



## **BCI Bear Training Rides Directions to the Remote Starts**

### **Angeles Crest Remote Mountain Ride**

46 -55 Miles, 5500 ft. -6500 ft. Approx Climb

Has an 8 mile sustained climb that approximates Bear Ride conditions.

Excellent training ride.

Directions to Start:

---Interstate 5 / 405 North to

---605 North to

---210 West

---Exit Foothill Blvd.

---West (Left to Macdonalds Parking area on right)

### **Yorba Regional Park**

#### **Yorba Linda**

47 miles, 3800 ft. of climbing

#### **Directions:**

I-5 to 55 east to 91 East

Exit 91 Fwy at Imperial Hwy. Left on Imperial (North)

Right on LaPalma

Go past two stop lights, turn right into first

Driveway past Fairmont into Yorba Reg. Park

Street name on left of driveway is Huxford Lane.

### **MT. PALOMAR RIDE**

\*\*\*\*Start Location\*\*\*\*

Pala Casino, Route 76, Pala Indian Reservation. (5 miles east of I-15)

Directions to start

I-5 south to Oceanside, exit at Rte 76 East.

Continue east 23.5 miles to the Pala Casino. (5 miles east of I-15.)

Turn right into West parking entrance (first entrance before the casino). Pala Market (behind gas pumps) is just left of the entrance. Make first available right turn into outside parking. Coffee, food, rest facilities are available at market.

Distance from Irvine is approximately 75 miles to start location

Ride is 45 miles, approx. 5000 ft. of climb. Palomar grade is approx 6.5 miles, 10-11 % grade.