

Lake Chabot -- Advanced/Advanced Intermediate

Distance: 40.3 miles Climb: 2722 feet

Start: Lake Merritt, Children's Fairyland Parking Lot

Dir	Street/Road	At	Go	Comments
S	Bellevue Avenue	0.0	0.6	
R	Grand Avenue	0.6	0.2	
R	El Embarcadero	0.8	0.1	
R	Lakeshore Avenue	0.9	0.8	
L	E 15th St	1.7	0.3	
R	5th Ave	2.0	0.6	Go under freeway
L	Embarcadero	2.6	1.8	
C	E 7th St	4.4	0.2	
C	Path	4.6	0.4	Continue straight on E. 7th
R	Fruitvale Ave	5.0	0.2	Cross bridge to Alameda
C	Tilden Way	5.2	0.2	
L	Fernside Blvd	5.4	1.5	
L	Cross Fernside to Bike Path	6.9	0.0	
R	Follow Bike Path to Bicycle Bridge	6.9	0.3	Cross bridge to Bay Farm Island
L	Left after Bridge	7.2	0.7	Continue on path
C	Harbor Bay Parkway	7.9	1.3	Cross Doolittle Drive
L	Ron Cowan Parkway	9.2	1.5	
C	Crosswalk to Bike/Ped path	10.7	0.2	Goes thru underpass, then bears left
R	Bike Path	10.9	0.4	Sharp right, easy to miss
X	Bike Ped Bridge	11.3	0.1	
R	Bike Path	11.4	1.5	Oyster Bay Regional Shoreline
R	Neptune Drive	12.9	0.7	
R	Monarch Bay Drive	13.6	0.4	at Marina Boulevard
L	Fairway Drive	14.0	0.6	
L	Doolittle Dr	14.6	0.4	
L	Farallon Dr	15.0	0.6	
R	Wicks Blvd	15.6	0.2	
L	Manor Blvd	15.8	0.6	
L	Farnsworth St	16.4	1.1	
C	Halcyon Dr	17.5	0.6	
L	Hesperian Boulevard	18.1	0.3	
R	150th Avenue	18.4	0.0	
RS	76 Station	18.4	0.0	Across 14th St./Int'l Blvd.
C	150th Avenue	18.4	0.4	
R	Foothill Boulevard	18.8	0.1	
L	Fairmount Avenue	18.9	1.7	Climb
C	Lake Chabot Road	20.6	0.9	Enters from right, continue down

L=left R=right C=continue BL=bear left BR=bear right RG=regroup X=cross

