

Mile	For	Instructions
		San Diego 1000K LOOP 3.
0.0	2.0	LEFT out of Control onto Hotel Circle S Control
2.0	1.0	RIGHT onto Pacific Highway
3.0	2.3	STRAIGHT across Sea World Drive. Road changes name to E. Mission Bay Dr
5.3	0.8	RIGHT at stop sign, then immediate LEFT at stop light to get on Mission Bay Dr. EXERCISE EXTREME CAUTION AFTER LEFT TURN. APPROX .2 MILES AHEAD, CARS EXITING OFF OF FREEWAY AT HIGH SPEED
6.1	0.3	BEAR RIGHT on Damon Ave, after Garnet Ave.
6.4	2.0	LEFT onto Santa Fe St
8.4	1.1	START Rose Canyon Bike Path
9.5	1.8	LEFT on Gilman, under I-5
11.3	0.6	LEFT on Scholar's Drive S
11.9	1.2	LEFT on La Jolla Shores Dr and then an IMMEDIATE RIGHT on North Torrey Pines Rd. Do not take La Jolla Shores Drive downhill to La Jolla
13.1	5.4	LEFT to stay on North Torrey Pines Rd. Name changes to Camino Del Mar
18.5	18.8	BEAR LEFT to continue on Camino Del Mar, do not bear right on Jimmy Durante Blvd
37.3	0.2	LEFT onto Eaton (at Angelo's Burgers after crossing wetland area)
37.5	0.4	RIGHT onto Broadway
37.9	0.1	LEFT onto Cassidy
38.0	2.6	RIGHT onto Pacific St
40.6	0.2	RIGHT onto Harbor Dr.
40.8	0.5	RIGHT to continue on Harbor Dr
41.3	1.2	ENTER Camp Pendleton. Picture I.D. Required. Continue straight on Vandegrift Blvd. If Base is closed, see Note 1
42.5	2.4	LEFT onto Stuart Mesa Rd
44.9	4.5	BEAR LEFT to continue on Stuart Mesa Rd
49.4	0.4	At "Y", LEFT onto Las Pulgas Rd
49.8	0.3	EXIT Camp Pendleton
50.1	3.3	Pass through tunnel, immediately turn RIGHT through parking area, and onto Old Hwy 101/Old Pacific Hwy Bike Way
53.4	3.1	Pass through fence opening into San Onofre Campground
56.5	2.7	EXIT Campground, continue northward on Old Hwy 101
59.2	1.0	LEFT across Hwy 101 and enter Bike Path through fence
60.2	0.2	EXIT Bike Path, RIGHT onto Cristianitos Rd. Crossing over I-5
60.4	4.8	LEFT onto El Camino Real
65.2	1.7	At Avenida Vaquero, LEFT to enter Bike Way at NW corner of intersection. Use light button to cross Coast Hwy as required
66.9	1.0	At Palisades Dr. Turn LEFT , cross RR tracks and enter Bike Route/Beach Road
67.9	0.4	LEFT at T to continue on Beach Blvd
68.3	0.1	RIGHT at stoplight onto Harbor Dr.
68.4	33.0	LEFT onto Pacific Coast Hwy
101.4	3.3	At Los Angeles County line (sign) turn RIGHT onto San Gabriel River Bike Path eastward (away from the ocean) See Note 2
104.7	5.6	At "Y" in river channel, turn LEFT, cross bridge and continue on Bike Path Northward
110.3	0.7	At Artesia Blvd., turn RIGHT to EXIT SGR Bike Path. Turn LEFT onto Artesia Blvd.
111.0	0.6	CONTROL 7. BELLFLOWER. ARCO AM/PM, 10210 Artesia. Exit control by first crossing and then turning LEFT on Artesia Blvd. returning to Bike Path. Control Open 06:33 (Sat) to 14:59 (Sun)
111.6	5.4	After crossing River Channel, turn RIGHT onto Bike Path and continue to coast
117.0	3.3	Turn LEFT, cross bridge, and continue southward on SGR Bike Path
120.3	32.8	To EXIT SGR Bike Path, Cross under PCH 1, then turn LEFT, up onto Pacific Coast Hwy 1 southward
153.1	1.1	BEAR RIGHT onto Coast Hwy/N. El Camino Real
154.2	1.7	At Palisades Dr. , enter Bike Way
155.9	2.4	Exit Bike Way and continue south on Coast Hwy/N. El Camino Real
158.3	2.4	Road Name changes to S. El Camino Real, continue southbound
160.7	0.2	RIGHT onto Cristianitos Rd
160.9	1.1	After Crossing I-5, immediately turn LEFT and enter Bike Path at south sidewalk
162.0	2.3	Exit Bike Path, continue on Old Pacific Hwy/101 to San Onofre State Park/Campground
164.3	3.1	Enter San Onofre State Park. Continue on Old Hwy 101/Old Pacific Hwy
167.4	3.3	Exit campground, continue southward

170.7	0.3	LEFT onto Las Pulgas Rd
171.0	0.4	ENTER Camp Pendleton. Picture I.D. Required. Note 1
171.4	7.0	BEAR RIGHT at "Y" onto Stuart Mesa Rd
178.4	1.4	RIGHT onto Vandegrift Blvd
179.8	0.5	EXIT Camp Pendleton. Continue on Harbor Dr
180.3	0.3	LEFT to continue on Harbor Dr
180.6	2.6	LEFT onto Pacific St
183.2	0.1	LEFT onto Cassidy
183.3	0.4	RIGHT onto Broadway
183.7	0.1	LEFT onto Eaton
183.8	15.5	RIGHT onto Pacific Coast Hwy/101
199.3	1.7	Caution! After crossing RR overpass, cars entering from right side
201.0	3.7	Road name changes to N. Torrey Pines
204.7	1.9	RIGHT to remain on N. Torrey Pines Rd
206.6	0.2	EXIT to RIGHT down steep ramp to Gilman Dr
206.8	1.6	RIGHT onto Gilman Dr
208.4	1.1	Pass under I-5, go through light and turn right at corner onto Bike Path
209.5	2.0	EXIT Bike Path onto Santa Fe St.
211.5	0.3	RIGHT onto Damon Ave.
211.8	0.4	LEFT onto Mission Bay Dr
212.2	0.4	Pass through Traffic LIGHT. Caution! Cars entering from Right at high speed. Move to Far RIGHT when clear
212.6	0.1	RIGHT to continue on Mission Bay Dr. DO NOT GO STRAIGHT ONTO FREEWAY!
212.7	2.3	LEFT to continue on Mission Bay Dr.
215.0	1.0	Cross Sea World Dr. Continue on Pacific Hwy
216.0	2.0	LEFT onto Taylor St
218.0		RIGHT into Finish Control. Mission Valley Resorts. Control Open 13:05 (Sat) to 07:00 (Mon)
		NOTE 1: Cyclists entering Camp Pendleton must adhere to strict Military Protocol: 0700-1700 hrs entry, ride single file & yield to all military vehicles. If passage through Camp Pendleton is unavailable cyclists are advised to use this alternate route:
		NORTHBOUND
41.2	4.4	LEFT at Stop sign onto I-5 North onramp
45.6	0.5	EXIT into Rest Area
46.1	2.5	Take On-Ramp to I-5 North
48.6	0.1	EXIT at Las Pulgas Rd. RIGHT onto Las Pulgas
48.7		Continue at mile 50.1 Above
		SOUTHBOUND
170.7	0.1	RIGHT onto Las Pulgas Rd
170.8	2.0	Take On-Ramp to I-5 South
172.8	0.4	Exit into Rest Area
173.2	5.1	Take On-Ramp to I-5 South
178.3		Exit at Harbor Dr. Right onto Harbor Dr.
		NOTE 2: San Gabriel River Channel Bike Path. Several Bike Path road underpasses are narrow curvy tunnels. Use caution and reduce speed.
		Bike Path @ Del Amo Blvd may be under construction. Follow signs, EXIT bike path and use light buttons to safely cross Del Amo Blvd and continue onto SGR Bike Path