

**SS South Bound** from Laguna Niguel / Mission Viejo Metrolink Station

At	Dir	Type	Notes	For
	↑		Park, Load SAG & walk bike under tracks	0
0	→	R	Turn right onto Camino Capistrano	4.1
4.1	→	R	Turn right onto Del Obispo St	0.2
4.3	→	R	Turn right @ Paseo Adelanto onto <b>Bike Path @ corner</b>	0
4.3	←	L	Turn left down stream on <b>Bike Path</b>	0.5
4.8	→	R	Cross bridge & Turn left downstream on <b>Bike Path</b>	2.4 *
7.2	180°	R	Turn at end of creek back toward bridge	0.1 *
7.3	→	R	Turn right onto Park Lantern over creek	0.1
7.4	→	R	Turn right onto Park Lantern through camp ground	0.3
7.7	→	R	Turn right @ STOP to stay on Park Lantern	0.6
8.3	→	R	Turn right on <b>Bike Path</b> to exit State Beach	0.1
8.4	←	L	Turn left on Beach Rd / Palisades Dr	0
8.5	→	R	Turn right onto Coast Hwy (Shoulder or Cattle Chute)	1.6
10.1	↑		Continue onto N El Camino Real	0.9
11	→	R	Turn right onto Avenida Estacion	
11			<b>Urban Bicycle Outfitters</b> on Right ( <b>Regroup</b> )	*
11	←	L	Turn left to stay on Avenida Estacion	0
11.1	←	BL	Slight left onto Calle Deshecha (Bike Route signs)	0
11.2	→	R	Turn right onto E Avenida Pico	0.1
11.2	←	L	Turn left onto Boca De La Playa	0.1
11.3	↑		@ traffic circle, 1st exit onto Calle Las Bolas	0
11.4	←	L	Slight left onto Calle Sacramento	0.1
11.5	→	R	Slight right onto Avenida Florencia	0.1
11.6	←	L	Turn left onto Avenida Pelayo	0.2
11.8	→	R	Turn right onto Calle Puente	0.5
12.3	→	R	Turn right onto W Avenida Palizada	0.1
12.4	←	L	Turn left onto N Calle Seville	0.3
12.7	↑		Continue onto Avenida Santa Barbara	0.1
12.8	→	R	Turn right onto S Ola Vista	0.1
12.9	←	L	Turn left to stay on S Ola Vista	1.3
14.2	←	L	Turn left onto Avenida Califia	0
14.2	→	R	Turn right onto Avenida Del Presidente	0.3
14.5	←	L	Turn left onto Avenida San Luis Rey over Frwy	0.1
14.6	→	R	Turn right onto S El Camino Real	0.5
15.1	←	L	Turn left @ <b>Carls Jr</b> on Left ( <b>Regroup</b> ) 3929 South El Camino Real, San Clemente <b>(949) 498-5641</b>	*

Lt+= "Double Cross" big intersections www.sellin.com/solstice

**SS South Bound** from Carls JR regroup in San Clemente

At	Dir	Type	Notes	For
15.1	←	L	Turn left onto S El Camino Real from Carls JR	0.3 *
15.4	→	R	Turn right onto Cristianitos Rd	0.1
15.5	←	L	Turn left onto <b>Bike Path</b> ( <i>just past SB 405 on ramp</i> )	1.1
16.6	→	R	Turn right onto Old Pacific Hwy	2.7
19.3	↑		Enter San Onofre State Beach	2.9
22.2			<b>Last Restroom - Last Water for a while!</b>	0.2 *
22.4	↑		Exit State Beach, continue Old Pacic Hwy <b>Bike Path</b>	1.9
24.3	→	R	Slight right onto Old Pacific Hwy	1.5
25.8	←	L	Sharp left onto Las Pulgas Rd	0.3
26.1	↑		Enter Camp Pendleton - <b>ID Check</b>	0.4
26.5	→	R	Turn right onto Stuart Mesa Rd	6.9
33.4	→	R	Turn right onto Vandegrift Blvd	0.5
33.9			<b>McDonalds</b> on Right ( <b>Regroup</b> )	1 *
34.9	↑		Continue onto Harbor Dr - <b>MERGING OFF RAMP!</b>	0.5
35.4	←	L	Turn left to stay on Harbor Dr	0.2
35.6	↑	FR	Forced right <b>Bathroom &amp; diners</b> on Right ( <b>Regroup</b> )	0.1 *
35.7	←	L	Turn left onto N Pacific St @ STOP	1.5
37.2	→	R	Jog right onto Wisconsin Ave	0
37.2	←	L	Jog left to continue on S Pacific St	1.1
38.3	←	L	Turn left onto Cassidy St	0.1
38.4	→	R	Turn right onto Broadway St	-0.1
38.3	←	L	Turn left onto Eaton St	0.6
38.9	→	R	Turn right onto S Coast Hwy / Carlsbad Blvd	1
39.9			<b>Linda's</b> on Right @Carlsbad Village Dr ( <b>Regroup</b> )	0.9 *
40.8	←	L	Turn left onto Tamarack Ave	2.2
43	→	R	Turn right onto El Camino Real	2.7
45.7	←	L++	Turn left onto Faraday Ave	1.7
47.4	↑		Continue onto Park Center Dr @ Melrose Dr	0.9
48.3	→	R	Turn right onto Business Park Dr	0.9
49.2	←	L++	Turn left onto Palomar Airport Rd / San Marcos Blvd	1.6
50.8	→	R	Turn right onto Discovery St	0.1
50.9	→	R	Turn right onto San Pablo Ct	0.1
51	→	R	Turn right to stay on San Pablo Dr	0.4
51.4	→	R	Turn right onto San Marino Dr	0.1
51.5	←	L	Turn left into Lake San Marcos Hotel 1025 La Bonita Drive, Lake San Marcos <b>(760) 744-0120 v-in@3 Social@4:30 Dinner@6</b>	<b>5257</b>

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**SS SUNDAY North Bound** from San Marcos Lake Hotel

AT	Dir	Type	Notes	For
0	→	R	Turn right onto San Marino Dr	0.2
0.2	←	L	Turn left onto San Pablo Dr	0.4
0.6	←	L	Turn left onto San Pablo CT	0.1
0.7	←	L	Turn left onto Discovery ST	0.1
0.8	←	L++	Turn left onto San Marcos Blvd	1.7
2.5	↑		Continue onto Palomar Airport Rd	6.3
8.8	↑		Continue onto Carlsbad Blvd	4
12.8	←	L	Turn left onto Cassidy St	0.2
13	→	R	Turn right onto S Pacific St	1.2
14.2	→	R	Jog right onto Wisconsin Ave	0
14.2	←	L	Jog left to continue on S Pacific St	1.5
15.7	→	R	Turn right toward S Harbor Dr	0.1*
15.8	→	R	Turn right at <b>Joess Crab Shack</b> "Free Parking" tunnel	0
15.8	↑		Continue across parking lot	0.1
15.9	→	R	Turn right on Riverside Dr	0.1
16	↑		Continue onto San Luis Rey Dr	0.1
16.1	↑		Continue onto Carmelo Dr	0.2
16.3	→	R	Turn right onto Harbor Dr	0.2
16.5	↑		<b>CAUTION! OFF RAMP FROM RIGHT!</b>	0.2
16.7	↑		Enter USMC Base - ID Check - STOP!	1.4
18.1	←	L	Turn left onto Stuart Mesa Rd	6.9
25	←	L	Turn left onto Las Pulgas Rd	0.8
25.8	→	R	Sharp right onto Old Pacific Hwy <b>Bike Path</b>	3.3
29.1	↑		Continue through State Beach ( <i>Water/Restrooms</i> )	3.1*
32.2	→	R	Slight right to stay on Old Hwy 101/Old Pacific Hwy	3.9
36.1	→	R	Turn right onto Cristianitos Rd	0.1
36.2	←	L	Turn left onto S El Camino Real ( <i>Carls JR on Right</i> )	4.8
41	↑		Continue onto Coast Hwy	1.7
42.7	←	L	Turn left onto Palisades Dr / Beach Rd	0
42.7	→	R	Turn right onto <b>Bike Path</b> into State Beach	0.1
42.8	→	R	Turn right onto Park Lantern through camp ground	0.9
43.7	←	L	Turn left to stay on Park Lantern	0.1
43.8	←	L	Turn left onto <b>Bike Trail</b> into park	0.1
43.9	180°	L	Turn left 180 degrees to go up stream on creek	2.4*
46.3	→	R	Turn right over <b>Bike Bridge</b>	0
46.3	←	L	Turn left to continue <b>Bike Path</b> up stream	1*
47.3	←	L	Turn left onto Avenida De La Vista	0.9
48.2	→	R	Turn right onto Oso Rd	0
48.2	←	L	Turn left onto Camino Capistrano	2.7
50.9	←	L	Dismount & go under tracks to Metrolink Station	<b>5257</b>

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**South Bound** <http://ridewithgps.com/trips/525699>

- Take Camino Capistrano past the Mission to Del Obispo
- 4.1 Take Del Obispo to San Juan Creek Bike Path to the shore
  - \* 7.2 Bathroom @ 180° turn before going through Doheney
  - 8.5 Coast Hwy: shoulder or baricaded cattle chute option
  - \* 11 Regroup at San Clemente before Bike Route maze
  - \* 15.1 Regroup at Carls Jr - Get water at last restroom in
  - 22.2 San Onofre... Old Hwy Path to Las Pulgas in Pendleton
  - \* 33.9 Regroup at MacDonalds before leaving Pendleton
  - \* 35.6 Regroup for lunch - various choices at Oceanside Harbor
  - \* 39.9 Regroup @ Linda's Yogurt for ice cream
  - 40.8 Turn inland toward Lake San Marcos (rollys!)

**North Bound** <http://ridewithgps.com/trips/525733>

- Drop *quickly* to the coast: watch speed-not warmed up yet!
- 8.8 Head up Coast Hwy through Carlsbad to Oceanside
  - 12.8 Take Cassidy to Pacific to Oceanside Harbor
  - \* 15.7 Oceanside Hrbr: Brunch stop to snack before Pendleton
  - 15.8 Take parkinglot route under tracks @ Joe's Crab Shack up to Harbor Drive by Deltaco/Denny's
  - 16.3 CAUTION- Harbor is like a freeway !
  - 16.7 Enter Camp Pendleton, L@Stuart Mesa, L@Las Pulgas
  - 25.8 Take Old Highway through Pendleton, San Onofre to San Clemente ( Bike Path, camp ground, road)
  - \* 29.1 Restroom/Water in San Onofre State Beach
  - 32.2 Take Bike Path on left before Basilone Rd
  - 36.1 Take Christianitos to El Camino, to Palisades / Beach
  - 42.7 Take Bike Path back into Doheney
  - 42.8 Take Park Lantern back over creek to Bike Path
  - \* 43.9 Upstream on San Juan Creek
  - 46.3 Left after Bike Bridge to continue up stream to end
  - 47.3 Ave Del La Vista to Oso to Camino Capistrano back to Metrolink station where bags will be waiting!



[www.BikeIrvine.org](http://www.BikeIrvine.org) [www.sellin.com/solstice](http://www.sellin.com/solstice)  
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