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| 0.0 |  | Start of route |
| 0.2 |  | Right onto Fair St |
| 0.6 |  | Continue onto Mulberry St |
| 1.1 |  | Mulberry St turns slightly right and becomes Cypress St |
| 1.4 |  | Right onto CA-32 E/E 9th St |
| 2.2 |  | Right onto Fir St |
| 2.3 |  | Fir St turns slightly left and becomes Humboldt Rd |
| 7.5 |  | Left onto CA-32 W |
| 11.0 |  | Left onto Bruce Rd |
| 12.2 |  | Left onto E 20th St |
| 12.7 |  | Right onto Steve Harrison bike path |
| 13.6 |  | Left to continue on bike path |
| 13.8 |  | Exit bike path onto Honey Run Rd |
| 23.6 |  | Right onto Skyway |
| 23.7 |  | Left onto Pearson Rd |
| 24.0 |  | Continue on Pearson to rest stop before backtracking to get onto Paradise bike path. |
| 24.6 |  | Right onto Recreation Dr |
| 24.6 |  | Left out of rest stop to backtrack to Paradise bike path up to Sterling City |
| 24.7 |  | Left onto Pearson Rd |
| 25.3 |  | Right onto Paradise Memorial bike path |
| 29.5 |  | Exit bike path onto New Skyway Rd |
| 30.5 |  | Right onto Coutolenc Rd |
| 37.5 |  | Right onto Skyway |
| 41.3 |  | Right onto Retson Rd |
| 41.8 |  | Left into Merlo Park rest stop. Turn right back towards Skyway rd after leaving rest stop. |
| 42.2 |  | Left onto Skyway Rd |
| 46.0 |  | Stay straight to continue on Skyway |
| 54.2 |  | Right on Skyway to continue descent |
| 55.1 |  | Straight onto Pentz road to descend |
| 65.5 |  | Right onto Durham-Pentz Rd (Optional- Continue straight for lunch stop before Table Mt. Loop) |
| 67.0 |  | Left onto Wheelock Rd |
| 68.9 |  | Straight to cross Hwy 70 onto Coal Canyon Rd. USE CAUTION |
| 72.1 |  | Left onto Table Mtn Rd |
| 77.0 |  | Right onto Garden Dr for Thermalito rest stop. |
| 78.1 |  | Right onto Table Mountain Blvd after leaving rest stop. |

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| 79.3 | ← | Left at roundabout onto Cherokee Rd |
| 84.6 | ▲ | Table Mountain rest stop |
| 91.4 | ← | Left onto Hwy 70. USE CAUTION and ride in the shoulder. |
| 91.9 | → | Right onto Pentz Rd |
| 92.1 | ← | Left into Spring Valley lunch stop |
| 92.2 | ← | Left onto Pentz Rd when leaving Lunch Stop |
| 92.4 | ← | Left onto Durham-Pentz Rd |
| 93.8 | ↑ | Straight to continue on Durham-Pentz hwy passed Wheelock Rd |
| 96.4 | ↑ | Straight at roundabout to continue on Durham Pentz Rd |
| 101.0 | ↑ | Continue onto Durham-Dayton Hwy across Hwy 99 |
| 101.5 | ↑ | Straight onto Durham-Dayton highway towards Durham |
| 105.7 | → | Right into Durham rest stop |
| 105.7 | → | Right back onto Durham Dayton Hwy to leave rest stop |
| 106.0 | → | Right to stay on Durham-Dayton Hwy |
| 106.5 | ← | Left to stay on Durham-Dayton Hwy |
| 109.2 | ↑ | Continue onto Ord Ferry Rd |
| 114.2 | → | Right onto River Rd |
| 119.5 | ↑ | Continue onto Chico River Rd |
| 123.7 | ↑ | Continue onto W 5th St |
| 125.1 | → | Right onto Pine St |
| 125.6 | ↑ | Continue onto Mulberry St |
| 126.0 | ↑ | Continue onto Fair St |
| 126.5 | ← | Left |
| 126.7 | 📍 | End of route |