

CAPISTRANO CAPER (Pendleton option)

Long - 67 Miles & 3100 feet (2500 without hill)(barometric)

PROTECTIVE HELMETS ARE TOTAL NEXT
REQUIRED ON ALL WHEELMEN RIDES MILES TURN

START LOCATION (Elev. 159 ft): San Juan Capistrano --
Camino Capistrano 1/2 mi. S of Junipero Serra Rd

START SOUTH ON CAMINO CAPISTRANO 0.0 0.3
R - LA ZANJA ST 0.3 0.2
L - AVE. DE LA VISTA (To the End) 0.5 0.3
BEAR R AND INTO BIKE PATH 0.8 0.9

CROSS BRIDGE & GO L (San Juan Creek) 1.7 2.4

AT END U-TURN ON PATH THRU PARK
TOWARDS STREET 4.1 0.1

R - ON ST PARALLEL TO PCH (cross bridge) 4.2 0.1

BEARS RIGHT INTO BEACH
BEAR L TO PICK UP BIKE PATH ALONG PCH 4.3 1.0

L - TO CROSS PCH INTO PALISADES ST. 5.3 0.3

R - CAMINO CAPISTRANO (At top of hill) 5.6 0.6

FOLLOW CAMINO CAPISTRANO RIGHT

L - CAMINO DE ESTRELLA 6.2 1.4

(Becomes CAMINO DE LOS MARES)

R - AVE. VAQUERO 7.6 0.3

L - CALLE GUADALAJARA 7.9 0.1

R - CALLE JUAREZ 8.0 0.3

R - CALLE FRONTERA (At T)(cont. to PICO) 8.3 1.6

TO AVOID STEEP HILL
do instructions in box below

CROSS PICO INTO AVE. PRESIDIO (0.3 mi)

R - CALLE ESCUELA (0.3 mi)

R - CALLE MIGUEL (0.1 mi)

R - CALLE EMPALME (0.2 mi)

R - AVINEDA DE CUESTA / DE LA PAZ (0.2 mi)

R - EL ORIENTE (0.1 mi)

L - AVINEDA CABALLEROS (0.1 mi)

R - AVINEDA PALIZADA (0.2 mi)(go under frwy)

L - EL CAMINO REAL (to end 2.8 mi)

(Skip to ##### below)

CROSS PICO INTO AVE. PRESIDIO (Hill!!!!) 9.9 1.1

L - AVE. SALVADOR (More Up--then down) 11.0 1.7

R - AVE. SAN PABLO (At T) 12.7 0.2

L - AVE. SAN GABRIEL 12.9 0.1

L - EL CAMINO REAL 13.0 1.5

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R - CRISTIANITOS RD (To Cross Frwy) 14.5 0.1

L - INTO BIKE PATH (Just passt Frwy) 14.6 1.0

PATH GOES L THRU FENCE TO OLD PCH 15.6 5.9

CONT. R (SOUTH) ON OLD PCH

ENTER & CONT THRU CAMP GROUND

CONT BIKE PATH THRU GATE 21.5 1.9

(At end of campground)

CONTINUED IN NEXT COLUMN

BIKE PATH GOES R AFTER TUNNEL 23.4 1.5

Long & Medium Split here
Long continues South - Medium returns

L - LAS PULGAS RD. (At End of Path) 24.9 0.7

(Under RR bridge into Pendleton)

Must be pre-registered with base and show ID

R - STUART MESA RD 25.6 6.9

R - VANDERGRIFT BL 32.5 2.0

Becomes HARBOR DR on leaving Pendleton)

L - AT T JUST PAST RR BRIDGE 34.5 0.2

LUNCH at Harbor Village Shops Area

RETURN TO HARBOR DR. 34.7 0.3

R - ON HARBOR DR. (Under Frwy into base) 35.0 1.9

(Stop at Guard if required)

L - STUART MESA RD (by pond) 36.9 6.9

L - LAS PULGAS RD (At sign to I-5) 43.8 0.7

R - INTO BIKE PATH (Just past RR bridge) 44.5 3.4

(Follow Bike Path back to camp ground)

CONT THRU GATE INTO CAMPGROUND 47.9 5.9

CONT ON OLD PCH PAST POWER PLANT

L - ACROSS OLD PCH THRU GATE 53.8 1.0

L - CRISTIANITOS RD (At end of path) 54.8 0.1

R - AVE. DEL PRESIDENTE 54.9 1.8

Follow green bike route signs for next 10 turns

L - AVE. VALENCIA 56.7 0.2

R - OLA VISTA 56.9 0.6

L - AVE. SANTA BARBARA 57.5 0.1

INTO CALLE SEVILLE 57.6 0.2

R - AVE. PALIZADA 57.8 0.1

L - CALLE PUENTE 57.9 0.5

L - AVE PELAYO 58.4 0.2

R - AVE. FLORENCIA 58.6 0.2

L - CALLE LAS BOLAS 58.8 0.1

R - INTO BOCA DE LA PLAYA (at circle) 58.9 0.1

R - AVE. PICO 59.0 0.1

L - CAMINO REAL 59.1 1.0

R - CAMINO CAPISTRANO 60.1 2.1

L - TO STAY ON CAMINO CAPISTRANO 62.2 0.5

BEAR R INTO VIA CANON (Down hill) 62.7 0.1

L - CAM. CAPISTRANO (again - under frwy) 62.8 0.5

R - AT STOP SIGN (Still Camino Capistrano) 63.3 3.2

BACK TO START 66.5

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Revised 1/16 Last Scheduled 09/08/19

Next Week:
Rings of Power

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Camino Capistrano 1/2 mi. S of Junipero Serra Rd

START SOUTH ON CAMINO CAPISTRANO 0.0 0.3
R - LA ZANJA ST 0.3 0.2
L - AVE. DE LA VISTA (To the End) 0.5 0.3
BEAR R AND INTO BIKE PATH 0.8 0.9

CROSS BRIDGE & GO L (San Juan Creek) 1.7 2.4

AT END U-TURN ON PATH THRU PARK
TOWARDS STREET 4.1 0.1

R - ON ST PARALLEL TO PCH (cross bridge) 4.2 0.1

BEARS RIGHT INTO BEACH
BEAR L TO PICK UP BIKE PATH ALONG PCH 4.3 1.0

L - TO CROSS PCH INTO PALISADES ST. 5.3 0.3

R - CAMINO CAPISTRANO (At top of hill) 5.6 0.6

FOLLOW CAMINO CAPISTRANO RIGHT

L - CAMINO DE ESTRELLA 6.2 1.4

(Becomes CAMINO DE LOS MARES)

R - AVE. VAQUERO 7.6 0.3

L - CALLE GUADALAJARA 7.9 0.1

R - CALLE JUAREZ 8.0 0.3

R - CALLE FRONTERA (At T)(cont. to PICO) 8.3 1.6

TO AVOID STEEP HILL
do instructions in box below

CROSS PICO INTO AVE. PRESIDIO (0.3 mi)

R - CALLE ESCUELA (0.3 mi)

R - CALLE MIGUEL (0.1 mi)

R - CALLE EMPALME (0.2 mi)

R - AVINEDA DE CUESTA / DE LA PAZ (0.2 mi)

R - EL ORIENTE (0.1 mi)

L - AVINEDA CABALLEROS (0.1 mi)

R - AVINEDA PALIZADA (0.2 mi)(go under frwy)

L - EL CAMINO REAL (to end 2.8 mi)

(Skip to ##### below)

CROSS PICO INTO AVE. PRESIDIO (Hill!!!!) 9.9 1.1

L - AVE. SALVADOR (More Up--then down) 11.0 1.7

R - AVE. SAN PABLO (At T) 12.7 0.2

L - AVE. SAN GABRIEL 12.9 0.1

L - EL CAMINO REAL 13.0 1.5

####

R - CRISTIANITOS RD (To Cross Frwy) 14.5 0.1

L - INTO BIKE PATH (Just passt Frwy) 14.6 1.0

PATH GOES L THRU FENCE TO OLD PCH 15.6 5.9

CONT. R (SOUTH) ON OLD PCH

ENTER & CONT THRU CAMP GROUND

CONT BIKE PATH THRU GATE 21.5 1.9

(At end of campground)

CONTINUED IN NEXT COLUMN

BIKE PATH GOES R AFTER TUNNEL 23.4 1.5

Long & Medium Split here
Long continues South - Medium returns

L - LAS PULGAS RD. (At End of Path) 24.9 0.7
(Under RR bridge into Pendleton)

Must be pre-registered with base and show ID

R - STUART MESA RD 25.6 6.9

R - VANDERGRIFT BL 32.5 2.0

Becomes HARBOR DR on leaving Pendleton)

L - AT T JUST PAST RR BRIDGE 34.5 0.2

LUNCH at Harbor Village Shops Area

RETURN TO HARBOR DR. 34.7 0.3

R - ON HARBOR DR. (Under Frwy into base) 35.0 1.9

(Stop at Guard if required)

L - STUART MESA RD (by pond) 36.9 6.9

L - LAS PULGAS RD (At sign to I-5) 43.8 0.7

R - INTO BIKE PATH (Just past RR bridge) 44.5 3.4

(Follow Bike Path back to camp ground)

CONT THRU GATE INTO CAMPGROUND 47.9 5.9

CONT ON OLD PCH PAST POWER PLANT

L - ACROSS OLD PCH THRU GATE 53.8 1.0

L - CRISTIANITOS RD (At end of path) 54.8 0.1

R - AVE. DEL PRESIDENTE 54.9 1.8

Follow green bike route signs for next 10 turns

L - AVE. VALENCIA 56.7 0.2

R - OLA VISTA 56.9 0.6

L - AVE. SANTA BARBARA 57.5 0.1

INTO CALLE SEVILLE 57.6 0.2

R - AVE. PALIZADA 57.8 0.1

L - CALLE PUENTE 57.9 0.5

L - AVE PELAYO 58.4 0.2

R - AVE. FLORENCIA 58.6 0.2

L - CALLE LAS BOLAS 58.8 0.1

R - INTO BOCA DE LA PLAYA (at circle) 58.9 0.1

R - AVE. PICO 59.0 0.1

L - CAMINO REAL 59.1 1.0

R - CAMINO CAPISTRANO 60.1 2.1

L - TO STAY ON CAMINO CAPISTRANO 62.2 0.5

BEAR R INTO VIA CANON (Down hill) 62.7 0.1

L - CAM. CAPISTRANO (again - under frwy) 62.8 0.5

R - AT STOP SIGN (Still Camino Capistrano) 63.3 3.2

BACK TO START 66.5

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Next Week:
Rings of Power

CAPISTRANO CAPER (frwy option)

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Camino Capistrano 1/2 mi. S of Junipero Serra Rd

START SOUTH ON CAMINO CAPISTRANO 0.0 0.3
R - LA ZANJA ST 0.3 0.2
L - AVE. DE LA VISTA (To the End) 0.5 0.3
BEAR R AND INTO BIKE PATH 0.8 0.9

CROSS BRIDGE & GO L (San Juan Creek) 1.7 2.4
AT END U-TURN ON PATH THRU PARK
TOWARDS STREET 4.1 0.1
R - ON ST PARALLEL TO PCH (cross bridge) 4.2 0.1
BEARS RIGHT INTO BEACH
BEAR L TO PICK UP BIKE PATH ALONG PCH 4.3 1.0

L - TO CROSS PCH INTO PALISADES ST. 5.3 0.3
R - CAMINO CAPISTRANO (At top of hill) 5.6 0.6
FOLLOW CAMINO CAPISTRANO RIGHT
L - CAMINO DE ESTRELLA 6.2 1.4
(Becomes CAMINO DE LOS MARES)
R - AVE. VAQUERO 7.6 0.3

L - CALLE GUADALAJARA 7.9 0.1
R - CALLE JUAREZ 8.0 0.3
R - CALLE FRONTERA (At T)(cont. to PICO) 8.3 1.6

TO AVOID STEEP HILL
do instructions in box below

CROSS PICO INTO AVE. PRESIDIO (0.3 mi)
R - CALLE ESCUELA (0.3 mi)
R - CALLE MIGUEL (0.1 mi)
R - CALLE EMPALME (0.2 mi)

R - AVINEDA DE CUESTA / DE LA PAZ (0.2 mi)
R - EL ORIENTE (0.1 mi)
L - AVINEDA CABALLEROS (0.1 mi)
R - AVINEDA PALIZADA (0.2 mi)(go under frwy)

L - EL CAMINO REAL (to end 2.8 mi)
(Skip to ##### below)

CROSS PICO INTO AVE. PRESIDIO (Hill!!!!) 9.9 1.1
L - AVE. SALVADOR (More Up--then down) 11.0 1.7
R - AVE. SAN PABLO (At T) 12.7 0.2
L - AVE. SAN GABRIEL 12.9 0.1

L - EL CAMINO REAL 13.0 1.5
###

R - CRISTIANITOS RD (To Cross Frwy) 14.5 0.1
L - INTO BIKE PATH (Just passt Frwy) 14.6 1.0
PATH GOES L THRU FENCE TO OLD PCH 15.6 5.9

CONT. R (SOUTH) ON OLD PCH
ENTER & CONT THRU CAMP GROUND
CONT BIKE PATH THRU GATE 21.5 1.9
(At end of campground)

CONTINUED IN NEXT COLUMN

BIKE PATH GOES R AFTER TUNNEL 23.4 1.5

Long & Medium Split here
Long continues South - Medium returns

R - LAS PULGAS RD. (At End of Path) 24.9 0.2
L - TO ENTER FRWY SOUTH 25.1 7.4
(go through rest area and back onto Frwy)
R - TO EXIT FRWY TO HARBOR DR 32.5 0.3
R - HARBOR DR (at bottom of ramp) 32.8 0.2

L - AT T JUST PAST RR BRIDGE 33.0 0.2

LUNCH at Harbor Village Shops Area

RETURN TO HARBOR DR. 33.2 0.3
R - HARBOR DR (go under frwy) 33.5 0.5
L - TO ENTER FRWY NORTH 34.0 7.4
(go through rest area and back onto Frwy)
R - TO EXIT FRWY AT LAS PULGAS RD 41.4 0.2

R - LAS PULGAS RD 41.6 0.1
L - INTO BIKE PATH 41.7 3.4
(Follow Bike Path back to camp ground)
CONT THRU GATE INTO CAMPGROUND 45.1 5.9
CONT ON OLD PCH PAST POWER PLANT
L - ACROSS OLD PCH THRU GATE 51.0 1.0

L - CRISTIANITOS RD (At end of path) 52.0 0.1
R - AVE. DEL PRESIDENTE 52.1 1.8

Follow green bike route signs for next 10 turns

L - AVE. VALENCIA 53.9 0.2
R - OLA VISTA 54.1 0.6
L - AVE. SANTA BARBARA 54.7 0.1
INTO CALLE SEVILLE 54.8 0.2

R - AVE. PALIZADA 55.0 0.1
L - CALLE PUENTE 55.1 0.5
L - AVE PELAYO 55.6 0.2
R - AVE. FLORENCIA 55.8 0.2

L - CALLE LAS BOLAS 56.0 0.1
R - INTO BOCA DE LA PLAYA (at circle) 56.1 0.1
R - AVE. PICO 56.2 0.1
L - CAMINO REAL 56.3 1.0

R - CAMINO CAPISTRANO 57.3 2.1
L - TO STAY ON CAMINO CAPISTRANO 59.4 0.5
BEAR R INTO VIA CANON (Down hill) 59.9 0.1
L - CAM. CAPISTRANO (again - under frwy) 60.0 0.5

R - AT STOP SIGN (Still Camino Capistrano) 60.5 3.2
BACK TO START 63.7

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START LOCATION (Elev. 159 ft): San Juan Capistrano -- Camino Capistrano 1/2 mi. S of Junipero Serra Rd		
START SOUTH ON CAMINO CAPISTRANO	0.0	0.3
R - LA ZANJA ST	0.3	0.2
L - AVE. DE LA VISTA (To the End)	0.5	0.3
BEAR R AND INTO BIKE PATH	0.8	0.9

CROSS BRIDGE & GO L (San Juan Creek)	1.7	2.4
AT END U-TURN ON PATH THRU PARK TOWARDS STREET	4.1	0.1
R - ON ST PARALLEL TO PCH (cross bridge)	4.2	0.1
BEARS RIGHT INTO BEACH		
BEAR L TO PICK UP BIKE PATH ALONG PCH	4.3	1.0

L - TO CROSS PCH INTO PALISADES ST.	5.3	0.3
R - CAMINO CAPISTRANO (At top of hill)	5.6	0.6
FOLLOW CAMINO CAPISTRANO RIGHT		
L - CAMINO DE ESTRELLA	6.2	1.4
(Becomes CAMINO DE LOS MARES)		
R - AVE. VAQUERO	7.6	0.3

L - CALLE GUADALAJARA	7.9	0.1
R - CALLE JUAREZ	8.0	0.3
R - CALLE FRONTERA (At T)(cont. to PICO)	8.3	1.6

TO AVOID STEEP HILL do instructions in box below		

CROSS PICO INTO AVE. PRESIDIO (0.3 mi)		
R - CALLE ESCUELA (0.3 mi)		
R - CALLE MIGUEL (0.1 mi)		
R - CALLE EMPALME (0.2 mi)		

R - AVINEDA DE CUESTA / DE LA PAZ (0.2 mi)		
R - EL ORIENTE (0.1 mi)		
L - AVINEDA CABALLEROS (0.1 mi)		
R - AVINEDA PALIZADA (0.2 mi)(go under frwy)		

L - EL CAMINO REAL (to end 2.8 mi)		
(Skip to ##### below)		

CROSS PICO INTO AVE. PRESIDIO (Hill!!!!)	9.9	1.1
L - AVE. SALVADOR (More Up--then down)	11.0	1.7
R - AVE. SAN PABLO (At T)	12.7	0.2
L - AVE. SAN GABRIEL	12.9	0.1

L - EL CAMINO REAL	13.0	1.5
###		
R - CRISTIANITOS RD (To Cross Frwy)	14.5	0.1
L - INTO BIKE PATH (Just passt Frwy)	14.6	1.0
PATH GOES L THRU FENCE TO OLD PCH	15.6	5.9
CONT. R (SOUTH) ON OLD PCH		
ENTER & CONT THRU CAMP GROUND		
CONT BIKE PATH THRU GATE	21.5	1.9
(At end of campground)		

CONTINUED IN NEXT COLUMN

BIKE PATH GOES R AFTER TUNNEL 23.4 1.5

<i>Long & Medium Split here</i> <i>Long continues South - Medium returns</i>		
R - LAS PULGAS RD. (At End of Path)	24.9	0.2
L - TO ENTER FRWY SOUTH	25.1	7.4
<i>(go through rest area and back onto Frwy)</i>		
R - TO EXIT FRWY TO HARBOR DR	32.5	0.3
R - HARBOR DR (at bottom of ramp)	32.8	0.2

L - AT T JUST PAST RR BRIDGE	33.0	0.2
LUNCH at Harbor Village Shops Area		

RETURN TO HARBOR DR.	33.2	0.3
R - HARBOR DR (go under frwy)	33.5	0.5
L - TO ENTER FRWY NORTH	34.0	7.4
<i>(go through rest area and back onto Frwy)</i>		
R - TO EXIT FRWY AT LAS PULGAS RD	41.4	0.2

R - LAS PULGAS RD	41.6	0.1
L - INTO BIKE PATH	41.7	3.4
<i>(Follow Bike Path back to camp ground)</i>		
CONT THRU GATE INTO CAMPGROUND	45.1	5.9
CONT ON OLD PCH PAST POWER PLANT		
L - ACROSS OLD PCH THRU GATE	51.0	1.0

L - CRISTIANITOS RD (At end of path)	52.0	0.1
R - AVE. DEL PRESIDENTE	52.1	1.8

Follow green bike route signs for next 10 turns		
L - AVE. VALENCIA	53.9	0.2
R - OLA VISTA	54.1	0.6
L - AVE. SANTA BARBARA	54.7	0.1
INTO CALLE SEVILLE	54.8	0.2

R - AVE. PALIZADA	55.0	0.1
L - CALLE PUENTE	55.1	0.5
L - AVE PELAYO	55.6	0.2
R - AVE. FLORENCIA	55.8	0.2

L - CALLE LAS BOLAS	56.0	0.1
R - INTO BOCA DE LA PLAYA (at circle)	56.1	0.1
R - AVE. PICO	56.2	0.1
L - CAMINO REAL	56.3	1.0

R - CAMINO CAPISTRANO	57.3	2.1
L - TO STAY ON CAMINO CAPISTRANO	59.4	0.5
BEAR R INTO VIA CANON (Down hill)	59.9	0.1
L - CAM. CAPISTRANO (again - under frwy)	60.0	0.5

R - AT STOP SIGN (Still Camino Capistrano)	60.5	3.2
BACK TO START	63.7	

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R - LA ZANJA ST 0.3 0.2
L - AVE. DE LA VISTA (To the End) 0.5 0.3
BEAR R AND INTO BIKE PATH 0.8 0.9

CROSS BRIDGE & GO L (San Juan Creek) 1.7 2.4
AT END U-TURN ON PATH THRU PARK
TOWARDS STREET 4.1 0.1
R - ON ST PARALLEL TO PCH (cross bridge) 4.2 0.1
BEARS RIGHT INTO BEACH
BEAR L TO PICK UP BIKE PATH ALONG PCH 4.3 1.0

L - TO CROSS PCH INTO PALISADES ST. 5.3 0.3
R - CAMINO CAPISTRANO (At top of hill) 5.6 0.6
FOLLOW CAMINO CAPISTRANO RIGHT
L - CAMINO DE ESTRELLA 6.2 1.4
(Becomes CAMINO DE LOS MARES)
R - AVE. VAQUERO 7.6 0.3

L - CALLE GUADALAJARA 7.9 0.1
R - CALLE JUAREZ 8.0 0.3
R - CALLE FRONTERA (At T)(cont. to PICO) 8.3 1.6

TO AVOID STEEP HILL
do instructions in box below

CROSS PICO INTO AVE. PRESIDIO (0.3 mi)
R - CALLE ESCUELA (0.3 mi)
R - CALLE MIGUEL (0.1 mi)
R - CALLE EMPALME (0.2 mi)

R - AVINEDA DE CUESTA / DE LA PAZ (0.2 mi)
R - EL ORIENTE (0.1 mi)
L - AVINEDA CABALLEROS (0.1 mi)
R - AVINEDA PALIZADA (0.2 mi)(go under frwy)

L - EL CAMINO REAL (to end 2.8 mi)
(Skip to #### below)

CROSS PICO INTO AVE. PRESIDIO (Hill!!!!) 9.9 1.1
L - AVE. SALVADOR (More Up--then down) 11.0 1.7
R - AVE. SAN PABLO (At T) 12.7 0.2
L - AVE. SAN GABRIEL 12.9 0.1

L - EL CAMINO REAL 13.0 1.5
####

R - CRISTIANITOS RD (To Cross Frwy) 14.5 0.1
L - INTO BIKE PATH (Just past Frwy) 14.6 1.0
PATH GOES L THRU FENCE TO OLD PCH 15.6 5.9

CONT. R (SOUTH) ON OLD PCH
ENTER & CONT THRU CAMP GROUND
CONT BIKE PATH THRU GATE 21.5 1.9
(At end of campground)

CONTINUED IN NEXT COLUMN

BIKE PATH GOES R AFTER TUNNEL 23.4 1.5
CONT TO END AT LAS PULGAS RD

Long & Medium Split here
Long continues South - Medium returns

U-TURN AND RETURN BACK ON BIKE PATH 24.9 3.3
(Follow Bike Path back to campground)

CONT THRU GATE INTO CAMPGROUND 28.2 5.9
CONT ON OLD PCH PAST POWER

PLANT
L - ACROSS OLD PCH THRU GATE 34.1 1.0

R - CRISTIANITOS RD (At end of path) 35.1 0.1
L - CAMINO REAL (Just past Frwy) 35.2 0.2

LUNCH at Carl's on Right

CONT NORTH ON CAMINO REAL 35.4 1.1
L - AVE. MENDOCINO (OVER FRWY) 36.5 0.1
R - AVE. DEL PRESIDENTE 36.6 0.6

Follow green bike route signs for next 10 turns

L - AVE. VALENCIA 37.2 0.2
R - OLA VISTA 37.4 0.6
L - AVE. SANTA BARBARA 38.0 0.1
INTO CALLE SEVILLE 38.1 0.2

R - AVE. PALIZADA 38.3 0.1
L - CALLE PUENTE 38.4 0.5
L - AVE PELAYO 38.9 0.2
R - AVE. FLORENCIA 39.1 0.2

L - CALLE LAS BOLAS 39.3 0.1
R - INTO BOCA DE LA PLAYA (at circle) 39.4 0.1
R - AVE. PICO 39.5 0.1
L - EL CAMINO REAL 39.6 1.0

R - CAMINO CAPISTRANO 40.6 2.1
L - TO STAY ON CAMINO CAPISTRANO 42.7 0.5
BEAR R INTO VIA CANON (Down hill) 43.2 0.1
L - CAM. CAPISTRANO (again - under frwy) 43.3 0.5

R - AT STOP SIGN (Still Camino Capistrano) 43.8 3.2
BACK TO START 47.0

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START LOCATION (Elev. 159 ft): San Juan Capistrano --
Camino Capistrano 1/2 mi. S of Junipero Serra Rd

START SOUTH ON CAMINO CAPISTRANO 0.0 0.3
R - LA ZANJA ST 0.3 0.2
L - AVE. DE LA VISTA (To the End) 0.5 0.3
BEAR R AND INTO BIKE PATH 0.8 0.9

CROSS BRIDGE & GO L (San Juan Creek) 1.7 2.4
AT END U-TURN ON PATH THRU PARK
TOWARDS STREET 4.1 0.1
R - ON ST PARALLEL TO PCH (cross bridge) 4.2 0.1
BEARS RIGHT INTO BEACH
BEAR L TO PICK UP BIKE PATH ALONG PCH 4.3 1.0

L - TO CROSS PCH INTO PALISADES ST. 5.3 0.3
R - CAMINO CAPISTRANO (At top of hill) 5.6 0.6
FOLLOW CAMINO CAPISTRANO RIGHT
L - CAMINO DE ESTRELLA 6.2 1.4
(Becomes CAMINO DE LOS MARES)
R - AVE. VAQUERO 7.6 0.3

L - CALLE GUADALAJARA 7.9 0.1
R - CALLE JUAREZ 8.0 0.3
R - CALLE FRONTERA (At T)(cont. to PICO) 8.3 1.6

TO AVOID STEEP HILL
do instructions in box below

CROSS PICO INTO AVE. PRESIDIO (0.3 mi)
R - CALLE ESCUELA (0.3 mi)
R - CALLE MIGUEL (0.1 mi)
R - CALLE EMPALME (0.2 mi)

R - AVINEDA DE CUESTA / DE LA PAZ (0.2 mi)
R - EL ORIENTE (0.1 mi)
L - AVINEDA CABALLEROS (0.1 mi)
R - AVINEDA PALIZADA (0.2 mi)(go under frwy)

L - EL CAMINO REAL (to end 2.8 mi)
(Skip to #### below)

CROSS PICO INTO AVE. PRESIDIO (Hill!!!!) 9.9 1.1
L - AVE. SALVADOR (More Up--then down) 11.0 1.7
R - AVE. SAN PABLO (At T) 12.7 0.2
L - AVE. SAN GABRIEL 12.9 0.1

L - EL CAMINO REAL 13.0 1.5
####

R - CRISTIANITOS RD (To Cross Frwy) 14.5 0.1
L - INTO BIKE PATH (Just past Frwy) 14.6 1.0
PATH GOES L THRU FENCE TO OLD PCH 15.6 5.9

CONT. R (SOUTH) ON OLD PCH
ENTER & CONT THRU CAMP GROUND
CONT BIKE PATH THRU GATE 21.5 1.9
(At end of campground)

CONTINUED IN NEXT COLUMN

BIKE PATH GOES R AFTER TUNNEL 23.4 1.5
CONT TO END AT LAS PULGAS RD

Long & Medium Split here
Long continues South - Medium returns

U-TURN AND RETURN BACK ON BIKE PATH 24.9 3.3
(Follow Bike Path back to campground)

CONT THRU GATE INTO CAMPGROUND 28.2 5.9
CONT ON OLD PCH PAST POWER

PLANT
L - ACROSS OLD PCH THRU GATE 34.1 1.0

R - CRISTIANITOS RD (At end of path) 35.1 0.1
L - CAMINO REAL (Just past Frwy) 35.2 0.2

LUNCH at Carl's on Right

CONT NORTH ON CAMINO REAL 35.4 1.1
L - AVE. MENDOCINO (OVER FRWY) 36.5 0.1
R - AVE. DEL PRESIDENTE 36.6 0.6

Follow green bike route signs for next 10 turns

L - AVE. VALENCIA 37.2 0.2
R - OLA VISTA 37.4 0.6
L - AVE. SANTA BARBARA 38.0 0.1
INTO CALLE SEVILLE 38.1 0.2

R - AVE. PALIZADA 38.3 0.1
L - CALLE PUENTE 38.4 0.5
L - AVE PELAYO 38.9 0.2
R - AVE. FLORENCIA 39.1 0.2

L - CALLE LAS BOLAS 39.3 0.1
R - INTO BOCA DE LA PLAYA (at circle) 39.4 0.1
R - AVE. PICO 39.5 0.1
L - EL CAMINO REAL 39.6 1.0

R - CAMINO CAPISTRANO 40.6 2.1
L - TO STAY ON CAMINO CAPISTRANO 42.7 0.5
BEAR R INTO VIA CANON (Down hill) 43.2 0.1
L - CAM. CAPISTRANO (again - under frwy) 43.3 0.5

R - AT STOP SIGN (Still Camino Capistrano) 43.8 3.2
BACK TO START 47.0

See Us on the Web at LAWheelmen.org
Problems with this route? E-mail: routes@lawheelmen.org

Revised 1/16 Last Scheduled 09/08/19

Next Week:
Rings of Power

CAPISTRANO CAPER

Short - 31 Miles & 1300 feet (mapping software)

PROTECTIVE HELMETS ARE TOTAL NEXT
REQUIRED ON ALL WHEELMEN RIDES MILES TURN

START LOCATION (Elev. 159 ft): San Juan Capistrano --
Camino Capistrano 1/2 mi. S of Junipero Serra Rd

START SOUTH ON CAMINO CAPISTRANO	0.0	0.3
R - LA ZANJA ST	0.3	0.2
L - AVE. DE LA VISTA <i>(To the End)</i>	0.5	0.3
BEAR R AND INTO BIKE PATH	0.8	0.9

AFTER LUNCH . . .

CROSS BRIDGE & GO L <i>(San Juan Creek)</i>	1.7	2.4
AT END U-TURN ON PATH THRU PARK TOWARDS STREET	4.1	0.1
R - ON ST PARALLEL TO PCH <i>(cross bridge)</i>	4.2	0.1
BEARS RIGHT INTO BEACH		
BEAR L TO PICK UP BIKE PATH ALONG PCH	4.3	1.0

CONT NORTH ON CAMINO REAL	20.3	4.7
R - CAMINO CAPISTRANO	25.0	2.1
L - TO STAY ON CAMINO CAPISTRANO	27.1	0.5
BEAR R INTO VIA CANON <i>(Down hill)</i>	27.6	0.1

L - TO CROSS PCH INTO PALISADES ST.	5.3	0.3
R - CAMINO CAPISTRANO <i>(At top of hill)</i>	5.6	0.6
<i>FOLLOW CAMINO CAPISTRANO RIGHT</i>		
L - CAMINO DE ESTRELLA	6.2	1.4
<i>(Becomes CAMINO DE LOS MARES)</i>		
R - AVE. VAQUERO	7.6	1.3

L - CAM. CAPISTRANO <i>(again - under frwy)</i>	27.7	0.5
R - AT STOP SIGN <i>(Still Camino Capistrano)</i>	28.2	3.2
BACK TO START	31.4	

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Revised 9/02 Last Scheduled 009/08/19

Next Week: Rings of Power

*Short Splits here from Long & Medium
Short cont on Ave Vaquero - Others turn at Calle Guadalajara*

L - CAMINO CAPISTRANO	8.9	0.1
L - EL CAMINO REAL	9.0	1.0
R - AVD. PICO	10.0	0.1

For next 11 instructions follow green bike route signs

L - BOCA DE LA PLAYA	10.1	0.1
R - CAMINO DE LAS BOLAS <i>(at traffic circle)</i>	10.2	0.1
<i>Camino De Las Bolas bears left</i>		
R - AVD. FLORENCIA	10.3	0.2
<i>Avd. Florencia bears left</i>		
L - AVD. PELAYO	10.5	0.2

R - CALLE PUENTE	10.7	0.5
R - AVD. PALIZADA	11.2	0.1
L - CALLE SEVILLE	11.3	0.2
INTO AVD. SANTA BARBARA	11.5	0.1

R - OLA VISTA <i>(To End)</i>	11.6	1.4
L - AVD. CALIFA	13.0	0.1
R - AVD DEL PRESIDENTE <i>(To End)</i>	13.1	1.0
L - CRISTIANITOS RD <i>(For a short way)</i>	14.1	0.0

R - INTO BIKE PATH <i>(just before frwy)</i>	14.1	1.0
PATH GOES L THRU FENCE TO OLD PCH	15.1	1.9
CONT. R (SOUTH) ON OLD PCH		
CONT TO POWER PLANT		
U-TURN AND RETURN BACK ON OLD PCH	17.0	1.9
L - ACROSS OLD PCH THRU FENCE	18.9	1.1

R - CRISTIANITOS RD <i>(At end of path)</i>	20.0	0.1
L - CAMINO REAL <i>(Just past Frwy)</i>	20.1	0.2

LUNCH at Carl's on Right

CONTINUED IN NEXT COLUMN

CAPISTRANO CAPER

Short - 31 Miles & 1300 feet (mapping software)

PROTECTIVE HELMETS ARE TOTAL NEXT
REQUIRED ON ALL WHEELMEN RIDES MILES TURN

START LOCATION (Elev. 159 ft): San Juan Capistrano --
Camino Capistrano 1/2 mi. S of Junipero Serra Rd

START SOUTH ON CAMINO CAPISTRANO	0.0	0.3
R - LA ZANJA ST	0.3	0.2
L - AVE. DE LA VISTA <i>(To the End)</i>	0.5	0.3
BEAR R AND INTO BIKE PATH	0.8	0.9

AFTER LUNCH . . .

CROSS BRIDGE & GO L <i>(San Juan Creek)</i>	1.7	2.4
AT END U-TURN ON PATH THRU PARK TOWARDS STREET	4.1	0.1
R - ON ST PARALLEL TO PCH <i>(cross bridge)</i>	4.2	0.1
BEARS RIGHT INTO BEACH		
BEAR L TO PICK UP BIKE PATH ALONG PCH	4.3	1.0

CONT NORTH ON CAMINO REAL	20.3	4.7
R - CAMINO CAPISTRANO	25.0	2.1
L - TO STAY ON CAMINO CAPISTRANO	27.1	0.5
BEAR R INTO VIA CANON <i>(Down hill)</i>	27.6	0.1

L - TO CROSS PCH INTO PALISADES ST.	5.3	0.3
R - CAMINO CAPISTRANO <i>(At top of hill)</i>	5.6	0.6
<i>FOLLOW CAMINO CAPISTRANO RIGHT</i>		
L - CAMINO DE ESTRELLA	6.2	1.4
<i>(Becomes CAMINO DE LOS MARES)</i>		
R - AVE. VAQUERO	7.6	1.3

L - CAM. CAPISTRANO <i>(again - under frwy)</i>	27.7	0.5
R - AT STOP SIGN <i>(Still Camino Capistrano)</i>	28.2	3.2
BACK TO START	31.4	

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Revised 9/02 Last Scheduled 009/08/19

Next Week: Rings of Power

*Short Splits here from Long & Medium
Short cont on Ave Vaquero - Others turn at Calle Guadalajara*

L - CAMINO CAPISTRANO	8.9	0.1
L - EL CAMINO REAL	9.0	1.0
R - AVD. PICO	10.0	0.1

For next 11 instructions follow green bike route signs

L - BOCA DE LA PLAYA	10.1	0.1
R - CAMINO DE LAS BOLAS <i>(at traffic circle)</i>	10.2	0.1
<i>Camino De Las Bolas bears left</i>		
R - AVD. FLORENCIA	10.3	0.2
<i>Avd. Florencia bears left</i>		
L - AVD. PELAYO	10.5	0.2

R - CALLE PUENTE	10.7	0.5
R - AVD. PALIZADA	11.2	0.1
L - CALLE SEVILLE	11.3	0.2
INTO AVD. SANTA BARBARA	11.5	0.1

R - OLA VISTA <i>(To End)</i>	11.6	1.4
L - AVD. CALIFA	13.0	0.1
R - AVD DEL PRESIDENTE <i>(To End)</i>	13.1	1.0
L - CRISTIANITOS RD <i>(For a short way)</i>	14.1	0.0

R - INTO BIKE PATH <i>(just before frwy)</i>	14.1	1.0
PATH GOES L THRU FENCE TO OLD PCH	15.1	1.9
CONT. R (SOUTH) ON OLD PCH		
CONT TO POWER PLANT		
U-TURN AND RETURN BACK ON OLD PCH	17.0	1.9
L - ACROSS OLD PCH THRU FENCE	18.9	1.1

R - CRISTIANITOS RD <i>(At end of path)</i>	20.0	0.1
L - CAMINO REAL <i>(Just past Frwy)</i>	20.1	0.2

LUNCH at Carl's on Right

CONTINUED IN NEXT COLUMN