

**Not On Weekends Populaire**

<b>MILE</b>	<b>DIRECTIONS</b>	<b>FOR (P- P)</b>
0	<b>START:</b> 7-Eleven, 2190 Bacon St. San Diego, CA. (OPEN: 00:00) Obtain proof of start from local business with time and date stamp. Exit LEFT on Bacon St. ( <i>Enters OB Park</i> )	0.3
0.3	L - Ride up and enter Ocean Beach Bike Path eastward. Pass under Sunset Cliffs Blvd., Mission Bay Dr. and Pacific Hwy. Ahead	2.5
2.8	R - After passing under Pacific Hwy., loop up and turn RIGHT on Pacific Hwy. (northward). Road B/C Mission Bay Dr. Follow northward around Bay.	2
5.8	R - At stop-sign and immediate LEFT at red-light to continue on Mission Bay Dr. ( <i>Merging traffic from your right ahead!</i> )	0.8
6.6	BR - Damon Ave. ( <i>At McDonald's</i> )	0.2
6.8	L - Santa Fe St. At end of street, continue onto marked Rose Canyon Bike Path	3.2
10	L - Gilman Dr. ( <i>End of Bike Path. Watch traffic from left at red-light</i> )	1.6
11.6	L - Up La Jolla Village Dr W ramp. Road B/C N. Torrey Pines Rd. and passes through UCSD Campus.	1.9
13.5	L - To continue on N Torrey Pines Rd. Road eventually B/C Camino Del Mar and then Coast Hwy. 101 to Carlsbad	19.9
33.4	<b>CARLSBAD CONTROL:</b> 7-Eleven, 201 Oak Ave, Carlsbad, CA. (OPEN:+01:48 – CLOSE:+03:36) Obtain proof of passage from local business. Exit Control across Coast Hwy. 101 ( <i>use light-button to cross</i> )	0.1
33.5	L - Coast Hwy. 101 (southbound). Road B/C Camino Del Mar then N. Torrey Pines Rd.	19.8
53.3	R - To continue on N Torrey Pines Rd. Pass through UCSD Campus. Road B/C LaJolla Village Dr.	1.8
55.1	BR – On-ramp down to Gilman Drive. ( <i>STEEP DOWNHILL!</i> )	0.1
55.2	R - Gilman Dr	1.6
56.8	BR - After passing under I-5, BEAR RIGHT at intersection & enter marked Rose Canyon Bike Path at sidewalk. Path B/C Santa Fe St	3.1
59.9	R - Damon Ave	0.2
60.1	L - Mission Bay Dr. ( <i>Use light-button to cross as necessary. Merging traffic on your right ahead!</i> )	0.8
60.9	R - At stoplight to continue on Mission Bay Dr. ( <i>Don't go straight ahead onto I-5</i> )	0.1
61	L - Mission Bay Dr. Follow around Bay. After crossing Sea World Dr., road B/C Pacific St.	3
64	R - After crossing San Diego River Bridge, turn RIGHT and enter marked Ocean Beach Bike Path. Pass under roadways ahead.	2.3
66.3	L - Exit OB Bike Path ( <i>In Ocean Beach Park</i> )	0.1
66.4	R - Bacon St. ( <i>In Park</i> )	0.3
66.7	<b>FINISH:</b> 7-Eleven, 2190 Bacon St. San Diego, CA. (OPEN:+03:34 – CLOSE:+07:08) Obtain proof of FINISH from local business with time and date stamp.	-

**R** – Right      **BR** – Bear Right      **S** – Straight  
**L** – Left      **BL** – Bear Left      **B/C** - Becomes

## Sheet1

### NOTES:

Ample coastal cruising on this Up & Back route as you start in Ocean Beach and follow the Pacific Coast up to Carlsbad. 107 km with 2373' of gentle climbing!

*Enjoy,  
Keith Olsen*

knolsen2@gmail.com