

Life Vitality Association Ride #7

67.5 km (41.9 Miles)

	@ km	Go	CF3 (35.7'/m) +1,498 ft	Dist
	0.0	N	exit Parking Lot North	0.0
	0.0	R	SPORTS ARENA BLVD	1.1
	1.1	R	ROSECRANS	1.1
	2.2	R	LYTTON	0.2
↩	2.4	FL	CHATSWORTH	1.7
↗	4.1	BR	CENTRALOMA	0.2
	4.3	R	NIMITZ	1.9
	6.2	to	SUNSET CLIFFS	0.2
	6.4	R	connector to bike path	0.1
	6.5	L	San Diego River Bikeway	0.1
↙	6.6	#L	exit bike path up to bridge	0.1
↖	6.7	L	Sunset Cliffs Cycle Track	0.4
	7.1	R	QUIVIRA	0.9
	8.0	R	@ STOP to MISSION BAY	0.1
↖	8.1	*L	MISSION BAY	1.2
↗	9.3	JR	@ GLEASON onto bike path	0.1
↗	9.4	BR	continue along Bayside Walk	3.1
↖	12.5	L	exit Bayside Walk on ramp	0.0
↖	12.5	L	sidewalk	0.0
	12.5	R	sidewalk to corner of GRAHAM	0.0
↗	12.5	JR	GRAHAM	0.1
	12.6	R	RIVIERA	0.3
↖	12.9	L	LA PLAYA	0.6
	13.5	R	KENDALL	0.0
↖	13.5	L	CROWN POINT	0.8
	14.3	R	PACIFIC BEACH	0.5
↗	14.8	BL	bike path @ "Campland"	0.6
	15.4	to	N MISSION BAY	0.0
↖	15.4	L	Rose Creek Bike Trail	6.5
↖	21.9	L	GILMAN / LA JOLLA COLONY	3.3
↖	25.2	*L	MANDEVILLE	0.2
	25.4	R	LYMAN "Student Health ONLY"	0.0
↖	25.4	L	Rupertus Lane Bike Path	0.2
	25.6	°R	Ridge Walk bike path	0.2

	@ km	Go		Dist
↖	25.8	L	@ Shōwa Ramen (regroup)	0.1
	25.9	to	EXPLORATION	0.2
	26.1	R	TORRY PINES	1.3
↖	27.4	*L	<TORRY PINES / GENESEE >	6.0
	33.4	to	CAMINO DEL MAR	4.6
↗	38.0	JR	Coastal Rail Trail side-path	2.3
↗	40.3	JL	exit Coastal Rail Trail	0.0
	40.3	to	COAST HIGHWAY 101	6.7
	44.7	R	at K STREET to...	0.1
SWAMI's CAFÉ for Lunch				
↗	44.8	JL	back onto COAST HIGHWAY	2.2
↗	47.0	JR	side-path at traffic circle	0.1
↗	47.1	JL	back onto COAST HIGHWAY	3.7
	50.8	to	CARLSBAD	9.6
↗	60.4	JR	side-path before traffic circle	0.1
↖	60.5	L	cross CARLSBAD in crosswalk	0.0
	60.5	R	Carlsbad Blvd Side Path	0.7
↖	61.2	L	EATON	0.1
	61.3	R	BROADWAY	0.7
↖	62.0	L	CASSIDY	0.0
	62.0	R	MYERS	0.5
	62.5	R	PACIFIC	0.8
	63.3	R	OCEANSIDE	0.1
↖	63.4	L	Coastal Rail Trail bike path	1.3
↖	64.7	L	TYSON	0.1
	64.8	R	PACIFIC	1.8
	66.6	R	HARBOR	0.2
	66.8	R	pedestrian tunnel under rail tracks	0.1
	66.9	to	parking lot aisle	0.1
	67.0	R	RIVERSIDE / SAN LUIS REY	0.3
	67.3	to	CARMELO	0.1
↖	67.4	L	parking lot of Days Inn	0.1

<https://ridewithgps.com/routes/45610998>