

Mile	For	Instruction
0.0	0.1	Control #1: 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 proof of passage, such as a receipt.
0.1	0.1	Turn LEFT on San Diego Avenue
0.2	0.5	Bear LEFT on Congress Street
0.7	0.2	Turn RIGHT on Taylor Street (Free parking here, at Trolley Station, during the ride.)
0.9	0.4	Turn LEFT on Morena Blvd, go under I-8. Watch for traffic exiting from I-8, on your right.
1.3	3.8	Bear RIGHT on Linda Vista Road
5.1	3.8	Turn RIGHT on Mesa College Drive. Cross over Hwy 163 and I-805. Name changes to Kearny Villa Road.
8.9	3.8	Turn LEFT to Stay on Kearny Villa Road
12.7	0.2	Turn RIGHT on Kearny Mesa Road
12.9	3.9	Turn RIGHT on Miramar Road, becomes Pomerado Road after I-15.
16.8	1.2	Turn RIGHT to stay on Pomerado Road.
18.0	5.7	Turn RIGHT on Scripps Poway Parkway.
23.7	11.7	Turn LEFT on Hwy 67 to Ramona. Becomes Main Street in Ramona.
35.4	2.0	Turn RIGHT on 3rd St. Becomes Old Julian Highway.
37.4	6.1	Turn LEFT to Stay on Old Julian Highway
43.5	5.9	Bear RIGHT On Highway 67/78/Julian Road. Continue through Santa Ysabel to Julian. Consider refueling and rehydrating at Don's Market in Santa Ysabel.
49.4	6.7	Control #2: Don's Market, Santa Ysabel. Get Proof of Passage, such as receipt, then continue on 78/Julian Road to Julian.
56.1	0.3	Turn Right on Main Street in Julian.
56.4	5.9	Turn RIGHT on Hwy 79 to Lake Cuyamaca.
62.3	14.4	Continue riding to Lake Cuyamaca, do not turn Left on Sunrise Hwy to Mt Laguna. Services may be available at lodge on west side of Lake Cuyamaca.
76.7	2.5	Turn Right to Stay on 79
79.2	3.4	Turn Right on onramp to enter I-8 Westbound.
82.6	0.1	Exit I-8 on E Willows Road, your first exit.
82.7	0.2	Turn Left on Willows Road to ride over I-8 to get to Alpine Blvd, on the south side of I-8.
82.9	5.8	Turn Right on Alpine Blvd, heading west.
88.7	0.0	Turn Right on Tavern Road
88.7	2.8	Control #3: Carl's Junior, Alpine, Get Proof of Passage, such as receipt, then ride south on Tavern road, away from I-8
91.5	4.7	Turn Right (downhill) on Dehesa Road/Japatul Road
96.2	3.2	Turn Left to stay on Dehesa Road.
99.4	5.1	Turn Left at Willow Glen Dr.
104.5	1.4	Turn Left at Jamacha Road.

7:00

9:38 to 12:16

11:46 to 16:32

105.9	4.7	Turn left at Jamacha Blvd. (This is a big intersection, headed uphill. There are two left turn lanes. I find it safer to pull over to the right and use the pedestrian signal to cross Jamacha Road.)
110.6	2.5	Jamacha blvd becomes Paradise Valley Rd as you cross Hwy 54).
113.1	1.3	Turn left onto Potomac St
114.4	0.9	Turn left onto Reo Dr
115.3	0.6	Turn right onto Valley Rd
115.9	0.2	Turn right onto Sweetwater Rd
116.1	2.1	Control #4: 7-Eleven, 2425 Sweetwater Rd, Get Proof of Passage, such as receipt, then continue on Sweetwater Road.
118.2	1.1	Turn Right on National City Blvd
119.3	0.4	Turn Left on Civic Center Drive
119.7	4.7	Turn Right on Harbor Drive.
124.4	1.5	Turn Right on Coast Highway.
125.9	0.8	Take the Washington Street Frontage Road Exit. Do not continue on the Coast Highway overpass.
126.7	0.3	Continue on the Frontage Road. Do not continue on Coast Hwy to the left of the Frontage Road.
127	0.2	Turn Right on Noelle Street
127.2	0.5	Turn LEFT on San Diego Avenue
127.7	0.2	Turn Left on Old Town Avenue
127.9		Control #4: Shell Station at 2290 Moore St, Get proof of passage, such as a receipt.

13:16 to 19:32

13:48 to 20:36