

## **Santa Monica to San Diego (Sea World) – Approximately 140 miles**

Note: for the most part, you are generally taking the bike route to Anaheim St to PCH, heading thru Camp Pendleton and then picking up the coast highway (which is easy to follow but simply changes name) down into La Jolla and San Diego. The only parts of the ride that require more care and the area above and below Pendleton and getting thru the northern part of La Jolla.

A map and elevation profile follow the description.

If you read these directions next to a map, it should become readily clear to you.

Starting out from Ocean and San Vicente:

1. Follow Ocean Avenue to the bike route, down thru Venice and into the Marina. Pick up the beach bike route at Ballona Creek (the cul de sac at the end of the “Marina Loop” ride).
2. Take the bike route all the way thru El Segundo, Manhattan Beach, Hermosa Beach, and Redondo Beach until it ends.
3. At this point, you can either (a) take surface streets to PCH (Highway 1) or (b) follow Palos Verdes North Drive around the PV area (note, (b) adds some climbing to the ride. (a) is quicker).
4. If you took (a) above, take PCH to Western, turn right and then make a quick left onto Anaheim St.
5. If you took (b) above, follow PV North Drive to PV West Drive around PV to Hawthorne Avenue, head up the switchbacks and back down to meet up to PV North where you’ll make a right turn and follow it to Anaheim St.
6. Once on Anaheim St., you’ll ride thru San Pedro and Long Beach – note, this is probably the area on the ride you’ll need to be most careful. The riding really isn’t too bad, but the earlier you get thru the better – there are some rough patches and areas with bigger trucks, but all in all, definitely not unrideable.
7. Anaheim St. eventually ends at PCH. Turn right.
8. You’ll then stay on PCH for a long while – traveling thru Seal Beach, Huntington Beach, Newport Beach, Laguna Beach, and Dana Point.
9. At the south end of Dana Point, HWY 1 turns into El Camino Real. Keep on this, you’ll go under the freeway to be on the east side of I-5. Take El Camino until it ends at Cristianitos. Turn right.
10. I’m giving more detailed descriptions for the next section b/c it is not as simple as simply “riding down PCH thru numerous beach towns.
11. Immediately after you go over I-5, you’ll make a left turn immediately after the on-ramp – it looks like a relatively narrow paved pathway (this is the way down to Trestles Beach – this is also the exact same roadway of the Ralph’s ½-Ironman course, except in reverse).
12. Take this pathway south – you will end up on what appears to be an access road that is adjacent to I-5, passing the Southern California Edison facility to your right

You'll also end up riding in the parking lot of the beach – note, there is very little traffic in this area and plenty of space for cyclists.

13. Keep going until you pass thru a gate (there is space for cyclists on the left) – you're now on the old Highway 101. It will eventually go back under I-5 and finally ends, you'll pass under gate similar to the one at the turnaround at Leo Carrillo. There's also a part of a house on a truck that has seemingly been there forever. Where the road ends is Las Pulgas Road. Take a left here. After 200 yards, you'll reach one of the Camp Pendleton gates. As of writing this (2/05/06), you can ride thru the park if you show a valid driver's license.
14. Once in park grounds, take your first right (on the map you'll turn right onto Las Pulgas Road). After ½ mile or so, take your next right (onto El Camino). Follow this road, generally staying to the right (you'll end up on Stuart Mesa Road).
15. Ride all the way to Vandegrift Road where you'll make a right (note, Vandegrift is after a major housing project on the right and after a ½-mile long descent). Vandegrift will take you to the main Pendleton gate, at which point the road becomes Harbor Dr. After going under I-5, take your first left turn (Coast Highway).
16. You're now in Oceanside. Take the Coast Highway south. It will eventually turn into Carlsbad Blvd.
17. Just stay on Carlsbad Blvd, which travels pretty much next to the ocean. The road turns back into Coast Highway thru Encinitas and Solana Beach.
18. Same road, the name changes to Camino Del Mar thru Del Mar.
19. Same road, you climb a hill and the road becomes Torrey Pines Road (note, this is the same as the Challenged Athletes Foundation / San Diego Triathlon Challenge). At Genessee, veer right to remain on Torrey Pines Road. At La Jolla Village Road, make a sharper right to remain on Torrey Pines Road. Stay on this road until it winds its way down to La Jolla Blvd. At this point, you can stay on a road parallel to La Jolla Blvd to the west – as long as you follow the coast, you'll be fine.
20. La Jolla Blvd eventually becomes Mission Blvd.
21. When you finally hit the roller coaster at the intersection of Mission Blvd and Mission Bay Blvd, take a left onto Mission Bay Blvd. This takes you to Sea World.
22. Depending on your ultimate destination, I'd suggest looking at a map to figure out your final ending route.

That's it.

Any questions, you can email me at [babak@latriclub.com](mailto:babak@latriclub.com).

-Babak Azad

Time of Day	Time Elapsed	Distance	Speed	Altitude	Grade	Heart Rate
(d:h:m:s)	(mi)	(mph)	(ft)	(%)	(bpm)	(%max) (zone)
6:42:17 AM	00:09:06	2.44	16.2	-1.00	0.9	130 69.0 2.5

