

Caltrans District 1 P.O. Box 3700 Eureka, CA 95502



INTRODUCTION

This guide is intended to assist those bicycling within the Caltrans District 1 area of California. All highways in District 1 are open to bicycling.

Our District is abundant with beautiful scenery along the Pacific Coast, through large groves of Redwood Trees and aside scenic rivers. The Pacific Coast Bike Route begins on Route 101 at the California/Oregon border and follows Route 101 to the community of Leggett in Northern Mendocino County. This Route then follows Route 1 southeast of the Mendocino Coast, then down the Mendocino Coast.

Caution should be exercised when bicycling along all routes due to the numerous large trucks traveling on the highways. Many of the routes have narrow or no shoulders.

Try to carry the necessary and proper equipment for the type of trip you plan, since services may be far apart in some areas.

The State of California, the cities and counties over whose facilities you may travel are not responsible for your safety, and no representation is made or intended as to the safety or fitness of the routes where bicycle travel is allowed.

Enjoy your journey through our District and the spectacular Northcoast.



NOTES

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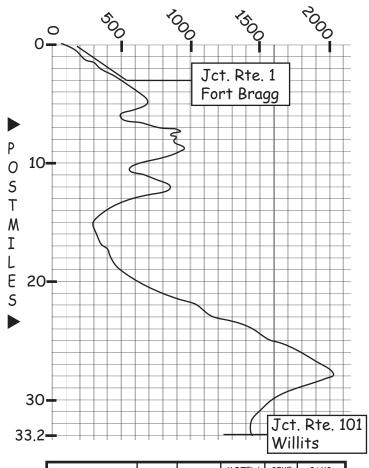
▼ ELEVATION IN FEET ▼

The shaded area on this map represents Caltrans District 1. District 1 covers all of Humboldt, Del Norte, Mendocino and Lake Counties.



For more information on bicycling in other Caltrans districts, please see page 3.





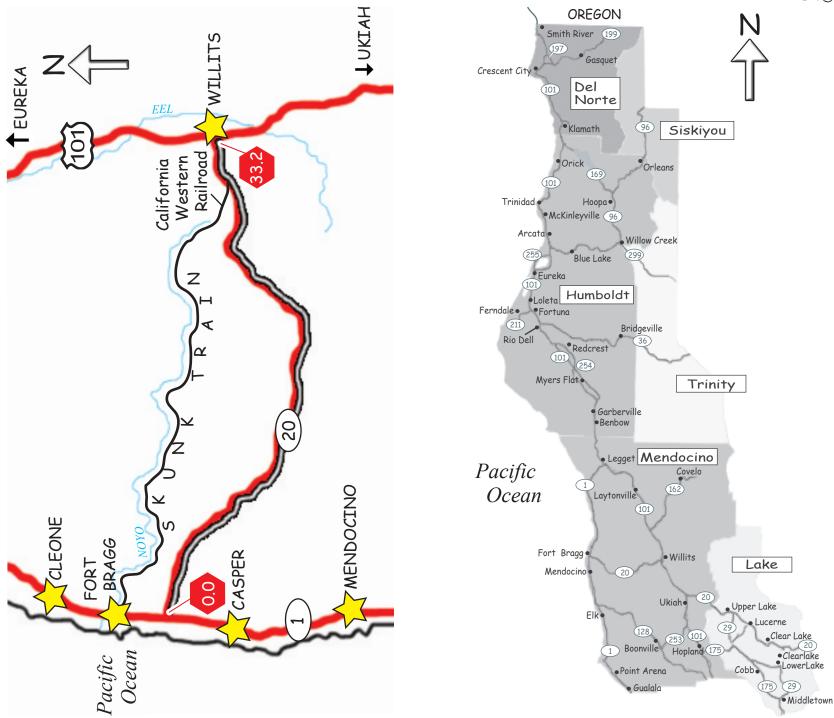
TOWN	CAFE	STORE	MOTEL/ INN	BIKE SHOP	CAMP GROUND
Fort Bragg	X	X	X	X	X
Willits	X	X	X	X	X

THIS ROUTE MAP BEGINS IN FORT BRAGG, POSTMILE 0.0 AND TRAVELS EAST TO WILLITS, POSTMILE 33.2.

Route 20 from Fort Bragg to Willits is 2-lane with 0' to 2' paved shoulders. Traffic volumes are light to moderate. Temperatures are 50 - 65 degrees on the coast and reach 80 - 100 degrees approximately 10 miles inland to Willits. Winds are generally from the south.

NOTES







DISTRICT 1 Lisa Hockaday System Planning 1656 Union St. Eureka, CA 95501 (707) 441-2059

DISTRICT 2

Aaron Cabaccana

Community and Regional Planning 1657 Riverside Drive Redding, CA 96001 (530) 225-4732

DISTRICT 3

Chad Riding
System Planning Manager
703 B St.
Marysville, CA 95901
(530) 741-4549

DISTRICT 4

Ina Gerhard, Bicycle Coordinator Transit & Community Planning PO Box. 23660 Oakland, CA 94623 (510) 286-5737

Beth Thomas, Pedestrian Coordinator Office of Transit & Community Planning P.O. Box 23660 Oakland, CA 94623-0660 (510) 286-7227

DISTRICT 5

Adam Fukushima

System & Community Planning 50 Higuera St.

San Luis Obispo, CA 93401

(805) 549-3131

DISTRICT 6
Pedro Ramirez

Associate Transportation Planner North Region & Bicycle Facilities Planning 1352 W. Olive St., 2nd Floor Fresno, CA 93778 (559) 445-6792 DISTRICT 7
Dale Benson
Local Assistance
100 S. Main St, #12-420
Los Angeles, CA 90012
(213) 897-2934

DISTRICT 8

Mark Roberts

Senior Transportation Planner Office of Regional Planning 464 West Fourth Street, 6th Floor, MS 721 San Bernardino, CA 92401 (909) 383-6040

DISTRICT 9
Dave Bloom

Transportation Planning 500 S. Main St. Marysville, CA 95901 Bishop, CA 93514 (760) 872-6799

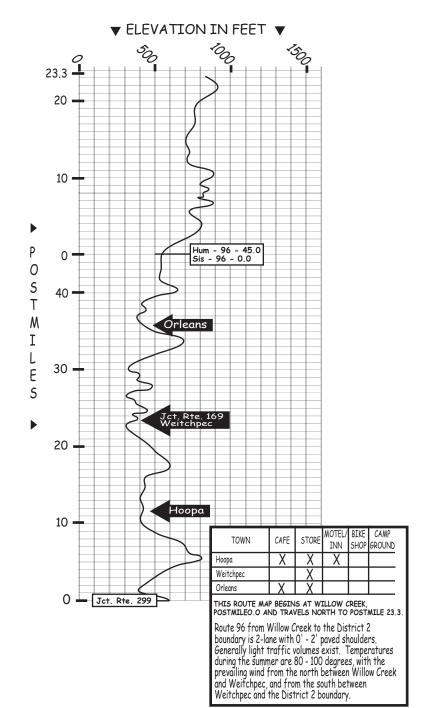
DISTRICT 10
Tom Dumas

Office of Metropolitan Planning 1976 E. Charter Way Stockton, CA 95205 (209) 941-1921

DISTRICT 11

Seth Cutter
Public Transportation Branch, MS-240
4050 Taylor St.
San Diego, CA 92110
(619) 688-2597

DISTRICT 12 Romeo Estrella Transportation Planning 3337 Michelson Drive Irvine, CA 92612 (949) 724-2255





CHAMBERS OF COMMERCE





For more information on individual towns or areas in this quide, contact the nearest Chamber of Commerce.

DEL NORTE COUNTY

Crescent City 1001 Front Street Crescent City, CA 95531 (707) 464-3174

Klamath 1661 W. Klamath Beach Road Klamath, *CA* 95548 (707) 482-7165

HUMBOLDT COUNTY

Arcata 1635 Heindon Road Arcata, CA 95521 (707) 822-3619

Ferndale 5640 Riverside Road Ferndale, CA 98248 (707) 786-4477

Garberville/Redway 782 Redwood Drive Garberville, CA 95542 (707) 923-2613

Orick P.O. Box 356 Orick, CA 95555 (707) 488-2885

TrinidadP.O. Box 356
Trinidad, *CA* 95570 (707) 677-1610

Eureka 2112 Broadway Eureka, *CA* 95501 (707) 442-3738

Fortuna 735 14th Street Fortuna, CA 95540 (707) 725-3959

McKinleyville P.O. Box 2144 McKinleyville, CA 95519 (707) 839-2449

Rio Dell/Scotia 715 Wildwood Avenue Rio Dell, CA 95562 (707) 764-3436

Willow Creek P.O. Box 704 Willow Creek, CA 95573 (530) 629-2693

LAKE COUNTY

Clearlake 14808 Olympic Drive Clearlake, *CA* 95422 (707) 994-3600 Lakeport 290 S. Main Street Lakeport, CA 95453 (707) 263-5092

MENDOCINO COUNTY

Fort Bragg 217 S. Main Street Fort Bragg, CA 95437-1141 (707) 961-6300

Willits 299 E. Commercial Street Wllits, CA 95490 (707) 459-7910

Ukiah

200 South School Road Ukiah, *CA* 95482 (707) 462-4705



This is a summary of bicycle provisions of the California Vehicle Code. Readers should check the Vehicle Codes for more detailed information and actual wording.

21200 Every person riding a bicycle upon a highway has all rights and is subject to all the provisions applicable to the driver of a vehicle.

It is unlawful for any person to ride a bicycle upon a highway while under the influence of an

alcoholic beverage or any drug.

21200.5

21201 Bicycles must be equipped with a brake able to make one braked wheel skid on dry, level pavement.

Handlebars must not be higher than the rider's shoulders.

The bicycle must be small enough for the rider to stop, support it with a foot on the ground, and restart safely.

Every bicycle operated at night must have the following equipment:

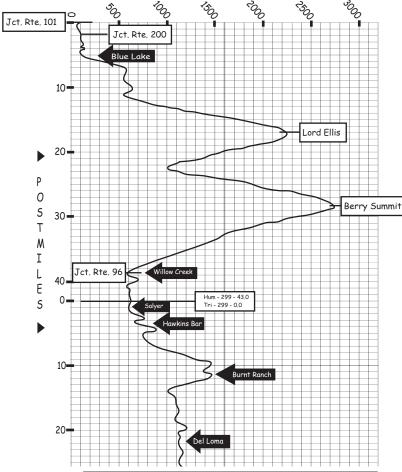
- A lamp emitting white light and visible for 300 feet to the front and sides of the bicycle. May be attached to the bicycle or the rider.
- A red rear reflector, which shall be visible from a distance of 500 feet to the rear.
- White or yellow reflector on each pedal visible from the front and rear of the bicycle from a distance of 200 feet.
- A white or yellow side reflector on the front portion of the bicycle and a white or red reflector on the rear portion of the bicycle or reflectorized tires.

Bicycles traveling less than the normal speed of traffic must ride as close to the right as practicable, except in the following situations:

- When passing another bicycle or vehicle.
- When preparing for a left turn.
- To avoid hazards that make it unsafe to stay to the right.
- When approaching a place where a right turn is authorized.

On one-way streets, bicyclists may ride as near the left as practicable.

▼ ELEVATION IN FEET ▼



_						
	TOWN	CAFE	STORE	MOTEL/ INN	BIKE SHOP	CAMP GROUND
- 1	Blue Lake	X	X			
	Willow Creek	X	X	X		X
	Salyer		X			
	Hawkins Bar	X	X			
	Burnt Ranch		l X			X
	Del Loma	X		X		

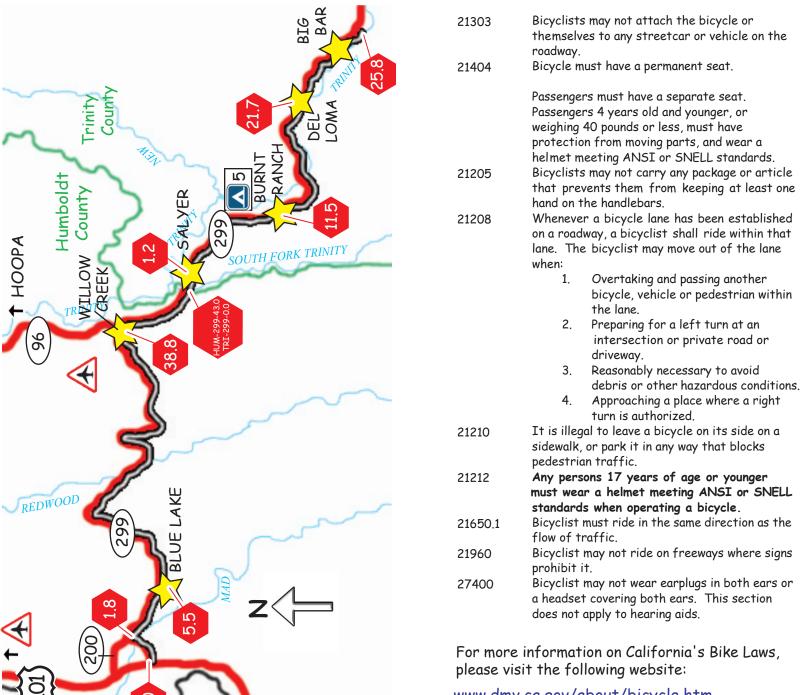
THIS ROUTE MAP BEGINS AT THE INTERSECTION OF ROUTE 101 AND ROUTE 299, POSTMILE 0.0, AND TRAVELS EAST NEAR BIG BAR, POSTMILE 25.8.

Route 299 from the junction of Route 101 to Del Loma is generally 2-lane with 0'-8' paved shoulders. The first 5 miles are 4-lane with 8' paved shoulders. This route has long, steep grades. Traffic is moderate. Temperatures are 80-100 degrees during the summer, with winds variable. The mid to latter portion of this route runs along the Trinity river which provides great swimming holes and rest stops.

21202

BIKE LAWS CONT.



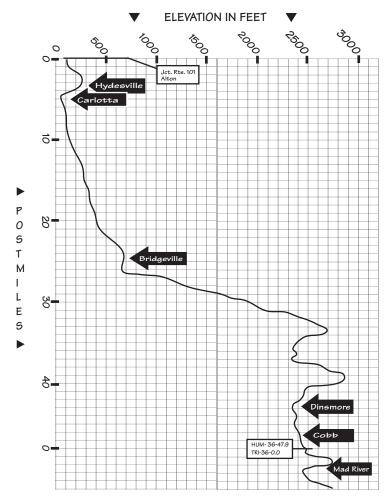


www.dmv.ca.gov/about/bicycle.htm



The keys to safe bicycling include being predictable and visible and communicating your intentions to motorists. Here are some helpful hints and specific safety rules to follow:

- Wear a HELMET. It is the LAW for persons
 17 years of age or younger.
- Ride with the flow of traffic.
- Ride in a straight line and in single file.
- STOP at stop signs and red lights.
- Use a light, reflectors, and reflectorized clothing during darkness or heavy fog.
- Wear bright clothing during daytime.
- Use extra caution when it is raining and allow extra time to stop.
- Keep a safe distance from parked cars whenever possible.
- Use proper hand signals when turning, stopping or changing lanes (see "Using Hand Signals" on pg 9).
- Cross railroad tracks at a right angle.
- Walk your bike when using crosswalks.
- Do not wear headphones on both ears while riding.
- Keep your bike properly maintained so it is in good riding condition.
- Do not drink alcohol and ride.

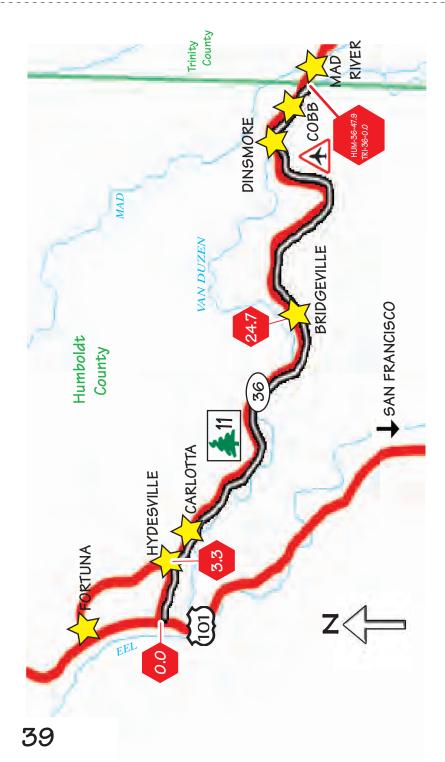


TOWN	CAFE	STORE	MOTEL/ INN	BIKE SHOP	CAMP GROUND
Alton					
Hydesville		X			
Carlotta		X			
Bridgeville					
Dinsmore		X			
Соьь	X				
Mad River		X	Х		

THIS ROUTE MAP BEGINS AT ALTON, POSTMILE 0.0, AND TRAVELS EAST TO THE TRINITY COUNTY LINE, POSTMILE 47.9.

Route 36 from Alton to the District 2 boundary, is a very narrow -2-lane highway, generally with no paved shoulders and long, steep grades. Traffic is usually light, but can vary with a majority of it being large trucks and travel trailers. Temperatures are 70 - 90 degrees during the summer, with winds prevailing from the west.





Check Your Bike

(Inexperienced cyclists may want to have these services performed by a bike shop)

- ✓ Check the fit of your bike. A proper fit is essential for a safe, efficient and enjoyable ride. A rough guideline for frame size is your inseam minus 10. If you're not sure, ask a local bike shop.
- ✓ Adjust the seat to the proper height. When your foot is at the bottom of the pedal stroke, your leg should be slightly bent.
- Be sure handlebars are secure.
- \checkmark Keep pedals lubricated so they spin freely.
- ✓ Keep wheels lubricated and trued to spin freely without wobbling.
- \checkmark Keep the chain lubricated and replace if worn.
- Check brakes for wear; replace rubber brake pads if worn.
- ✓ Check reflectors on pedals, wheels and frame.

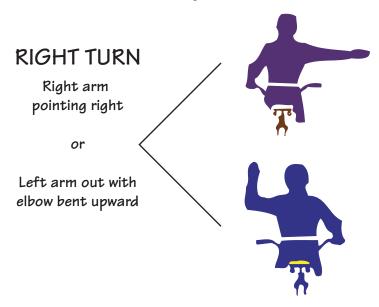
 Clean or replace to maximize visibility.
- ✓ Check lights. Are batteries charged? Does generator work?
- √ Tighten fenders and carrier racks.
- ✓ Check all gears for broken or worn teeth.

...DON'T FORGET...

- > Your route map, and this guide
- Bike repair kit
- First Aid kit
- > Sunblock...even in the fog!
- > Beverage and snack
- Camera



All required signals given by hand and arm shall be given in the following manner:



LEFT TURN

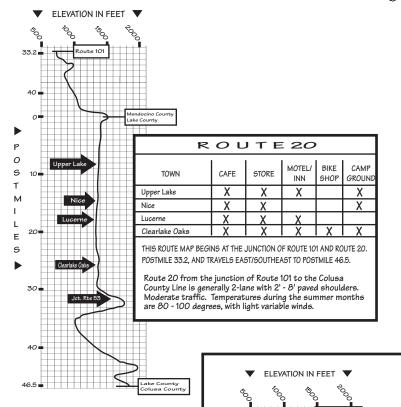
Left arm straight out pointing left



SUDDEN DECREASE IN SPEED

Hand and arm extended downward beyond the side of the bicycle

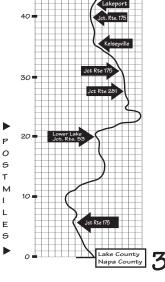




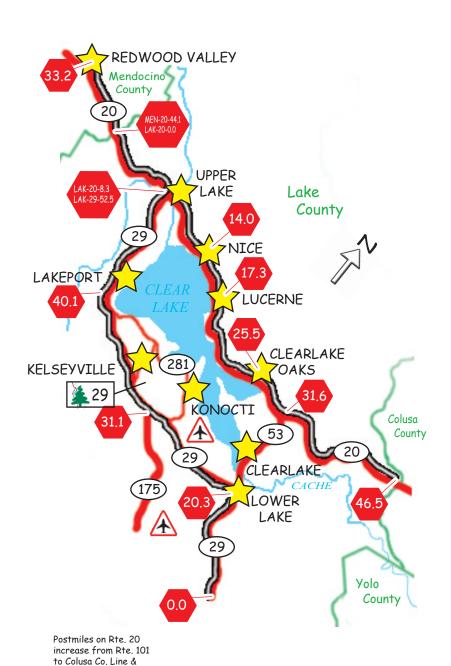
R O U T E 29						
TOWN	CAFE	STORE	MOTEL/ INN	BIKE SHOP	CAMP GROUND	
Upper Lake	Χ	Χ	Χ		Χ	
Lakeport	χ	Χ	Χ	χ		
Kelseyville	Χ	Χ	Χ			
Lower Lake	Χ	Χ				

THIS ROUTE MAP BEGINS AT THE INTERSECTION OF ROUTE 20 AND ROUTE 29, POSTMILE 52.5, AND TRAYELS SOUTHEAST TO THE LAKE AND NAPA COUNTY LINES, POSTMILE 0.0

Route 29, Lower Lake to Upper Lake, is generally 2-lane with 2'-4' shoulders. An 8-mile portion beginning at PM 40.1 consists of 4-lane with 10' paved shoulders. Temperatures during summer months are 80 - 100 degrees, with light variable winds.







STATE PARK



REST AREA

AIRPORT

State Parks, Campgrounds and other scenic stops along your route may CAMPGROUND be found on pages 11-14. For more information on the area in which you will be traveling, please contact the local Chamber of Commerce, located on page 4.

Post Mile Markers

101 - ROUTE # MEN -- COUNTY POST MILE

Post mile markers are white metal plates found at various locations along State Highways. Post miles start at 0.0 at county lines or beginning of routes and increase in easterly or northerly directions. Use these to determine mileage to your various destinations.

PEDESTRIANS BICYCLES MOTOR-DRIVEN **CYCLES PROHIBITED**

This sign is posted at all points where bicycle traffic is prohibited on freeways. All highways in District 1 are open to bicycles.

FOR COPIES OF THIS GUIDE, CONTACT:

CALTRANS DISTRICT 1 LISA HOCKADAY (707) 441-2059

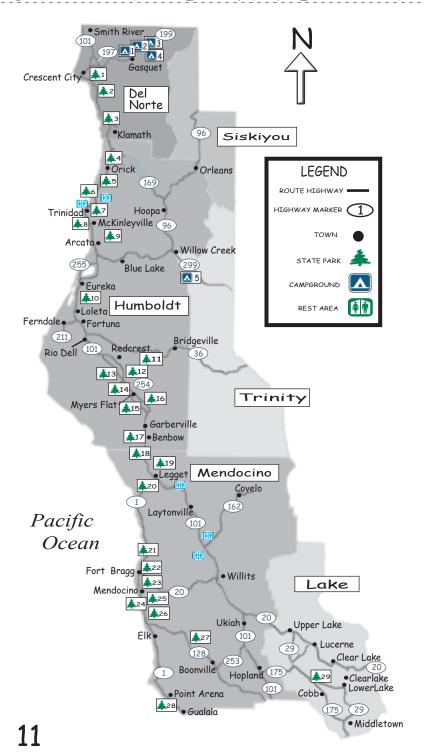
OR VISIT:

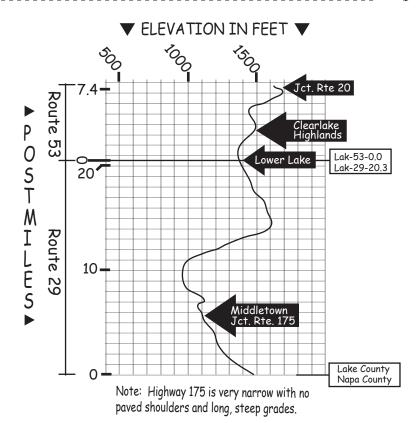
www.dot.ca.gov/dist1/d1transplan/bikeped/bikeguide

37

on Rte. 29 increase from Lower Lake to Upper Lake.







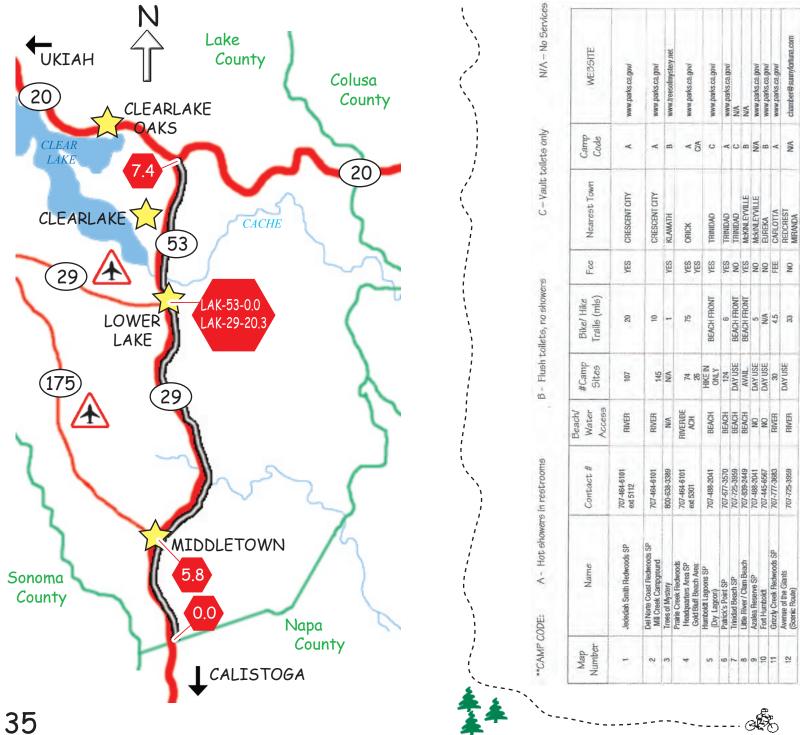
	TOWN	CAFE	STORE	MOTEL/ INN	CAMP GROUND
ı	Middletown	X	X	X	
ı	Lower Lake	X	X		
ı	Clearlake	X	X	X	

THIS ROUTE MAP BEGINS ON ROUTE 53, POSTMILE 7.4, AND TRAVELS SOUTH TO ROUTE 29, POSTMILE 0.0.

Route 29, Napa County Line to Lower Lake and Lower Lake to Jct. Rte. 20 on Route 53, is 2-lane with 4' - 8' shoulders and moderate traffic. Temperatures during the summer months are normally 85 - 100 degrees, with winds light and variable.

NOTES

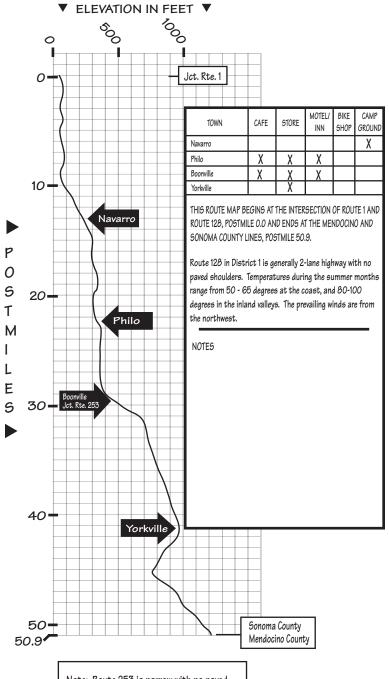








Map Number	Name	Contact #	Beach/ Water Access	#Camp Sites	Bike/ Hike Trails (mls)	Fee	Nearest Town	Camp	WEBSITE
HUMBOLDT	HUMBOLDT REDWOODS SP				-		or an experimental and a second second	Approximation 111/2 miles	to spring a section of the section o
13	Garden Club Grove & Federation Grove		amenilai es in	CALL FOR		CALL FOR		CALL FOR	
14	Burlington Unit	707-946-2409	RIVER	INFO ON	100	INFO ON	MISC	INFO ON	www parks ca nov/
15	Williams Grove Unit			EACH UNIT		EACH		EACH	A Charles and the control of the con
16	Hidden Springs Unit					UNIT	And the second s	TIND	
17	Benbow Lake SP	707-923-3238	RIVER	11	RIVER FRONT	YES	GARBERVILLE	A	www.parks.ca.gov/
18	Richardson's Grove SP	707-247-3318	RIVER	167	10	YES	GARBERVILLE	A	www.narks.ra.dov/
19	Smithe Redwoods SP	707-247-3318	RIVER	DAY USE	-	YES	GARBERVILLE	8	www parks ca gov/
20	Standish Hickey SP	707-925-6482	RIVER	162	7	YES	LEGGET	A	www.parks.ca.gov/
21	MacKerricher Beach SP	707-964-9112	BEACH	140	BEACH FRONT	YES	FORT BRAGG	A	www.narks.ca.oov/
22	Skunk Train: Fort Bragg Depot (707) 964-6371		Willits Depot (707) 459-5246	246 (Call for info)	1_	Th		Starting The Standard	www standaran com
83	Russian Gulch SP	37-	BEACH		MISC, W/3 MILES OF PAVED TRAIL	YES	MENDOCINO	¥	www.parks.ca.gov/
24	Mendocino Headlands	707-937-5804	ВЕАСН	DAY USE	BEACH FRONT & CLIFFS	ON	MENDOCINO	NA	www.parks.ca.gov/
25	Van Damme SP	707-937-5804	BEACH	74	10	YES	LITTLE RIVER	Y	www.narks.ca.dov/
56	Paul M. Dimmick Memorial (w/ Navarro Redwoods SP)	707-895-3141	RIVER	23	SOME TO RIVER	YES	NAVARRO	0	www.parks.ca.gov/
27	Hendy Woods SP	707-895-3141	RIVER	92	2	YES	PHILO	A	www.parks.ca.gov/
28	Manchester Beach SP (KOA CAMP)	707-882-2375	BEACH	124	BEACH FRONT	YES	MANCHESTER	Y	www.manchesterbeachkoa.com/
58	Clear Lake SP	707-279-4293	LAKE	147	2	YES	KELSEYVILLE	A	www.narks.cs.cow/



Note: Route 253 is narrow with no paved shoulders and long steep grades. It is 17.2 miles in length





**CAMP CODE: A - Hot showers in restrooms B - Flush toilets, no showers C - Vault toilets only

MAP#	CAMPGROUND	CONTACT#	CAMP CODE	UNITS	FEE	TRAILS
1	Panther Flat	(707) 457-3131	Α	39	YES	RIVER ACCESS NATURE TRAILS
2	Grassy Flat	(707) 457-3131	С	15	YES	NATURE TRAILS
3	Big Flat	(707) 457-3131	С	28	YES	NATURE TRAILS
4	Patrick Creek	(707) 457-3131	В	13	YES	RIVER ACCESS NATURE TRAILS
5	Gray's Falls	(530) 629-2693	В	33	YES	RIVER ACCESS

STOPS ALONG THE WAY

NEI	NODTE	COUNTY:
1)11	NURIE	COUNTY:

Light House Museum	Crescent City
Redwood National Park Headquarters	Crescent City
Battery Point Lighthouse	Crescent City

HUMBOLDT COUNTY:

Elk Herd	North of Orick
Lady Bird Johnson Grove	North of Orick
Trinidad Lighthouse & Trinidad Head	Trinidad
Trinidad Museum	Trinidad
State Fish Hatchery	Hwy 299 Near Blue Lake
Blue Lake Museum	Blue Lake
Arcata Plaza	Arcata
Arcata Marsh and Wildlife Sanctuary	Arcata
Historical Sites Society of Arcata	Arcata
H.S.U. Natural History Museum	Arcata
Redwood Park	Arcata
Sequoia Park & Zoo	Eureka
Clarke Memorial Museum	Eureka
Historic Eureka Old Town	Eureka
Carson Mansion	Eureka
Woodley Island Marina	Eureka
Victorian Village, State Landmark 883	Ferndale
Humboldt County Fairgrounds	Ferndale
Kinetic Sculpture Race Museum	Ferndale
Humboldt Redwoods State Park	Weott
Shrine Drive Thru Tree	Myers Flat
Rockefeller Forest	South Fork

LAKE COUNTY:

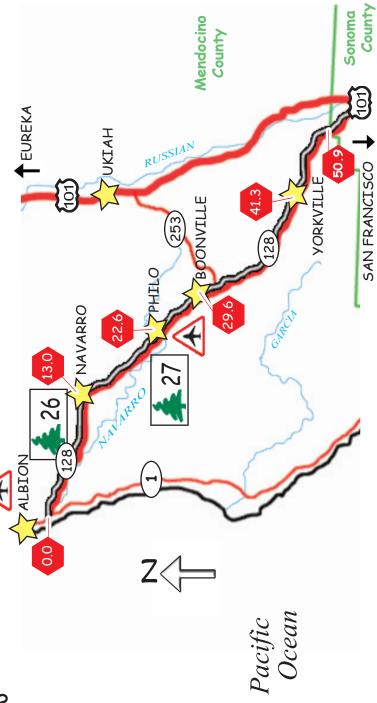
Lake County Museum	Lakeport
Konocti Resort	Near Kelseyville

MENDOCINO COUNTY:

Georgia Pacific Museum Botanical Gardens Noyo Harbor Kelley House Museum (Mendocino Headlands State Park) Drive-Thru Tree Mendocino County Museum The Sun House

Fort Bragg South of Fort Bragg Fort Bragg

Mendocino Leggett Willits Ukiah



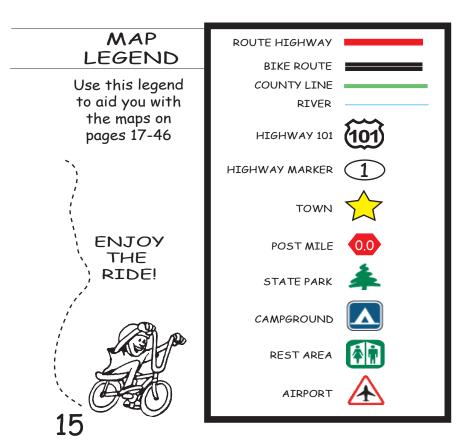


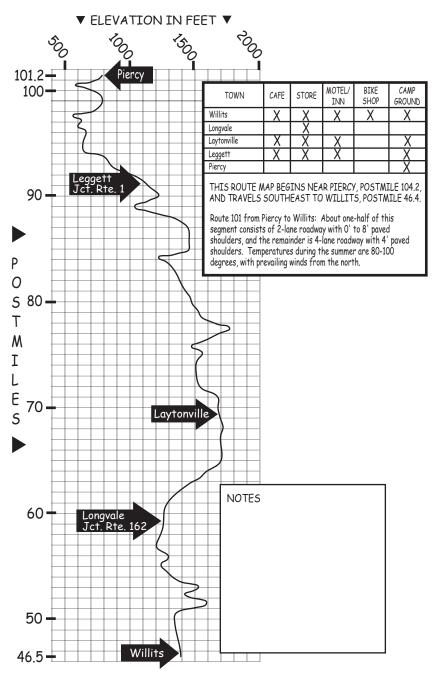
The remainder of this guide is filled with maps and bike route information including but not limited to:

Route elevation and mileage Towns Rest stops State parks Campgrounds Attractions Rivers, lakes & waterways

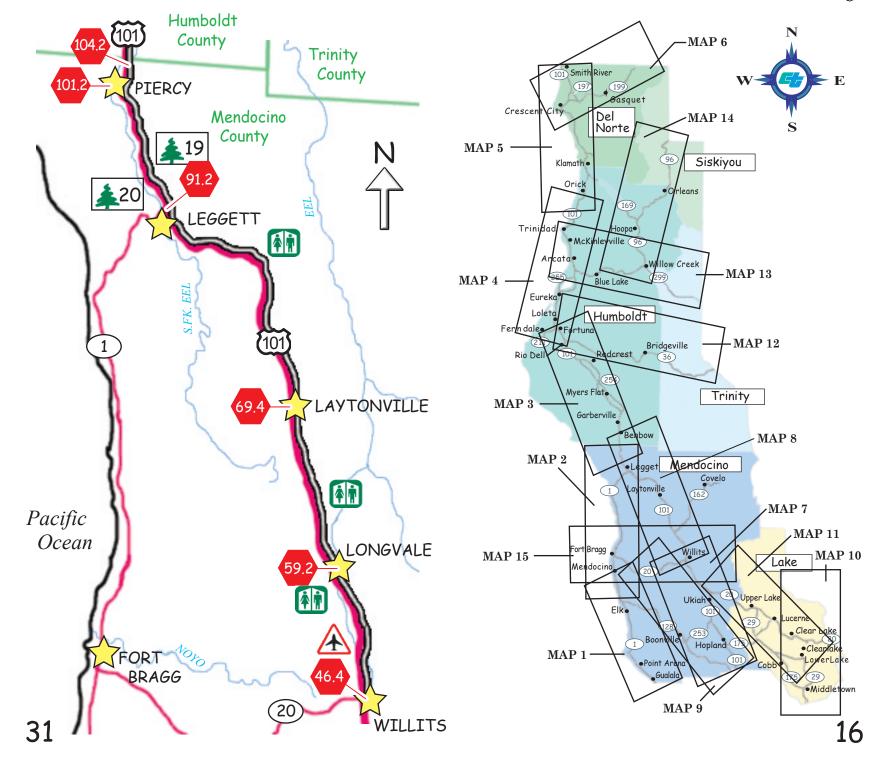
The District 1 Map Guide on page 16 represents each map section in relation to the area of the District.

For information on campsites and State Parks, please refer to pages 11-14.

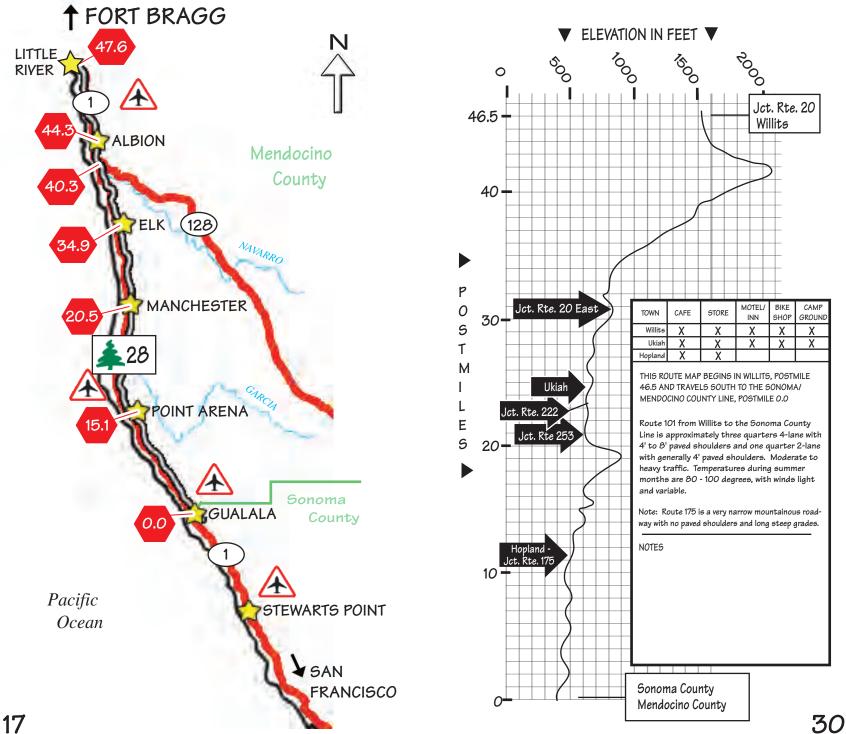




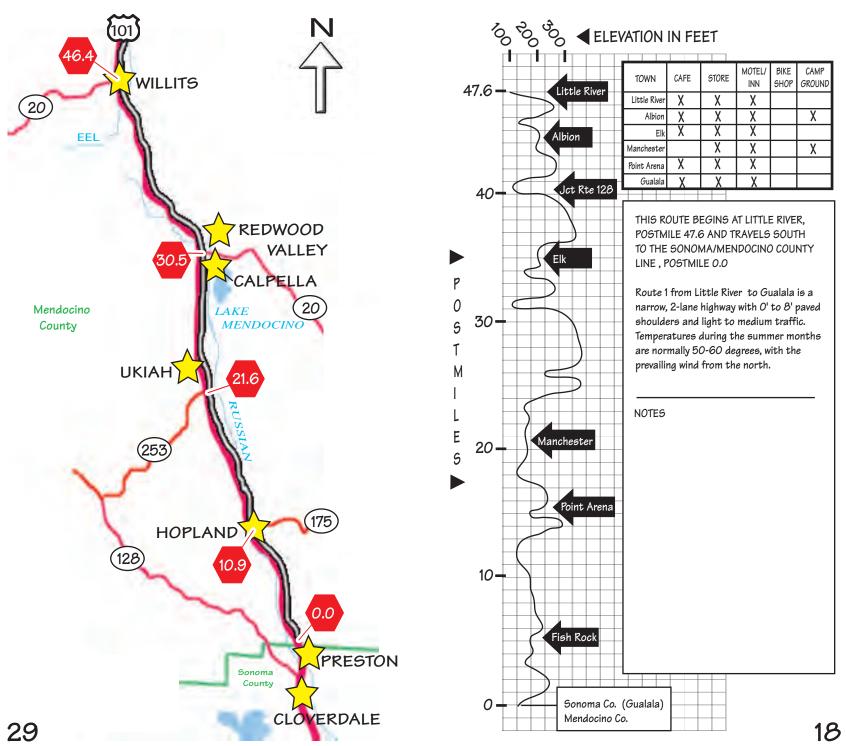


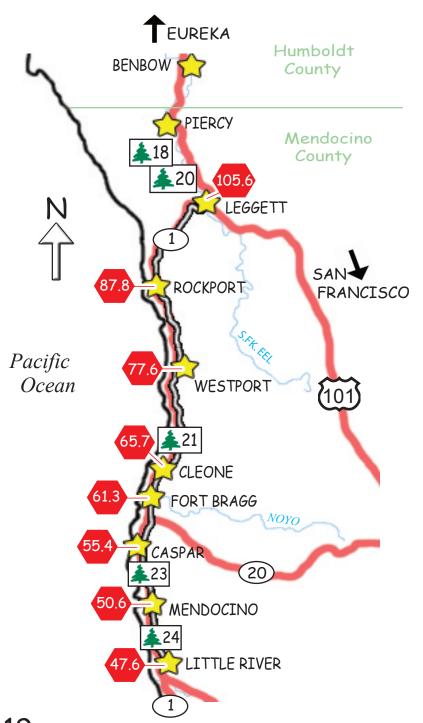


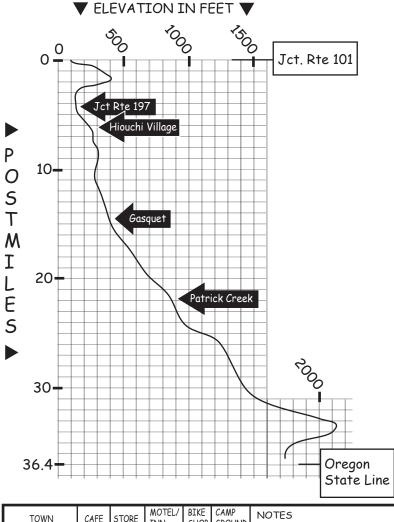












TOWN	CAFE	STORE	MOTEL/ INN	CAMP GROUND
Gasquet	X	X	X	
Patrick Creek	X		X	Χ
Elk Valley	X			

THIS ROUTE MAP BEGINS AT THE INTERSECTION OF HIGHWAY 101 AND HIGHWAY 199 AT POSTMILE 0.0 AND TRAVELS EAST/NORTHEAST TO THE OREGON BORDER, POSTMILE 36.4.

Route 199 from its junction with Route 101 to the Oregon State Line is generally 2-lane with 0' to 8' shoulders and moderate traffic. A portion of this route runs along the wild & scenic Smith River, with great places for resting, or swimming! The prevailing wind is from the west, with temperatures during the summer months normally being 70-85 degrees.

Route 197 is very narrow with no paved shoulders except for the first 3 miles north of Route 199, which is 2-lane with 4' paved shoulders. Temperatures during the summer months normally being 70 - 85 degrees.





