

Life Vitality Association Ride #3

61.7 km (38.3 Miles)

	@ km Go	Go	CF3 (32.2'/m) +1,234 ft	Dist
	0.0	N	exit Parking Lot North	0.1
←	0.1	L	Parking Lot West	0.0
	0.1	R	Parking Lot North	0.2
	0.3	R	CAMPUS	2.8
	3.1	R	< BRIDGE / WEST PELTASON >	0.8
←	3.9	L	< WEST PELTASON / ACADEMY >	1.8
	5.7	R	ANTEATER x CULVER/BONITA CYN	1.3
↗	7.0	JR	Shady Canyon side-path	1.9
	8.9	to	Shady Canyon Trail bike path	0.1
∞	9.0		Bommer Canyon Nature Trail	
←	13.6	L	Juanita Moe Trail bike path	1.6
↙	15.2	#L	up ramp to bridge	0.2
↖	15.4	FL	over bridge	0.1
	15.5	R	Freeway Trail bike path	1.6
↗	17.1	BL	cross ALTON with crosswalk	-8.6
	8.5	to	Sand Canyon side-path	11.4
←	19.9	L	Cypress Village Trail bike path	1.4
↗	21.3	BR	Jeffrey Open Space Trail path	4.1
↗	25.4	BL	exit path at end to PORTOLA	0.0
	25.4	X	JEFFREY with cross walk	0.1
	25.5	to	Portola side-path	0.4
↙	25.9	#L	Hicks Canyon Trail bike path	2.6
↗	28.5	BL	Hicks Canyon side-path	0.4
←	28.9	X	CENTRAL PARK w cross walk	0.4
	29.3	to	Peters Canyon Trail bike path	3.6
↗	32.9	BL	Como Channel Trail bike path	0.5
	33.4	X	HARVARD - NO CROSSWALK	0.0
	33.4	L	Harvard side-path x RR tracks	0.1
←	33.5	L	Walnut Trail bike path	0.6
	34.1	R	exit path at Flagstone Park	0.0
←	34.1	L	sidewalk to first driveway	0.8
	34.1	R	FLAGSTONE	0.9
←	34.4	L	DEERFIELD	0.8
	34.5	R	into shopping center	0.9
←	34.7	L	just past CVS Drug Store	0.9
←	34.8	L	Food Court	0.1

LUNCH ~ Culver Plaza Shopping Mall

Noodles, Panda Express, Poke, Chicken, Korean, Thai

<https://ridewithgps.com/routes/45628132>

	34.9	R	parking aisle (North)	0.1
	35.0	R	just past CVS Drug Store	0.2
←	35.2	L	DEERFIELD	0.2
	35.4	R	FLAGSTONE	0.2
←	35.6	L	from driveway to sidewalk	0.0
	35.6	R	toward Walnut Trail bike path	0.1
	35.7	R	Walnut Trail bike path	1.4
↗	37.1	BR	exit Walnut Trail UP to YALE	0.1
	37.2	R	YALE	0.3
	37.5	JR	Yale side-path	0.4
	37.9	X	IRVINE CENTER w cross walk	0.4
	38.3	X	W YALE LOOP with cross walk	0.0
	38.3	R	sidewalk of E YALE LOOP	0.0
↗	38.3	BL	bike path along lake shore	1.2
↗	39.5	BR	bridge over BARRANCA PKWY	0.2
↗	39.7	BL	bike path around shopping cntr	0.1
	39.8	R	San Diego Creek Trail path	0.2
	40.0	X	LAKE ROAD with cross walk	2.4
←	42.4	L	turn left on bridge over channel	0.0
	42.4	R	continue on San Diego Creek Tr	4.3
←	46.7	L	University Trail bike path	0.2
←	46.9	BL	University sidewalk to HARVARD	0.0
←	46.9	R	X UNIVERSITY with cross walk	0.1
	47.0	L	X HARVARD with cross walk	0.0
↘	47.0	to	University side walk (asphalt)	0.1
←	47.1	R	Sand Canyon Wash Trail path	1.1
	48.2	X	CULVER with cross walk	0.0
	48.2	R	Sand Canyon Wash Tr side-path	0.1
↗	48.3	BL	Sand Canyon Wash Trail path	0.2
↗	48.5	BL	Sand Canyon Wash Trail path	0.6
↗	49.1	BL	Sand Canyon Wash Trail path	0.5
↘	49.6	#R	Sand Canyon Wash Trail path	0.0
←	49.6	#L	Sand Canyon Wash Tr side-path	1.1
	50.7	R	X RIDGELINE with cross walk	0.0
	50.7	BR	Sand Canyon Wash Trail path	0.5
	51.2	R	STRAWBERRY FARMS	1.5
Break ~ Farmhouse Grill				
	52.7	U	return on STRAWBERRY FARMS	1.2
←	53.9	L	UNIVERSITY	4.2
	58.1	R	CAMPUS	2.6
	60.7	R	MARTIN	0.5
	61.2	R	VON KARMAN	0.4
	61.6	R	parking lot back to start	0.1