

**ROCK & ROAD TRAIL PERMANENT Populaire**

120km – 75mi

<b>Mile</b>	<b>Instruction</b>	<b>For</b>
0	<b>START:</b> Albertsons, 151 Woodland Pkwy., San Marcos, CA. (OPEN: 00:00) Obtain proof of start with time & date stamp.	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 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
14.3	R - Ysabel Creek Rd	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 Trail westward. B/c Mule Hill Trail.	4.3
19.2	R - At "Y" in Trail. (Picnic table, left goes to Highland Valley Rd.)	3.1
22.3	END of Trail. 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:+1:12 - CLOSE:+2:24) 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
23.5	STRAIGHT - Past Bike/Ped Bridge and onto Lake Hodges Bike Trail. Follow lower trail near Lake.	2.5
26	EXIT Trail around gate & pass through parking lot.	0.1
26.1	R - On unsigned road.	0.2
26.3	BR - Join dirt trail 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 Trail	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 Trail on your left.	0.6
36.2	After crossing small bridge, turn RIGHT at trail "T".	0.4

Sheet1

36.6	Pass under Camino Del Sur. BEAR LEFT to continue on marked Lusardi Creek Loop Trail	0.3
36.9	R - Follow Lusardi Loop Trail 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:+2:14 – CLOSE:+4:28) 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 Trail westward.	5.1
48.2	BR - At "Y" to continue on Trail. (After Wagon Wheel Crossing sign.)	0.8
49	R - Sorrento Valley Blvd.	0.8
49.8	L - Roselle St. Road turns into a dirt 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 Trail-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
66.2	L - At Athletic Fields. (Short path before Dog Beach exit)	0

Sheet1

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:+3:34 - CLOSE:+7:08) 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:+4:00 - CLOSE:+8:00) 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>L</b> – Left	<b>BL</b> – Bear Left	<b>B/C</b> - Becomes

**NOTE:**

*This route 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 adviseable. 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 !*

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