

TOUR de FIVE CITIES REMOTE

@ 25 Miles

Dir	Miles	HILLY	Dist
R	0.0	GOLDEN LANTERN	1.1
R	1.1	STONEHILL	1.0
R	2.1	NIGUEL	0.8
L	2.9	CAMINO del AVION	0.7
R	3.6	CROWN VALLEY PKWY	2.0

(Next turn just before shopping ctr.)

R	5.6	HILLHURST	0.1
R	5.7	DEL VALLE << immed.	0.1
L	5.8	DEL CAMPO	0.5
R	6.3	NIGUEL >> regroup	0.2
L	6.5	MARINA HILLS	1.2
R	7.7	GOLDEN LANTERN	2.7
L	10.4	CAMINO del AVION (steep downhill)	1.5
L	11.9	ALIPAZ	0.9
R	12.8	DEL OBISPO	0.1
R	12.9	ADELANTO << immed.	0.0
R	12.9	to access Bike Path	0.0
R	12.9	SAN JUAN CREEK BIKE PATH - to end	0.5
L	13.4	AVENIDA de LA VISTA	0.2
R	13.6	LA ZANJA	0.1
R	13.7	CAMINO CAPISTRANO	2.7

(caution >> no bike lane thru town)

R	16.4	STONEHILL	0.5
L	16.9	DEL OBISPO / HARBOR DR	1.3
L	18.2	GOLDEN LANTERN / marina dining >> Turn Right into first parking area after road bears left; Cross parking lot to marina	0.1

FOOD / REST STOP

DANA POINT HARBOR, DANA POINT

R	18.3	HARBOR DR	0.4
R	18.7	Doheny Beach Park	1.4
U	20.1	@ end of park; return	1.4
L	21.5	HARBOR DR	0.4
R	21.9	GOLDEN LANTERN	0.4
L	22.3	PCH	0.5
R	22.8	BLUE LANTERN	0.8
R	23.6	STONEHILL	0.2
L	23.8	GOLDEN LANTERN	0.9
L	24.7	LADERA	0.1

TOUR de FIVE CITIES REMOTE

@ 32 Miles

Dir	Miles	HILLY	Dist
R	0.0	GOLDEN LANTERN	1.1
R	1.1	STONEHILL	1.0
R	2.1	NIGUEL	0.8
L	2.9	CAMINO del AVION	0.7
R	3.6	CROWN VALLEY PKWY	2.0

(Next turn just before shopping ctr.)

R	5.6	HILLHURST	0.1
R	5.7	DEL VALLE << immed.	0.1
L	5.8	DEL CAMPO	0.5
R	6.3	NIGUEL >> regroup	0.2
L	6.5	MARINA HILLS	1.2
R	7.7	GOLDEN LANTERN	2.7
L	10.4	CAMINO del AVION (steep downhill)	1.5
L	11.9	ALIPAZ	0.9
R	12.8	DEL OBISPO	0.1
R	12.9	ADELANTO << immed.	0.0
R	12.9	to access Bike Path	0.0
R	12.9	SAN JUAN CREEK BIKE PATH - to end	0.5
L	13.4	AVENIDA de LA VISTA	0.2
R	13.6	LA ZANJA	0.2
L	13.8	CAMINO CAPISTRANO	0.9
R	14.7	JUNIPERO SERRA	0.3
R	15.0	RANCHO VIEJO	1.3
X	16.3	ORTEGA HWY	0.2
L	16.5	CALLE ARROYO	0.3
R	16.8	LA NOVIA	0.2
R	17.0	SAN JUAN CREEK RD	1.1
L	18.1	CAMINO CAPISTRANO	1.5
R	19.6	STONEHILL	0.6
L	20.2	DEL OBISPO / HARBOR DR	1.2
L	21.4	GOLDEN LANTERN / marina	0.1

FOOD / REST STOP

DANA POINT HARBOR, DANA POINT

R	21.5	HARBOR DR	0.4
R	21.9	Doheny Beach Park	1.4
L	23.3	BEACH RD	0.0
R	23.3	PCH	1.6
L	24.9	CAMINO CAPISTRANO	2.0
L	26.9	PALISADES	0.4
X	27.3	PCH >> enter BEACH RD	0.0
R	27.3	Bike Path thru Doheny Pk	1.4
L	28.7	HARBOR DR	0.4
R	29.1	GOLDEN LANTERN	0.4
L	29.5	PCH	0.5
R	30.0	BLUE LANTERN	0.8
R	30.8	STONEHILL	0.2
L	31.0	GOLDEN LANTERN	0.9
L	31.9	LADERA	0.1

TOUR de FIVE CITIES REMOTE

Dir	Miles	2300' CLIMB	Dist
R	0.0	GOLDEN LANTERN	1.1
R	1.1	STONEHILL	0.1
L	1.2	BLUE LANTERN	0.9
R	2.1	PCH	0.9
R	3.0	NIGUEL RD	1.1
L	4.1	CAMINO del AVION	0.7
R	4.8	CROWN VALLEY PKWY	2.0

(Next turn just before shopping ctr.)

R	6.8	HILLHURST	0.1
R	6.9	DEL VALLE << immed.	0.1
L	7.0	DEL CAMPO	0.5
R	7.5	NIGUEL >> regroup	0.2
L	7.7	MARINA HILLS	1.2
R	8.9	GOLDEN LANTERN	2.7
L	11.6	CAMINO del AVION	1.5
L	13.1	ALIPAZ	0.9
R	14.0	DEL OBISPO	0.1
R	14.1	ADELANTO << immed.	0.0
R	14.1	to access Bike Path	0.0
R	14.1	SAN JUAN CREEK BIKE PATH - to end	0.5
L	14.6	AVENIDA de LA VISTA	0.2
R	14.8	LA ZANJA	0.2
L	15.0	CAMINO CAPISTRANO	0.9
R	15.9	JUNIPERO SERRA	0.3
R	16.2	RANCHO VIEJO	1.3
X	17.5	ORTEGA HWY	0.2
L	17.7	CALLE ARROYO	0.3
R	18.0	LA NOVIA	2.0
R	20.0	VALLE	0.2
L	20.2	SAN JUAN CREEK RD	0.1
L	20.3	CAMINO CAPISTRANO	1.5
R	21.8	STONEHILL	0.6
L	22.4	DEL OBISPO / HARBOR DR	1.2
L	23.6	GOLDEN LANTERN / marina	0.1

DANA POINT HARBOR, DANA POINT

R	23.7	HARBOR DR	0.4
R	24.1	Doheny Beach Park	1.4
L	25.5	BEACH RD	0.0
R	25.5	PCH	1.6
L	27.1	CAMINO CAPISTRANO	0.1
R	27.2	AVE VAQUERO	1.3
R	28.5	CAMINO LOS MARES (cont to end)	1.8
U	30.3	CAMINO LOS MARES / ESTRELLA	2.1
R	32.4	CAMINO CAPISTRANO	1.5
L	33.9	PALISADES	0.4
X	34.3	PCH >> enter BEACH RD	0.0
R	34.3	Bike Path thru Doheny Pk	1.4
L	35.7	HARBOR DR	0.4
R	36.1	GOLDEN LANTERN	0.4
L	36.5	PCH	0.5
R	37.0	BLUE LANTERN	0.8
R	37.8	STONEHILL	0.2
L	38.0	GOLDEN LANTERN	0.9
L	38.9	LADERA	0.1