

Life Vitality Association Ride #1


31.4 km (19.5 Miles)

	@ km	Go	CF2 (23.9'/m) +467 ft	Dist
	0.0	S	exit Parking Lot South	0.1
←	0.1	R	BIRCH	2.4
↻	2.5	FR	MESA	0.1
	2.6	R	ACACIA	0.3
←	2.9	L	ORCHARD X BIRCH	0.6
	3.5	R	ORCHID	0.1
↻	3.6	FL	AZURE	0.2
	3.8	R	BAYVIEW	0.3
←	4.1	L	MESA	0.0
	4.1	to	bike path down hill	0.2
↻	4.3	BL	Back Bay Loop Trail	0.6
↻	4.9	FR	Jamboree side-path	0.6
↻	5.5	FR	Eastbluff side-path	0.4
	5.9	R	BACK BAY DRIVE	5.2
↻	11.1	BR	bike path @ SE ❖	0.1
↻	11.2	BR	Back Bay Loop Trail	1.0
←	12.2	L	BAYSIDE	0.4
	12.6	R	PACIFIC COAST HIGHWAY	0.5
	13.1	R	DOVER	0.7
	13.8	R	CASTAWAYS	0.0
	13.8	R	Castaways Park parking lot	0.1
↻	13.9	BL	sidewalk around gate	0.1
	14.0	R	Castaways Trail	0.1
	14.1	#R	Castaways Trail	0.0
	14.1	L	Back Bay Loop Trail	0.3
	14.4	⊙⊙	Overlook Viewpoint on right	0.7
	15.1	⊙⊙	Overlook Viewpoint on right	0.2
	15.3	R	exit path to POLARIS	0.0
↻	15.3	L	POLARIS	0.0
↻	15.3	FR	SANTIAGO	0.7
	16.0	R	GALAXY	0.4
↻	16.4	JR	driveway to sidewalk	0.1
	16.5	⊙⊙	Viewpoint Galaxy Park on right	0.0
	16.5	R	sidewalk of Galaxy	0.1
↻	16.6	JL	driveway back onto GALAXY	1.6
	18.2	R	SANTIAGO	0.2
↻	18.4	JR	driveway to sidewalk	0.1
↻	18.5	FR	sidewalk of IRVINE	0.0
↻	18.5	BR	Back Bay Loop Trail	1.9
	20.4	R	Muth Nature Center ⊙⊙	0.1
	20.5	⊙⊙	Overlook Viewpoint & Center	0.2
	20.7	R	continue Back Bay Loop Trail	1.9
↻	22.6	FR	Jamboree side-path	0.3
↻	22.9	⊗L	San Diego Creek Tr upstream	4.1
↻	27.0	L	small bridge	0.3
↻	27.3	#R	exit San Diego Creek Trail	0.1
	27.4	R	MICHELSON	1.4
	28.8	R	TELLER	0.2
←	29.0	L	LENNOX	0.2
←	29.2	L	ROCKAFELLER	0.2
	29.4	R	TELLER	1.4
	30.8	R	BIRCH	0.4
	31.2	R	parking lot back to start	0.1

<https://ridewithgps.com/routes/45301024>

Life Vitality Association Ride #2

47 km (29.2 Miles)

	@ km	Go	CF2 (20.2'/m) +592 ft	Dist
	0.0	N	exit Parking Lot North	0.1
←	0.1	L	Parking Lot West	0.0
	0.1	R	Parking Lot North	0.2
	0.3	R	CAMPUS	0.1
←	0.4	L	VON KARMAN X BARRANCA	4.0
	4.4	to	TUSTIN RANCH	1.7
	6.1	R	MOFFETT X HARVARD	1.6
	7.7	to	PASEO WESTPARK	0.2
←	7.9	L	HEARTHSTONE	0.6
	8.5	R	DEERFIELD	0.6
	9.1	R	<FAWN GLEN/DEER SPRING>	0.0
	9.1	R	DEERWOOD W	0.8
←	9.9	L	DEERWOOD to Deerfield Park	0.1
Meet the Bicycle Club of Irvine				
<i>Regular ride ~ Gather 8:30 - Ride at 9</i>				
←	10.0	L	DEERWOOD Exit park	0.2
←	10.2	L	IRVINE CENTER DRIVE	0.6
	10.8	R	YALE	0.3
←	11.1	L	E YALE LOOP	1.9
←	13.0	*L	ALTON	17.7
	18.5	R	TECHNOLOGY	12.6
	19.6	R	ALTON	0.8
	20.4	R	<BARRANCA / MUIRLANDS>	2.2
	22.6	R	LAKE FOREST	0.2
	22.8	R	Driveway @ Jack In The Box	0.0
 BRIO BRIO BAKERY (No Cash) Lake Forest & Muirlands, Lake Forest				
	22.8	R	Exit parkinglot driveway	0.1
	22.9	R	LAKE FOREST	0.3
	23.2	R	ASPAN	0.8
←	24.0	L	MUIRLANDS X ALTON	1.9
	25.9	to	BARRANCA	2.3
	28.2	R	TECHNOLOGY	2.3
	30.5	R	LAGUNA CANYON /	0.2
	30.7	to	OAK CANYON	0.4
←	31.1	L	VALLEY OAK	0.5
	31.6	R	IRVINE CENTER DRIVE	3.9
	35.5	R	into Shopping Center @ McDonalds	
←	35.5	L	in parking lot - patio to the right	0.1
LUNCH ~ Culver Plaza Shopping Mall <i>Noodles, Panda Express, Poke, Chicken, Korean, Thai</i>				
	36.2		Exit parkinglot driveway (North)	0.0
←	36.2	L	HEARTHSTONE	0.2
	36.4	R	IRVINE CENTER X HARVARD	0.4
	36.8	to	EDINGER	0.4
↻	37.2	#R	connector to Peters Canyon Tr	0.0
↻	37.2	#L	Peters Canyon Trail	2.6
	39.8	R	bridge over San Diego Creek	0.0
	39.8	R	San Diego Creek Trail	4.7
↻	44.5	BL	exit San Diego Creek Trail	0.1
←	44.6	L	CAMPUS	2.1
←	46.7	*L	VON KARMAN	0.2
	46.9	R	parking lot back to start	0.1

<https://ridewithgps.com/routes/45300670>