

Start: The large statue at the eastern edge of the Panhandle (Baker, between Fell and Oak).

1. Head west through Panhandle and left onto Masonic.

Hill 1 – TWIN PEAKS (DAN’S LOVELY NEW WIGGLE ROUTE)

1. Take Masonic to top of the hill. ****GROUP WAIT****
2. Continue straight and veer right onto Roosevelt Way.
3. After short stretch, sharp right up Clifford Terrace.
4. Left on Ashbury and merge left onto Clayton
5. At intersection, right and down 17th St.
6. Right onto Stanyan and left onto Parnassus.
7. **EXTRA CREDIT!!** Left at Willard. Take to top, and continue straight as road loops around to left (becomes Woodland Ave.) and returns back down to Parnassus. Left on Parnassus.
8. At top of hill, left onto Medical Center Way. ****GROUP WAIT****
9. Take Medical Center Way all the way up.
10. At first junction, right up Johnstone Dr.
11. At top, left onto Behr Ave. Take down and turn right rejoining Johnstone Dr.
12. At intersection, left onto Clarendon.
13. Right onto Twin Peaks Blvd. and take to the top of Twin Peaks. ****GROUP WAIT****

(RECOVER)

1. Down the other side and right onto Portola.
2. Continue through intersection and head down the hill a bit.
3. Carefully move into left lane of traffic.

Hill 2 – MT. DAVIDSON

1. At intersection (sign points left to Miraloma and right to Kensington), cross left over Portola and head up Marne.
2. First right onto Juanita Way and stay left, going up a short street.
3. Left onto Dalewood and take to the top. ****GROUP WAIT****
4. Stay left and head down Myra.
5. At intersection, right onto Molimo, then left onto Bella Vista.

(RECOVER)

1. Left on Teresita.
2. Right onto Portola.
3. After one block, right onto O’Shaughnessy. Take all the way down the hill.
4. At Glen Park Village, left onto Diamond. ****GROUP WAIT****
5. Right on Chenery and take all the way around the hill.
6. Left on 30th St. and right onto Church.
7. Left onto 29th St.

Hill 3 – DIAMOND HEIGHTS

1. Take 29th all the way to the top. ****GROUP WAIT****
2. Left onto Diamond and right onto Diamond Heights Blvd.

(RECOVER)

1. Wind along Diamond Heights Blvd. At intersection, right and down Clipper.
2. Left on Church.
3. Right onto 24th.
4. Left onto Valencia.
5. Left onto 21st Avenue.

Hill 4 – CASTRO HILL

1. Take 21st Ave. all the way to the top. ****GROUP WAIT****

(RECOVER)

2. Continue on 21st one block and right onto Noe. ****GROUP WAIT****
3. At intersection with Market, take hard right onto 16th.
Take 16th all the way through The Mission and Potrero Hill neighborhoods and down to the Bay.
4. At the Bay, left onto Third. ****GROUP WAIT****
5. Cross drawbridge near Pac Bell Park and first right onto King Street. King becomes The Embarcadero.
6. Stay on The Embarcadero past the Bay Bridge.
7. Just past the Ferry Building, carefully move into left lane of traffic.
8. Left onto Broadway. ****GROUP WAIT****
9. Right at Kearny. Take to top, pick up bike and cross the barricade.
10. Left onto Vallejo.
11. Right onto Grant.
12. **EXTRA CREDIT!!** Take Filbert up to top of block and come back down.
13. Continue north on Grant.
14. Left onto Lombard and left on Jones.

Hill 5 - RUSSIAN HILL

1. Take Jones all the way to the top. ****GROUP WAIT****
2. Continue on Jones and left onto Pacific
3. Right on Powell.
4. Left on Jackson. Down through Chinatown.
5. Right onto Montgomery.
6. Right onto Sacramento.

Hill 6 – NOB HILL

1. Take Sacramento to top of hill, past Grace Cathedral. ****GROUP WAIT****
2. Left on Jones and right onto California.

(RECOVER)

1. Continue down California, past Van Ness and up the other side.
2. Right on Laguna and down into Cow Hollow.
3. Left at Chestnut.
4. Left on Divisadero.

Hill 7 – PACIFIC HEIGHTS

1. Take Divisadero to the top. ****GROUP WAIT****
2. **EXTRA EXTRA CREDIT!!** At Vallejo (one block below summit), take right and head down the hill. Left and up east sidewalk at Broderick. At top, left onto Broadway and rejoin group at Broadway and Divisadero.

Ride End

1. Take Divisadero down the hill, cross Geary and end at Mojo Café (Divisadero between Grove and Hayes).

Link to [online map](#).