

# SACRAMENTO TO OAKLAND

121 MILES / 5,105 FEET

START: Mile 13.5, American River Parkway Bike Trail

MILE	WP	R/L	ROAD
0.0	01		proceed east on bike trail Elev = 50'
0.2		<b>S</b>	cross American River on bicycle/pedestrian bridge
0.5	02	<b>R</b>	Goethe Park access road (1 <sup>st</sup> road beyond bridge). No sign
0.8		<b>S</b>	becomes Rod Beaudry Drive
1.4	03	<b>R</b>	Folsom Blvd
2.3	04	<b>L</b>	Bradshaw Road
2.8		<b>S</b>	cross Hwy 50 overpass
13.8	05	<b>R</b>	Elk Grove Blvd
16.7		<b>S</b>	cross Hwy 99 overpass
18.3	06	<b>L</b>	Bruceville Road
20.4	07	<b>R</b>	Bilby Road
22.0		<b>R</b>	Willard Pkwy (no road sign)
22.02		<b>L</b>	Bilby Road
22.4	08	<b>L</b>	Franklin Blvd
22.6	09	<b>R</b>	Hood-Franklin Road
26.2		<b>!</b>	on left: Hood Community Park Water. Nice rest spot
26.4	10	<b>L</b>	Hwy 160 (River Road)
30.5		<b>!</b>	on left: Courtland Market
31.5		<b>S</b>	River Road (Hwy 160 turns right)
38.3	11	<b>R</b>	cross Sacramento River on draw bridge
38.4	12	<b>L</b>	Hwy 160
46.5	13	<b>L</b>	cross Sacramento River on draw bridge to remain on Hwy 160
46.7	14	<b>R</b>	remain on Hwy 160 (Isleton Road)
48.0	15	<b>L</b> <b>!</b>	Isleton Elev = 3' DeJack's Country Grocery <b>REST &amp; REGROUP #1</b> Climbing So Far (csf) = 640'
48.0	15	<b>L</b>	continue south on Hwy 160
51.5		<b>!</b>	on right: public toilets
52.6	16	<b>S</b>	cross Hwy 12

			continue south on Hwy 160
56.2		<b>S</b> <b>!</b>	narrow ! bridge <b>CAUTION:</b> wait for traffic from rear to clear before crossing
62.1		<b>S</b>	begin crossing Antioch Bridge
64.1		<b>R</b>	veer right to take Wilbur Avenue exit
64.2	17	<b>L</b>	Wilbur Avenue
64.3	18	<b>R</b>	Bridgehead Road
64.8		<b>S</b>	cross Main Street becomes Neroly Road
67.5	19	<b>R</b> <b>!</b>	Empire Avenue <b>CAUTION:</b> no shoulder
68.2	20	<b>R</b>	Lone Tree Way
70.9	21	<b>L</b>	Deer Valley Road
70.92	22	<b>R</b> <b>!</b>	Deer Valley Plaza. Albertson's Market. Food services <b>REST &amp; REGROUP #2</b> csf = 1,250' Elev = 155'
71.2		<b>R</b>	exit Deer Valley Plaza onto Deer Valley Road
78.0	23	<b>R</b>	Marsh Creek Road
88.3	24	<b>S</b>	becomes Clayton Road (Marsh Creek Road turns left)
90.8	25	<b>L</b>	Ignacio Valley Road
96.2	26	<b>R</b>	Bancroft Road
96.8	27	<b>L</b> <b>!</b>	Treat Blvd <b>CAUTION:</b> heavy traffic, no shoulder
97.9	28	<b>S</b>	cross I-680 overpass csf = 2,590' Elev = 95'
98.0		<b>S</b>	becomes Geary Road
99.3		<b>S</b>	veer left: becomes Pleasant Hill Road
101.5	29	<b>R</b>	Deer Hill Road (initial climb very ! steep)
103.0		<b>!</b>	on left: BART Lafayette Station <b>OPTION:</b> take BART to SF
103.3	30	<b>L</b>	Happy Valley Road

103.5	31	R	Mt Diablo Blvd
104.6	32	R	El Nido Ranch Road
106.3	33	S	becomes E Altarinda Drive
106.5	34	L	angle left: becomes Orindawoods Drive
107.5		S	becomes Santa Maria Way (steep ! downhill)
107.7	35	R	Camino Pablo
108.0	36	R	Camino Sobrante Safeway Store <b>! REST &amp; REGROUP #3</b>
108.2	36	R	exit Camino Sobrante & proceed north on Camino Pablo
108.7		!	jog right, then left, on & off bike path right of crash barrier
109.8	37	L	Wildcat Canyon Road
110.7		R	remain on Wildcat Canyon

			Road; El Toyonal to left
113.7	38	L	Shasta Road
114.1	39	L	Grizzly Peak Blvd (great views of East Bay)
118.0	40	R !	Claremont Avenue <b>CAUTION:</b> fast downhill, control your speed!
119.5		S	remain on Claremont Avenue cross Ashby Avenue
120.9	41	L	College Avenue (complex intersection)
121.2	42	!	<b>END:</b> BART Rockridge Station Total Elevation Gain = 5,105' Elev = 170' <b>OPTION:</b> take BART to SF (or elsewhere in Bay Area)

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