

"Honey Springs Ain't So Sweet"

225 Km Permanent

Mile	For	Directions
0mi	0.15mi	START: Circle K/Shopping Centre, 7602 El Camino Real, Carlsbad, CA. Obtain proof of passage. EXIT South side of Centre. (Open: 00:00hrs) (Control times added to your start time)
0.15	2.56	Turn RIGHT onto LaCosta Ave.
2.72	14.05	Turn LEFT onto Coast Hwy. 101
16.76	1.18	Turn RIGHT onto N. Torrey Pines Rd.
17.94	0.04	Turn LEFT onto La Jolla Shores Dr. Enter UCSD Campus
17.98	0.55	Immediately turn RIGHT onto Scholars Drive. Curves through UCSD Campus
18.54	1.8	Turn RIGHT onto Gilman Dr.
20.34	1.08	Cross under I-5, bear RIGHT onto Rose Canyon Bike Path at SE sidewalk.
21.42	2.0	Exit Rose Canyon Bike Path, becomes Santa Fe St.
23.43	0.23	Turn RIGHT onto Damon Ave.
23.66	0.61	Turn LEFT onto Mission Bay Dr. Use light button to cross.
24.27	0.21	Bear RIGHT to continue on Mission Bay Dr. <i>CAUTION: Merging traffic from right. Don't enter I-5 !!</i>
24.48	2.31	Turn LEFT to continue on Mission Bay Dr.
26.79	4.77	Road name changes to Pacific Hwy. Continue...
31.56	4.29	Turn LEFT onto Harbor Dr.
35.85	0.47	Turn LEFT onto W. 8th Steet
36.32	1.36	Turn RIGHT onto National City Blvd.
37.68	0.92	Turn LEFT onto E. 30th Street.
38.6	2.71	Road name changes to Sweetwater Rd
41.31	0.63	Road name changes to Willow St. At "T", turn LEFT onto Bonita Rd.
41.94	2.74	Turn RIGHT onto Otay Lakes Rd.
44.68	0.26	CONTROL #1: 7-Eleven, 913 Otay Lakes Rd., Chula Vista, CA. Obtain proof of passage. Continue on Otay Lakes Rd. (Open: +02:24 Close: +04:48)
44.94	12.24	Turn LEFT to continue on Otay Lakes Rd.
57.18	0.17	Turn LEFT onto Hwy. 94(Campo Rd)
57.36	7.74	Turn RIGHT onto Honey Springs Rd.
65.09	7.72	Turn RIGHT onto Lyons Valley Rd.
72.81	7.06	Turn LEFT onto Japatul Valley Rd.
79.87	2.74	Road name changes to Tavern Rd.
82.62	0.02	Cross Alpine Blvd. to CONTROL#2: Carl's Jr., 1263 Tavern Rd. Alpine, CA. Obtain proof of passage from local business. (Open: +04:28 Close: +08:56)
82.64	0.31	Exit Control: Turn LEFT onto Tavern Rd. Ride back the way you just came.
82.95	2.17	Turn RIGHT at 4-way stop onto Arnold Way. <i>CAUTION: Fast descent !!</i>
85.12	2.02	Turn LEFT onto Harbison Canyon Rd.
87.14	0.3	Turn RIGHT onto Frances Dr. <i>CAUTION: This turn is easy to miss!</i>
87.44	2.49	Road name changes to Mountain View Rd. Continue...
89.93	3.1	Turn RIGHT onto La Cresta Rd. <i>CAUTION: High speed descent ahead !!</i>
93.03	0.59	Turn RIGHT at "T" unto Greenfield Dr.
93.63	1.6	Cross under I-8, then turn RIGHT onto E. Main St./Hwy. 8 Business
95.23	1.84	Turn LEFT onto Los Coches Rd.
97.07	0.58	Road name changes to Maine Ave.
97.65	0.27	Turn RIGHT onto Mapleview St.
97.92	0.99	Turn LEFT onto Ashwood St.
98.91	0.65	Turn LEFT onto Willow Rd.
99.56	1.83	Turn RIGHT onto Moreno Ave.
101.39	0.66	Bear LEFT at "Y", onto Vigilante Rd.
102.05	4.22	Turn RIGHT onto Hwy. 67

106.27	6.38	Turn LEFT at Scripps Poway Pkwy. <i>CAUTION: High Speed Downhill !!</i>
112.65	1.13	After crossing Pomerado Rd., turn RIGHT onto Springbrook Dr.
113.78	0.04	CONTROL#3: 7-Eleven, 11395 Poway Rd., San Diego, CA. Obtain proof of passage from local business. (Open: +06:06 Close: +12:12)
113.83	1.42	Exit Control: Turn LEFT onto Poway Rd.
115.25	0.71	Road name changes to Rancho Penasquitos Blvd after Hwy. I-15
115.96	1.09	At Azuaga St., turn LEFT to enter Bike Path at SW corner of intersection.
117.05	7.56	First of several Bike Path road crossings. Use light buttons to cross.
124.61	0.04	Exit LEFT from Bike Path on short gravel trail up to El Camino Real.
124.64	0.22	Turn RIGHT onto El Camino Real
124.86	1.76	Turn LEFT onto Carmel Valley Rd.
126.62	10.32	Turn RIGHT onto Coast Hwy.101
136.94	2.53	Turn RIGHT onto LaCosta Ave
139.47	0.18	Cross El Camino Real, then turn LEFT into Circle K/Shopping Centre
139.66	STOP	FINISH: Circle K/Shopping Centre, 7602 El Camino Real, Carlsbad, CA. Obtain proof of passage from local business. (Open: +07:30 Close: +15:00)