

DAY 1: SOLSTICE RIDE TO CARLSBAD

		62 Miles	
Dir	@ Miles	2100' CLIMB	Dist
R	0.0	San Diego Creek Pathway UP STREAM to HARVARD	0.6
S	0.6	BARRANCA / MUIRLANDS	9.4
R	10.0	LOS ALISOS	1.1
L	11.1	PASEO DE VALENCIA	2.4
R	13.5	CABOT	1.8
L	15.3	RAPID FALLS RD to:	0.0
R	15.3	Oso Creek Pathway	0.3
R	15.6	FORBES RD to MetroLink	0.8
	16.4	Stairs UNDER Tracks	
R	16.4	CAMINO CAPISTRANO	4.2
R	20.6	DEL OBISPO	3.7
L	24.3	PARK LANTERN / DOHENY BEACH	1.4
	25.7	L/R jog to PCH at PALISADES	2.7
R	28.4	PICO, to signed bike route through SAN CLEMENTE	3.4
L	31.8	AVENIDA SAN LUIS REY	0.1
R	31.9	EL CAMINO REAL	0.5

<<< FOOD / REGROUP STOP: CARLS JR >>>

L	32.4	EL CAMINO REAL	0.2
R	32.6	CHRISTIANOS	0.1
L	32.7	Old 101 Pathway just past SB I-5 ON RAMP	1.1
R	33.8	OLD 101/PACIFIC HWY through SanOnofre St Bch (Water) to Old 101 pathway	7.7
	41.5	Under I-5, then go Right	1.5
L	43.0	LAS PULGAS	0.3
	43.3	CAMP PENDLETON Gate, follow bike route signs	0.5
R	43.8	STUART MESA	6.9
R	50.7	VANDERGRIF	1.9
L	52.6	HARBOR DR, bear left	0.4
L	53.0	PACIFIC ST (New Bridge!)	2.7
L	55.7	CASSIDY	0.1
R	55.8	BROADWAY	0.3
L	56.1	VISTA WAY	0.1
R	56.2	PCH / CARLSBAD BL	5.5
L	61.7	POINSETTIA LANE	0.3
L	62.0	AVE ENCINAS	0.1
R	62.1	RAINTREE DR	0.1

Motel 6 on the left 5257

Questions / Comments

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R	0.0	San Diego Creek Pathway UP STREAM to HARVARD	0.6
S	0.6	BARRANCA / MUIRLANDS	9.4
R	10.0	LOS ALISOS	1.1
L	11.1	PASEO DE VALENCIA	2.4
R	13.5	CABOT	1.8
L	15.3	RAPID FALLS RD to:	0.0
R	15.3	Oso Creek Pathway	0.3
R	15.6	FORBES RD to MetroLink	0.8
	16.4	Stairs UNDER Tracks	
R	16.4	CAMINO CAPISTRANO	4.2
R	20.6	DEL OBISPO	3.7
L	24.3	PARK LANTERN / DOHENY BEACH	1.4
	25.7	L/R jog to PCH at PALISADES	2.7
R	28.4	PICO, to signed bike route through SAN CLEMENTE	3.4
L	31.8	AVENIDA SAN LUIS REY	0.1
R	31.9	EL CAMINO REAL	0.5

<<< FOOD / REGROUP STOP: CARLS JR >>>

L	32.4	EL CAMINO REAL	0.2
R	32.6	CHRISTIANOS	0.1
L	32.7	Old 101 Pathway just past SB I-5 ON RAMP	1.1
R	33.8	OLD 101/PACIFIC HWY through SanOnofre St Bch (Water) to Old 101 pathway	7.7
	41.5	Under I-5, then go Right	1.5
L	43.0	LAS PULGAS	0.3
	43.3	CAMP PENDLETON Gate, follow bike route signs	0.5
R	43.8	STUART MESA	6.9
R	50.7	VANDERGRIF	1.9
L	52.6	HARBOR DR, bear left	0.4
L	53.0	PACIFIC ST (New Bridge!)	2.7
L	55.7	CASSIDY	0.1
R	55.8	BROADWAY	0.3
L	56.1	VISTA WAY	0.1
R	56.2	PCH / CARLSBAD BL	5.5
L	61.7	POINSETTIA LANE	0.3
L	62.0	AVE ENCINAS	0.1
R	62.1	RAINTREE DR	0.1

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SOLSTICE DAY 2: Carlsbad to Irvine

@ 61 Miles

Dir	Miles	FLAT TO HILLY	Dist
R	0.0	RAINTREE DR.	0.1
L	0.1	AVE ENCINAS	0.1
R	0.2	POINSETTIA LANE	0.3
R	0.5	CARLSBAD BL / PCH	5.7
L	6.2	VISTA WAY	0.1
R	6.3	BROADWAY	0.3
L	6.6	CASSIDY	0.1
R	6.7	PACIFIC ST	2.7
R	9.4	HARBOR DR	0.4
R	9.8	VANDERGRIF	1.9
		CAMP PENDLETON Gate, follow bike route signs	
L	11.7	STUART MESA	7.3
L	19.0	LAS PULGAS, Leave Marine Base, jog R	0.3
R	19.3	Old 101 pathway just past RR underpass	1.5
	20.8	Under I-5, through camp ground; past power plant	8.7
L	29.5	Old Hwy 101 pathway	1.1
R	30.6	CHRISTIANOS	0.2
L	30.8	EL CAMINO REAL	0.2

SOLSTICE DAY 2: Carlsbad to Irvine

@ 61 Miles

Dir	Miles	FLAT TO HILLY	Dist
R	0.0	RAINTREE DR.	0.1
L	0.1	AVE ENCINAS	0.1
R	0.2	POINSETTIA LANE	0.3
R	0.5	CARLSBAD BL / PCH	5.7
L	6.2	VISTA WAY	0.1
R	6.3	BROADWAY	0.3
L	6.6	CASSIDY	0.1
R	6.7	PACIFIC ST	2.7
R	9.4	HARBOR DR	0.4
R	9.8	VANDERGRIF	1.9
		CAMP PENDLETON Gate, follow bike route signs	
L	11.7	STUART MESA	7.3
L	19.0	LAS PULGAS, Leave Marine Base, jog R	0.3
R	19.3	Old 101 pathway just past RR underpass	1.5
	20.8	Under I-5, through camp ground; past power plant	8.7
L	29.5	Old Hwy 101 pathway	1.1
R	30.6	CHRISTIANOS	0.2
L	30.8	EL CAMINO REAL	0.2

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R	31.0	EL CAMINO REAL	4.6
to	35.6	COAST HWY	2.5
to	38.1	DOHENY PARK RD	0.4
L	38.5	CAMINO CAPISTRANO	6.4
L	44.9	@ MetroLink Depot RRX	0.0
R	44.9	FORBES RD	0.8
L	45.7	Oso Creek Bike Trail	0.3
R	46.0	CABOT	1.8
L	47.8	PASEO DE VALENCIA	2.4
R	50.2	LOS ALISOS	1.1
L	51.3	MUIRLANDS/BARRANCA	9.4
L	60.7	HARVARD	0.4
R	61.1	CIVIC CENTER PLAZA	0.1

R	31.0	EL CAMINO REAL	4.6
to	35.6	COAST HWY	2.5
to	38.1	DOHENY PARK RD	0.4
L	38.5	CAMINO CAPISTRANO	6.4
L	44.9	@ MetroLink Depot RRX	0.0
R	44.9	FORBES RD	0.8
L	45.7	Oso Creek Bike Trail	0.3
R	46.0	CABOT	1.8
L	47.8	PASEO DE VALENCIA	2.4
R	50.2	LOS ALISOS	1.1
L	51.3	MUIRLANDS/BARRANCA	9.4
L	60.7	HARVARD	0.4
R	61.1	CIVIC CENTER PLAZA	0.1

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