

MILE		ACTION	NOTES
0.0		Start	From Julian Pie Company head NW on Farmer Rd
3.4		LEFT at trailhead	Santa Ysabel East Preserve. Singletrack!
10.7	△ □	RIGHT on Hwy 79 for 0.7mi	Busy road with no bike lane. Be cautious
11.4		LEFT on Mesa Grande Rd	More asphalt with a climb visible in the distance
18.1		LEFT on Black Canyon Rd	Smooth winding dirt road!
24.5		RIGHT on Upper Santa Ysabel Rd	This is a sneaky turn, if you see Sutherland Dam Road, you've missed it
28.0		Merge on Black Mountain Rd	
29.5		LEFT on Pamo Rd	
32.2		RIGHT on Lower Santa Ysabel Rd	
35.6		Merge on Orasco Guejito Truck Trail	
36.7	△ □ △ □	RIGHT on CA-78	This is a very busy, narrow road with high speed traffic for about 3 miles. Be very cautious
40.1		LEFT on Bandy Canyon Rd immediate right at staging area	Enter San Pasqual Valley Staging Area. Trailhead at NW corner. Some climbing ahead over Mule Hill
50.4	□ □ □	LEFT on Sunset Dr	First resupply in 50 miles! Convenience stores just up the road to the right. Food options west on Via Rancho Parkway just across I-15. The route can be rejoined without backtracking by finding the spur trail just SW of the gas station intersection (south side of Via Rancho Pkwy)
		<b>No camping options in this area, but there are hotels just to the north in Escondido.</b>	
62.4		RIGHT on Artesian Rd	Asphalt road
63.2		Left on trail at gate	This is where Artesian Rd makes a slight right turn. If you get to a creek crossing, you've missed the trail
63.7		Right over stream	Cross stream
64.3	△ □	Right on San Dieguito Rd	Busy urban road, you can ride the dirt sidewalk here
65.9	□	Resupply	Market on the right at the traffic light or more options half a mile away
66.4	□	Resupply	Market, Pizza, Coffee on the left at gas station
69.3	△ □	RIGHT on El Camino Real	Busy & narrow be cautious
69.6		LEFT onto trail	Turn left on dirt road after bridge, then immediately left on trail next to fence
72.3	△ □	LEFT on Jimmy Durante Blvd	Stay on sidewalk over bridge, cross at pedestrian crossing after bridge. Busy road, be cautious when crossing.
72.4		RIGHT on trail	Look for the trail right after the pedestrian crossing after the bridge
72.6	△ □	CROSS railroad track	Be sure to look carefully for trains, they can move FAST
72.8		LEFT on Camino del Mar	If the tide is low, you can ride on the beach from here or further down at Powerhouse Park in Del Mar
		<b>Many hotels &amp; restaurants in this area. Camping 3.5mi north at San Elijo State Beach.</b>	
73.2		RIGHT on Coast Blvd	
73.4	□	RIGHT at Powerhouse Park	If the tide is low ride the beach from here to Torrey Pines. If not go back to Camino del Mar and head south
75.4	□ □ □	LEFT on trail	Trail passes under the road at bridge. Outdoor showers & bathrooms here. Pass through parking lot towards exit
75.9	□	RIGHT on Carmel Valley Rd	Restaurants on the left here after making the turn
76.8		RIGHT on Sorrento Valley Rd	Enter bike path at the fenced end of the short road
78.3	□	BIKE SHOP	Performance Bike on the left
79.4	□	LEFT on Sorrento Valley Blvd	North of the Border Bikes on the left
80.4		RIGHT at trailhead	Enter Penasquitos Canyon West Trailhead

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90.2	△ □ △ □	RIGHT at stairs	Trail closed due to sinkhole ahead! Detour up the stairs at South Creek Park, ride around Creekside Elementary then rejoin the trail from Springhurst Dr
92.3	△ □ □	CROSS over onto trail	Cross over Pomerado Rd, look for trail at NE corner of Stowe Rd intersection. Food options to the north at Poway Rd.
97.8	△ □	LEFT on Sycamore Canyon Rd	Road is narrow and can be busy
98.5		LEFT on Garden Rd	
98.6	□	RIGHT on trail	Look for trail at Garden Rd Park
99.8	△ □	Cross Poway Rd to trail	Busy intersection, use the pedestrian crossing at the traffic light. Look for trail at NW corner of intersection
100.7		RIGHT on Tierra Bonita Rd	Trail on W side of road or use asphalt.
101.1	□	LAST RESUPPLY	At the Twin Peaks Rd intersection, there are few resupply options to the right a short distance away. This is the last resupply for 23mi until Ramona!!!
101.4		LEFT on Avocado Trail	Look for trail right after the schools on the left
101.8		LEFT on trail	Another easy to miss turn here! If you get to an asphalt road, you've missed it. Just turn left then right at the gate at the end of the street
103.0		RIGHT on Lake Poway Rd	Trail on far side of road or use asphalt
103.7		LEFT on trail at Espola Rd	Find trail on NW corner of Espola Rd intersection
104.6		RIGHT on Espola Rd	
104.8		LEFT on trail at Old Coach Rd	Look for trail on NE corner of intersection
105.6		LEFT on trail	Cross over Old Coach Rd to the somewhat hidden trail. Look for Horse Crossing sign.
107.3		RIGHT on Heritage Dr	
107.6		RIGHT on Old Coach Dr	
107.9		LEFT on Old Coach Wy	
108.0		RIGHT on Stage Coach Rd	
108.2	△ □	At gate go around on the right	Please be respectful on this section! It is a private road used often by cyclists. Be quiet & don't try to camp here. Enjoy the climb!
109.6		LEFT at dirt road	If you go straight you will end up on someone's driveway!
109.8		RIGHT then LEFT on Camino del Aguila	Hike your bike up steep dirt connector trail
109.9		LEFT on Starvation Mountain Rd and stay LEFT at the split	
111.4		RIGHT on Highland Valley Rd	
113.3		LEFT on Sky Valley Dr	Enjoy a respite from Highland Valley Rd
115.0		LEFT on Highland Valley Rd	
118.7	□ □	Cross over Hwy 67 to Dye Rd	If you want to camp, Dos Picos County Park is 2.3mi to the west. Turn right on Hwy 67 then left on Mussey Grade Rd.
119.7		LEFT on Equestrian Trail	
120.5		RIGHT on Boundary Ave	
120.8		LEFT on Hunter St	
121.7		LEFT on Ramona St	
121.9		RIGHT on H St	
122.4		LEFT on 14th St	
122.7	□ □	RIGHT on D St	Dunkin Donuts straight ahead!!! Plus other inferior food options. Last resupply for 30 miles!!!
		<b>Hotel &amp; restaurants in Ramona. Camping at Dos Picos County Park as mentioned above. After Ramona there are much better stealth &amp; legal camping opportunities.</b>	
123.1		RIGHT on 10th Street / San Vicente Rd	
129.8		LEFT on Ramona Oaks Rd	

MILE		ACTION	NOTES
132.7		RIGHT on Cathedral Way	
133.0	□	LEFT at trailhead	Enter Cedar Creek Falls trail. Now would be a good time to change into your climbing underwear.
135.2		LEFT on Eagle Peak Rd	Enjoy the hike-a-bike. Trail turns left before Cedar Creek falls for which you need a permit to visit.
137.4		CONTINUE on Eagle Peak Rd	Rideable dirt road
146.6		CONTINUE on Pine Hills Rd	
148.2	△ □	RIGHT on Hwy 79	Busy road be cautious
149.1		LEFT on Main St	
149.2	□	FINISH	Julian Pie Company for some celebratory apple pie!