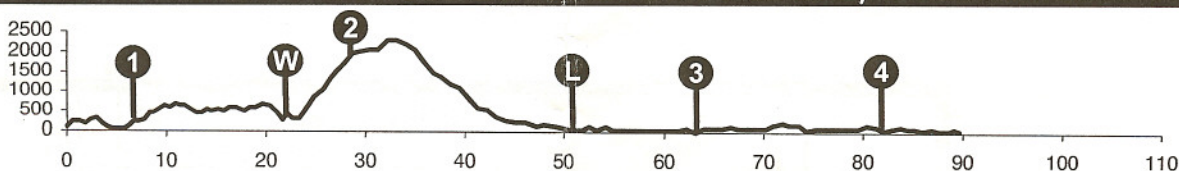




DAY 1 - SAN FRANCISCO to SANTA CRUZ, 89.9 miles



- 0.0 **L** Out of Cow Palace - Gate 5 Geneva @ Calgary
- 0.3 Begin climbing
- 1.5 **L** Alemany Blvd
- 2.3 **R** Sickles
- 2.5 **Straight** to enter Sagamore
- 2.8 **Bear right** Brotherhood Way
- 4.0 **L** Lake Merced
- 4.5 **Bear right** Road becomes John Muir Drive along Lake Merced
- 5.6 **L** Skyline Blvd. Hwy 35 (start ½ mile climb)
- 6.8 **R** Olympic Way Into:

Rest stop 1 - Mile 6.8

John Daly Blvd, Daly City

Rest stop hours: 6:30am - 9:00am

- 7.3 **R** Skyline Blvd. Hwy 35 (start ½ mile climb)
- 14.7 **Enter I-280 Entrance** USE EXTREME CAUTION
- 15.4 **Enter I-280 Please stay single file**
- 15.7 **Exit Larkspur Drive Exit**
- 15.9 **R** At end of ramp to cross under Hwy 280
- 15.9 **R** Hillcrest Ave/Skyline Blvd
- 16.7 **R** Vallejo
- 17.3 **R** Hunt
- 17.5 **R** Trousdale
- 17.6 **L** Skyline Blvd/Hwy 35
- 20.4 **R** Hayne/Golf Course Lane
- 20.6 **L** Skyline Blvd
- 22.0 **R** Into:

Water stop - Mile 22.0

Crystal Spring Reservoir Vista Point

Rest stop hours: 7:00am - 10:30am

- 22.0 **R** Out of water stop continue of Skyline Blvd
- 23.4 **R** CA92 - Hwy 35 to Half Moon Bay
HEAVY TRAFFIC USE EXTREME CAUTION!
(Begin 9.9 mile climb)
- 25.4 **L** Skyline Blvd/Hwy 35
- 29.7 **R** Into:

Water stop: Mile 22.0

Crystal Spring Reservoir Vista Point

Rest stop hours: 7:00am - 10:30am

- 29.7 **R** Out of rest stop continue on Skyline Blvd
- 36.9 **Bear right** SR84 West towards La Honda
CAUTION SEQUOIA CENTURY RIDERS ON SAME ROUTE
FOR NEXT 6.8 MILES
- 37.0 **R** SR84
CAUTION CONTROL SPEED ON DOWNHILL
- 43.7 **Continue straight** on SR84
CAUTION SC RIDERS TURNING LEFT ON PESCADERO
- 51.9 **L** Hwy 1
CAUTION CROSS TRAFFIC DOES NOT STOP
- 52.0 **R** Into:

Lunch - Mile 52.0

San Gregorio State Beach

Lunch hours: 9:00am - 3:00pm

- 52.1 **R** Out of lunch to continue S on Hwy 1
HEAVY TRAFFIC USE EXTREME CAUTION
- 62.0 CAUTION SC RIDERS ON SAME ROUTE 16.9 MILES
- 72.0 **R** Into

Rest stop 3 - Mile 72.0

Greyhound Rock Public Fishing Access

Rest stop hours: 10:00am - 4:30pm

- 72.1 **R** Out of rest stop to continue S on Hwy 1
- 84.7 **R** Into

Rest stop 4 - Mile 84.7

Wilder Ranch State Park

Rest stop hours: 11:00am - 6:30pm

- 85.0 Return to Wilder Ranch entrance
- 85.1 **R** Hwy 1 CAUTION HEAVY TRAFFIC
- 87.9 **R** Bay
- 88.2 **L** California
CAUTION CROSS TRAFFIC DOES NOT STOP
- 88.8 **Verge left** Chestnut Street Extension
- 89.0 **L** Mission
- 89.0 **R** Highland
- 89.1 **R** High CAUTION ROAD NOT PAVED
- 89.2 **L** To enter bike path at end of High
- 89.4 **R** Coral
- 89.7 **L** Harvey West Blvd
- 89.9 **L** Into:

Camp 1 - Harvey West Park Ball Field

Welcome to Camp 1!!

Route closes at 7:00pm

Remember to eat, drink & stretch

Total miles traveled: 89.9 (16.5% of total route)

Miles to go: 466.9 (83.9% of total route)

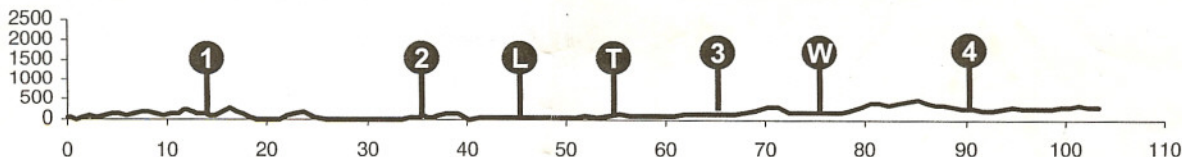
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- Always ride single file
- No drafting at anytime
- Pass only on the left & always call out "on your left"
- Always wear a helmet
- Never wear headphones, use a cell phone, radio or walkie-talkie while riding

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DAY 2 - SANTA CRUZ to KING CITY, 105.4 miles



0.0 **R** Out of bike parking onto Harvey West Blvd

0.1 **L** Sylvania

0.2 **R** Encinal

0.3 CAUTION RAILROAD TRACKS

0.3 **R** River St CAUTION HEAVY TRAFFIC

0.8 **R** N Pacific

0.9 **L** Water/Mission

2.0 **R** Seabright

2.1 **L** Soquel Ave CAUTION HEAVY TRAFFIC MERGING

9.7 **R** To continue on Soquel

10.6 **R** Freedom

10.9 **L** Bonita

11.8 **R** San Andreas

13.7 **R** Seawind into:

Rest stop 1 – Mile 13.7

Manresa State Beach

Rest stop hours: 7:00am – 10:30am

13.7 **R** Out of rest stop to continue on San Andreas

18.9 **L** Beach CAUTION CROSS TRAFFIC DOES NOT STOP

19.1 **R** Thurwacher – becomes McGowan Rd

20.2 **R** Trafton (at the T)

21.7 **L** Bluff Rd

22.5 **L** Jensen Rd

23.3 **R** Hwy 1/Cabrillo Hwy CAUTION HEAVY TRAFFIC

28.8 **R** Molera Rd

33.9 **L** Del Monte Blvd/Neponset

36.2 **L** Beach Rd

36.7 **R** DeForest into:

Rest stop 2 – Mile 36.7

Windy Hill Park at DeForest & Beach

Rest stop hours: 8:00am – 12:00pm

36.7 **L** Out of rest stop to continue on DeForest Rd

37.2 **L** Reservation Rd/G17
CAUTION HEAVY TRAFFIC

39.6 **L** Blanco Rd

43.0 **L** Davis CAUTION HEAVY TRAFFIC

44.2 **R** Central

44.7 **L** Nacional

44.8 **R** Park

44.9 **X** Villa CAUTION CROSS TRAFFIC DOES NOT STOP

45.0 **R** Into:

Lunch – Mile 45.0

Central Park, Salinas

Lunch hours: 9:00am – 2:00pm

45.0 **R** Out of lunch to continue on Park St

45.0 **R** Homestead

45.6 **R** Iverson

46.2 **L** Woodside Drive

46.2 **Continue left** on Woodside Drive

46.4 **R** Riker CAUTION CROSS TRAFFIC DOES NOT STOP

46.6 **L** Blanco Rd

46.8 **R** S Main St/CA68

CAUTION HEAVY CROSS TRAFFIC DOES NOT STOP

49.3 **R** Exit to River/Reservation Rd

49.5 **L** River Rd

54.6 **Into:**

Toilet stop – Mile 54.6

Buena Vista School (no services)

52.1 **R** Out of toilet stop to continue S on River Rd

58.6 **R** River Rd/G17

65.3 **L** Into

Rest stop 3 – Mile 65.3

Pessagno Winery

Rest stop hours: 10:00am – 4:00pm

65.3 **L** Out of rest stop to continue on River Rd

66.0 **R** Towards Mission Soledad to stay on River Rd/G17

74.8 **Bear left** Mission

75.2 **Bear right** Ft. Romie

75.3 **R** Into:

Water stop – Mile 75.3

Mission La Soledad

Water stop hours: 11:00am – 6:30pm

75.6 **R** Out of water stop to continue on Ft. Romie

77.1 **R** Arroyo Seco
CAUTION CROSS TRAFFIC DOES NOT STOP

77.2 **L** Arroyo Seco

85.0 **L** Elm (left at Y)

90.7 **R** Into

Rest stop 4 – Mile 90.7

Holy Trinity Church

Rest stop hours: 12:00pm – 6:00pm

90.7 **R** Out of rest stop to continue on Elm

93.6 **R** Metz Rd/G15

103.1 **R** San Antonio CAUTION RAILROAD TRACKS

104.7 **R** Broadway to enter San Lorenzo Park

105.4 **L** Into:

Camp 2 – San Lorenzo County Park

Welcome to Camp 2!!

Route closes at 7:00pm

Remember to eat, drink & stretch

Total miles traveled: 195.3 (35.1% of total route)

Miles to go: 361.5 (64.9% of total route)

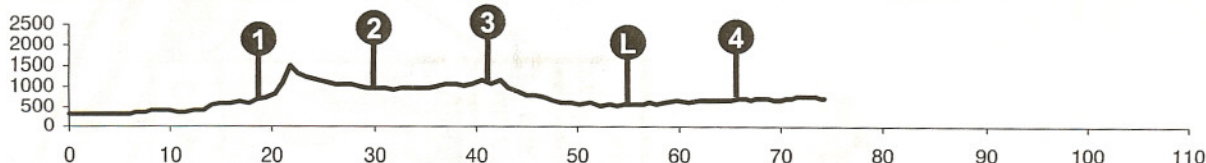
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DAY 3 - KING CITY to PASO ROBLES, 77.3 miles



0.0 Out of bike parking – return to the entrance and cross Broadway

0.7 **R** Canal

1.0 **L** Division

1.7 **R** S 1st St/G15

CAUTION CROSS TRAFFIC DOES NOT STOP

2.6 **Bear left** Mesa Verde (unmarked) @ John Gill Ranch
Sign CAUTION ROUGH PAVEMENT

5.0 **L** Wild Horse Rd, Cross under 101

5.2 **R** Cattleman

10.8 **R** Rt 198

12.4 **R** Oasis Rd

17.9 **L** Jolon Rd/G14

CAUTION CROSS TRAFFIC DOES NOT STOP

18.9 **R** Into:

Rest stop 1 – Mile 18.9

Salinan Nation Cultural Center

Rest stop hours: 7:00am – 10:30am

18.9 **R** Out of rest stop to continue on Jolon Rd

21.2 **QUADBUSTER** (1.3 mile climb)

30.0 **R** Into:

Rest stop 2 – Mile 30.0

St Luke's Episcopal Church

Rest stop hours: 8:00am – 12:30pm

30.0 **R** Out of rest stop to continue on Jolon Rd

42.3 **R** Into:

Rest stop 3 – Mile 42.3

Pleyto Plaza Store

Rest stop hours: 9:00am – 2:30pm

42.3 **R** Out of rest stop to continue on Jolon Rd

51.5 **R** Enter 101 S

USE EXTREME CAUTION

CYCLISTS MUST RIDE SINGLE FILE

DO NOT PASS WHILE ON 101

52.6 **Exit 101 at Bradley exit #251**

52.8 **L** Bradley Rd/Stonesfer

52.9 **R** To continue on Bradley Rd

54.0 **L** Into:

Lunch – Mile 54.0

Bradley

Lunch hours: 10:00am – 4:30pm

54.0 **R** Out of lunch to continue on Bradley Rd

59.5 **Straight** to Enter 101

USE EXTREME CAUTION

CYCLISTS MUST RIDE SINGLE FILE

DO NOT PASS WHILE ON 101

60.4 **Exit 101 at Camp Roberts**

60.7 **Straight** to Enter 101

USE EXTREME CAUTION

CYCLISTS MUST RIDE SINGLE FILE

DO NOT PASS WHILE ON 101

62.9 **Exit 101 at #241B**

63.2 **Straight** to enter 101

USE EXTREME CAUTION

CYCLISTS MUST RIDE SINGLE FILE

DO NOT PASS WHILE ON 101

63.4 **Exit 101** at Mission St exit #241A towards San Miguel

63.5 **L** Mission St (not marked) – cross under 101

65.8 **R** Into:

Rest stop 4 – Mile 65.8

Mission San Miguel

Rest stop hours: 11:00am – 6:00pm

65.9 **L** Out of rest stop to double back on Mission St

66.4 **R** 14th St/River Rd

71.3 **R** Wellsona Rd (at T)

71.4 **L** At bend becomes River Rd

76.4 **R** Creston CAUTION HEAVY TRAFFIC

76.6 **R** Riverside Ave

77.2 **R** Gregory

77.3 **L** Into:

Camp 3 – Paso Robles Fairgrounds

Welcome to Camp 3!!

Route closes at 7:00pm

Remember to eat, drink & stretch

Total miles traveled: 272.6 (49.0% of total route)

Miles to go: 284.2 (51.0% of total route)

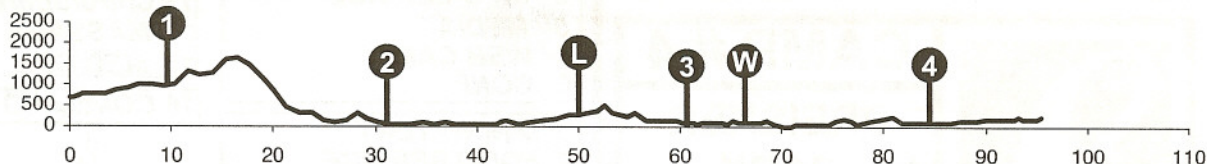
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DAY 4 - PASO ROBLES to SANTA MARIA, 94.7 miles



- 0.0 **R** Out of bike parking onto Gregory
- 0.1 **L** Riverside
CAUTION CROSS TRAFFIC DOES NOT STOP
- 0.9 **R** 10th St CAUTION RAILROAD CROSSING
- 1.2 **L** Vine St CAUTION CROSS TRAFFIC DOES NOT STOP
- 3.7 **R** CA 46 West
- 9.7 **R** Into:

Rest stop 1 – Mile 9.7

Jack Creek Farms

Rest stop hours: 7:00am – 10:30am

- 9.7 **R** Out of rest stop to continue on CA46
- 9.9 Begin Evil Twin #1
- 14.6 Begin Evil Twin #2 (1.8 mile climb)
- 16.5 CAUTION WATCH SPEED ON DOWNHILL
- 17.2 **HALF WAY TO LA**
- 25.5 **L** Hwy 1 CAUTION CROSS TRAFFIC DOES NOT STOP
- 33.3 **R** Into:

Rest stop 2 – Mile 33.3

CALTRANS Pullout – West side Hwy 1

Rest stop hours: 8:00am – 12:30pm

- 33.3 **R** Out of rest stop to continue on Hwy 1
- 35.0 **R** N Ocean Ave (towards Cayucos)
- 36.7 **Straight** to enter Hwy 1 S
- 41.3 **Exit** Hwy 1 at Atascadero/CA 41 East
- 41.5 **Straight** to enter bike path after crossing CA 41
CAUTION CROSS TRAFFIC DOES NOT STOP
- 41.8 **Bear right** to continue on bike path
- 42.1 **Straight** Quintana Rd
- 42.8 **Bear left** to stay on Quintana (after Morro Bay Blvd)
CAUTION HEAVY TRAFFIC DOES NOT STOP
- 44.8 **R** Hwy 149
- 49.1 **R** Education – Cuesta College Rd
- 49.2 **L** Romauldo/Cuesta College Rd
- 49.5 **R** Into:

Lunch – Mile 49.5

Cuesta College Parking Lot 1

Rest stop hours: 9:00am – 2:30pm

- 49.5 **R** Out of lunch to continue on Romauldo/Cuesta College Rd
- 49.6 **R** Hollister (at T) (road no marked)
CAUTION CROSS TRAFFIC DOES NOT STOP
- 49.6 **R** Colusa
- 50.1 **L** Towards O'Connor Way (road not marked)
- 50.3 **L** At 1541 Blue Building (road not marked)
- 50.5 **Exit** Camp San Luis Obispo Military Reservation
- 53.7 **R** Foothill Blvd
CAUTION HEAVY TRAFFIC DOES NOT STOP
- 54.2 **L** Los Osos Valley Rd towards 101
- 57.4 **R** S Higuera St (at T)
- 59.1 **R** Ontario Rd

- 61.2 **R** Into:

Rest stop 3 – Mile 61.2

PG&E Community Center

Rest stop hours: 10:30am – 4:30pm

- 61.3 **R** Out of rest stop to continue on Ontario Rd
- 62.2 **L** Avila Beach Rd
- 62.5 **R** Shell Beach Rd (becomes Price St)
- 66.5 **R** Dolliver (Hwy 1/Cabrillo Hwy)
- 66.8 **R** Pismo Rd
- 66.9 **R** Into:

Water stop – Mile 66.9

Edgewater Hotel Lot

Water stop hours: 11:00am – 5:00pm

- 66.9 **L** Out of water stop to continue on Pismo Rd
- 67.0 **R** Dolliver/Hwy 1 (PCH)
- 70.5 **Bear left** to stay on Hwy 1
- 72.2 **R** Valley/Cabrillo/Mesa View Dr/Hwy 1 towards Guadalupe
- 77.3 **Bear right** Guadalupe Rd/Hwy 1
- 82.7 **R** 11th St
- 82.8 **R** Into:

Rest stop 4 – Mile 82.8

LeRoy Park

Rest stop hours: 11:30am – 6:00pm

- 82.8 **L** Out of rest stop to return to 11th St
- 82.9 **R** Guadalupe/Hwy 1
- 84.0 **L** Rt 166/Main St
- 85.0 CAUTION RAILROAD TRACKS
- 91.1 **R** Western Ave
- 91.2 **L** Church
- 91.4 CAUTION CROSS TRAFFIC DOES NOT STOP
- 91.6 **L** Depot (becomes Railroad)
CAUTION CROSS TRAFFIC DOES NOT STOP
- 92.1 CAUTION CROSS TRAFFIC DOES NOT STOP
- 94.1 **R** Hidden Pines
- 94.6 **R** Preisker Lane
CAUTION CROSS TRAFFIC DOES NOT STOP
- 94.7 **R** Into:

Camp 4 – Preisker Park, Santa Maria

Welcome to Camp 4!!

Route closes at 7:00pm

Remember to eat, drink & stretch

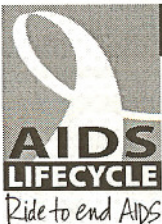
Total miles traveled: 367.3 (66.0% of total route)

Miles to go: 189.5 (34.0% of total route)

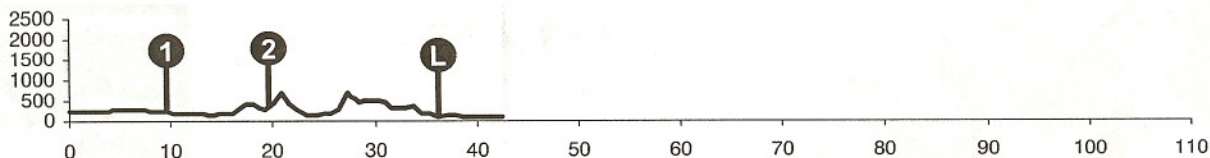
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DAY 5 - SANTA MARIA to LOMPOC, 42.5 miles



- 0.0 **R** Out of bike parking onto Preisker Lane
- 0.4 **R** Broadway CAUTION HEAVY TRAFFIC
- 1.2 **L** Donovan
- 1.8 **R** College
- 3.2 **L** Jones/Boone
CAUTION CROSS TRAFFIC DOES NOT STOP
- 4.1 **R** Suey (road not marked)
- 4.6 **Bear right**
- 6.1 **R** Betteravia
CAUTION CROSS TRAFFIC DOES NOT STOP
- 8.5 **R** Thornburg
- 9.2 **L** W Battles
- 9.4 **R** Into:

Rest stop 1 – Mile 9.4

Minami Park Parking Lot

Rest stop hours: 7:00am – 10:00am

- 9.4 **R** Out of rest stop to continue on W Battles
- 9.5 **R** Depot CAUTION CROSS TRAFFIC DOES NOT STOP
- 9.9 **L** Stowell
- 10.0 CAUTION RAILROAD TRACKS
- 10.8 CAUTION RAILROAD TRACKS
- 12.5 **L** Black (at T)
CAUTION CROSS TRAFFIC DOES NOT STOP
- 12.8 CAUTION RAILROAD TRACKS
- 14.6 **R** At T stay on Black
- 16.2 Start 1.6m climb
- 20.4 **R** Point Sal Rd into Casmalia
- 21.0 **R** Into:

Rest stop 2 – Mile 33.3

Winifred Wollam School

Rest stop hours: 8:00am – 12:00pm

- 21.0 **L** Out of rest stop to return to Point Sal Rd
- 21.7 **R** Lompoc Casmalia (begin 1.4m climb)
- 23.4 CAUTION CONTROL SPEED ON DOWNHILL
- 25.3 **L** San Antonio Rd (towards Lompoc)
- 25.5 **L** To continue on San Antonio Rd
CAUTION CROSS TRAFFIC DOES NOT STOP
- 28.1 **R** Hwy 1
- 29.4 **R** Firefighter Rd
- 30.3 **L** Corral/Punch Bowl Lake
- 30.5 **L** To remain on Lompoc-Casmalia (at Utah gate)
- 35.9 **Exit** Constellation Rd/Vandenberg Village
- 35.9 **L** Constellation Rd
- 36.1 **R** Into White Oaks Hotel at 3769 Constellation Way
- 36.1 **Straight** into:

Lunch – Mile 36.1

White Oaks Hotel

Lunch hours: 9:00am – 3:00pm

- 36.1 **L** To continue through hotel parking lot
- 36.1 **R** Out of hotel parking lot onto Apollo Way
- 36.2 **L** Constellation Way
- 36.2 **L** To enter Hwy 1 S CAUTION HEAVY TRAFFIC
- 37.8 **Straight** Purisma Rd towards Buelton
DO NOT FOLLOW HWY 1
- 40.2 **R** Mission Gate Rd
- 40.7 **R** Hwy 246/Buelton Lompoc Rd
CAUTION CROSS TRAFFIC DOES NOT STOP
- 42.0 **R** River Park Rd/Sweeney Rd
CAUTION SPEED BUMPS
- 42.5 **L** Into:

Camp 5 – River Park, Lompoc

Welcome to Camp 5!!

Route closes at 3:00pm

Remember to eat, drink & stretch

Total miles traveled: 409.8 (73.6% of total route)

Miles to go: 147.0 (26.4% of total route)

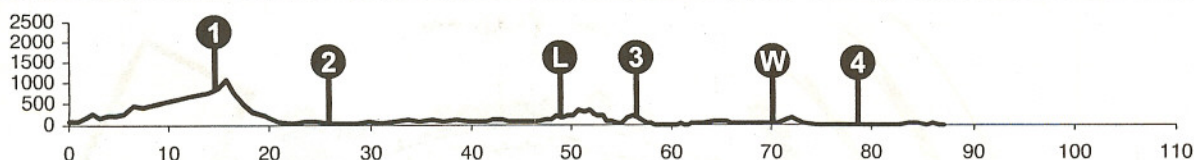
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- No drafting at anytime
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- Always wear a helmet
- Never wear headphones, use a cell phone, radio or walkie-talkie while riding

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DAY 6 - LOMPOC to VENTURA, 85.5 miles



- 0.0 Return to River Park Campground entrance
- 0.3 **R** Hwy 246 CAUTION HEAVY TRAFFIC
- 0.7 **L** Hwy 1
- 2.4 CAUTION CONTROL SPEED ON DOWNHILL
- 15.1 **R** Into:

Rest stop 1 - Mile 15.1

Caltrans Property

Rest stop hours: 7:00am - 10:30am

- 15.1 **R** Out of rest stop to continue south on Hwy 1
- 16.0 CAUTION CONTROL SPEED ON DOWNHILL
- 18.3 **L** Enter on ramp for Hwy 101 South
USE EXTREME CAUTION
CYCLISTS MUST RIDE SINGLE FILE
DO NOT PASS ON 101
- 18.6 **Enter** 101 South
FOR THE NEXT 20 MILES YOU WILL BE ON THE 101
FREEWAY SHOULDER - USE EXTREME CAUTION
TAKE EXTRA CARE CROSSING ON/OFF RAMP
- 20.2 CAUTION NARROW BRIDGE
- 22.1 **Exit** Mariposa Reina (road not marked)
- 22.3 **Enter** Hwy 101 South
- 25.9 **R** Exit 101 at Hwy 16 into:

Rest stop 2 - Mile 25.9

Vista Point

Rest stop hours: 8:30am - 12:00pm

ROUTE IS CLOSED FROM HERE ONWARDS UNTIL 9AM
IF YOU ARRIVE BEFORE 9AM YOU WILL REMAIN HERE
UNTIL CHP RELEASES THE CYCLISTS

- 26.3 **R** Out of rest stop 2 to continue on 101
- 32.6 **Exit** El Capitan State Beach
- 33.0 **Cross** El Capitan State Beach
- 33.3 **Enter** 101 S
- 39.6 **Exit** Hollister Ave/Winchester Cyn Rd
- 39.9 **L** Hollister Ave towards Winchester Cyn Rd
CAUTION CROSS TRAFFIC DOES NOT STOP
- 40.0 **R** Calle Real
- 40.1 **L** Cathedral Oaks Rd
- 47.2 **L** Into:

Lunch - Mile 47.2

TRUCKER GROVE PARK, GOLETA
LUNCH HOURS: 9:30 AM - 2:00 PM

- 47.3 **L** Out of lunch to continue on Cathedral Oaks Rd
- 50.9 **R** San Roque (becomes Las Positas)
- 54.1 **L** Cliff Drive, Hwy 255
- 55.1 **R** Meigs
- 56.5 **X** La Marina begin Bike Path
BE COURTEOUS TO OTHER USERS
- 56.8 **Exit** bike path into:

Rest stop 3 - Mile 56.8

Leadbetter Parking Lot

Rest stop hours: 10:30am - 4:00pm

- 56.8 **Straight** through Parking Lot to enter bike path
- 58.9 **Cross** Cabrillo to continue on bike path (east side of rd)
- 59.0 **R** Los Patos to cross Cabrillo Blvd & join Channel Dr
- 59.1 **R** At top of hill to stay on Channel Dr
- 59.3 **Enter** Bike Path until it rejoins Channel Dr
- 59.5 **Continue** on Channel Dr (becomes Olive Mill Dr)
- 60.6 CAUTION RAILROAD TRACKS
- 61.0 **R** N Jameson Lane immediately past 101 off ramp
- 62.5 **Immediate right** on Ortega Hill Rd & new bike path
- 62.7 **R** Exit Bike Path onto Ortega (becomes Lillie/Via Real)
- 68.0 **R** Santa Ynez Ave (at T)
- 68.1 **L** Carpinteria Ave
- 70.1 **R** Into:

Water stop - Mile 70.1

Viola Fields Parking Lot

Water stop hours: 11:00am - 5:00pm

- 70.1 **R** Out of rest stop to continue Carpinteria Ave
- 70.8 **L** At end of Carpinteria Ave
- 70.9 **R** To enter 101 S USE EXTREME CAUTION
- 71.5 **Exit** 101 at Bates Rd
- 71.8 **Enter** 101 S USE EXTREME CAUTION
- 76.1 **Exit** 101 at Seacliff (Exit 78)
- 76.4 **R** Hwy 1/Rincon Pkwy (at the T)
- 77.4 **R** Into:

Rest stop 4 - Mile 77.4

Rincon Parkway Campground (Spaces 1-15)

Rest stop hours: 11:30am - 6:00pm

- 77.4 **R** Out of rest stop to continue on Rincon Pkwy S
- 82.8 **R** To enter Bike Path, next to 101 on ramp
DO NOT ENTER 101
- 84.0 **Enter** Bike Path on Bridge over Ventura River
- 84.1 **R** To continue on Bike Path on far side of bridge
- 84.3 **L** CAUTION SHARP LEFT AT K-RAIL BARRIER
- 84.4 **R** CAUTION SHARP RIGHT AT DETOUR SIGN
- 84.5 Bike path becomes Wide Esplanade at Flag Pole
- 85.5 **L** Into:

Camp 6 - San Buenaventura State Beach

Welcome to Camp 6!!

Route closes at 7:00pm

Remember to eat, drink & stretch

Total miles traveled: 495.3 (89.0% of total route)

Miles to go: 61.5 (11.0% of total route)

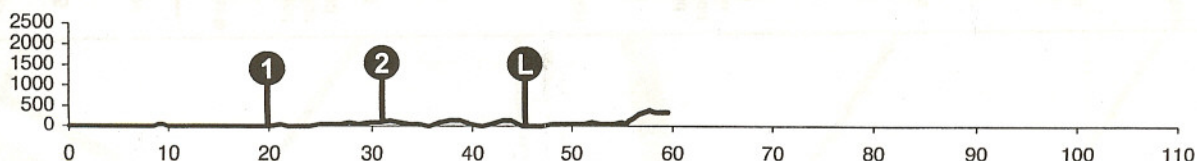
Don't forget

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- Drink before you're thirsty, eat before you're hungry
- Always ride single file and no drafting at anytime
- Pass only on the left & always call out "on your left"
- Always wear a helmet
- Never wear headphones or use a cell phone while riding

Please respect the communities we are traveling through and use only proper restroom facilities



DAY 7 - VENTURA to LOS ANGELES, 61.5 miles



- 0.0 **L** Take Bike Path South to Main entrance
- 0.1 **Straight** onto Pierpoint Blvd at Park entrance
- 0.9 **L** Peninsula St/Norwich Lane
- 1.2 **R** Harbor Blvd
- 3.0 **Enter** Bike Path to cross bridge
DO NOT CROSS BRIDGE ON ROAD
- 7.7 **Bear left** Harbor becomes Channel Island Blvd
- 8.9 CAUTION RAILROAD TRACKS
- 9.6 **R** Ventura Blvd
- 11.5 **L** Port Hueneme Rd
- 12.8 CAUTION RAILROAD TRACKS
- 13.1 CAUTION RAILROAD TRACKS
- 16.4 **R** Naval Air Rd
- 19.1 **L** Las Posas (road not marked)
CAUTION CROSS TRAFFIC DOES NOT STOP
- 19.1 **R** Hwy 1 CAUTION HEAVY TRAFFIC
RIDE SINGLE FILE
- 20.4 **R** Into:

Rest stop 1 - Mile 20.4

DOT Pullout Mile Marker 8.86

Rest stop hours: 7:00am - 10:00am

- 20.4 **R** Out of rest stop to continue south on Hwy 1
- 31.8 **R** Into:

Rest stop 2 - Mile 31.8

El Pescador State Beach

Rest stop hours: 7:30am - 11:30am

CAUTION STEEP DOWNHILL INTO REST STOP
PLEASE WALK YOUR BIKES

- 31.8 **R** Out of rest stop to continue south on Hwy 1
- 36.8 Begin 0.6m climb
- 42.0 Begin 0.4m climb
- 44.6 **R** Cross Creek
- 44.7 **L** Into:

Lunch - Mile 44.7

Malibu Lagoon State Beach

Lunch hours: 8:30am - 1:30pm

- 44.8 **R** Out of lunch to continue on 101
CAUTION HEAVY TRAFFIC STAY ALERT FOR CARS
BACKING OUT & CAR DOORS
- 53.1 CAUTION CONSTRUCTION - NO SHOULDER
- 53.6 **R** Temescal Canyon
Into parking lot through yellow metal gate
- 53.6 **Immediate left** onto Bike Path
CAUTION BIKE PATH IS UNDER CONSTRUCTION
- 54.6 **L** Get off bike & walk it through tunnel under Hwy 1
- 54.6 **Exit tunnel** onto Channel Rd
- 55.1 **R** Ocean Ave (LAST CLIMB)
- 55.5 **L** San Vicente

- 60.6 **R** Bundy
- 60.7 **L** Montana
- 60.8 **R** Westgate
- 60.9 **L** Gorham
- 61.4 **R** Bringham
- 61.5 **L** Into VA Center on Eisenhower
- 61.5 **R** Into:

Bike Holding - Parking Lot 7

Welcome to Los Angeles!!

Route closes at 3:15pm

Remember to eat, drink & stretch

Total miles traveled: 556.8 (100.0% of total route)

Miles to go: 0.0 (0.0% of total route)

CONGRATULATIONS YOU COMPLETED AIDS/LIFECYCLE 6

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- Always wear a helmet
- Never wear headphones, use a cell phone, radio or walkie-talkie while riding

Please respect the communities we are traveling through and use only proper restroom facilities