

**BEAR TRAINING FINALE**  
**MT. PALOMAR CLIMB**  
 4,000 ft. climb

To  
 Next Tot  
 Turn Dist.

R	RTE 76 EAST	0	0
L	PAUMA VILLAGE MARKET water stop – rest stop	9.1	9.1
L	RTE 76 EAST Begin ascent 1 mile further, just past fire station, bear left -- 5 mile climb – 8-10 % grades	6.6	15.7
L	PALOMAR GRADE RD Continuous 6.6 mile climb 9- 11% grades	6.8	22.5
L	EAST GRADE/CANFIELD Congratulations	0.1	22.6
L	PALOMAR GEN. STORE Mother's Kitchen Restaurant Rest rooms Turn Around Point		22.6
R	EAST GRADE RD	0.1	22.7
R	PALOMAR GRADE RD (Hang on – "E" ticket ride)	6.8	29.5
R	RTE 76 WEST	6.6	36.1
	Continue descent		36.1
R	PAUMA VILLAGE MARKET water stop - rest stop		36.1
R	RTE 76 WEST	9.1	45.2
L	PALA CASINO F-a- a-n-tastic!! Now eat and gamble		45.2

Questions, Comments,  
 Mike Farrell 949-466-6641

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 www.Bikelrvine.org

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