

Terrain: 4. Hilly; some steep climbs; Mileage: 65





Terrain: 4. Hilly; some steep climbs; Mileage: 65



**Bullfrog Pond and Mill Creek Out-and-back**  
**Healdsburg City Hall**  
 401 Grove St., Healdsburg, CA 95448

**Bullfrog Pond and Mill Creek Out-and-back**  
**Healdsburg City Hall**  
 401 Grove St., Healdsburg, CA 95448

At	Go On	For
0.0	R Grove (South)	0.1
0.1	> Vine St	0.3
0.4	R Mill St/Westside Rd	5.8
6.2	R Sweetwater Springs Rd	6.5
12.7	> top of Sweetwater 1255'	3.8
16.5	R Armstrong Woods Rd	2.8
19.3	R Bullfrog Pond Rd	1.2
20.5	↩ at end Return	0.7
21.3	L Armstrong Woods Rd	4.6
25.9	 Café Bazaar, return	1.8
27.7	R Sweetwater Springs Rd	3.8
31.5	> top of Sweetwater 1255'	6.5
38.0	L Westside Rd	4.4
42.4	L Mill Creek Rd	10.4
52.8	↩ At end, Return	10.5
63.3	L Westside Rd	1.4
64.7	> Mill St	0.1
64.8	L Vine St	0.3
65.1	> Grove St	0.1
65.1	City Hall	

At	Go On	For
0.0	R Grove (South)	0.1
0.1	> Vine St	0.3
0.4	R Mill St/Westside Rd	5.8
6.2	R Sweetwater Springs Rd	6.5
12.7	> top of Sweetwater 1255'	3.8
16.5	R Armstrong Woods Rd	2.8
19.3	R Bullfrog Pond Rd	1.2
20.5	↩ at end Return	0.7
21.3	L Armstrong Woods Rd	4.6
25.9	 Café Bazaar, return	1.8
27.7	R Sweetwater Springs Rd	3.8
31.5	> top of Sweetwater 1255'	6.5
38.0	L Westside Rd	4.4
42.4	L Mill Creek Rd	10.4
52.8	↩ At end, Return	10.5
63.3	L Westside Rd	1.4
64.7	> Mill St	0.1
64.8	L Vine St	0.3
65.1	> Grove St	0.1
65.1	City Hall	

Joyce Chang 484-5150

Map at <https://ridewithgps.com/routes/13216979>

Joyce Chang 484-5150

Map at <https://ridewithgps.com/routes/13216979>

**Carry ID, Wear a Helmet**  
**Sonoma Emergency 707-565-2121**

**Carry ID, Wear a Helmet**  
**Sonoma Emergency 707-565-2121**