

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! Watch for oncoming traffic on blind corners.
24.5		RIGHT on Upper Santa Ysabel Rd	This is a sneaky turn, if you see an old concrete bridge to your left, you've missed it
28.0		Merge on Black Mountain Truck Trail	
29.5		LEFT on Pamo Rd	There is also a new section of singletrack next to Pamo Rd, check it out!
32.2		RIGHT on Lower Santa Ysabel Rd	Go through gate on trail
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
40.2		LEFT on Bandy Canyon Rd immediate right at staging area	Enter San Pasqual Valley Staging Area. Trailhead at NW corner. Singletrack with some climbing ahead over Mule Hill
50.5	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.
No camping options in this area, but there are hotels just to the north in Escondido.			
62.5		LEFT on Artesian Rd	Asphalt road
63.4		RIGHT on Artesian Trail	Asphalt road
63.8		LEFT onto trail	At gate go around left onto Artesian Lusardi Connector trail
64.3		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
66.7	▲	Right on San Dieguito Rd	Busy urban road, you can ride the dirt sidewalk here
68.7	F	Resupply	Market on the right at the traffic light or more options half a mile away
69.2	F	Resupply	Market, Pizza, Coffee on the left at gas station
72.0	▲	RIGHT on El Camino Real	Busy & narrow be cautious
72.3	▲	LEFT onto trail	Turn left on dirt road after bridge, then immediately left on trail next to fence
75.0	▲	LEFT on Jimmy Durante Blvd	Stay on sidewalk over bridge, cross at pedestrian crossing after bridge. Busy road, be cautious when crossing.
75.1		RIGHT on trail	Look for the trail right after the pedestrian crossing after the bridge
75.3	▲	CROSS railroad track	Be sure to look carefully for trains, they can move FAST
75.5		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 Elijo State Beach.			
75.9		RIGHT on Coast Blvd	
76.4	BSW (F)	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. Lots of restaurants on Camino del Mar.
78.4	BSW	LEFT on trail	Trail passes under the road at bridge. Outdoor showers & bathrooms here. Pass through parking lot towards exit
78.6	F	RIGHT on Carmel Valley Rd	Restaurants on the left here after making the turn
79.5		RIGHT on Sorrento Valley Rd	Turn just before overpass and enter bike path at the fenced end of the short road
82.1		LEFT on Sorrento Valley Blvd	Under overpass then left over railroad tracks
82.2	R	LEFT on Vista Sorrento Pkwy	Left just after overpass. North of the Border Bikes nearby
82.4		RIGHT at trailhead	Enter Pecos Canyon West trail just after bridge. Not always easy to spot
85.3		RIGHT onto trail	At Sycamore Crossing, cross over to south side trail
89.2		STRAIGHT on trail	Go to the left through creepy tunnel under Black Mountain Rd connecting to Trans County Trail
94.5		RIGHT on Old Pomerado Rd	
94.7		LEFT on trail	Wraps around an apartment complex

MILE		ACTION	NOTES
95.0	▲	CROSS Pomerado Rd at Stowe Dr on trail	Trailhead is at NE corner of intersection
96.9		STRAIGHT through tunnel	Cool tunnel under Community Rd in Poway!
98.9		Sharp LEFT towards street	Go past gates onto asphalt
99.8	▲	RIGHT on Poway Rd	Very busy road, use caution
100.0	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
100.8	WB	LEFT on trail	Look for trail just past Garden Rd Park
102.0	▲	Cross Poway Rd to Espola Rd	Busy intersection, use the pedestrian crossing at the traffic light. Espola Rd heads north from traffic light. There is a trail at the NE corner if you're feeling adventurous.
103.1		RIGHT on Mountain Rd	
103.3		LEFT on Crocker Rd	You will pass through a gate after 1/2 mile, just keep going.
103.9		STRAIGHT to trail	Cross over asphalt High Valley Rd onto trail
105.1	FWB	RIGHT on Lake Poway Rd	Head up the hill towards the park. Go through the gate and loop around to the right past the bathrooms onto the trail. There is a little concession stand which is your last resupply until Ramona
106.5		RIGHT on Mt Woodson trail	This will be a tough climb! If you get to the dam, you missed the turn. Few sections here where you will have to carry your bike.
108.2		STRAIGHT on Fry Koegel trail	Keep an eye out for the sign. If you get to a bunch of antennas, you missed the trail. In which case just keep going down the asphalt to SR67.
110.9		LEFT on Archie Moore Rd	
112.0	▲	RIGHT on Highland Valley Rd	This is a narrow 2-lane asphalt road for a few miles with no bike lanes.
115.7	C ▲	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.
118.3	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.	
118.4		LEFT on D St	
119.6		RIGHT on 3rd St	Becomes Old Julian Hwy, then Vista Ramona Way
123.4		RIGHT on Sargeant Rd	
123.7		LEFT on Gymkhana Rd	
123.9		RIGHT on Del Amo St	
124.0		LEFT on Arena Way	
124.0		RIGHT on Gunn Stage Rd	
124.1		LEFT on Wikiup Rd	
125.0		LEFT on Watt Rd	
125.4		LEFT on Ramona Oaks Rd	
127.6		RIGHT on Cathedral Way	
128.0	B	LEFT at trailhead	Enter Cedar Creek Falls trail. Now would be a good time to change into your climbing underwear.
130.2		CONTINUE on Eagle Peak Rd	Don't go through the gate to Cedar Creek Rd
139.4		CONTINUE on Pine Hills Rd	
141.0	▲	RIGHT on Hwy 79	Busy road be cautious
141.9		LEFT on Main St	
142.0		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