

Mile	For	Instruction
0.0	0.1	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.
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 (Free parking here, at Trolley Station, during the ride.)
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	Control #1: Bagel Shack at 777 S El Camino Real, San Clemente, CA, 949-388-0745. Get Receipt.
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, 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 at 5:30

8:38 to 11:46

63.9	0.1	Take RIGHT on Dana Point Harbor Dr.
64.0	7.7	Turn LEFT on SR-1 / Pacific Coast Hwy
71.7	0.1	Turn RIGHT on Thalia St in Laguna Beach
71.8	0.1	Control #2: Laguna Cyclery, 240 Thalia St., Laguna Beach, CA, 949-494-1522. Get Receipt. If Laguna Cyclery is closed, get receipt from Stand Natural Food Restaurant, which is adjacent and to the left of Laguna Cyclery.
71.9	0.1	Turn RIGHT on Thalia St.
72.0	6.2	Turn LEFT onto South Coast Hwy
78.2	9.0	Bear RIGHT on Pacific Coast Highway to stay in Southbound direction
87.2	0.2	Turn RIGHT (South) onto Cristianitos Rd
87.4	1.1	Cross I-5, turn LEFT onto Bike Path to San Onofre State Park / Campground
88.5	9.2	Turn RIGHT (South) onto Old Pacific Hwy
97.7	0.8	Turn LEFT (North) 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.
98.5	1.1	Bear Right on El Camino Real
99.6	5.8	Turn RIGHT onto Stuart Mesa Road.
105.4	1.7	Turn Right (South) on Vandergrift / Harbor Dr.
107.1	19.6	Turn LEFT (East) onto CR-S21 [N Coast Hwy]
126.7	4.6	After Del Mar, road changes name to North Torrey Pines Road
131.3	1.6	Turn Right to stay on North Torrey Pines Road. Do not continue on Genesee Avenue!
132.9	0.2	Road name changes to La Jolla Village Drive.
133.1	0.1	Bear RIGHT to take Gilman Street Exit.
133.2	1.6	Turn Right on Gilman Street
134.8	1.1	Immediately after passing under I-5, enter the Rose Canyon Bike Path on far side of intersection.
135.9	2.0	Rose Canyon Bike Path becomes Santa Fe Street.
137.9	0.3	Turn RIGHT on Damon Street
138.2	0.7	Turn LEFT On Mission Bay Drive
138.9	0.1	Take E Mission Bay Dr. Exit. Do not get onto I-5
139.0	2.3	Turn Left (South) on E Mission Bay Drive
141.3	1.0	Road Name change to Pacific Coast Highway, after crossing Sea World Drive.
142.3	0.1	Turn LEFT on Taylor Street
142.4	0.5	Turn RIGHT on Congress Street
142.9	0.1	Turn RIGHT on San Diego Avenue
143.0	0.1	Turn Right on Old Town Avenue
143.1		Finish: Shell Station. Get Reciept.

9:22 to 13:14

13:10 to 18:50