

**ROCK & ROAD TRAIL**

120km – 75mi

<b>Mile</b>	<b>Instruction</b>	<b>For</b>
0	<b>START:</b> Albertsons, 151 Woodland Pkwy., San Marcos, CA. (OPEN: 07:00 – CLOSE: 08:00)	0
0.1	EXIT Albertsons LEFT along sidewalk, cross RR tracks.	0.1
0.2	U-TURN LEFT at Rancheros Dr and enter the marked Inland Rail Trail eastbound. Use light buttons to cross streets.	3.3
3.5	L - After crossing bridge near Escondido Transit Center.	0.1
3.6	L - Quince Street (End of Inland Rail Trail)	0.3
3.9	R - Washington Ave	0.5
4.4	R - N. Broadway	0.1
4.5	L – At Woodward Ave. Cross street and enter marked Escondido Creek Bike Path through gate, eastbound. Path crosses several streets.	0.8
5.3	R – Over bridge. Continue eastward on Escondido Creek Bike Path	1.9
7.2	R -Exit trail onto N. Citrus Ave.	2.8
10	L - San Pasqual Valley Rd./Hwy. 78	0.9
10.9	R - Old San Pasqual Rd	0.6
11.5	L - At "Y" to continue on Old San Pasqual Rd	0.7
12.2	R - San Pasqual Rd	0.2
12.4	L - Old Milky Way.	1.9
14.2	BR – Enter San Pasqual Vly. Rd./Hwy. 78	0.1
14.3	R - Ysabel Creek Rd. Road turns to <b>dirt</b>	0.6
14.9	<b>TRAILHEAD INFO CONTROL:</b> Ysabel Creek & Bandy Canyon Rd. Answer Q? on card. EXIT Trailhead RIGHT onto marked San Pasqual Valley <b>Trail</b> westward. B/c Mule Hill <b>Trail</b> .	4.3
19.2	R - At "Y" in <b>Trail</b> . (Picnic table, left goes to Highland Valley Rd.)	3.1
22.3	END of <b>Trail</b> . Right on Sunset Dr. to refuel at Chevron Station.	0.2
22.5	<b>MULE HILL CONTROL:</b> Chevron Station, 215 E. via Rancho Pkwy., Escondido, CA. (OPEN:08:05 – CLOSE:10:28) Obtain proof of passage with time & date stamp. Exit Control RIGHT (The way you just came on Sunset)	0.1
22.6	At end of Sunset Dr., enter marked Bike Path, going around/ under I-5.	0.9
23.2	L – Continue on main trail	0.3
23.5	STRAIGHT - Past Bike/Ped Bridge and onto marked Lake Hodges Bike <b>Trail</b> . Follow lower <b>Trail</b> near Lake.	2.5
26	EXIT <b>Trail</b> around gate & pass through parking lot.	0.1
26.1	R - On unsigned road.	0.2
26.3	BR - Join dirt <b>trail</b> along RIGHT side of roadway.	0.9
27.2	L - Lake Dr. Road B/c Rancho Dr. at Hernando's Hideaway	1.5
28.7	L - Del Dios Hwy	3.2
31.9	L - At bottom of downhill, turn LEFT at Fruit Market & Cross Del Dios Hwy. Enter signed San Dieguito River Park Trailhead Area.	0.2
32.1	R - Enter marked Santa Fe Valley <b>Trail</b>	1.3
33.4	33 Switchbacks ahead! ( <i>Power up or hike-a-bike!</i> )	1
34.4	L - Artesian Road	0.9
35.3	R - Artesian Trail	0.3
35.6	BL - At yellow gate and enter Lusardi Connector Dirt <b>Trail</b> on your left.	0.6

Sheet1

36.2	After crossing small bridge, turn RIGHT at <b>trail "T"</b> .	0.4
36.6	Pass under Camino Del Sur. BEAR LEFT to continue on marked Lusardi Creek Loop <b>Trail</b>	0.3
36.9	R - Follow Lusardi Loop <b>Trail</b> square post trail signs	1.8
38.7	BL - At "Y", up to park on top of hill.	0.2
38.9	Black Mountain Ranch Park. Water & bathrooms available. Continue through parking lot to exit.	0.1
39	R - Carmel Valley Road	0.3
39.3	L - Black Mountain Rd	2
41.3	L - Twin Trails Dr.	0.1
41.4	<b>RP CONTROL:</b> Shell Station, 9205 Twin Trails Dr./Black Mtn. Rd. Rancho Penasquitos, CA. (OPEN:08:56 – CLOSE:11:24) Obtain proof of passage with time & date stamp. Exit Control the way you just came on Twin Trails.	0.1
41.5	L - Black Mtn. Road., southbound	1.4
42.9	R - Mercy Rd. Enter Los Penasquitos Canyon Preserve	0.2
43.1	Ride through parking lot, then enter the marked Los Penasquitos Canyon <b>Trail</b> westward.	5.1
48.2	BR - At "Y" to continue on <b>Trail</b> . (After Wagon Wheel Crossing sign.)	0.8
49	R - Sorrento Valley Blvd.	0.8
49.8	L - Roselle St. Road turns into a <b>dirt</b> road.	2.2
52	R - Eastgate Mall	0.1
52.1	L – Genesee Ave	0.9
53	BR – At Decoro St. (Bear right onto sidewalk, southbound)	0.1
53.2	R – Enter Rose Canyon Hiking <b>Trail</b> -N ( Just before RR overpass)	0.5
54.8	BR – At “RR 257” sign. Follow Trail up to La Jolla Colony Dr	0.7
54.8	L – On sidewalk	
54.9	L – Onto marked Rose Canyon Bike Path	1.1
56	EXIT Bike Path and continue onto Santa Fe St.	2
58	R - Damon Ave	0.3
58.3	S - At stop-light, cross Mission Bay Dr and enter the marked Rose Creek Trail. Pass under 2 roadways.	0.8
59.1	L – End of Trail. LEFT on Mission Bay Dr.	0.2
59.3	R - De Anza Rd	0.2
59.5	At De Anza Rd Circle, enter De Anza Cove Bike/Ped-Way. This follows Mission Bay around/past the Hilton Hotel and Fiesta Island. ( <i>8-mph posted speed limit on this bike path!</i> )	2.8
62.3	R - After crossing Fiesta Island Dr. turn RIGHT at the 2nd path. (1st path is for pedestrians only)	0.6
62.9	L - Turn LEFT on Bike Path before parking lot/boat launch area. Follow marked bike-path carefully as it follows Sea World Dr. around & past Sea World to Ingraham Street.	1.4
64.3	L – (End of Bike Path) Cross Ingraham Street to Dana Landing Dr.	0.1
64.4	L - Dana Landing Drive. Follow Bike Route signs.	0.4
64.8	L - Cross Mission Bay Dr.	0.1
64.9	L - Quivira Road	0.5
65.4	L - Enter Bike Path up to Bike-Way along Sunset Cliffs Blvd., crossing San Diego River Channel	0.3
65.7	R – At end of bridge, turn RIGHT on Ocean Beach Bike Path	0.5

Sheet1

66.2	L - At Athletic Fields. (Short path before Dog Beach exit)	0
66.2	R - Bacon St. (Unmarked street splits athletic fields.Cross Point Loma Blvd.)	0.3
66.5	<b>OCEAN BEACH CONTROL:</b> 7-Eleven, 2190 Bacon St., San Diego, CA. (OPEN:10:07 – CLOSE:14:04) Obtain proof of passage with time & date stamp. Continue SW on Bacon St.	0.8
67.3	L - Coronado Ave. (Bacon St. curves left and b/c Coronado Ave.)	0.2
67.5	R - Sunset Cliffs Blvd.	1.2
68.7	L - Hill St	0.5
69.2	R - Tarento Dr	0.1
69.3	L - Talbot St	0.9
70.2	L - Scott St.	0.5
70.7	BR - Enter marked Bike/Ped -Way along Harbor Dr.	1
71.7	R - After crossing River Channel, turn RIGHT at Spanish Landing Ntc and enter Bike/Ped-Way along waterfront. This meanders along the waterfront to downtown San Diego. <i>Watch for tourists here!</i>	3
74.7	L - W. Broadway	0.2
74.9	L - Keittner St crosswalk and enter Santa Fe Depot area.	0.1
75	<b>FINISH:</b> Santa Fe Station. 1050 Kettner Blvd, San Diego, CA. (OPEN:10:32 – CLOSE:15:00) Obtain proof of finish with time & date stamp from local business. (Like food cart inside station)	-

<b>R</b> – Right	<b>BR</b> – Bear Right	<b>S</b> – Straight	<b>Trail</b> = Dirt
<b>L</b> – Left	<b>BL</b> – Bear Left	<b>B/C</b> - Becomes	

**NOTE:**

*This Brevet is designed for the more adventurous randonneur who likes riding trails with a wide-tire bike. This route is a mixture (19/26/30mi.) of marked bike paths, dirt trails and regular road riding. See map for overall view of mix. Some trails are not maintained. There are sections of climbing in excess of 12% and seasonal water crossings. Riders should follow correct trail riding protocol .*

*Correct bike type and tire selection are crucial for a memorable ride. MTB or other wide tire bike is advisable with low gearing. Pre-ride study of route is advisable. GPX files are available for riders who navigate trails with computers.*

*Train and bus service is available either way between the start and finish locations. Both allow transport of bikes. More information can be found at:*  
<http://www.sdcommute.com>

*Ride report or informational video of this route is available on the San Diego Randonneurs website: <http://www.sandiegorandonneurs.com> Happy Trails !*

kellyjay  
 RUSA #3932  
 760.798.7911  
 kelzee2@gmail.com