

Sheet1

Ham-Hock Trail

104km – 65mi

Mile	Instruction	For
0	START: Chevron, 215 E. Via Rancho Pkwy., Escondido, CA. (OPEN:08:00 – CLOSE:09:00) Exit RIGHT on Sunset Dr.	0.1
0.1	L - Enter Mule Hill Trail at Trailhead Sign	3.2
3.3	R - Cross Highland Valley Rd., then RIGHT on trail.	0.2
3.5	S - Enter Trailhead area. Follow marked trail carefully thru nursery.	1.4
4.9	R - Follow marked Old Coach Trail (OCT) along road	0.2
5.1	L - Cross road & continue on trail	0.6
5.7	S - Portage through ravine if OCT bridge is OUT.	0.1
5.8	L - At trail marker to continue on OCT. (<i>Right is Lomas Verde Trail</i>)	1
6.8	R - Cross road, then turn RIGHT and follow trail along roadway.	0.8
7.6	L - Follow Trail/Ped Way along Espola Rd.	0.9
8.5	L - Cross Lake Poway Rd, then LEFT on bike path thru trees	0.1
8.6	R - Enter marked Bike Trail. Trail crosses several roads. Use caution!	1.2
9.8	S - Cross roadway and enter Crocker Rd.	0.7
10.5	L - End of Crocker Rd. Trail jogs left on roadway for 150'. Continue southbound (Right) on marked trail.	0.3
10.8	R - Along dirt path(Twin Peaks Rd.) (<i>Do NOT continue across roadway to trail on other side. 40% hike-a-bike ahead!</i>)	0.2
11	L - Follow trail along Espola Rd.	0.5
11.5	S - Follow narrow trail along guardrail (Espola Rd)	0.3
11.8	At intersection, use light-buttons to cross Espola Rd. and Poway Rd.	-
11.8	BR - After crossing Poway Rd., enter sandy road trail around gate.	1
12.8	S - Cross road and enter Garden Road Park. (<i>Water & bathrooms</i>).	0.2
13	R - Exit Park on Garden Rd. westbound.	0.7
13.7	POWAY CONTROL: 7-Eleven, 14225 Poway Road, Poway, CA. (OPEN:08:39 – CLOSE:09:28) Obtain proof of passage with time & date stamp. Exit back onto Garden Road, then right to stop-light.	0.1
13.8	L - Poway Rd	1
14.8	L - Community Road	0.2
15	R - Enter Poway Creek Trail through Fire Station parking lot.	0.6
15.6	BL - Bear left, then Cross bridge. (<i>Right goes into Dog Park</i>)	0.1
15.7	R - Soule St	0.5
16.2	L - Montauk St	0.1
16.3	S - Ride around gate and enter marked Hill Country Trail	0.2
16.5	R - At trail junction. Ride uphill on marked trail.	0.6
17.1	S - Use light button to cross Stowe Dr.	0.1
17.2	R - Use light button to cross Pomerado Rd.	-
17.2	L - After crossing road, enter marked dirt trail	0.3
17.5	L - Cross bridge	-
17.5	R - Enter steep trail along driveway (<i>Hike-A-Bike</i>)	0.4
17.9	BL - At "Y" in trail	0.9
18.8	Pass under roadway on well-marked trail.	1.4
20.2	BL - At "Y" in trail.	1
21.2	R - Cara Way (<i>Road to pump-house</i>)	0.1

Sheet1

21.3	R – Unmarked Trans County Trail entrance (<i>pass under I-15</i>)	0.7
22	R - At Trailhead Signboard	-
22	L - After water crossing	0.1
22.1	L - To continue on trail. (<i>Straight is long dirt road climb!</i>)	0.8
22.9	S - Use light button to cross Black Mtn. Road into Canyonside Park	0.2
23.1	S – Canyonside Park (<i>Water & bathrooms</i>)	0.2
23.3	R - Through parking lot	0.2
23.5	L - Enter marked Los Penasquitos Canyon Trail N. Follow wide trail.	0.6
24.1	L - Just before road gate. Follow wide main trail.	2.4
26.5	L - At trail "Y". 2 technical bridge crossings ahead.	2
28.5	L - Cross creek at marked Wagon Wheel Crossing	0.2
28.7	BR - At "Y". Single trak (<i>after trail info board</i>). Pass Adobe Ruins.	0.9
29.6	R - Exit trail onto Sorrento Valley Blvd.	0.9
30.5	R - Sorrento Valley Rd. (<i>B/c " No Vehicle Road"</i>)	2.6
33.1	R - Carmel Valley Rd.	0.4
33.5	L - After passing under I-5, turn LEFT toward Shell Station.	0.1
33.6	R - On sidewalk to AM/PM Control	0.1
33.7	CARMEL VALLEY CONTROL: ARCO-AM/PM 3170 Carmel Valley Rd., San Diego, CA (OPEN:09:35 – CLOSE:11:36) Obtain proof of passage with time & date stamp. Exit RIGHT on El Camino Real.	0.4
34.1	R - Enter marked SR-56 Bike Path eastward. (<i>Loops back under roadway</i>) Use light buttons to cross roadways ahead(2)	2.7
36.8	BR - SR-56 Bike Path passes through cul-de-sac. BR other side	3.7
40.5	L - Camino del Sur (At intersection, Circle K services on your right).	1.1
41.6	L - Watson Ranch Rd. Enter sidewalk & ride northward.	0.1
41.7	L - Bryn Glen Way	0.3
42	BR - At end of cul-de-sac, open gate to access trail. (<i>Close gate pls</i>)	-
42	BL - On trail and follow under roadway ahead.	0.1
42.1	BR – Follow Trail under Carmel Valley Rd.	0.5
42.6	L - Enter small trail downhill. Pass under Camino del Sur Rd.	0.3
42.9	R - At trail "Y".	0.3
43.2	L - Follow gravel roadway trail	0.3
43.5	BR - Follow main marked trail	0.7
44.2	R - At "Y", start climbing. Follow main trail Neward	0.5
44.7	L - On access road, then jog RIGHT to follow marked Lusardi Trail	1.9
46.6	INFO CONTROL: Lusardi Trail Signboard. Answer Q? on Card. Continue STRAIGHT past Signboard on power-line road. (Water & bathrooms up trail to left at Black Mtn. Park)	1.8
48.4	L – Lusardi Creek Loop Trail (<i>Follow Trail markers</i>)	0.3
48.7	BL - After crossing under roadway above. Follow Lusardi Creek Loop Trail markers along scenic creek bottom.	1.7
50.4	R - At "Coast to Crest Lusardi Preserve" sign. Gnarly single-trak.	0.2
50.6	R - After passing under power lines, turn RIGHT downhill.	0.5
51.1	L - After water crossing, turn LEFT on main trail.	0.5
51.6	S - Ride around gate onto Artesian Rd. uphill.	0.8
52.4	L – Power-line road (<i>Unmarked, near top of climb</i>)	0.3
52.7	BR - By power-tower. Fun 33 zig-zags ahead....down & up!	1.8

Sheet1

54.5	S - Marked trail crosses access road. Continue other side. Follow marked trail to Lake Hodges Dam.	2.5
57	S - After dam, trail merges onto access gravel roadway (Lake Dr.).	0.6
57.6	R - End of road. Two gates. Turn RIGHT on main single-trak. (<i>Trail follows along Lake Dr. Roadway NOT open to cyclists.</i>)	0.3
59.9	BR - Ride through parking lot, then BR & follow trail on along roadway.	1.1
61	L - Through parking lot. Enter marked Lake Hodges Trail around gate.	2.6
63.6	Trail passes Bike/Ped Bridge. Follow marked trail under I-5 to Finish	1.1
64.7	FINISH: Chevron, 215 E. Via Rancho Pkwy., Escondido, CA. (OPEN:11:04 - CLOSE: 14:56) Obtain proof of finish from local business with time and date stamp.	-

R – Right	BR – Bear Right	S – Straight	Trail = DIRT
L – Left	BL – Bear Left	B/C - Becomes	

NOTE:

Designed for the ardent randonneur, this route is shaped like a hammock and encompasses 8 different trails. Riders will appreciate the wide variety of trail conditions from smooth manicured trails to gnarly single trak. Several climbs are in excess of 17% and expect seasonal water crossings. Some trails are multi-use (Bikers, hikers & horses). Please observe correct trail protocol and ride alert at all times! Some trail markers may have been destroyed as trail conditions change.

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 necessary. Riders are encouraged to load GPX files on their cyclo-computer for trouble free navigation of route.

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

*Happy Trails
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