



Detailed Plan June 18, 2011

When	What	Details	Miles / Elevation
Friday, 5:15pm	Gather at SF Caltrain station	Riders gather to ride to San Jose	
6:30pm	Gather at San Jose Caltrain station	Riders gather to ride to campground	
		Ride to Joseph Grant campground	15 miles: 1,800 ft elevation
	Have dinner and sleep	Spend the night at campground	
Saturday, 4:30am	Campground	Wake up!	
5am	Hamilton	Start ride up Hamilton	11 miles: 2,500 ft elevation
6:30	Hamilton	Arrive at top of Hamilton	
6:45	Hamilton	Descend Hamilton to campground	11 miles
7:15	Campground	Pick up camping gear	
		Ride to San Jose Caltrain station	15 miles
8:45	Arrive at San Jose Caltrain station	Eat breakfast (or lunch), get gear refresh	
9:00	Board Caltrain for San Francisco	Board Caltrain at the Diridon Station	
10:36	Arrive SF Caltrain station	Drop off camping gear, to be stored at REI, get food, gear refresh. See here	





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When	What	Details	Miles / Elevation
10:30	Double Dip and Single Summit riders meet at SF Caltrain station	Gather and get ready to depart station at 11am	
11:00	Ride to Tam	See here for detailed route	27 miles: 2,600 ft elevation
1:45-2:00	Tam	Arrive at top of Tam	
2:00-3:40	Tam to Ferry	Descend Tam to Sausalito Ferry Terminal . Get food, gear refresh.	16 miles
3:50	Ferry	Board ferry to SF	
4:20	Ferry	Arrive SF Ferry Building	
(5 min)	BART	Walk/ride to Embarcadero BART	
4:40	BART	Take BART to Pleasant Hill station	
5:17	BART	Arrive Pleasant Hill BART station	
	Diablo	Ride up Mt. Diablo	16.5 miles: 3,800 ft elevation
7:30	Diablo	Arrive at top of Diablo	
8:00	Diablo	Descend Diablo to BART	16.5 miles
9:30		Party at BART Station and then home!	





By the numbers

Leg 1 - Mount Hamilton (52 miles round trip from Caltrain station, 4,300ft) (22 miles from campground, 2,500ft) <http://transitandtrails.org/trips/40/>

Leg 2 - Mount Tam (43 miles, 2,600ft) <http://transitandtrails.org/trips/29/>

Leg 3 - Mount Diablo (33 miles, 3,800 ft) <http://transitandtrails.org/trips/28/>

of total elevation gain = **10,700**

of parks seen from the top of the three peaks = **lots**

of miles biked = **128**

of transportation agencies used = **Caltrain, Golden Gate Ferry, BART**

of carbon saved = **~150lbs/person**

\$ cost of transportation for each rider = **\$35**

of parks biked through = **6**

