

	<b>TOUR DE FIVE CITIES SHORT RIDE  25 MILES</b>	<b>Next Turn</b>	<b>Miles</b>
R	Golden Lantern	1.1	1.1
R	Stonehill	1.0	2.1
R	Niguel	0.7	2.8
L	Camino Del Avion	0.6	3.4
R	Crown Valley Pkwy	2.0	5.4
R	Hillhurst – Just before Shopping ctr	0.2	5.6
R	Del Valle – First right	0.1	5.7
L	Del Campo – immed. left	0.4	6.1
R	Niguel (Regroup)	0.2	6.3
L	Marina Hills	1.2	7.5
R	Golden Lantern	2.7	10.2
L	Camino Del Avion Caution Steep Downhill	1.5	11.7
X	Alipaz Str on sidewalk (regroup)	0.1	11.8
R	Onto bike path	0.1	11.9
L	San Juan Creek bike path	1.4	13.3
L	Avenida De La Vista – at end of Bike Path	0.3	13.6
R	La Zanja	1.0	14.6
R	Camino Capistrano – caution, no bike lane thru town	2.5	17.1
R	Stonehill	0.5	17.6
L	Del Obispo / Harbor Dr.	1.2	18.8
L	Golden Lantern / Marina – Turn right into first parking area after road bears left – cross pkng lot to Marina	0.1	18.9
	<b>BREAKFAST AT HARBOR</b>		
R	Harbor Dr.	0.4	19.3
R	Doheny Beach Pk.	1.4	20.7
U	Beach Rd end of park	---	---
RET.	Thru Doheny Park	1.4	22.1
L	Harbor Dr.	0.4	22.5
R	Golden Lantern	0.4	22.9
L	Pac. Coast Hwy.	0.5	23.4
R	Blue Lantern	0.8	24.2
R	Stonehill	0.2	24.4
L	Golden Lantern	0.9	25.5
L	Ladera	---	25.5
	Comments, Mike 949-466-6641		

	<b>TOUR DE FIVE CITIES MEDIUM RIDE</b>	<b>Next Turn</b>	<b>Miles</b>
	<b>33 MILES</b>		
R	Golden Lantern	1.1	1.1
R	Stonehill	1.0	2.1
R	Niguel	0.7	2.8
L	Camino Del Avion	0.6	3.4
R	Crown Valley Pkwy	2.0	5.4
R	Hillhurst	0.2	5.6
R	Del Valle	0.1	5.7
L	Del Campo	0.4	6.1
R	Niguel (Regroup)	0.2	6.3
L	Marina Hills	1.2	7.5
R	Golden Lantern	2.7	10.2
L	Camino Del Avion Caution Steep Downhill	1.5	11.7
X	Alipaz Str on sidewalk (regroup)	0.1	11.8
R	Onto bike path	0.1	11.9
L	San Juan Creek bike path	1.4	13.3
L	Avenida De La Vista	1.3	13.6
R	La Zanja	1.0	14.6
L	Camino Capistrano	0.9	15.5
R	Junipero Serra	0.3	15.8
R	Rancho Viejo	1.3	17.1
X	Ortega Hwy	0.2	17.3
L	Calle Arroyo	0.3	17.6
R	La Novia	0.1	17.7
R	San Juan Creek Rd.	1.1	18.8
L	Camino Capistrano	1.5	20.3
R	Stonehill	0.5	20.8
L	Del Obispo / Harbor Dr.	1.2	22.0
L	Golden Lantern / Marina	---	22.0
	<b>BREAKFAST AT HARBOR</b>		
R	Harbor Dr.	0.4	22.4
R	Doheny Beach Pk.	1.4	24.2
L	Beach Rd.	---	24.2
R	Coast Hwy	1.6	25.8
L	Camino Capistrano	2.0	27.8
L	Palisades	0.4	28.2
X	Coast Hwy Enter Beach Rd	---	28.2
R	Bike Path Thru Doheny	1.4	29.6
L	Harbor Dr.	0.4	30.0
R	Golden Lantern	0.4	30.4
L	Pac. Coast Hwy.	0.5	30.9
R	Blue Lantern	0.8	31.7
R	Stonehill	0.2	31.9
L	Golden Lantern	0.9	32.8
L	Ladera	---	32.8
	Comments, Mike 949-466-6641		

	<b>TOUR DE FIVE CITIES 39 Miles Elev. Gain, 2300ft</b>	<b>Next Turn</b>	<b>TTL Miles</b>
R	Golden Lantern	1.1	1.1
R	Stonehill	0.1	1.2
L	Blue Lantern	0.9	2.1
R	Pacific Coast Hwy.	0.9	3.0
R	Niguel Rd.	1.1	4.1
L	Camino Del Avion	0.6	4.7
R	Crown Valley Pkwy	2.0	6.7
R	Hillhurst	0.2	6.9
R	Del Valle	0.2	7.0
L	Del Campo	0.4	7.4
R	Niguel (Regroup)	0.2	7.6
L	Marina Hills	1.2	8.8
R	Golden Lantern	2.7	11.5
L	Camino Del Avion (Caution, Steep Downhill)	1.5	13.0
X	Alipaz – Str. On Sidewalk (Regroup)	0.1	13.1
R	Onto Bike Path	0.1	13.2
L	San Juan Bike path	1.4	14.6
L	Avenida De la Vista	0.3	14.9
R	La Zanja	0.1	15.0
L	Camino Capistrano	0.9	15.9
R	Junipero Serra	0.3	16.2
R	Rancho Viejo	1.3	17.5
X	Ortega Hwy.	0.2	17.7
L	Calle Arroyo	0.3	18.0
R	La Novia	2.0	20.0
R	Valle	0.2	20.2
L	San Juan Creek	0.1	20.3
L	Camino Capistrano (regroup)	1.5	21.8.
R	Stonehill	0.5	22.3
L	Del Obispo / Harbor Drive	1.2	23.5
L	Golden Lantern / Marina	0.1	23.6
	<b>BREAKFAST AT HARBOR</b>		
R	Dana Harbor Drive	0.4	24.0
R	Doheny Beach Pk	1.3	25.7
L	Beach Rd	---	25.7
R	Coast Hwy	1.6	27.3
L	Camino Capistrano	0.1	27.4
R	Ave Vaquero	1.3	28.7
R	Camino Los Mares	1.8	30.5
U	U turn at dead end – return Camino Los Mares / Estrella	2.1	32.6
R	Camino Capistrano	1.5	34.1
L	Palisades	0.4	34.5
X	Coast Hwy, enter Beach Rd.	---	34.5
R	Bike path – through Doheny	1.4	35.9
L	Harbor Drive	0.4	36.3
R	Golden Lantern	0.4	36.7
L	Pacific Coast Hwy	0.5	37.2
R	Blue Lantern	0.8	38.0
R	Stonehill	0.2	38.2
L	Golden Lantern	0.9	39.0
L	Ladera	---	39.0
	<b>Comments, Mike 949-466-6641</b>		