

Terrain: 2. Rolling, easy grades; Mileage: 35



# Bike Yoga

## Three Dog Yoga, 1617 Terrace Way

1617 Terrace Way, Santa Rosa, CA 95404

At	Go	On	For	At	Go On	For
0.0	R	Terrace Way (South)	0.1	22.6	L	Occidental Rd
0.1	L	McDonald Ave	0.2	24.8	L	Sanford Rd
0.3	R	Spencer Ave	0.4	25.7	R	Hall Rd
0.7	L	King St	0.4	28.7	L	Fulton Rd
1.0	>	E St	0.5	29.0	R	Santa Rosa Creek Trail
1.5	R	Sonoma Ave	0.3	31.8	L	Pierson St
1.8	R	Prince Memorial G'way	0.7	31.8	R	W 6th St
2.5	>	Santa Rosa Creek Trail	5.1	32.2	>	A St
7.5	R	Willowside Rd	1.5	32.3	>	7th St
9.0	L	Piner Rd	0.5	32.7	L	E St
9.5	R	Olivet Rd	0.2	32.9	>	King St
9.7	L	W Olivet Rd	0.5	33.2	R	Spencer Ave
10.2	R	Oakwild Ln	0.9	33.6	L	McDonald Ave
11.1	R	Woolsey Rd	0.3	33.8	R	Terrace Way
11.4	L	Olivet Rd	0.0	33.9	E	End of route
11.5	L	River Rd	0.3			
11.8	R	Slusser Rd	2.0			
13.7	L	Mark West Station Rd	2.2			
15.9	L	Trenton-Healdsburg Rd	1.2			
17.2	L	Trenton Rd	0.2			
17.4	R	Laguna Rd	0.2			
17.6	R	Vine Hill Rd	3.3			
20.9	X	Hwy 116 to Mueller Rd	0.4			
21.3	R	Graton Rd	0.3			
21.6	L	Bowen St	0.2			
21.9	R	Grey St	0.0			
21.9	L	West County Trail	0.7			

Janice Oakley 495-0353

John Russell 484-5588

Map at <https://ridewithgps.com/routes/28790416>

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

