

Terrain: 5. Very hilly; lots of long climbs; Mileage: 107



## Three Hill Winter Trainer Howarth Park, Santa Rosa

630 Summerfield Rd, Santa Rosa, CA 95405

At	Go On	For	At	Go On	For
0.0	>	Howarth Park	0.3		
0.3	R	Montgomery Dr	0.2		
0.4	L	Mission Blvd	1.2		
1.6	R	Montecito Blvd	1.3		
2.9	L	Calistoga Rd	2.3		
5.2	R	St Helena Rd	6.8		
11.9	>	Spring Mtn Rd	5.2		
17.1	L	Madrona Ave	0.2		
17.3	R	Main St	0.4		
17.8	L	Pope St	0.9		
18.6	L	Silverado Trail N	0.0		
18.7	R	Howell Mtn Rd	4.0		
22.7	>	White Cottage Rd S	3.8		
26.5	>	Howell Mtn Rd	2.3		
28.8	>	Chiles Pope Valley Rd	0.8		
29.6	L	Pope Valley Cross Rd	1.0		
30.6	L	Pope Canyon Rd	8.4		
39.0	R	Berryessa Knoxville Rd	13.0		
52.0	R	Hwy-128/Sage Canyon Rd	11.2		
63.2	L	Silverado Trail S	5.5		
68.6	R	Yountville Cross Rd	1.9		
70.5	L	Yount St	0.4		
70.9		Lunch in Yountville	0.1		
71.0	L	Washington St	0.3		
71.3	R	California Dr	0.1		
71.4	L	Solano Ave	3.9		
75.3	R	Orchard Ave	1.3		
76.6	R	Dry Creek Rd	9.9		
86.5	>	Trinity Rd	4.7		
91.2	L	Dunbar Rd	0.5		
91.8	R	Arnold Dr	0.8		
92.5	R	Warm Springs Rd	2.4		
94.9	R	stay on Warm Springs	2.7		
97.7	L	Hwy-12 W/Sonoma Hwy	2.3		
100.0	L	Pythian Rd	0.8		
100.8	L	Valley Oaks Dr	0.1		
100.9	R	Oakmont Dr	1.2		
102.1	L	White Oak Dr	0.4		
102.5	R	Timber Springs Dr	1.5		
104.0	>	Channel Dr	1.0		
105.0	L	Thru Howarth to start	1.6		
106.6	E	End of route			

**Paul McKenzie (510)409-8873**

Map at <https://ridewithgps.com/routes/26945984>

**Carry ID, Wear a Helmet**  
**Sonoma Emergency 707-565-2121**  
**Napa Emergency 707-253-0911**