

Mile	For	Instruction
0.0	0.1	<b>Depart: Shell Station at 2290 Moore St, San Diego, CA, heading away from I-5, on Old Town Avenue. (Free all day parking at Pacific Highway and Taylor Street - see below). Get receipt at the start.</b>
0.1	0.1	Turn LEFT on San Diego Avenue
0.2	0.5	Turn LEFT on Congress Street
0.7	0.1	Turn LEFT on Taylor Street
0.8	1.0	Turn RIGHT on Pacific Highway ( <a href="#">Free parking here, at Trolley Station, during the ride.</a> )
1.8	2.3	Continue across Sea World Drive. Pacific Highway changes name to E Mission Bay Drive
4.1	0.8	Turn RIGHT at stop sign, then immediate left at stop light to get on Mission Bay Drive.
4.9	0.3	Bear RIGHT on Damon Avenue, after Garnet Avenue.
5.2	2.0	Turn left at Santa Fe St
7.2	1.1	Start Rose Canyon Bike Path
8.3	1.8	Turn LEFT on Gilman St, heading under I-5
10.1	0.6	Turn LEFT on Scholars Drive S
10.7	1.2	Turn LEFT on La Jolla Shores Drive and then an IMMEDIATE RIGHT on North Torrey Pines Road. Do not take La Jolla Shores Drive downhill to La Jolla.
11.9	5.4	Turn LEFT to stay on North Torrey Pines Road. Name changes to Camino Del Mar,
17.3	18.8	Bear LEFT to stay on Camino Del Mar. Do Not Bear Right on Jimmy Durante Blvd.
36.1	1.8	Turn RIGHT on Harbor Drive, toward Camp Pendleton (or enter I-5 North as alternative.)
37.9	5.8	Turn LEFT (North-West) onto Stuart Mesa Rd.
43.7	1.1	Road becomes El Camino Real as it bends to the left (while still in Camp Pendleton)
44.8	0.5	Turn LEFT to Stay on Las Pulgas Road/El Camino Real
45.3	0.3	Turn Left on Las Pulgas toward the sentry station.
45.6	9.2	Turn RIGHT (North-West) onto Old Pacific Hwy after riding under the RR overpass
54.8	0.1	Exit campground; follow bike route signs to Bike Path (cross over to other side of street before reaching I-5)
54.9	0.9	Enter Bike Path NORTH to Christianitos Rd.
55.8	0.2	Turn RIGHT (North-East) onto Cristianitos Rd
56.0	0.5	Turn LEFT (North-West) onto (S) El Camino Real
56.5	1.8	In San Clemente, stay on S El Camino Real (North)
58.3	2.5	<b>Control #1 Bagel Shack, 773 S El Camino Real, San Clemente, CA. Get proof of passage, then continue North on El Camino Real.</b>
60.8	2.6	Stop at the far side of the intersection of Camino Capistrano and Coast Highway. Cross the intersection, heading west, to get access to the protected bike path, then ride north.
63.4	0.5	At the end of the protected bike path, at Beach Rd, turn left, cross the tracks, then make an immediate right onto the bike path. This path will wind its way through parking lots and Doheny Beach State park. Ride straight ahead past the Ranger station.

**Start**  
**0:00 - 1:00**

**3:08 - 6:16**

63.9	0.3	Turn Left on Dana Point Harbor Dr.	
64.2	0.5	Turn Right on Golden Lantern Street	
64.7	29.0	Turn LEFT on SR-1 / Pacific Coast Hwy	
93.7	36.4	<b>Control #2: Chevron, 16621 Pacific Coast Hwy, Sunset Beach, (562) 592-1970. Get proof of passage then return south on PCH.</b>	<b>5:02 - 10:04</b>
130.1	1.4	<b>Control #3. 7-11, 2249 S El Camino Real, San Clemente, CA. Get proof of passage then continue south</b>	<b>6:58 - 13:56</b>
131.5	0.2	Turn RIGHT (South) onto Cristianitos Rd	
131.7	1.1	Cross I-5, turn LEFT onto Bike Path to San Onofre State Park / Campground	
132.8	9.2	Turn RIGHT (South) onto Old Pacific Hwy	
142.0	0.8	Turn LEFT onto Las Pulgas Rd, Enter Camp Pendelton, and bear RIGHT to Continue on Las Pulgas. (Or go back on Los Pulgas to I-5 and head South to Harbor Dr.	
142.8	1.1	Bear Right on El Camino Real	
143.9	5.8	Turn RIGHT onto Stuart Mesa Road.	
149.7	1.7	Turn Right (South) on Vandergrift / Harbor Dr.	
151.4	19.6	Turn LEFT (East) onto CR-S21 [N Coast Hwy]	
171.0	4.6	After Del Mar, road becomes North Torrey Pines Rd	
175.6	1.6	Turn Right to stay on North Torrey Pines Road. Do not continue on Genesee Avenue!	
177.2	0.2	Road name changes to La Jolla Village Drive.	
177.4	0.1	Bear RIGHT to take Gilman Street Exit.	
177.5	1.6	Turn Right on Gilman Street	
179.1	1.1	Immediately after passing under I-5, enter the Rose Canyon Bike Path on far side of intersection.	
180.2	2.0	Rose Canyon Bike Path becomes Santa Fe Street.	
182.2	0.3	Turn RIGHT on Damon Street	
182.5	0.7	Turn LEFT On Mission Bay Drive	
183.2	0.1	Take E Mission Bay Dr. Exit. Do not get onto I-5	
183.3	2.3	Turn Left (South) on E Mission Bay Drive	
185.6	1.0	Road Name change to Pacific Coast Highway, after crossing Sea World Drive.	
186.6	0.1	Turn LEFT on Taylor Street	
186.7	0.5	Turn RIGHT on Congress Street	
187.2	0.1	Turn RIGHT on San Diego Avenue	
187.3	0.1	Turn Right on Old Town Avenue	
187.4		<b>Finish: Shell Station. Get Proof of Passage.</b>	<b>10:02 - 20:04</b>



