



Three Bears from Orinda BART

SF Tri Club takes no responsibility for the accuracy of this route. Please check a map and local road conditions before you leave. If you find errors, please report them to info@sfricclub.org

Step distance	Total distance	Instruction
START	0.0	Meet at the south parking lot at the Orinda BART station
0.0	0.0	Take parking lot overpass exit to Camino Pablo
0.1	0.1	Turn RIGHT onto Camino Pablo
2.2	2.3	Turn RIGHT onto Bear Creek Rd/Wildcat Canyon Rd
8.3	10.6	Turn LEFT onto Alhambra Valley Rd (turns into Pinole Valley Rd)
6.8	17.4	Turn RIGHT onto San Pablo Ave
1.0	18.4	Exit to Starbucks on right to stop & regroup (right before Sycamore Ave)
0.0	18.4	Turn LEFT onto San Pablo Ave (westbound)
1.0	19.4	Turn LEFT onto Pinole Valley Rd
4.0	23.4	Turn RIGHT onto Castro Ranch Rd
2.3	25.7	Turn LEFT onto San Pablo Dam Rd
5.4	31.1	Continue onto Camino Pablo
2.1	33.2	Turn LEFT onto south parking lot at the Orinda BART station