'
140.1	49	L	<b>END:</b> "Pelican Plaza Grocery & Deli", Bodega Bay, CA	Elev = 66'
				Total Elevation Gain = 6,290'

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