

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! Don't cut the blind corners.
24.5		RIGHT on Upper Santa Ysabel Rd	This is a sneaky turn, if you end up in Ramona, you've missed it
28.0		Merge on Black Mountain Truck Trail	
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	FBH	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)
		No camping options in this area, but there are hotels just to the north in Escondido.	
62.4		LEFT on Artesian Rd	Asphalt road
63.4		RIGHT on Artesian Trail	Asphalt road
63.7		LEFT onto trail	At gate go around left onto Artesian Lusardi Connector trail
64.2		RIGHT onto trail	Over bridge turn right on DelSur Lusardi Connector trail
64.7		RIGHT onto trail	At overpass and BEFORE stream crossing turn right onto Lusardi Creek Loop trail
66.6	▲	CROSS San Dieguito Rd then RIGHT onto trail	Busy urban road, cross over to trail on other side, slight left from San Dieguito trailhead parking lot
67.8		LEFT onto trail	When you run into a fence turn left to stay on the trail
68.3		CROSS Camino de la Rosa	Cross street and hop curb on other side to rejoin trail
68.8		STRAIGHT onto trail	At cul-de-sac continue straight onto trail
69.6		RIGHT onto Lazanja Pass	As you ride up the sidewalk, turn right under bridge at intersection
69.7		RIGHT onto trail	Look for the trail on the right BEFORE the intersection
70.1		RIGHT onto trail under overpass	If you know this trail, stay right and don't go through the tunnel
70.8	▲	RIGHT onto Carmel Valley Rd	
71.3	F	Resupply	7-Eleven and restaurants on the left
72.3		RIGHT on Rancho Santa Fe Farms Rd	
72.5	▲	LEFT onto trail	Keep your eyes peeled for the "trail" on the LEFT. This is a smooth urban trail with several tunnels that cross under roads. Eventually connects to Gonzales Canyon trails
76.2		RIGHT on Old El Camino Real	
76.4	▲	LEFT on San Dieguito Rd	
76.5	▲	RIGHT on El Camino Real	Busy & narrow be cautious
76.8	▲	LEFT onto trail	Turn left on dirt road after bridge, then immediately left on trail next to fence
79.5	▲	LEFT on Jimmy Durante Blvd	Stay on sidewalk over bridge, cross at pedestrian crossing after bridge. Busy road, be cautious when crossing.
79.6		RIGHT on trail	Look for the trail right after the pedestrian crossing after the bridge
79.8	▲	CROSS railroad track	Be sure to look carefully for trains, they can move FAST
80.0		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
		Many hotels & restaurants in this area. Camping 3.5mi north at San Eljio State Beach.	
80.4		RIGHT on Coast Blvd	

MILE		ACTION	NOTES
80.6	BSW	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
82.6	BSW	LEFT on trail	Trail passes under the road at bridge. Outdoor showers & bathrooms here. Pass through parking lot towards exit
83.1	F	RIGHT on Carmel Valley Rd	Restaurants on the left here after making the turn
84.0		RIGHT on Sorrento Valley Rd	Enter bike path at the fenced end of the short road
85.5	R	BIKE SHOP	Performance Bike on the left
86.6		LEFT on Sorrento Valley Blvd	
86.7	R	LEFT on Vista Sorrento Pkwy	North of the Border Bikes nearby
86.9		RIGHT at trailhead	Enter Penasquitos Canyon West trail just after bridge
89.7		RIGHT onto trail	At Sycamore Crossing, cross over to south side trail
93.7		STRAIGHT on trail	Go through tunnel under Black Mountain Rd connecting to Trans County Trail
99.0	Δ	CROSS Pomerado Rd onto Poquito St	Cross Pomerado Rd to the right to Poquito St
99.1		LEFT on Buckskin Trail	
99.4		LEFT on Montauk St	
99.5		RIGHT on Metate Ln	
100.1		RIGHT on S Poway Trail Head	Turn right to the South Poway Trailhead then left onto singletrack heading east
100.4		LEFT on trail	Go through cool tunnel under Community Rd!
100.9		STRAIGHT onto singletrack	
101.7		CROSS Gate Dr onto singletrack	
101.9		STRAIGHT onto dirt Adah Ln	
102.1		RIGHT on Chancellor Way	
102.3		LEFT on Sudan Rd	
102.4	Δ	RIGHT on Poway Rd	Very busy road, use caution
102.6	F	RIGHT on Garden Rd	7-Eleven at intersection. There is also a motorcycle dealer across the street who will sell you a dirt bike to finish the route
103.5	WB	LEFT on trail	Look for trail just past Garden Rd Park
104.7	Δ	Cross Poway Rd to trail	Busy intersection, use the pedestrian crossing at the traffic light. Look for trail at NW corner of intersection
105.6		RIGHT on Tierra Bonita Rd	Trail on W side of road or use asphalt.
106.0	F	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!!!
106.2		LEFT on Avocado Trail	Look for trail right after the schools on the left
106.6		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
107.8		RIGHT on Lake Poway Rd	Trail on far side of road or use asphalt
108.5		LEFT on trail at Espola Rd	Find trail on NW corner of Espola Rd intersection
109.4		RIGHT on Espola Rd	
109.6		LEFT on trail at Old Coach Rd	Look for trail on NE corner of intersection
110.4	Δ	LEFT onto trail	Cross over Old Coach Rd to the somewhat hidden trail. Look for Horse Crossing sign.
112.1		RIGHT on Heritage Dr	Cross over, trail is on far side
112.3		LEFT onto trail	
112.6	Δ	CROSS Heritage Rd to trail	CAUTION: this is a STEEP asphalt descent with 2 GATES, control your speed. Follow the bike trail signs at the bottom, you'll end up at a trailhead on Highland Valley Rd
113.8	Δ	RIGHT on Highland Valley Rd	This is a narrow 2-lane asphalt road for 5.5 miles with no bike lanes. Use a blinky & common sense. Oh and it's uphill all the way - enjoy!
119.4		LEFT on Sky Valley Dr	Enjoy a respite from Highland Valley Rd
121.1		LEFT on Highland Valley Rd	
124.8	C Δ	LEFT on Hwy 67 to Ramona	This is a busy road use caution. 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.
127.4	FH	RIGHT on 14th St	Dunkin Donuts at the turn!!! Plus other inferior food options. Last resupply for 30 miles!!!
		Hotel & restaurants in Ramona. Camping at Dos Picos County Park as mentioned above. After Ramona there are much better stealth & legal camping opportunities.	

MILE		ACTION	NOTES
127.5		LEFT on D St	
128.7		RIGHT on 3rd St	Becomes Old Julian Hwy, then Vista Ramona Way
132.5		RIGHT on Sargeant Rd	
132.8		LEFT on Gymkhana Rd	
133.0		RIGHT on Del Amo St	
133.1		LEFT on Arena Way	
133.1		RIGHT on Gunn Stage Rd	
133.2		LEFT on Wikiup Rd	
134.1		LEFT on Watt Rd	
134.4		LEFT on Ramona Oaks Rd	
136.7		RIGHT on Cathedral Way	
137.0	B	LEFT at trailhead	Enter Cedar Creek Falls trail. Now would be a good time to change into your climbing underwear.
139.2		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.
141.4		CONTINUE on Eagle Peak Rd	Don't go through the gate to Cedar Creek Rd
150.6		CONTINUE on Pine Hills Rd	
152.2	Δ	RIGHT on Hwy 79	Busy road be cautious
153.1		LEFT on Main St	
153.2		FINISH	Julian Pie Company for some celebratory apple pie!

R: BIKE SHOP

S: SHOWER

W: WATER

B: BATHROOMS

F: FOOD / RESUPPLY / WATER

H: HOTEL / INN