

303k SoCal Coastal Out & Back 5,624 ftelev [SL= stoplight, SS= stopsign, (N,W,E,S): Cardinal directions]						
<u>Control Open and Close is elapsed time from start. Do not park in lot unless you are staying at hotel.</u>						
Leg	Dir	Type	Notes	Total	Climb	
			There are several convenience stores & parks on the 101/PCH. Tyson St. Park & Bucanner Park in Oceanside; Magee Park in Carlsbad; Swamis in Encinitas; Fletcher Cove in Solana Beach; Torrey Pines State Park.			
0.0		START Control # 1 / Finish	Review the cue sheet before starting. Start: Valley Liquor Hotel Circle (Mission Valley Resort) or ATM. 875 Hotel Circle S. San Diego, CA 92108. Control #1. Open 0:00, Close 1:00. Get receipt. Do not leave bike unattended, bring inside store at all controls if necessary. To exit control turn Left (E) onto Hotel Circle S.	0.0		
0.0	↑		Continue onto Taylor St (W)	1.1		
0.6	→		Turn right onto Morena Blvd. Watch for merging traffic!	1.7		
0.6	←		Keep left to continue on W Morena Blvd.	2.3		
3.1	→		Slight right onto the Garnet Ave ramp to I-5. Watch for merging traffic!	5.4		
0.1	↑		Merge onto Garnet Ave	5.6		
0.1	→		Turn right onto Santa Fe St (before I-5)	5.7		
2.2	↑		Continue onto Rose Canyon Bicycle Path	7.9	Cat 3, 6.53 13.55, 7.02mi 1.0%	
1.1	←		Turn left onto Gilman Dr (SL). Watch for traffic!	9.0		
1.8	←		Turn left onto Scholars Dr S (SL)	10.8		
0.6	←		Turn left onto La Jolla Shores Dr (SS)	11.4		
0.0	→		Turn right onto N Torrey Pines Rd (SL)	11.4		
1.2	←		Turn left to stay on N Torrey Pines Rd (SL)	12.6		
3.6	↑		Road name changes to S. Camino Del Mar	16.2		
1.9	←		Slight left onto Camino Del Mar. Cross over railway line	18.1	Cat 5 15.73 17.03, 1.31mi 2.9%	
14.0	↑		Continue onto Hwy 101/ S Coast Hwy/ Carlsbad Blvd	19.2		
6.0	↑		At the traffic circle, continue straight to stay on Carlsbad Blvd	33.2		
0.4	←		Turn left onto Eaton St (Angelo's Burgers)	33.6		
0.1	→		Turn right onto Broadway St	33.7		
0.4	←		Turn left onto Cassidy St (SS)	34.1		
0.1	→		Turn right onto S Pacific St (SS)	34.2		
2.6	→		Turn right onto Harbor Dr (SS)	36.8		
0.3	→		Turn right to stay on Harbor Dr (steep hill)	37.1		
0.5	←		Turn left onto the Interstate 5 N ramp to Los Angeles or go thru Camp Pendleton [camp directions: take Vandergrift, Left at (SL) Stuart Mesa Rd, Left at(SS) Las Pulgas Rd and exit base, turn right after crossing under railway and get on Pacific Coast Bike Rte]	37.6		
0.1	↑		Merge onto I-5 N	37.7		
4.6	↑		Take the exit to the rest stop and continue N	42.3		
2.8	↑		Take exit 62 for Las Pulgas Rd	45.1		
0.2	→		Turn right (SS) onto Las Pulgas Rd	45.3		
0.1	←		Turn left onto Pacific Coast Bike Rte	45.4		
9.1	→		Slight right onto Old Highway 101 Trail (posts)	54.5		
0.1	←		Slight left to stay on Old Highway 101 Trail (cross rd towards black fence)	54.6		
0.0	→		Turn right onto Old Highway 101 Trail/Pacific Coast Bike Rte (go thru fence)	54.6		
1.1	←		Turn left onto Cristianitos Rd	55.7		
0.0	→		Turn right onto Avenida Del Presidente and head north (I-5 is on your right)	55.7		
1.8	→		Turn right onto W Avenida Valencia (SS)	57.5		
0.1	←		Turn left onto S El Camino Real (SL)	57.5		
2.9	↑		Use crosswalk signal to take protected bike path between railroad and Road and go north parallel to Coast Hwy	60.5		
1.6	←		Turn left onto Beach Rd (SL)	62.1		

0.0	→	Slight right onto Dheney Beach Trail go north thru parking lots	62.2
0.7	→	Turn right onto Park Lantern	62.9
0.3	←	Turn left to stay on Park Lantern cross creek	63.1
0.1	←	Turn left toward San Juan Creek Trail after bridge /chain link fence ends (go towards lifeguard tower)	63.3
0.1	←	Turn left onto San Juan Creek Trail (creek will be on your R)	63.4
2.4	→	Turn right on bridge to stay on San Juan Creek Trail	65.8
0.0	←	Turn left onto Trabuco Creek Trail (creek will be on your L, Descanso Park on your R)	65.8
0.0	↑	Continue straight to stay on Trabuco Creek Trail	65.8
0.9	←	Trabuco Creek Trail turns left and becomes Avenida De La Vista	66.7
0.9	→	Turn right onto Oso Rd (SS)	67.6
0.1	←	Turn left onto Camino Capistrano (SL)	67.7
2.7	←	Immediately after the blue ADA stalls on your left take the pedestrian tunnel stairs under the railroad tracks. Hard to see!	70.4
0.1	→	Turn right toward Forbes Rd (go thru parking lot and head north)	70.5
0.0	↑	Cross crown valley Pkwy Continue onto Forbes Rd	70.5
0.7	←	Before the flagpole turn left on the driveway. There is a closed gate a dirt path next to the concrete channel, take the dirt path (N) onto Cabot - Forbes Path	71.2
0.3	←	Turn left to stay on Cabot - Forbes Path & cross the channel	71.5
0.0	→	Turn right onto Cabot Rd (SL)	71.5
2.2	→	Turn right onto La Paz Rd (SL)	73.7
0.0	←	Take the left hand lane after going under I-5	73.7
0.1	←	Turn left onto Muirlands Blvd (SL)	73.9
1.0	→	Turn right onto Alicia Pkwy (SL)	74.9
0.6	←	Control #2: ARCO AMPM 23921 Alicia Pkwy, Mission Viejo, CA 92691 Open 4:04, Close 08:08. Get receipt. To exit control turn onto Jeronimo Rd. do U turn and head (N) or use crosswalk. Alicia Pkwy should be behind you and Arco to your left.	75.5
0.7	←	Turn left onto Los Alisos Blvd (SL)	76.2
0.6	→	Turn right onto Muirlands Blvd (SL)	76.8
2.9	←	Turn left onto Alton Pkwy (SL)	79.7
1.2		Continue on Alton Pkwy. You will cross the I-5 and SR-133.	80.9
2.1	←	Turn left onto Sand Canyon Ave (SL) and immediate right onto trail at corner curb ramp	83.0
0.1	↑	Freeway will be on your L	83.1
0.9	←	Turn left (go over freeway Jeffrey Pedestrian Bridge) onto Jeffrey Open Space Trail	84.0
0.2	→	Turn R (W) & Continue onto University Trail	84.2
1.0		Trail parallels road University Dr. and crosses Ridgeline Dr., follow sidewalk south L, cross the wash	85.2
0.1	→	At the end of the wood fence sharp right to stay on University Trail	85.3
0.5	↑	Wash should be on your R	85.8
0.0	→	Turn right to stay on University Trail, cross the wash	85.8
0.0	←	Turn left (W) at trail intersection to stay on University Trail	85.8
0.5	→	Slight right at trail intersection to stay on University Trail	86.6
0.2	←	Left to stay on University Trail cross Culver Dr	86.7
0.0	←	Stay on University Trail	86.7
0.7	←	Turn left to stay on University Trail cross drive (mason regional park)	87.4
0.1	←	Slight left to stay on University Trail cross Harvard Ave	87.5
0.1	→	Slight right to stay on University Trail Cross University Dr.	87.5
0.1	←	Turn left (S) at T intersection onto Mountains to the Sea Trail & Bikeway/San Diego Creek Trail. Creek will be on your R	87.7
0.2	→	Slight right to stay on Mountains to the Sea Trail & Bikeway/San Diego Creek Trail (Cross under Campus Dr.)	87.9
1.6	→	Turn right (W) onto Eastbluff Side Path/Mountains to the Sea Trail & Bikeway (Jamboree and Eastbluff Dr) [sidewalk]	89.5
0.3	→	Turn right (N) onto Back Bay Dr/Mountains to the Sea Trail & Bikeway	89.8

3.2 →		Turn right on to path on the far left of road (newport Dunes is on your R)	93	
0.0 ←		Path is on the east side of road	93.0	
0.1 →		Slight right stay on paved path fence will be on your R	93.1	
0.6 ←		Exit path & Turn left (W) onto N Bayside Dr	93.7	
0.2 ←		Turn left onto CA-1 S	93.9	
0.1 →	Control # 3	Control #3: Chevron 301 East Hwy, Newport Beach, CA 92660. Open 05:02, Close 10:04. Get receipt. Go back the way you came. To exit control turn R onto Bayside Dr. (N) or use crosswalk.	94.0	
0.2 →		Turn right onto path	94.2	
0.7 ←		Turn left onto Back Bay Dr	94.9	
3.2 ←		Turn left onto Eastbluff Side Path/Mountains to the Sea Trail & Bikeway (SS)	98.1	
0.3 ←		Turn left onto Bayview Trail/Mountains to the Sea Trail & Bikeway	98.4	
0.2 ←		Slight left onto Mountains to the Sea Trail & Bikeway/San Diego Creek Trail	98.6	
1.7 →		Turn right onto University Trail.	100.3	
0.2 ←		Slight left to stay on University Trail. Cross University Dr.	100.5	
0.0 ←		Slight left to stay on University Trail. Cross Harvard Ave.	100.5	
1.3 ←		Slight left to stay on University Trail at trail "Y"	101.8	
0.1 ←		Slight left to stay on University Trail. Do not use the dirt trail.	101.9	
0.2 →		Turn right to stay on University Trail & cross the wash	102.1	
0.5 ←		Sharp left to stay on University Trail and get on sidewalk	102.7	
0.0 →		Right to stay on University Trail. Cross Ridgeline Dr.	102.7	
1.1 →		Slight right onto Jeffrey Pedestrian Bridge	103.7	
0.1 ↑		Take the pedestrian overpass	103.9	
0.1 →		Turn right onto Freeway Trail at "T"	104.0	
1.0 →		Turn right onto Alton Pkwy. (SL) Cross Sand Canyon Ave.	104.9	
3.2 →		Turn right onto Muirlands Blvd (SL)	108.2	
2.9 ←		Turn left onto Los Alisos Blvd (SL)	111.1	
0.6 →		Turn right onto Jeronimo Rd (SL) and into control	111.7	
0.0	Control # 4	Control #4: Sonic 25502 Jeronimo Rd, Mission Viejo, CA 92691 os Shell across street. Open 06:00, Close 12:00. Get receipt. Continue (E) on Jeronimo Rd.	111.7	
0.7 →		Turn right onto Alicia Pkwy (SL)	112.4	
0.6 ←		Turn left onto Muirlands Blvd (SL)	113.0	
1.0 →		Turn right onto La Paz Rd (SL)	114.0	
0.2 ←		Turn left onto Cabot Rd (SL)	114.2	
2.2 ←		Turn left onto Cabot - Forbes Path (SL)	116.4	
0.0 →		Turn right to stay on Cabot - Forbes Path.	116.4	
0.3 →		Exit path and Turn right onto Forbes Rd	116.8	
0.0 ←		Turn left towards Camino Capistrano into parking lot and use stairs to cross under railroad tracks	117.5	
0.0 →		Turn Right (S) on Camino Capistrano	117.5	
2.8 →		Turn right (W) onto Oso Rd (SL)	120.2	
0.0 ←		Turn left (S) onto Avenida De La Vista	120.3	
0.9 →		Avenida De La Vista turns right and becomes Trabuco Creek Trail	121.2	
0.4 →		Slight right at "Y" to stay on Trabuco Creek Trail and go under road	121.6	
0.5 →		Turn right at bridge onto San Juan Creek Trail	122.1	
0.0 ←		Turn left to stay on San Juan Creek Trail. Creek will be on your Left	122.1	
1.5 ←		Slight left to stay on San Juan Creek Trail to go under road	123.6	
0.9 →		Turn right (N) toward Park Lantern	124.5	
0.1 →		Turn right (E) onto Park Lantern	124.6	
0.2 →		Turn right (SE) to stay on Park Lantern	124.8	
0.0 ←		Turn left onto Beach Rd	125.8	
0.0 →		Cross train tracks & turn right (SL) onto Coast Hwy protected bike path	125.8	
1.6 ↑		Exit protected bike path (SL) Continue onto N El Camino Real	127.4	Cat 5 128.0 129.86, 1.86mi 2.2%
2.9 →		Turn right (SL) onto W Avenida Valencia	130.4	
0.0 ←		Turn left onto Avenida Del Presidente	130.4	
1.8 ←		Turn left onto Cristianitos Rd (SS)	132.3	

0.0	→	Turn right onto Pacific Coast Bike Rte. DO NOT CROSS I-5.	132.3	
1.2	←	Turn left & right at fence opening & onto Old Highway 101 Trail/Pacific Coast Bike Rte	133.4	
9.2	→	Turn right onto Las Pulgas Rd. If going thru Camp Pendleton turn left. <i>[Camp directions: Turn right on Stuart Mesa Rd & left on Vandergrift]</i>	142.6	
0.2	←	Turn left onto the Interstate 5 S ramp	142.7	
0.3	↑	Merge onto I-5 S	143.0	
1.7	↑	Take the Rest Area exit & continue thru and get on I-5 again	144.7	
5.5	↑	Take exit 54C toward Oceanside Harbor Dr/Camp Pendleton	150.2	
0.3	→	Turn right (SL) onto Harbor Dr	150.5	
0.2	←	Turn left to stay on Harbor Dr	150.7	
0.1	←	Turn left (SS) onto N Pacific St	151.0	
0.6	→	Turn right (SS) onto Surfrider Way	151.6	
0.1	←	Turn left at traffic circle onto The Strand N	151.6	
0.2	↑	Continue straight to stay on The Strand N	151.8	
0.8	←	Turn left onto Wisconsin Ave	152.6	
0.0	→	Turn right (SS) onto S Pacific St	152.6	
1.1	←	Turn left (SS) onto Cassidy St	153.7	
0.1	→	Turn right onto Broadway St	153.8	
0.4	←	Turn left onto Eaton St	154.2	
0.1	→	Turn right (SS) onto Carlsbad Blvd	154.3	
0.4	↑	At the traffic circle, continue straight to stay on Carlsbad Blvd	154.7	
6.4	↑	Road name changes to S. Camino Del Mar	161.1	
6.2	↑	Continue onto N Hwy 101 thru Del Mar and Torrey Pines Rd.	167.3	Cat 5 169.15 170.83, 1.68mi 2.1%
1.4	↑	Road name changes to Camino Del Mar	168.7	
6.5	→	Turn right (SL) to stay on N Torrey Pines Rd	175.2	Cat 5 172.07 174.31, 2.24mi 3.6%
1.2	←	Turn left (SL) onto La Jolla Shores Dr	176.4	
0.0	→	Turn right onto Scholars Dr S	176.5	
0.6	→	Turn right (SL) onto Gilman Dr	177.0	
1.8	→	Slight right onto Rose Canyon Bicycle Path	178.8	
1.1	↑	Continue onto Santa Fe St	179.9	
2.0	→	Turn right onto Damon Ave	181.9	
0.2	←	Turn left onto Mission Bay Dr	182.2	
0.8	←	Turn left to stay on Mission Bay Dr	183.0	
2.3	↑	Continue onto Fiesta Island Rd/Pacific Hwy	185.4	
1.0	←	Turn left (SL) onto Taylor St and continue on Hotel Cir S	186.3	
2.0	↑	FINISH Control # 5 Finish: Valley Liquor Hotel Circle (Mission Valley Resort) or ATM. 875 Hotel Circle S. San Diego, CA 92108. Control #5. Open 10:06, Close 20:12. Get receipt.	188.4	