

Life Vitality Assoc. Ride #9 A

25.1 km (15.6 Miles)

	@ km	Go	CF2 (28.3'/m) +442 ft	Dist
	0.0	N	exit Parking Lot North	0.1
←	0.1	L 左	Parking Lot West	0.0
	0.1	R 右	Parking Lot North	0.2
	0.3	R 右	CAMPUS	2.2
	2.5	R 右	UNIVERSITY	0.1
↻	2.6	JR	San Diego Creek Trl <i>bike path</i>	2.2
↻	4.8	°L 左	Jamboree side-path	0.3
	5.1	FL	Bayview side-path	0.6
	5.7	to	Bayview Trail <i>bike path</i>	3.2
	8.9	to	Bike Path	0.1
↻	9.0	BL	Irvine Avenue sidewalk	0.0
←	9.0	L 左	Santiago Drive sidewalk	0.0
↻	9.0	JR	SANTIAGO @ driveway	0.2
←	9.2	L 左	GALAXY	2.2
←	11.4	L 左	SANTIAGO	0.0
↻	11.4	FL	POLARIS	0.7
	12.1	R 右	<i>bike path</i>	0.0
←	12.1	L 左	<i>bike path</i>	0.1
	12.2	to	Scenic Overlook	0.1
	12.3	to	<i>bike path along bluff</i>	1.0
↻	13.3	BL	STEEP DOWNHILL	2.8
↻	13.5	BL	Dover sidewalk	7.5
↻	13.8	BL	<i>bike path UNDER Coast Hwy</i>	0.2
	14.0	R 右	<i>to Coast Highway</i>	0.0
	14.0	R 右	COAST HWAY (or sidewalk)	0.6
☕	14.6	R 右	Driveway at Starbucks	0.1
Regroup - Exit lot West				
	14.7	R 右	BAYSIDE	0.5
	15.2	to	enter Newport Dunes Resort	0.4
	15.6	to	foot bridge over water	0.2
↻	15.8	BR	side-path along parking lot	0.2
←	16.0	L 左	<i>to parking lot</i>	0.0
←	16.0	L 左	parking lot	0.0
	16.0	R 右	parking lot	0.0
↻	16.0	BL	sidewalk past gate	0.1
←	16.1	L 左	BACK BAY	4.9
←	21.0	L 左	Eastbluff sidewalk	0.5
←	21.5	L 左	Jamboree sidewalk	0.6
↻	21.5	BL	San Diego Creek Tr bike path	2.6
↘	24.1	#R 右	<i>Exit up to CAMPUS</i>	0.1
	24.2	R 右	CAMPUS (or sidewalk)	0.1
	24.3	R 右	RIPARIAN	0.8
↻	25.1	L 左	San Joaquin Marsh	0.0
	25.1	L 左	Duck Club parking lot	0.0

Explore Marsh with Audubon
Party & Dinner at Duck Club

<https://ridewithgps.com/routes/45498988>

Life Vitality Assoc. Ride #9 B

3.1 Km (1.9 Miles)

	@ km	Go	CF2 (27.3'/m) +52 ft	Dist
	0.0	R 右	exit parking lot	0.1
	0.1	R 右	RIPARIAN	0.7
	0.8	R 右	CAMPUS	2.0
←	2.8	*L 左	VON KARMAN	0.2
	3.0	R 右	Hotel parking lot back to start	0.1

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Life Vitality Assoc. Ride #9 A

15.6 Miles

	@ km	Go	CF2 (28.3'/m) +442 ft	Dist
	0.0	N	exit Parking Lot North	0.1
←	0.1	L 左	Parking Lot West	0.0
	0.1	R 右	Parking Lot North	0.2
	0.3	R 右	CAMPUS	2.2
	2.5	R 右	UNIVERSITY	0.1
↻	2.6	JR	San Diego Creek Trl <i>bike path</i>	2.2
↻	4.8	°L 左	Jamboree side-path	0.3
	5.1	FL	Bayview side-path	0.6
	5.7	to	Bayview Trail <i>bike path</i>	3.2
	8.9	to	Bike Path	0.1
↻	9.0	BL	Irvine Avenue sidewalk	0.0
←	9.0	L 左	Santiago Drive sidewalk	0.0
↻	9.0	JR	SANTIAGO @ driveway	0.2
←	9.2	L 左	GALAXY	2.2
↻	11.4	L 左	SANTIAGO	0.0
	11.4	FL	POLARIS	0.7
	12.1	R 右	<i>bike path</i>	0.0
←	12.1	L 左	<i>bike path</i>	0.1
	12.2	to	Scenic Overlook	0.1
	12.3	to	<i>bike path along bluff</i>	1.0
↻	13.3	BL	STEEP DOWNHILL	2.8
↻	13.5	BL	Dover sidewalk	7.5
↻	13.8	BL	<i>bike path UNDER Coast Hwy</i>	0.2
	14.0	R 右	<i>to Coast Highway</i>	0.0
	14.0	R 右	COAST HWAY (or sidewalk)	0.6
☕	14.6	R 右	Driveway at Starbucks	0.1
Regroup - Exit lot West				
	14.7	R 右	BAYSIDE	0.5
	15.2	to	enter Newport Dunes Resort	0.4
	15.6	to	foot bridge over water	0.2
↻	15.8	BR	side-path along parking lot	0.2
←	16.0	L 左	<i>to parking lot</i>	0.0
←	16.0	L 左	parking lot	0.0
	16.0	R 右	parking lot	0.0
↻	16.0	BL	sidewalk past gate	0.1
←	16.1	L 左	BACK BAY	4.9
←	21.0	L 左	Eastbluff sidewalk	0.5
←	21.5	L 左	Jamboree sidewalk	0.6
↻	21.5	BL	San Diego Creek Tr bike path	2.6
↘	24.1	#R 右	<i>Exit up to CAMPUS</i>	0.1
	24.2	R 右	CAMPUS (or sidewalk)	0.1
	24.3	R 右	RIPARIAN	0.8
↻	25.1	L 左	San Joaquin Marsh	0.0
	25.1	L 左	Duck Club parking lot	0.0

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	0.8	R 右	CAMPUS	2.0
←	2.8	*L 左	VON KARMAN	0.2
	3.0	R 右	Hotel parking lot back to start	0.1

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