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 Legget 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.
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<td>14 - MAP - ROUTE 96</td>
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<tr>
<td>15 - MAP - ROUTE 20, FORT BRAGG TO WILLITS</td>
</tr>
</tbody>
</table>
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.

"Caltrans Improves Mobility Across California"
Route 96 from Willow Creek to the District 2 boundary is 2-lane with 0'-2' paved shoulders. Generally light traffic volumes exist. Temperatures during the summer are 80'-100' degrees, with the prevailing wind from the north between Willow Creek and Weitchpec, and from the south between Weitchpec and the District 2 boundary.
For more information on individual towns or areas in this guide, contact the nearest Chamber of Commerce.

**DEL NORTE COUNTY**

<table>
<thead>
<tr>
<th>Town</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crescent City</td>
<td>1001 Front Street</td>
<td>(707) 464-3174</td>
</tr>
<tr>
<td>Klamath</td>
<td>1661 W. Klamath Beach Road</td>
<td>(707) 482-7165</td>
</tr>
</tbody>
</table>

**HUMBOLDT COUNTY**

<table>
<thead>
<tr>
<th>Town</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arcata</td>
<td>1635 Heindon Road</td>
<td>(707) 822-3619</td>
</tr>
<tr>
<td>Eureka</td>
<td>2112 Broadway</td>
<td>(707) 442-3738</td>
</tr>
<tr>
<td>Fortuna</td>
<td>735 14th Street</td>
<td>(707) 725-3959</td>
</tr>
<tr>
<td>McKinleyville</td>
<td>P.O. Box 2144</td>
<td>(707) 839-2449</td>
</tr>
<tr>
<td>Orick</td>
<td>P.O. Box 356</td>
<td>(707) 488-2885</td>
</tr>
<tr>
<td>Trinidad</td>
<td>P.O. Box 356</td>
<td>(707) 677-1610</td>
</tr>
</tbody>
</table>

**LAKE COUNTY**

<table>
<thead>
<tr>
<th>Town</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clearlake</td>
<td>14808 Olympic Drive</td>
<td>(707) 994-3600</td>
</tr>
<tr>
<td>Lakeport</td>
<td>290 S. Main Street</td>
<td>(707) 263-5092</td>
</tr>
</tbody>
</table>

**MENDOCINO COUNTY**

<table>
<thead>
<tr>
<th>Town</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fort Bragg</td>
<td>217 S. Main Street</td>
<td>(707) 961-6300</td>
</tr>
<tr>
<td>Ukiah</td>
<td>200 South School Road</td>
<td>(707) 462-4705</td>
</tr>
<tr>
<td>Willits</td>
<td>299 E. Commercial Street</td>
<td>(707) 459-7910</td>
</tr>
</tbody>
</table>
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.

21200.5 It is unlawful for any person to ride a bicycle upon a highway while under the influence of an alcoholic beverage or any drug.

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.

21202 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.
Bicyclists may not attach the bicycle or themselves to any streetcar or vehicle on the roadway.

Bicycle must have a permanent seat.

Passengers must have a separate seat. Passengers 4 years old and younger, or weighing 40 pounds or less, must have protection from moving parts, and wear a helmet meeting ANSI or SNELL standards.

Bicyclists may not carry any package or article that prevents them from keeping at least one hand on the handlebars.

Whenever a bicycle lane has been established on a roadway, a bicyclist shall ride within that lane. The bicyclist may move out of the lane when:

1. Overtaking and passing another bicycle, vehicle or pedestrian within the lane.
2. Preparing for a left turn at an intersection or private road or driveway.
3. Reasonably necessary to avoid debris or other hazardous conditions.
4. Approaching a place where a right turn is authorized.

It is illegal to leave a bicycle on its side on a sidewalk, or park it in any way that blocks pedestrian traffic.

Any persons 17 years of age or younger must wear a helmet meeting ANSI or SNELL standards when operating a bicycle.

Bicyclist must ride in the same direction as the flow of traffic.

Bicyclist may not ride on freeways where signs prohibit it.

Bicyclist may not wear earplugs in both ears or a headset covering both ears. This section does not apply to hearing aids.

For more information on California’s Bike Laws, please visit the following website:

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.

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.

✓ Keep pedals lubricated so they spin freely.

✓ Keep wheels lubricated and trued to spin freely without wobbling.

✓ 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:

**RIGHT TURN**
- Right arm pointing right
- or
- Left arm out with elbow bent upward

**LEFT TURN**
- Left arm straight out pointing left

**SUDDEN DECREASE IN SPEED**
- Hand and arm extended downward beyond the side of the bicycle

---

**ROUTE 20**
- This route map begins at the junction of Route 101 and Route 20, postmile 33.2, and travels east/southeast to postmile 46.5.
- Route 20 from the junction of Route 101 to the Colusa County Line is generally 2-lane with 2'-8' paved shoulders. Moderate traffic. Temperatures during the summer months are 80 - 100 degrees, with light variable winds.

**ROUTE 29**
- This route map begins at the intersection of Route 20 and Route 29, postmile 52.5, and travels 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.
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.

State Parks, Campgrounds and other scenic stops along your route may 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.
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.

Note: Highway 175 is very narrow with no paved shoulders and long, steep grades.

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

DISTRICT 1 STATE PARKS & REST STOPS MAP 10 INFORMATION

LEGEND

ROUTE HIGHWAY
HIGHWAY MARKER
TOWN
STATE PARK
CAMPGROUND
REST AREA

Note: Highway 175 is very narrow with no paved shoulders and long, steep grades.

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

NOTES

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 NORMAL 85-100 DEGREES, WITH WINDS LIGHT AND VARIABLE.

NOTE: HIGHWAY 175 IS VERY NARROW WITH NO PAVED SHOULDERS AND LONG, STEEP GRADS.
<table>
<thead>
<tr>
<th>Number</th>
<th>Name</th>
<th>Contact #</th>
<th>Beach/Water Access</th>
<th>#Camp Sites</th>
<th>Bike/Hike Trails (mi)</th>
<th>Fee</th>
<th>Nearest Town</th>
<th>Camp Code</th>
<th>WEBSITE</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>Garden Club Grove &amp; Federation Grove</td>
<td>707-966-2409</td>
<td>RIVER</td>
<td>CALL FOR INFO ON EACH UNIT</td>
<td>100</td>
<td>CALL FOR INFO ON EACH UNIT</td>
<td>MSC.</td>
<td>CALL FOR INFO ON EACH UNIT</td>
<td><a href="http://www.parks.ca.gov/">www.parks.ca.gov/</a></td>
</tr>
<tr>
<td>14</td>
<td>Burlington Unit</td>
<td></td>
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<tr>
<td>15</td>
<td>Williams Grove Unit</td>
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<td></td>
<td></td>
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<td>16</td>
<td>Hidden Springs Unit</td>
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<td></td>
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</tr>
<tr>
<td>17</td>
<td>Barlow Lake SP</td>
<td>707-922-3238</td>
<td>RIVER</td>
<td>CALL FOR INFO ON EACH UNIT</td>
<td>71</td>
<td>RIVER FRONT</td>
<td>YES</td>
<td>G其EMVILLE</td>
<td>A</td>
</tr>
<tr>
<td>18</td>
<td>Richardson's Grove SP</td>
<td>707-947-3333</td>
<td>RIVER</td>
<td>967</td>
<td>10</td>
<td>YES</td>
<td>G其EMVILLE</td>
<td>A</td>
<td><a href="http://www.parks.ca.gov/">www.parks.ca.gov/</a></td>
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<tr>
<td>19</td>
<td>Shasta Redwoods SP</td>
<td>707-922-3333</td>
<td>RIVER</td>
<td>DAY USE</td>
<td>1</td>
<td>YES</td>
<td>G其EMVILLE</td>
<td>B</td>
<td><a href="http://www.parks.ca.gov/">www.parks.ca.gov/</a></td>
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<tr>
<td>20</td>
<td>Standish Hickey SP</td>
<td>707-925-6492</td>
<td>RIVER</td>
<td>162</td>
<td>7</td>
<td>YES</td>
<td>L其GRIT</td>
<td>A</td>
<td><a href="http://www.parks.ca.gov/">www.parks.ca.gov/</a></td>
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<tr>
<td>21</td>
<td>Mackender Beach SP</td>
<td>707-925-6492</td>
<td>BEACH</td>
<td>139</td>
<td>BEACH FRONT</td>
<td>YES</td>
<td>FORT BRAGG</td>
<td>A</td>
<td><a href="http://www.parks.ca.gov/">www.parks.ca.gov/</a></td>
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<tr>
<td>22</td>
<td>John Smith SP</td>
<td>707-922-3238</td>
<td>RIVER</td>
<td>CALL FOR INFO ON EACH UNIT</td>
<td>71</td>
<td>RIVER FRONT</td>
<td>YES</td>
<td>G其EMVILLE</td>
<td>A</td>
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<tr>
<td>23</td>
<td>Russian Gulch SP</td>
<td>707-925-6492</td>
<td>BEACH</td>
<td>30</td>
<td>MSC. W/ 3 MILES OF PARKED TRAIL, BEACH FRONts &amp; CLIFFS</td>
<td>YES</td>
<td>MENDOCINO</td>
<td>A</td>
<td><a href="http://www.parks.ca.gov/">www.parks.ca.gov/</a></td>
</tr>
<tr>
<td>24</td>
<td>Mendocino Headlands</td>
<td>707-925-6492</td>
<td>BEACH</td>
<td>DAY USE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Van Damme SP</td>
<td>707-925-6492</td>
<td>BEACH</td>
<td>74</td>
<td>10</td>
<td>YES</td>
<td>L其LE JER</td>
<td>A</td>
<td><a href="http://www.parks.ca.gov/">www.parks.ca.gov/</a></td>
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<tr>
<td>26</td>
<td>Paul M. Cauchois Memorial (w/ National Redwoods SP)</td>
<td>707-925-3141</td>
<td>RIVER</td>
<td>23</td>
<td>SOME TO RIVER</td>
<td>YES</td>
<td>NAVARRO</td>
<td>C</td>
<td><a href="http://www.parks.ca.gov/">www.parks.ca.gov/</a></td>
</tr>
<tr>
<td>27</td>
<td>Mendocino Headlands</td>
<td>707-925-3141</td>
<td>RIVER</td>
<td>90</td>
<td>2</td>
<td>YES</td>
<td>PHOLO</td>
<td>A</td>
<td><a href="http://www.parks.ca.gov/">www.parks.ca.gov/</a></td>
</tr>
<tr>
<td>28</td>
<td>Manchester Beach SP (KOA CAMP)</td>
<td>707-925-3141</td>
<td>BEACH</td>
<td>121</td>
<td>BEACH FRONT</td>
<td>YES</td>
<td>MANCHESTER</td>
<td>A</td>
<td><a href="http://www.manchester-9v9sica.com/">www.manchester-9v9sica.com/</a></td>
</tr>
<tr>
<td>29</td>
<td>Clear Lake SP</td>
<td>707-925-3141</td>
<td>LAKE</td>
<td>147</td>
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</tr>
</tbody>
</table>

Note: Route 209 is narrow with no paved shoulders and long steep grades. It is 172 miles in length.
**CAMP CODE:**  
A - Hot showers in restrooms  
B - Flush toilets, no showers  
C - Vault toilets only

<table>
<thead>
<tr>
<th>MAP #</th>
<th>CAMPGROUND</th>
<th>CONTACT #</th>
<th>CAMP CODE</th>
<th>UNITS</th>
<th>FEE</th>
<th>TRAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Panther Flat</td>
<td>(707) 457-3131</td>
<td>A</td>
<td>39</td>
<td>YES</td>
<td>RIVER ACCESS</td>
</tr>
<tr>
<td>2</td>
<td>Grassy Flat</td>
<td>(707) 457-3131</td>
<td>C</td>
<td>15</td>
<td>YES</td>
<td>NATURE TRAILS</td>
</tr>
<tr>
<td>3</td>
<td>Big Flat</td>
<td>(707) 457-3131</td>
<td>C</td>
<td>28</td>
<td>YES</td>
<td>NATURE TRAILS</td>
</tr>
<tr>
<td>4</td>
<td>Patrick Creek</td>
<td>(707) 457-3131</td>
<td>B</td>
<td>13</td>
<td>YES</td>
<td>RIVER ACCESS</td>
</tr>
<tr>
<td>5</td>
<td>Grey's Falls</td>
<td>(530) 629-2693</td>
<td>B</td>
<td>33</td>
<td>YES</td>
<td>RIVER ACCESS</td>
</tr>
</tbody>
</table>

**STOPS ALONG THE WAY**

**DEL NORTE COUNTY:**  
Light House Museum  
Redwood National Park Headquarters  
Battery Point Lighthouse

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

**LAKE COUNTY:**  
Lake County Museum  
Konocti Resort

**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.

Use this legend to aid you with the maps on pages 17-46.

ENJOY THE RIDE!
Route 1 begins at the Sonoma and Mendocino County Line, postmile 0.0, and travels North to Little River, postmile 47.6.

Note: Route 175 is a very narrow mountainous roadway with no paved shoulders and long steep grades.

Route 101 from Willits to the Sonoma County Line is approximately three quarters 4-lane with 4' to 8' paved shoulders and one quarter 2-lane with generally 4' paved shoulders. Moderate to heavy traffic. Temperatures during summer months are 80 - 100 degrees, with winds light and variable.

Note: Route 175 is a very narrow mountainous roadway with no paved shoulders and long steep grades.
THIS ROUTE BEGINS AT LITTLE RIVER, POSTMILE 47.6 AND TRAVELS SOUTH TO THE SONOMA/MENDOCINO COUNTY LINE, POSTMILE 0.0

Route 1 from Little River to Gualala is a narrow, 2-lane highway with 0' to 8' paved shoulders and light to medium traffic. Temperatures during the summer months are normally 50-60 degrees, with the prevailing wind from the north.

NOTES
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.
Route 1 from Leggett to Little River is for the most part a narrow, 2-lane highway with 0' to 8' paved shoulders and light to medium traffic. Temperatures during the summer months are normally 50-60 degrees along the coast, and 80-100 degrees at the Route 101 intersection, with the wind generally from the north.

NOTES

THIS ROUTE MAP BEGINS IN LEGGETT, ON HIGHWAY 1 AT POSTMILE 105.6, AND TRAVELS SOUTH TO LITTLE RIVER, POSTMILE 47.6.

ELEVATION IN FEET
Route 101 from the Oregon State Line to Orick consists generally of 2-lane roadway with downhill stretch of 4-lane roadway. Temperatures during the summer are 55-75 degrees, with the wind prevailing from the north. The Newton B. Drury Parkway is a scenic alternate with elevation levels less than 900 feet.
Route 101 from Fernbridge to Piercy is all 4-lane with 4’ to 10’ paved shoulders, with the exception of 3 miles from the Men-Hum County Line to 1 1/2 miles north of Richardson Grove; this is 2-lane with 1’ to 4’ paved shoulders. Moderate to heavy traffic. Temperatures during the summer months range from 80 - 100 degrees from Redcrest to Piercy and 60 - 70 degrees at Fernbridge. The prevailing wind is from the north.

NOTES

Route 254 (Avenue of the Giants, elevation not shown) is a 2-lane road with basically no paved shoulders and no long grades. This is a beautiful scenic alternate to Route 101. Light, bright clothing should be worn especially on this route because most of it is dark and shaded. The redwood trees along this route are a tourists dream, so keep an extra eye out for motorists. The prevailing wind is from the north.
THIS ROUTE MAP BEGINS AT ORICK, POSTMILE 121.4, AND TRAVELS SOUTH TO POSTMILE 63.6 NEAR FERNBRIDGE.

Route 101 from Orick to Fernbridge is 4-lane with 4' to 10' paved shoulders, with the exception of a 2-lane segment starting at Orick and traveling south, 9 miles. Moderate to heavy traffic volumes exist. Temperatures during the summer are 50-65 degrees, with the prevailing winds from the north. Ocean access with camping in some areas.

Route 255 from Eureka to Arcata is 2-lane with 0' to 8' paved shoulders, and easy ocean access.

NOTES