

Mile	For	Instructions	Mother's Kitchen Routeslip
0	0.22	START: Oceanside Pier, Pier View Way/Pacific St. Oceanside, CA. (OPEN: 00:00) Obtain proof of start from local business. LEFT on Pacific St.(Northward)	
0.22	0.11	RIGHT on Surf Rider Way	
0.33	0.14	LEFT on N. Cleveland St.	
0.47	2.52	LEFT onto Neptune Way. Follow sidewalk on north side to San Luis Rey Bike Path.	
2.99	4.79	Bear LEFT . 1st of 4 bike underpasses. Curve under each cross street	
7.78	0.02	Bear RIGHT after last underpass(College Blvd.). (<i>CAUTION: Poles at end of Bike Path</i>)	
7.8	0.17	RIGHT onto College Ave., cross bridge over SLR River.	
7.97	0.27	RIGHT onto N. River Rd/Vandergrift Ave.	
8.24	3.31	RIGHT on N. River Rd.	
11.55	0.32	RIGHT on Holly Lane (riders may encounter dirt on road).	
11.87	0.24	At top of hill turn RIGHT on Holly Lane	
12.11	0.36	Just before Hwy. 76, turn RIGHT through gate and cross Old Bonsall Bridge	
12.47	2.5	At end of Bridge, turn LEFT onto path and enter Old River Road eastward.	
14.97	4.59	At "Y", bear RIGHT onto Camino del Rey	
19.56	1.14	RIGHT onto Old Hwy. 395	
20.71	8.84	LEFT onto Old Castle Rd.	
29.55	4.2	LEFT onto Valley Center Rd.	
33.75	4.98	CAUTION: Technical downhill ahead. Trash/gravel in bike lane. Cattle guards.	
38.73	0.07	Turn RIGHT onto Hwy. 76	
38.8	4.92	STAGE STOP CONTROL: 17128 Hwy. 76, Pauma Valley, CA. (OPEN: +02:06 CLOSE: +04:12) Obtain proof of passage. CONTINUE on Hwy. 76 toward Palomar Mtn.	
43.72	6.63	LEFT on So. Grade Road toward Palomar Mtn.	
50.35	0.06	LEFT at Stop Sign to Mother's Kitchen/General Store.	
50.41	6.69	PALOMAR MTN. CONTROL: Mother's Kitchen. (OPEN: +02:44 CLOSE: +05:28) Obtain proof of passage. Return down South Grade Road.(<i>HIGH SPEED DOWNHILL AHEAD, TIGHT CURVES!!</i>)	
57.1	6.53	RIGHT on Hwy. 76	
63.63	1.46	CONTROL: Martha's Market, 16222 Hwy. 76, Pauma Valley, CA. (OPEN: +03:26 CLOSE: +06:52) Obtain proof of passage. CONTINUE westward on Hwy. 76	
65.09	7.85	LEFT onto Cole Grade Rd.	
72.94	1.28	RIGHT onto Valley Center Rd. (<i>SERVICES</i>)	
74.22	1.65	RIGHT onto Lilac Rd	
75.87	1.65	Bear LEFT at "Y", CONTINUE on Lilac Road. (Anthony Rd on right.)	
77.52	5.53	Continue STRAIGHT onto Old Castle Rd. DO NOT turn right and continue on Lilac.	
83.05	1.14	RIGHT onto Old Hwy. 395	
84.19	4.6	LEFT onto Camino del Rey	
88.78	2.48	At "Y", bear LEFT onto Old River Rd.(<i>SERVICES 1/4 mile on the right</i>)	
91.26	0.39	After Hwy. 76 underpass, turn RIGHT before guardrail onto Old Bonsall Bridge	
91.65	0.24	Pass through gate, then turn LEFT up Holly Lane	
91.89	0.33	LEFT on Holly Lane	
92.21	3.31	LEFT on N. River Road	
95.52	0.28	LEFT onto Vandergrift Ave/River Road	
95.8	0.18	LEFT onto College Ave.	
95.98	1.75	After crossing bridge, turn RIGHT through lot to enter SLR Bike Trail.	
97.73	5.54	Bear RIGHT. 1st of 3 bike underpasses: curve under each cross street.	
103.27	0.15	Exit SLR Bike Path onto Neptune. Make immediate right onto N. Cleveland St	
103.41	0.11	Turn RIGHT onto Surfrider Way	
103.52	0.22	LEFT on N. Pacific St.	
103.74	0.00	FINISH: Oceanside Pier. Pier View Way & Pacific Street, Oceanside, CA. (OPEN: +05:34 CLOSE: +11:08) Obtain proof of finish from local business.	