

At	Dir	Type	Streets (Notes)	For
0.0	↑		Check in & park; Head west to...	0.1
0.1	←	L	Ada	0.1
0.2	←	L	Barranca Pkwy	0.8
1.0	↑	to	Muirlands Blvd	4.6
5.6	→	R	La Paz Rd	0.1
5.7	←	L	Cabot Rd	2.5
8.2	←	L	Rapid Falls - Cabot/Forbes Trail	0.4
8.6	→	R	Forbes Rd	0.7
9.3	←	L	stairs under tracks @ depot	0.1
9.4	→	R	Camino Capistrano	2.6
12.0	→	R	Oso Rd	0.1
12.1	←	L	Avenida De La Vista	0.9
13.0	→	R	Trabuco Creek Trail (down stream)	0.9
13.9	→	R	San Juan Creek Trail (cross bridge)	0.1
14.0	←	L	San Juan Crk Trail (down stream)	2.4
16.4	180°	R	at END (bathroom; back in park to...	0.1
16.5	→	R	Park Lantern (bridge over creek)	0.1
16.6	→	R	Park Lantern (through camp ground)	0.3
16.9	→	R	stay on Park Lantern @ STOP	0.6
17.5	→	R	Bike Path (to exit State Beach)	0.1
17.6	←	L	Beach Rd / Palisades Dr	0.0
17.6	→	R	Coast Hwy (Shoulder or CattleChute)	1.7
19.3	↑	to	N El Camino Real	0.9
20.2	→	R	Avenida Estacion	0.0
20.2			<b>Bicycles San Clemente - free coffee!</b>	*
20.2	←	L	to stay on Avenida Estacion	0.0
20.2	←	BL	Calle Deshecha	0.1
20.3	→	R	E Avenida Pico	0.1
20.4	←	L	Boca De La Playa	0.0
20.4	↑		Calle Las Bolas	0.1
20.5	←	L	Calle Sacramento (Follow	0.2
20.7	→	R	Avenida Florencia Signed	0.1
20.8	←	L	Avenida Pelayo Bike	0.2
21.0	→	R	Calle Puente Route)	0.4
21.4	→	R	W Avenida Palizada	0.2
21.6	←	L	N Calle Seville	0.2
21.8	↑		Avenida Santa Barbara	0.1
21.9	→	R	S Ola Vista	0.8
22.7	←	BL	stay on S Ola Vista	0.6
23.3	←	L	Avenida Califia	0.1
23.4	→	R	Avenida Del Presidente	0.3
23.7	←	L	San Luis Rey (over Frwy)	0.3
23.7	→	R	S El Camino Real	0.3
24.3	↑		<b>Carls Jr on Left (Regroup)</b> 3929 South El Camino Real (949) 498-5641	*

At	Dir	Type	Notes	For
24.3	←	L	S El Camino Real (from Carls JR)	0.2
24.5	→	R	Cristianitos Rd	0.1
24.6	←	L	Bike Path (just past 405 on ramp)	1.1
25.7	→	R	Old Pacific Hwy	2.7
28.4	↑	to	Enter San Onofre State Beach	6.0
34.4			<b>Last Restroom - Last Water</b>	0.2
34.6	↑	to	Exit StateBch, Old Pacic Hwy Trail	1.9
36.5	→	R	stay on Old Pacific Hwy	1.5
38.0	←	L	Las Pulgas Rd	0.3
38.3	↑		Enter USMC Base-ID Check-STOP!	0.4
38.7	→	R	Stuart Mesa Rd	6.9
45.6	→	R	Vandegrift Blvd	2.0
46.2			<b>McDonalds (Water! Regroup)</b>	*
47.1	↑	to	Harbor Dr-MERGING OFF RAMP!	0.5
47.6	←	TL	Harbor Dr (drop down to harbor)	0.2
47.8	→	FR	Bathroom & FOOD (Regroup)	0.1
47.9	←	L	N Pacific St @ STOP	0.2
49.4	→	R	Jog @ Wisconsin Ave	0.0
49.4	←	L	Jog to continue on S Pacific St	1.1
50.5	←	L	Cassidy St under RR Tracks	0.4
50.9	→	R	Broadway St	0.1
51.0	←	L	Eaton St	0.1
51.1	→	R	S Coast Hwy / Carlsbad Blvd	1.0
52.1			<b>Linda's (SE corner Carlsbad Village Dr (Regroup)</b>	*
52.1	←	L	Carlsbad Village Rd	0.4
52.5	←	L	Jefferson St	1.4
53.9	→	R	Marron Rd	0.9
54.8	←	L	El Camino Real (over Freeway)	0.4
55.2	→	R	Vista Way (one big hill!)	1.9
57.1	→	R	College Blvd (under Freeway)	0.1
57.2	→	R	Plaza Dr /	0.5
57.7	↑	to	/ Hacienda Dr	2.4
60.1	←	L	Vista Village (over Freeway)	0.2
60.3	→	R	Lado de Loma Dr	0.4
60.7	←	L	Guajome St	0.2
60.9	→	R	Mercantile St	0.3
61.2	→	R	Pala Vista Dr	0.0
61.2	←	BL	Natal Way	0.1
61.3	↑	to	Postal Way	0.4
61.7	→	R	S Santa Fe Ave	0.6
62.3	→	R	Mar Vista Dr	0.2
62.5	←	R	Mar Vista Dr (not Avacado)	0.3
62.8	←	L	<b>Motel6 just BEFORE 78 Hwy bridge</b> 330 Mar Vista Drive, Vista (760) 726-2900	*

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<http://ridewithgps.com/routes/2322960>

R=Turn Right L=Turn Left (box turn "double cross" big ones!) BL=Bear Left TL=Turn Left @ T to= Continue to...

**SUNDAY North Bound Vista to San Clemente**

www.RideWithGPS.com/trips/525733

AT	Dir	Type	Streets (Notes)	For
0.0	→	R	<b>Mar Vista Dr</b>	0.3
0.3	←	L	<b>Mar Vista (@ Avocado)</b>	0.2
0.5	←	L	<b>S Santa Fe Ave</b>	0.1
0.6			<b>BREAKFAST-(Sunrise Café)</b>	*
0.6	↑	to	<b>Santa Fe Ave (Continue North West)</b>	6.0
6.6	↑	to	<b>San Luis Rey River Trail († Hwy76)</b>	0.0
6.6	↑	BL	<b>San Luis Rey River Trail</b>	0.9
7.5	→	R	<b>Tyler St</b>	0.1
7.6	←	FL	<b>Andrew Jackson St</b>	0.1
7.7	→	R	<b>San Luis Rey River Trail</b>	7.6
15.3	→	R	<b>Trail under RR Tracks toward water</b>	0.0
15.3	→	R	<b>N Pacific St</b>	0.2
15.5	→	R	<b>Harbor Dr</b>	0.0
15.5	←	FL	<b>Harbor Dr (Beach Breaks,Nautical Bean)</b>	*
15.6	→	R	<b>"Free Parking" tunnel (@ Joe's)</b>	0.0
15.6	↑		Continue across parking lot	0.1
15.7	→	R	<b>Riverside Dr</b>	0.1
15.8	↑	to	<b>San Luis Rey Dr</b>	0.1
15.9	↑	to	<b>Carmelo Dr</b>	0.2
16.1	→	R	<b>Harbor Dr</b>	0.2
16.3	↑	!!!	<b>CAUTION! RAMP FROM RIGHT!</b>	0.1
16.4	↑	to	<b>Vandergrift Blvd (Enter Base)</b>	1.5
17.9	←	L	<b>Stuart Mesa Rd</b>	6.9
24.8	←	L	<b>Las Pulgas Rd (Exit USMC Base)</b>	0.7
25.5	→	R	<b>Old Pacific Hwy Bike Path</b>	3.4
28.9	↑		<i>through St Bch (Water/Restrooms)</i>	5.9
34.8	→	BR	<i>Slight right to CROSS @ 90° to</i>	1.0
34.8	↑	to	Crosswalk to <b>Old 101/Old Pac Hwy</b>	0.0
35.8	→	R	<b>Cristianitos Rd</b>	0.2 *
36.0	←	L	<b>S El Camino Real (CarlsJr-Regroup)</b>	4.8

**SUNDAY North from San Clemente to Irvine Station**

AT	Dir	Type	Streets (Notes)	For
40.8	↑	to	<b>Coast Hwy (@ Camino Capistrano)</b>	1.7
42.5	←	L	<b>&lt;- Beach Rd / Palisades -&gt;</b>	0.0
42.5	→	R	<b>Bike Path into State Beach</b>	0.1
42.6	→	R	<b>Park Lantern (through camp ground)</b>	0.9
43.5	←	TL	<i>stay on Park Lantern</i>	0.1
43.6	←	L	<b>Bike Trail into park (Cross Traffic!)</b>	0.1
43.7	180°	L	<b>San Juan Creek Trail (up stream)</b>	2.4
46.1	→	R	Turn right over <b>Bike Bridge</b>	0.0
46.1	←	L	<b>Trabuco Creek Bike Path (up stream)</b>	1.0 *
47.1	←	L	<b>Avenida De La Vista (@ end of trail)</b>	0.9
48.0	→	R	<b>Oso Rd</b>	0.0
48.0	←	L	<b>Camino Capistrano</b>	2.7
50.7	←	L	<b>stairs under tracks @ Station</b>	0.1
50.8	→	R	<b>Forbes Rd</b>	0.7
51.5	←	L	<b>Forbes / Cabot Trail</b>	0.3
51.8	→	R	<b>Cabot Rd</b>	1.7
53.5	←	L	<b>Paseo De Valencia</b>	2.4
55.9	→	R	<b>Aliso Creek Bike Trail</b>	1.1
57.0	←	L	Connector to Los Alisos Blvd	0.0
57.0	→	R	<b>Los Alisos Blvd</b>	0.4
57.4	←	L	<b>Muirlands Blvd</b>	2.9
60.3	↑	to	<b>Barranca Pkwy (@ Alton)</b>	0.7
61.0	→	R	<i>Irvine Station</i>	0.0
61.0	→	R	<b>Parkinglot at Irvine Station</b>	###

L= Left (remember Box-Turn/"Double Cross')

180° Hairpin or U-Turn

FL= Forced Left turn

TL= Left at 'T' intersection

RT= Right at 'T' intersection

!!!- Caution! Be extra alert for noted hazard

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www.sellin.com/solstice

**LOOP Ride** to Oceanside to Carlsbad & back... (Saturday: hook up with tourists on way in, Sunday: Breakfast at Sunrise Café !)

<http://ridewithgps.com/routes/2543464>

AT	Dir	Type	Streets (Notes)	For
0.0	→	R	<b>Mar Vista Dr</b>	0.3
0.3	←	L	<b>Mar Vista (@ Avocado)</b>	0.2
0.5	←	L	<b>S Santa Fe Ave</b>	0.1
0.6			<b>BREAKFAST-(Sunrise Café)</b> *	
0.6	↑	to	<b>S Santa Fe Ave / N Santa Fe Ave</b>	6.0
6.6	↑	to	<b>San Luis Rey River Trail († Hwy76)</b>	0.0
6.6	↑	BL	<b>San Luis Rey River Trail</b>	0.9
7.5	→	R	<b>Tyler St</b>	0.1
7.6	←	FL	<b>Andrew Jackson St</b>	0.1
7.7	→	R	<b>San Luis Rey River Trail</b>	7.6
15.3	→	R	<b>Trail under RR Tracks toward water</b>	0.0
15.3	→	R	<b>N Pacific St (over water)</b>	0.2
15.5	→	R	<b>Harbor Dr</b>	0.0
15.6	←	FL	<b>Harbor Dr (Beach Breaks, Nautical Bean)</b> *	
15.7	→	R	<b>Harbor Dr (Return South)</b>	0.0
15.7	→	FR	<b>Harbor Dr</b>	0.1
15.8	←	L	<b>N Pacific St @ STOP</b>	1.5
17.3	→	R	<b>Jog @ Wisconsin Ave</b>	0.0
17.3	←	L	<b>Jog to continue on S Pacific St</b>	1.2
18.5	←	L	<b>Cassidy St under bridge</b>	0.1
18.6	→	R	<b>Broadway St</b>	0.4
19.0	←	L	<b>Eaton St</b>	0.1
19.1	→	R	<b>S Coast Hwy / Carlsbad Blvd</b>	1.0
20.1			<b>Linda's Yogurt (SE Cmr PCH &amp; Carlsbad Village Dr)</b> * <i>Exit on Carlsbad Village north...</i>	

or if you skip regroup, turn left on  
Carlsbad Village Rd from Coast Hwy

AT	Dir	Type	Streets (Notes)	For
20.1	←	††	<b>Carlsbad Village Rd</b>	0.4
20.5	←	L	<b>Jefferson St</b>	1.5
22.0	→	R	<b>Marron Rd</b>	0.9
22.9	←	L	<b>El Camino Real (over Freeway)</b>	0.4 *
23.3	→	R	<b>Vista Way (one big hill!)</b>	1.9
25.2	→	R	<b>College Blvd (under Freeway)</b>	0.1
25.3	→	R	<b>Plaza Dr /</b>	0.5
25.8	↑	to	<b>/ Hacienda Dr</b>	2.4
28.2	←	L	<b>Vista Village (over Freeway)</b>	0.2
28.4	→	R	<b>Lado de Loma Dr</b>	0.4
28.8	←	L	<b>Guajome St</b>	0.1
28.9	→	R	<b>Mercantile St</b>	0.4
29.3	→	R	<b>Pala Vista Dr</b>	0.0
29.3	←	BL	<b>Natal Way</b>	0.1 *
29.4	↑	to	<b>Postal Way</b>	0.3
29.7	→	R	<b>S Santa Fe Ave</b>	0.7
30.4	→	R	<b>Mar Vista Dr</b>	0.2
30.6	←	R	<b>Mar Vista Dr @ Presley Pl</b>	0.3
30.9	←	L	<b>Motel6 just BEFORE 78 Hwy bridge</b> 330 Mar Vista Drive, Vista <b>(760) 726-2900</b>	

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††=Left; consider 'Double Cross' Box Turn

FL =Forced Left

BL =Bear Left

FR =Forced Right



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

**LOOP Ride** to Oceanside to Carlsbad & back...

**VERY HILLY RETURN !** [www.ridewithgps.com/routes/2322820](http://www.ridewithgps.com/routes/2322820)

AT	Dir	Type	Streets (Notes)	For
0.0	→	R	<b>Mar Vista Dr</b> (from Motel)	0.3
0.3	←	L	<b>Mar Vista</b> (@ Avocado)	0.2
0.5	←	L	<b>Phillips St</b> (skip breakfast)	1.5
2.0	→	R	<b>Lado De Loma Dr</b>	0.6
2.6	→	R	<b>Guajome St</b>	0.2
2.8	←	††	<b>S Santa Fe Ave</b>	4.8
7.6	↑		<b>San Luis Rey River Trail</b> († Hwy76)	0.0 *
7.6	↑	BL	<b>San Luis Rey River Trail</b>	1.0
8.6	→	R	<b>Tyler St</b>	0.0
8.6	←	FL	<b>Andrew Jackson St</b>	0.1
8.7	→	R	<b>San Luis Rey River Trail</b>	5.3
14.0	→	BR	<b>San Luis Rey River Trail</b>	2.2
16.2	→	R	<b>Trail under RR Tracks toward harbor</b>	0.1
16.3	→	R	<b>N Pacific St</b> (toward harbor)	0.2
16.5	→	R	<b>Harbor Dr</b>	0.0
16.5	←	FL	<b>Harbor Dr</b> (Beach Breaks,Nautical Bean)	*
16.6	→	R	<b>Harbor Dr</b> (Return South)	0.1
16.7	→	FR	<b>Harbor Dr</b>	0.1
16.8	←	L	<b>N Pacific St @ STOP</b>	1.5
18.3	→	R	<b>Jog @ Wisconsin Ave</b>	0.0
18.3	←	L	<b>Jog to continue on S Pacific St</b>	1.1
19.4	←	L	<b>Cassidy St</b>	0.4
19.8	→	R	<b>Broadway St</b>	0.1
19.9	←	L	<b>Eaton St</b>	0.1
20.0	→	R	<b>S Coast Hwy / Carlsbad Blvd</b>	1.0
21.0			<b>Linda's</b> (SE corner Carlsbad Village Dr (Regroup))	*
21.0	←	††	<b>Carlsbad Village Rd</b> (Proceed Inlan	4.0
25.0	←	††	<b>College</b>	0.8
25.8	→	R	<b>&lt;= Marron Rd / Lake Blvd =&gt;</b>	2.5
28.3	←	††	<b>Cannon Rd</b>	0.2
28.5	→	R	<b>S Melrose Dr</b>	0.5
29.0	←	††	<b>Buena Vista</b>	0.6
29.6	→	R	<b>Mar Vista</b>	1.3
30.9	→	R	into Motel just past 78 Hwy 330 Mar Vista Drive, Vista <b>(760) 726-2900</b>	

†† =Left;consider 'Double Cross' Box Turn

FL =Forced Left

BL =Bear Left

FR =Forced Right

**Loop Ride Sunday AM** with Breakfast at Sunrise Café !

**VERY HILLY RETURN !**

AT	Dir	Type	Streets (Notes)	For
0.0	→	R	<b>Mar Vista Dr</b> (from Motel)	0.3
0.3	←	L	<b>Mar Vista</b> (@ Avocado)	0.5
0.5	←	L	<b>S Santa Fe Ave</b>	0.1
0.6			<b>BREAKFAST-(Sunrise Café)</b>	*
0.6	←	L	<b>S Santa Fe Ave</b> (Return)	0.1
0.7	→	R	<b>Mar Vista Dr</b> (back toward Motel)	0.1
0.8	→	R	<b>Phillips St</b> (1st right)	1.5
2.3	→	R	<b>Lado De Loma Dr</b>	0.6
2.9	→	R	<b>Guajome St</b>	0.2
3.1	←	††	<b>S Santa Fe Ave</b>	4.8
7.9	↑		<b>San Luis Rey River Trail</b> († Hwy76)	0.0 *
7.9	↑	BL	<b>San Luis Rey River Trail</b>	1.0
8.9	→	R	<b>Tyler St</b>	0.0
8.9	←	FL	<b>Andrew Jackson St</b>	0.1
9.0	→	R	<b>San Luis Rey River Trail</b>	5.3
14.3	→	BR	<b>San Luis Rey River Trail</b>	2.2
16.5	→	R	<b>Trail under RR Tracks toward harbor</b>	0.1
16.6	→	R	<b>N Pacific St</b> (toward harbor)	0.2
16.8	→	R	<b>Harbor Dr</b>	0.0
16.8	←	FL	<b>Harbor Dr</b> (Beach Breaks,Nautical Bean)	*
16.9	→	R	<b>Harbor Dr</b> (Return South)	0.1
17.0	→	FR	<b>Harbor Dr</b>	0.1
17.1	←	L	<b>N Pacific St @ STOP</b>	1.5
18.6	→	R	<b>Jog @ Wisconsin Ave</b>	0.0
18.6	←	L	<b>Jog to continue on S Pacific St</b>	1.1
19.7	←	L	<b>Cassidy St</b>	0.4
20.1	→	R	<b>Broadway St</b>	0.1
20.2	←	L	<b>Eaton St</b>	0.1
20.3	→	R	<b>S Coast Hwy / Carlsbad Blvd</b>	1.0
21.3			<b>Linda's</b> (SE corner Carlsbad Village Dr (Regroup))	*
21.3	←	††	<b>Carlsbad Village Rd</b> (Proceed Inlan	4.0
25.3	←	††	<b>College</b>	0.8
26.1	→	R	<b>&lt;= Marron Rd / Lake Blvd =&gt;</b>	2.5
28.6	←	††	<b>Cannon Rd</b>	0.2
28.8	→	R	<b>S Melrose Dr</b>	0.5
29.3	←	††	<b>Buena Vista</b>	0.6
29.9	→	R	<b>Mar Vista</b>	1.3
31.2	→	R	into Motel just past 78 Hwy 330 Mar Vista Drive, Vista <b>(760) 726-2900</b>	