

Life Vitality Association Ride #8

87.6km (54.4 Miles)

@ km	Go	CF3 (32.0'/m) +1,744 ft	Dist
0.0	N	exit Parking Lot North	0.0
0.1	R	CARMELO	0.0
0.1	R	HARBOR	0.6

CONTROL #1 lane to reach left turn pocket OR CAREFULLY merge across #2 & #3 off ramp to shoulder to make box turn left at signal

0.7	*L	<5 FREEWAY/SAN RAFAEL>	7.5
8.2	BR	EXIT to Rest Area	0.6
8.8	L	Return to 5 FREEWAY	3.9
12.7	BR	EXIT 62 to LAS PULGAS	0.4
13.1	R	LAS PULGAS	0.1
13.2	L	OLD PACIFIC HWY	0.1
13.3	to	Old Pacific Highway bike path	2.2
15.5	BL	CAMP PENDLETON TANK RD	0.2
15.7	BR	Old Pacific Highway bike path	2.8
18.5	to	SAN ONOFRE CAMPGROUND	5.2
23.7	to	OLD PACIFIC HWY	4.2
27.9	BR	Old Pacific Highway bike path	0.1
28.0	FL	Crosswalk OLD PAC HWY	0.1
28.1	R	Old Pacific Highway bike path	1.7
29.8	R	CRISTIANITOS	2.0
30.0	L	EL CAMINO REAL	0.4

Carl Junior (Snack Stop)

30.4	R	EL CAMINO REAL	0.9
31.3	L	SAN LUIS REY	0.1
31.4	R	AVENIDA DEL PRESIDENTE	0.4
31.8	L	AVENIDA CALIFIA	0.1
31.9	R	OLA VISTA	2.3
34.2	L	AVENIDA SANTA BARBARA	0.2
34.4	to	CALLE SEVILLE	0.3
34.7	R	AVENIDA PALIZADA	0.3
35.0	L	CALLE PUENTE	0.7
35.7	L	AVENIDA PELAYO	0.3
36.0	R	AVENIDA FLORENCIA	0.3
36.3	BL	CALLE LAS BOLAS	0.3
36.6	°L	BOCA DE LA PLAYA	0.1
36.7	R	AVENIDA PICO	0.1
36.8	L	CALLE DESHECHA	0.1
36.9	BR	AVENIDA ESTACION	0.1
37.0	BL	SENDA DE LA PLAYA	0.0
37.0	R	driveway toward bike shop	0.0
37.0	FL	Camino Capistrano side-path	4.1
41.1	to	end of protected side-path	0.0
41.1	X	BEACH	0.0
41.1	L	sidewalk toward ocean	0.1
41.2	R	Capistrano Beach bike path	0.3
41.5	to	Doheny campground	0.8
42.3	BR	PARK LANTERN	0.4
42.7	L	COAST HIGHWAY X bridge	0.3
43.0	L	Bike Path just past the bridge	0.1
43.1	BL	continue path toward ocean	0.0
43.1	L	toward creek channel	0.1
43.2	L	San Juan Creek Trail bike path	3.8
47.0	R	San Juan Creek Trail bridge	0.1
47.1	L	Trabuco Creek Trail bike path	1.3
48.4	R	Exit trail toward RAMOS	0.0
48.4	R	PASEO ADELANTO	0.2
48.6	L	Los Rios Park - sidewalk	0.2
48.8	R	LOS RIOS	0.0

<https://ridewithgps.com/routes/45611120>

@ km	Go		Dist
48.8	R	LOS RIOS	0.1
48.9	L	walk way across train tracks	0.0
48.9	to	VERDUGO	0.1
49.0	R	CAMINO CAPISTRANO	0.2
49.2	R	into driveway:	0.2

El Adobe de Capistrano (LUNCH)

ano, San Juan Capistrano

49.4	R	sidewalk of CAMINO CAPISTRANO	0.0
49.4	R	First Driveway - Alley (West)	0.1
49.5	L	Parkinglot aisle (South)	0.1
49.6	R	Parkinglot aisle (West)	0.1
49.7	L	Parkinglot aisle to driveway (S)	0.0
49.7	R	sidewalk of DEL OBISPO (W)	0.0
49.7	R	LOS RIOS (North)	0.5
50.2	L	RAMOS	1.9
50.4	to	connector to Trabuco Creek Tr	0.3
50.5	R	Trabuco Creek Trail bike path	1.3
50.7	L	AVENIDA DE LA VISTA	1.4
52.1	R	OSO	0.1
52.2	L	CAMINO CAPISTRANO	4.3
56.5	L	at Train Station:	0.4

Take sidewalk and wheel chair ramps under the train tracks to the West side of the station

56.9	X	FORBES to bike path	0.0
56.9	R	Oso Creek Trail side-path	0.6
57.5	X	CROWN VALLEY PARKWAY	0.0
57.5	to	Oso Creek Trail side-path	0.5
58.0	to	Oso Creek Trail bike path	-0.2
57.8	L	Oso Creek Trail bike path	0.7
58.5	BL	Exit Oso Creek Trail bike path	0.0
58.5	R	CABOT	2.8
61.3	*L	PASEO DE VALENCIA	2.9
64.2	JR	Aliso Creek Trail bike path	1.1
65.3	BL	exit Aliso Creek Bike Path	0.1
65.4	to	CHRISTINA	0.1
65.5	L	AVENIDA DE LA CARLOTA	2.5
68.0	*L	RIDGE ROUTE	0.8
68.8	R	PERALTA	0.6
69.4	FL	LA CADENA	0.2
69.6	R	DEL LAGO	0.3
69.9	*L	LAKE FOREST X BAKE	1.9
71.8	R	Bake side-path at NW corner	0.3
72.1	L	Los Olivos/San Diego Crk Tr path	2.8
74.9	X	NO NAME	0.0
74.9	R	San Diego Creek Trail side-path	0.2
75.1	L	San Diego Creek Trail bike path	0.6
75.7	BR	exit bike path toward ALTON	0.0
75.7	L	Alton sidewalk across bridge	0.2
75.9	L	connector to S D Creek Tr path	0.0
75.9	L	San Diego Creek Trail bike path	1.3
77.2	#L	exit path up to Sand Canyon Tr	0.1
77.3	R	Sand Canyon Trail side-path	0.4
77.7	X	ALTON	0.1
77.8	to	Freeway Trail bike path	1.7
79.5	L	Bridge over Freeway	0.4
79.9	L	University Trail bike path	1.0
80.9	R	STRAWBERRY FARM	0.0
80.9	L	UNIVERSITY	4.2
85.1	R	CAMPUS	2.2
87.3	*L	VON KARMAN	0.1
87.4	R	Back to hotel	0.1