

## SFR2OAK Team Flight 120 Dart Populaire (v.17)

75.7 miles

Leg	Dir	Type	Notes	Total
	↑	Generic	Exit Int'l terminal at ground level (1) at elevators, straight into bike lane on Airport Access Rd	0.1
0.4	←	Left	Turn left onto S McDonnell Rd	0.4
1.2	→	Right	Turn right onto Millbrae Ave	1.6
0.7	←	Left	Turn left onto El Camino Real	2.4
0.2	→	Right	Turn right onto Murchison Dr	2.5
0.1	←	Left	Turn left onto Magnolia Ave	2.6
0.2	→	Right	Turn right onto Trousdale Dr	2.8
0.8	←	Left	Turn left onto Toledo Ave	3.6
0.1	→	Right	Turn right onto Arguello Dr	3.7
0.7	→	Right	Turn right onto Escalante Way	4.4
0.0	←	Left	Turn left onto Rivera Dr	4.4
0.1	←	Left	Turn left onto CA 35/Skyline Blvd	4.5
2.6	→	Right	Turn right onto CA 35/Hayne Rd/Golf Course	7.0
0.2	←	Left	Turn left onto CA 35	7.2
1.3	←	Left	Turn left onto Crystal Springs Rd (take detour)	8.5
0.9	→	Right	Turn right onto Polhemus Rd	9.4
1.9	↑	Straight	Continue onto Ralston Ave	11.3
0.2	→	Right	Turn right onto Ralston Avenue Bike Trail, immediately past park and ride lot	11.5
1.0	←	Left	Turn left onto Cañada Road	12.5
7.2	↑	Generic	Robert's Market @Woodside Rd	19.7
0.0	↑	Straight	Leave Robert's Market southbound, via Mountain Home Rd	19.7
0.4	←	Left	Turn left onto Manzanita Way	20.1
1.3	←	Left	Turn left onto Sand Hill Rd	21.4
5.0	↑	Straight	Go straight thru intersection, toward "BIKE LANE" sign	26.4
0.0	↑	Straight	Continue onto Palo Alto Ave, crossing train tracks	26.4
0.1	←	Left	Left onto park path	26.5
0.1	↑	Straight	Continue straight onto Alma St	26.7
0.2	→	Right	Turn right onto Willow Rd	26.8
2.7	→	Right	Turn right onto path. (DO NOT GO TO FACEBOOK!)	29.5
0.5	↑	Generic	Cross Univ. Ave via crosswalks; continue on path	30.1
1.0	←	Left	Turn left onto bridge! Don't miss it; just as the bridge rises.	31.0
1.8	↑	Straight	Continue straight onto Marshlands Rd	32.8
2.4	←	Left	Turn left toward Apay Way; cross over freeway	35.3
0.2	←	Left	Turn left onto Apay Way (path)	35.5
1.4	→	Right	Slight right toward Bayview Trail	36.9
0.1	←	Left	Turn left toward Bayview Trail	36.9
0.0	→	Right	Slight right onto Bayview Trail	36.9
0.1	→	Right	Turn right to stay on Bayview Trail	37.1
0.3	←	Left	Cross paved auto street (Patterson Ranch Road); Turn left to stay on Bayview Trail, alongside road	37.4
0.2	→	Right	Turn right onto trail away from road, just before reaching main parking lot area <span style="font-size: small;">⌋</span> NO DOGS NO HORSES	37.6
0.2	→	Right	Turn right toward Chochenyo Trail	37.9
0.9	→	Right	Climb up onto Alameda Creek Trail; turn right	38.8

0.6	←	Left	Go under overpass, then make a U-turn climbing to your right to get to the road	39.3
0.1	↑	Straight	Continue onto Union City Blvd	39.5
3.4	↑	Straight	Continue onto Hesperian Blvd	42.8
0.4	←	Left	Turn left onto Eden Shores Blvd	43.2
0.2	↑	Straight	At the traffic circle, continue straight to stay on Eden Shores Blvd; head toward rail overpass	43.4
0.4	↑	Straight	At the traffic circle, take the 1st exit onto Sandcreek Dr	43.8
0.1	←	Left	Turn left onto Dune Cir	43.8
0.1	←	Left	Open door, pass through to bay trail!	44.0
2.3	↑	Generic	Pass along the parking lot; continue on trail. (Note porta-potty in parking lot!)	46.2
0.6	↑	Straight	Take the pedestrian overpass to cross freeway; continue westbound on frontage road	46.8
0.6	→	Right	Slight right onto trail at Hayward Shoreline Center; bathrooms, water inside Center	47.4
1.2	→	Right	Turn right (East/away from bay)	48.6
0.6	→	Right	Bear right onto long, narrow bridge	49.1
0.4	←	Left	Turn left; do not ride up onto raised area!	49.6
0.5	←	Left	Turn left; take little bridge	50.1
0.1	←	Left	Turn left ↗ go North	50.2
1.8	←	Left	Turn left / NW onto bridge, cross San Lorenzo Creek	52.0
0.0	→	Right	Turn right immediately after bridge, onto paved path	52.1
0.6	←	Left	Turn left onto Neptune Dr (really just a path here)	52.7
1.7	↑	Straight	Continue onto Monarch Bay Dr (street); bathrooms at park on left	54.4
0.7	↑	Generic	Next turn is forbidden by signage! Instead, turn left into parking lot here, and continue on sidewalk to Neptune Drive.	55.1
0.1	←	Left	Turn left onto Neptune Dr	55.2
0.7	←	Left	Left into park; take paved path around park! The "shortcut" through the park will get you lost.	55.8
1.5	←	Left	Turn left, take bridge	57.3
0.5	←	Left	Sharp left, up along the new BART extension, headed toward the bay/airport!	57.8
0.2	↑	Straight	Take the crosswalk under the main airport auto route	58.0
0.0	←	Left	Left onto John Glenn Dr, toward terminals	58.0
0.5	←	Left	Turn left onto Alan Shepard Way	58.5
0.0	→	Right	Turn right onto Airport Dr, main terminal dropoff	58.6
0.1	↑	Generic	Cafe ("Training Grounds") just beyond the NORWEGIAN / HAWAIIAN entrance. Other options deeper in the terminal at this point, too.	58.7
0.0	←	Left	After receipt control, reverse course, walking on sidewalk back to Alan Shepard way; go back up John Glenn Dr	58.7
0.8	←	Left	Back at the crosswalk intersection, go left onto bi-directional bike path along Ron Cowan Pkwy	59.5
0.8	↑	Generic	Bike path ends at Air Cargo Way; cross to other side of Ron Cowan and continue on Ron Cowan, in the street	60.3
0.8	→	Right	Turn right onto Harbor Bay Pkwy	61.1
1.3	←	Left	Cross Doolittle, enter park path	62.3
0.7	→	Right	Turn right onto Bay Farm Island Bicycle Bridge	63.0
1.8	↑	Straight	Continue straight onto Pearl St	64.8
0.0	↑	Straight	Continue onto Blanding Ave	64.8
0.3	→	Right	Turn right onto 29th Ave/Park St	65.1

0.2	←	Left	Turn left onto Ford St	65.3
0.1	←	Left	Slight left onto Kennedy St	65.4
0.2	←	Left	Turn left onto Embarcadero	65.6
2.2	↑	Straight	Continue onto Embarcadero West	67.8
0.1	↑	Straight	Continue onto Oak St	67.9
0.1	←	Left	Turn left onto 2nd St	68.0
0.9	→	Right	Turn right onto Brush St	68.9
0.1	←	Left	Turn left onto 3rd St	69.0
0.7	↑	Straight	Continue onto Mandela Pkwy	69.6
1.9	←	Left	Turn left onto Horton St	71.5
1.0	←	Left	Turn left onto 62nd St	72.6
0.0	→	Right	62nd St turns right and becomes Overland Ave	72.6
0.3	←	Left	Turn left onto 65th St	72.9
0.0	→	Right	Turn right onto Shellmound St	72.9
0.2	↑	Straight	Continue onto Bay St	73.1
0.1	↑	Straight	Continue onto Bolivar Dr	73.2
0.1	←	Left	Turn left to stay on Bolivar Dr	73.3
0.0	→	Right	Turn right to stay on Bolivar Dr	73.3
0.0	←	Left	Slight left onto San Francisco Bay Trail	73.3
0.7	←	Left	Turn left to stay on San Francisco Bay Trail	74.0
0.2	←	Left	Turn left onto Bolivar Dr/San Francisco Bay Trail	74.3
0.1	→	Right	Turn right onto Addison St	74.4
0.2	←	Left	Turn left onto 4th St	74.6
0.2	→	Right	Turn right onto Hearst Ave	74.8
0.1	←	Left	Turn left onto 6th St	74.9
0.7	→	Right	Turn right onto Gilman St	75.6

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