

## Ham-Hock Trail Permanent Populaire

<u>Mile</u>	<u>Instruction</u>	<u>For</u>
0	<b>START:</b> Chevron, 215 E. Via Rancho Pkwy., Escondido, CA. (OPEN:00:00 – CLOSE:+01:00) Obtain proof of start with time and date stamp. Exit RIGHT on Sunset Dr.	0.1
0.1	L - Enter Mule Hill Trail. Follow eastward to Highland Valley Rd.	3.2
3.3	R - Cross Highland Valley Rd., then RIGHT on trail along roadway.	0.1
3.4	L - Enter Old Coach Trail. Follow trail markers thru Tree Nursery.	0.6
4	BL - Exit Tree Nursery, climb dirt road, BEAR LEFT on steep road. Pass around several gates.	0.9
4.9	R - Follow marked trail along road	0.2
5.1	L - Cross road & continue downhill on rutted power line trail	0.6
5.7	S – If Old Coach Trail bridge is out. Portage through ravine.	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.	0.1
6.9	BR - At "Y" in trail...downhill	0.4
7.3	BR - At "Y" in trail.	0.3
7.6	L - Follow dirt trail along Espola Rd.	0.9
8.5	L - Cross Poway Rd., then immediate left on trail thru trees.	0.2
8.7	R - Dirt alley trail. Crosses several roadways ahead.	1.1
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 on marked trail.	0.2
10.7	R - Along dirt path (Twin Peaks Rd.) ( <i>Do NOT continue across roadway to trail on other side. 40% HAB</i> )	0.3
11	L - Follow trail along Espola Rd.	0.5
11.5	S - Follow narrow trail along guardrail ( <i>Espola Rd</i> )	0.2
11.7	At intersection, use light-buttons to cross Espola Rd. and Poway Rd.	0.1
11.8	BR - After crossing Poway Rd., enter sandy road trail! around gate.	0.9
12.7	S - Cross road and enter Garden Road Park. ( <i>Water &amp; bathrooms</i> ).	0.2
12.9	R - Exit Park on Garden Rd. westbound.	0.8
13.7	<b>POWAY 7-ELEVEN:</b> 14225 Poway Road, Poway, CA. (OPEN: 00:00 - CLOSE: 00:00) 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	0.9
14.7	L - Community Road	0.2
14.9	R - Enter Poway Creek Trail through Fire Station parking lot.	0.6
15.5	BL - Bear left, then Cross bridge. ( <i>Right goes into Dog Park</i> )	0.1
15.6	R - Soule St	0.4
16	L - Montauk St	0.2
16.2	S - Ride around gate and enter Hill Country Trail	0.1
16.3	R - At trail junction. ( <i>Uphill switchbacks!</i> )	0.7
17	S - Use light button to cross Stowe Dr.	-
17	R - Use light button to cross Pomerado Rd.	-
17	L - After crossing road, enter dirt trail	0.3
17.3	L - Cross bridge	0.1
17.4	R - Enter steep trail along driveway. HAB!	0.4

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17.8	BL - At "Y" in trail	0.7
18.5	Pass under roadway on well-marked trail.	1.4
19.9	BL - At "Y" in trail.	1.1
21	R - Cara Way ( <i>Road to pumphouse</i> )	0.1
21.1	R - Unmarked Trans County Trail entrance ( <i>pass under I-15</i> )	0.6
21.7	R - At Trailhead signboard	0.1
21.8	L - After water crossing	0.1
21.9	L - To continue on trail westward along canyon. ( <i>Straight is long climb!</i> )	0.8
22.7	S - Use light button to cross Black Mtn. Road into Canyonside Park	0.2
22.9	Canyonside Park ( <i>Water &amp; bathrooms</i> )	0.2
23.1	R - Through parking lot	0.1
23.2	L - Enter marked Los Penasquitos Canyon Trail N. Follow wide trail.	0.6
23.8	L - Turn left just before yellow road gate.	2.2
26	BL - At trail "Y". ( <i>2 technical bridge crossings ahead.</i> )	1.9
27.9	L - Cross creek at marked Wagon Wheel Crossing	0.1
28	BR - At "Y". Single trak (Just after trail info board). Pass adobe ruins.	0.7
28.7	R - Exit trail onto Sorrento Valley Blvd.	0.8
29.5	R - Sorrento Valley Rd. ( <i>B/c " No Vehicle Road"</i> )	2.7
32	R - Carmel Valley Rd.	0.3
32.3	L - After passing under I-5, turn LEFT toward Shell Station.	-
32.3	R - On sidewalk to AM/PM Control	0.1
32.4	<b>CARMEL VALLEY ARCO-AM/PM:</b> 3170 Carmel Valley Rd., San Diego, CA (OPEN: 00:00 - CLOSE: 00:00) Obtain proof of passage from local business. Exit RIGHT on El Camino Real.	
32.7	R - Enter marked SR-56 Bike Path eastward. ( <i>Loops back under roadway</i> ) Use light buttons to cross 2-roadways ahead.	0.3
35.5	BL - SR-56 Bike Path passes through cul-de-sac. Continues other side.	3.6
39.1	L - Camino del Sur ( <i>At intersection, Circle K on your right</i> ).	0.4
39.5	L - Torrey Meadows Dr	0.5
40	R - Sunshine Path	0.1
40.1	BL - At bottom of hill, BL thru playground. Continue downhill on road.	0.2
40.3	R - Dirt trail.	0.6
40.9	BL - On Trail. Pass under Carmel Valley Rd.	0.5
41.4	L - Downhill at trail "Y". Pass under Camino del Sur	0.3
41.7	BR - At rail fence to continue on Trail eastward.	0.7
42.4	BR - Follow main marked trail	0.7
43.1	R - At "Y", start climbing.	0.4
43.5	L - On access road, then jog RIGHT to follow marked Lusardi Trail Loop	0.2
43.7	<b>INFO CONTROL:</b> Lusardi Creek Loop Trail Board at trail junction. Answer Q? on card. Continue due North on powerline trail. ( <i>Turn right for water &amp; bathrooms at Black Mtn. Park on top of hill</i> )	0.7
44.4	R - Downhill to Main Lusardi Creek Loop Trail westward.	0.2
44.6	L - Lusardi Creek Loop Trail	0.7
45.3	BL - After crossing under roadway. Follow Lusardi Creek Loop Trail Markers along creek bottom westward.	1.8
47.1	R - At "Coast to Crest Lusardi Preserve" sign. Gnarly side-hill single-trak. Follow around estate home above.	0.1
47.2	R - After passing under power lines, turn right downhill.	0.5

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47.7	L - After water crossing, turn left on main trail.	0.5
48.2	S - Ride around gate onto Artesian Rd. uphill.	0.8
49	L - Power Line Road Trail ( <i>Near top of climb</i> )	0.3
49.3	BR - By tower, Santa Fe Trail 32 zig-zags ahead	1.8
51.1	S - Marked trail crosses access road. Continue other side. Follow marked trail near Del Dios Hwy. to Dam.	2.4
53.5	S - After dam, trail merges onto access roadway.	0.5
54	R - End of road. Two gates. Turn right on single-track. ( <i>Some portions of trail follow along dam access roadway. This roadway is NOT open to cyclists.</i> ) Follow trail around lake. ( <i>Be alert for dog-walkers &amp; joggers</i> )	0.4
56.4	BR - Ride through parking lot, then bear right and follow trail along Lake Hodges Way.	1
57.4	L - Through parking lot. Enter marked Lake Hodges Trail around yellow gate. Follow main trail close to Lake.	2.6
60	Trail passes Bike/Ped Bridge. Follow trail under I-5 to Finish	1.1
61.1	<b>FINISH:</b> Chevron, 215 E. Via Rancho Pkwy., Escondido, CA. (OPEN:00:00 CLOSE: 00:00) Obtain proof of finish from local business with time and date stamp.	-

<b>R</b> – Right	<b>BR</b> – Bear Right	<b>S</b> – Straight	<b>B/C</b> - Becomes
<b>L</b> – Left	<b>BL</b> – Bear Left	<b>HAB</b> - Hike-A-Bike	

**NOTE:**

*Designed for the ardent randonneur, this route is shaped like a ham-hock and encompasses 8 different trails. Riders will appreciate the wide variety of trail conditions from smooth manicured trails to gnarly single track. 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.*

*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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