

	Start		Tierra Rejada Von's Shopping Center - Java Kai
0	East	0.0	Take Eastern Exit from Center to Mountain Trail
0.0	L	0.1	Mountain Trail
0.1	L	0.8	Tierra Rejada Road
0.9	L	1.8	SR 118 - Los Angeles Avenue
2.7	R	3.6	Grimes Canyon Road
6.3	L	0.7	Broadway
7	R	4.3	Stockton Road
11.3	R	2.5	Balcom Canyon Road
13.8	S	3.4	Stay Straight Name Changes to Bradley Road
17.2	R	1.4	Berylwood Road
18.6	R	0.3	Aggen Road
18.9	L	3.9	La Loma Avenue
22.8	L	0.6	La Vista Road
23.4	R	1.1	Los Angeles Avenue / SR 118
24.5	R	4.6	to Stay on Los Angeles Ave. / SR 118 Name will change to Wells Road
29.1	L	5.6	Foothill Road
34.7	S	2.1	Straight - Name Change to Poli St
36.8	L	0.1	California Street
36.9	R	0.6	Main St. <a href="#">Food/Water/Bathrooms</a>
37.5	R	0.1	Olive St.
37.6	L	0.1	Rex St./Dubber St./Harriett St.
37.7	S	5.6	Enter bike path
43.3	L	0.6	Casitas Vista Road
43.9	R	3.3	Santa Ana Road
<b>47.2</b>	<b>C</b>	<b>0.0</b>	<b>Control #2 Corner Market - Oak View</b>
47.2	Continue	2.5	Stay on Santa Ana - North
49.7	L at T	11.8	Casitas Pass Rd.
61.5	L	3.0	Highway 192 / Casitas Pass Road - Hard Left Turn at T Intersection
64.5	Straight	0.6	Stay on SR 192 - Name Changes to Foothill Road
65.1	R	2.9	Stay on SR 192 / Foothill Road
68	R	1.5	Stay on SR 192 / Foothill Road
69.5	R	0.6	Stay on SR 192 - Name Changes to Toro Canyon Road
<b>70.1</b>	<b>C</b>	<b>3.7</b>	<b>Control #4 Info Control - After control continue on SR 192 - Name Changes to East Valley Road</b>
73.8	R	0.7	San Ysidro Road - At traffic light - Food/Water/Bathrooms
74.5	L	0.3	East Mountain Drive at T intersection - STAY on Mountain! - If you find yourself steeply descending or climbing for a long way you are likely on the wrong road. Go horizontal across the Mountain - You will be on East/West Mountain for 6.6 miles
74.8	R	6.0	STAY on Mountain! Sign on Left side of road.
80.8	Bear L	0.3	At intersection with Las Canoas Road/ Gibraltar Road go down now to stay on Mountain Drive.
81.1	R	0.4	<b>Stop Sign at bottom of hill - GO SLOW!</b> Turn Right on 192 (Foothill Road)
81.5	Bear L	1.9	Bear Left to AVOID SR-192 to Mountain Drive - Name will change to E. Los Olivos Street
83.4	L	0.6	State Street
<b>84.0</b>	<b>C</b>	<b>1.5</b>	<b>Control #5 State Street - Get Receipt Cantwells Market at 1533 State St. After Control continue on State St.</b>
85.5	L	2.1	East Cabrillo Boulevard
87.6	R	1.9	Channel Drive @ Y Follow Bike Path at top of hill down to Channel Drive becomes Olive Mill Road after FWY
89.5	R	1.6	North Jamison Lane
91.1	R	0.8	Ortega Hill Road
91.9	Straight	0.4	Becomes Lillie Avenue
92.3	Straight	4.0	Becomes Via Real
96.3	R	0.2	Santa Ynez Avenue
96.5	L	1.9	Carpinteria Avenue
98.4	L	0.1	Bailard Avenue - Cross Over Freeway
98.5	R	1.1	Via Real
99.6	L	0.2	Rincon Road - SR 150
99.8	R	0.9	Rincon Hill Road - bear right down the hill
100.7	L	5.1	Onto South 101 - There is a wide bike lane <b>** Caution ** watch for road hazards and storm drains!</b>
105.8	R	0.4	Seacliff Exit
106.2	R	6.4	Old Pacific Coast Highway
112.6	R	1.4	Enter Bicentennial Bike Path – <b>DO NOT ENTER FREEWAY!</b>
114.0	R	0.6	Main Street - after going through Emma Wood State Beach <a href="#">Food/Water/Bathrooms</a>
114.6	R	0.1	Olive Street
114.7	L	0.3	Santa Clara Avenue
115.0	R	0.2	Figuroa Street
115.2	L	8.7	Harbor Boulevard
123.9	L	2.0	Channel Islands Boulevard
125.9	R	1.9	Ventura Road
<b>127.8</b>	<b>C</b>	<b>0.0</b>	<b>Control #5 - Any Establishment near corner of Ventura &amp; Hueneme Road (Wendy's)</b>
127.8	L	4.2	Hueneme Road (East)
132.0	R	2.7	Naval Air Road
134.7	L - R	16.4	Left on Las Posas then Right to On-ramp to Pacific Coast Highway South
<b>151.1</b>	<b>C</b>	<b>0.0</b>	<b>Control #6 - Any Establishment near corner of PCH and Trancas Canyon</b>
151.1	Return	16.3	North on PCH - Return to Las Posas
167.4	R	2.9	Las Posas
170.3	R	4.5	Hueneme Road (East) Name will Change to Lewis Road
174.8	R	1.9	Pleasant Valley Road
176.7	Straight	8.6	Name Changes to Santa Rosa Road after FWY
185.3	L	1.4	Moorpark Road
186.7	L	2	Tierra Rejada Road
188.7	R	0.2	Mountain Meadows
188.9	L	0.1	Cedarglen Court
<b>189.0</b>	<b>Stop</b>	<b>0.0</b>	<b>Finish Control - 4465 Cedarglen Court</b>