

Bay Area Velo Girls

Bay Trail/Alpine/Arastradero Loop from San Mateo Caltrain
60 miles

Mile	Direction	Street/Landmark
0.0	START	SAN MATEO CALTRAIN STATION
0.0	Left	B Street
0.2	Left	4 th Avenue to bike overpass
0.8	Continue	on to overpass bike path
1.4	Left	Into Ryder Park to begin Bay Trail Bike Path (heading south)
10.2	Right	Island Drive – opposite Bayshore Technology Park (exiting bike path)
10.4	Right	Marine Parkway (becomes Ralston Road crossing 101 & El Camino)
13.2	Left	Alameda de las Pulgas
14.0	Veer Left	San Carlos Avenue
15.0	Right	Alameda de las Pulgas
17.2	Right	Alameda de las Pulgas
22.1	STOP & REGROUP	STARBUCKS – CORNER OF ALAMEDA & AVY AVENUE
	Right	Continuing South on Alameda de las Pulgas
22.2	Right	Sand Hill Road (bike lane in the center as you cross 280) – Turns into Portola Road
28.8	Right	Willowbrook
29.7	Right	Alpine Road to dead end – regroup
32.0	Return	Alpine Road
36.4	Right	Arastradero Road
38.4	Left	Page Mill Road
40.0	Left	Foothill Expressway
42.5	Veer Right	Alpine Road
42.6	Cross	Sand Hill Road (Alpine becomes Alameda de las Pulgas)
45.3	Left	Woodside Road
47.2	Cross	Canada Road
47.3	STOP & REGROUP	WOODSIDE BAKERY (plaza on right)
	Return Left	Woodside Road
47.3	Left	Canada Road
54.6	Left	Route 92 – push “bike” button on left for green light
55.2	Right	Skyline Boulevard
56.9	STOP & REGROUP	SAWYER CAMP TRAIL -- ON THE LEFT (BATHROOMS)
	Cross	Skyline Boulevard & descend Crystal Springs Road
58.0	Left	Crystal Springs Road (at T intersection with Polhemus Road)
60.2	Left	Stonehedge
60.3	1 st Right	Baywood (becomes Baldwin at El Camino)
61.1	FINISH	SAN MATEO CALTRAIN STATION