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
	Left	Turn left onto S McDonnell Rd	0.4
\rightarrow	Right	Turn right onto Millbrae Ave	1.6
	Left	Turn left onto El Camino Real	2.4
\rightarrow	Right	Turn right onto Murchison Dr	2.5
←	Left	Turn left onto Magnolia Ave	2.6
\rightarrow	Right	Turn right onto Trousdale Dr	2.8
←	Left	Turn left onto Toledo Ave	3.6
\rightarrow	Right	Turn right onto Arguello Dr	3.7
\rightarrow	Right	Turn right onto Escalante Way	4.4
←	Left	Turn left onto Rivera Dr	4.4
←	Left	Turn left onto CA ₇ 35/Skyline Blvd	4.5
\rightarrow	Right	Turn right onto CA ₇ 35/Hayne Rd/Golf Course	7.0
←	Left	Turn left onto CA ₇ 35_	7.2
←	Left	Turn left onto Crystal Springs Rd (take detour)	8.5
-	Right	Turn right onto Polhemus Rd	9.4
\uparrow	Straight	Continue onto Ralston Ave	11.3
→	Right	Turn right onto Ralston Avenue Bike Trail, immediately past parkandaride lot	11.5
←	Left	Turn left onto Cañada Road	12.5
↑	Generic	Robert's Market @Woodside Rd	19.7
1	Straight	Leave Robert's Market southbound, via Mountain Home Rd	19.7
←	Left	Turn left onto Manzanita Way	20.1
←	Left	Turn left onto Sand Hill Rd	21.4
↑	Straight	Go straight thru intersection, toward "BIKE LANE" sign	26.4
\uparrow	Straight	Continue onto Palo Alto Ave, crossing train tracks	26.4
←	Left	Left onto park path	26.5
\uparrow	Straight	Continue straight onto Alma St	26.7
\rightarrow	Right	Turn right onto Willow Rd	26.8
\rightarrow	Right	Turn right onto path. (DO NOT GO TO FACEBOOK!)	29.5
↑	Generic	Cross Univ. Ave via crosswalks; continue on path	30.1
←	Left	Turn left onto bridge! Don't miss it; just as the bridge rises.	31.0
↑	Straight	Continue straight onto Marshlands Rd	32.8
←	Left	Turn left toward Apay Way; cross over freeway	35.3
←	Left	Turn left onto Apay Way (path)	35.5
-	Right	Slight right toward Bayview Trail	36.9
←	Left	Turn left toward Bayview Trail	36.9
\rightarrow	Right	Slight right onto Bayview Trail	36.9
\rightarrow	Right	Turn right to stay on Bayview Trail	37.1
	Left	Cross paved auto street (Patterson Ranch Road); Turn left to stay on Bayview Trail, alongside road	37.4
	Dieba	Turn right onto trail away from road, just before reaching main parking lot	37.6
\rightarrow	Right	area TI NO DOGS NO HORSES	
\rightarrow \rightarrow	Right	Turn right toward Chochenyo Trail	37.9
	$ \uparrow \\ \leftarrow \\ \rightarrow \\ \leftarrow \\ \rightarrow \\ \leftarrow \\ \rightarrow \\ \leftarrow \\ \leftarrow \\ \rightarrow \\ \leftarrow \\ \leftarrow \\ \leftarrow \\ \leftarrow \\ \leftarrow \\ \rightarrow \\ \leftarrow \\ \leftarrow \\ \leftarrow \\ \leftarrow \\ \leftarrow \\ \leftarrow \\ \rightarrow \\ \leftarrow \\ \leftarrow \\ \leftarrow \\ \leftarrow \\ \leftarrow \\ \rightarrow \\ \leftarrow \\ \rightarrow \\ \leftarrow \\ \leftarrow$	 ← Left → Right ← Left → Right ← Left → Right ← Left → Right ← Left ← Left → Right ← Left → Right ← Left → Straight → Straight ← Left ↑ Straight ← Left ← Left → Right ← Left ← Left ← Left ← Left ← Left ← Right ← Left → Right ← Left → Right ← Left → Right ← Left → Right 	 Generic Sti Int'L terminal at ground level (1) at elevators, straight into bike lane on Airport Access Rd Left Tum left onto 5 McDonnell Rd Right Tum right onto Millbrae Ave Left Tum left onto El Camino Real Right Tum right onto Murchison Dr Left Tum left onto Magnolia Ave Right Tum right onto Trousdale Dr Left Tum left onto Toledo Ave Right Tum right onto Arguello Dr Right Tum right onto Escalante Way Left Tum left onto Rivera Dr Left Tum left onto CA₁35/5kykline Blvd Right Tum right onto CA₁35/5kykline Blvd Left Tum left onto CA₁35/5kykline Blvd Straight Continue onto Ralston Ave Right Tum right onto Right on Avenue Bike Trail, immediately past park₁and₁ride lot Left Tum left onto Cañada Road Generic Robert's Market @Woodside Rd Straight Leave Robert's Market southbound, via Mountain Home Rd Left Tum left onto Manzanita Way Left Tum left onto Ananzanita Way Left Tum left onto Ananzanita Way Left Tum left onto Alma St Straight Continue onto Palo Alto Ave, crossing train tracks Left Left tonto park path Straight Tum right onto Willow Rd Right Tum right onto Willow Rd Right Tum right onto Willow Rd Left Tum left toward Apay Way; cross over freeway Left Tum left toward Apay Way; cross over freeway Left Tum left toward Bayview Trail Right Slight right toward Bayview Trail Right Tum right to stay on Bayview Trail Left Cross paved auto street (Patterson Ranch Road); Turn left t

0.1 ↑ Straight Continue onto Union City Blvd 39.5 3.4 ↑ Straight Continue onto Hesperian Blvd 42.8 0.4 ← Left Tun left onto Eden Shores Blvd 43.2 0.2 ↑ Straight toward rail overpass 43.4 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 Control Coor, pass through to bay trail! 44.0 2.3 ↑ Generic Coor, pass through to bay trail! 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 Slight right onto trail at Hayward Shoreline Center; bathrooms, water inside Center 47.4 1.2 → Right Sar Turn left; door tride up onto raised area! 49.6 0.6 → Right Bear right onto long, narrow bridge 49.1 0.1 ← Left Turn left; dake little bridge 50.1 0.1 ← Left Turn left; aske little bridge 50.1 0.1 ← Left Turn left; aske little bridge 50.1 0.1 ← Left Turn left into Neptune Dr (really just a path here) 52.7 0.5 ← Left Turn left onto Neptune Dr (really just a path here)	0.6	←	Left	Go under overpass, then make a $\mbox{U}_{\mbox{$\mbox{$\mbox{$\mbox{$}}}}\mbox{turn}}$ climbing to your right to get to the road	39.3
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	1.8	herefoldstate the book week out to	Straight	Continue straight onto Pearl St	64.8
0.3 → Right Turn right onto 29th Ave/Park St 65.1	0.0	1	Straight	Continue onto Blanding Ave	64.8
	0.3	\rightarrow	Right	Turn right onto 29th Ave/Park St	65.1

0.2	\leftarrow	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	1	Straight	Continue onto Oak St	67.9
0.1	←	Left	Turn left onto 2nd St	68.0
0.9	\rightarrow	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	\rightarrow	Right	62nd St turns right and becomes Overland Ave	72.6
0.3	←	Left	Turn left onto 65th St	72.9
0.0	\rightarrow	Right	Turn right onto Shellmound St	72.9
0.2	↑	Straight		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	\rightarrow	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
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0.1	\rightarrow	Right	Turn right onto Addison St	74.4
0.1	→ ←	Right Left	Turn right onto Addison St Turn left onto 4th St	74.4 74.6
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0.2	←	Left	Turn left onto 4th St	74.6
0.2	→ → → → → → → → → → → → → → → → → → →	Left Right	Turn left onto 4th St Turn right onto Hearst Ave	74.6 74.8

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