

### THREE HILLS TRAINER

Lite Route - 55 Miles - 4900 Feet (mapping software)

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

START LOCATION (Elev. 361 ft):  
Marsh Park (near intersection of Glendale Frwy & I-5)

START L (WEST) OUT OF PARK ONTO  
LA RIVER TRAIL 0.0 0.5  
U-TURN TO EXIT PATH AFTER CROSSING  
UNDER FLETCHER 0.5 0.1  
AHEAD INTO CRYSTAL ST 0.6 0.1  
R - FLETCHER DR 0.7 0.3

R - GLENDALE BLVD (*Bcms ROWENA AV*) 1.0 1.4  
ROWENDA GOES L AT LOWRY RD 2.4 0.1  
L - AVOCADO ST 2.5 0.2  
R - COMMONWEALTH AVE 2.7 0.5

CONT. THRU GATE INTO GRIFFITH PARK 3.2 0.2  
R - VISTA DEL VALLE DR (*Thru Gate*) 3.4 3.6  
R - MOUNT HOLLYWOOD DR 7.0 2.7  
L - GRIFFITH PARK DR 9.7 0.7

CONT. INTO ZOO DR 10.4 1.0  
L - RIVERSIDE DR 11.4 0.3  
R - SONORA AVE 11.7 0.9  
R - GLENOAKS BLVD 12.6 2.8

GLENOAKS GOES R AT ETHEL 15.4 1.0  
L - CHEVY CHASE DR 16.4 5.3  
R - FOOTHILL BLVD 21.7 0.1  
L - ANGELES CREST HWY 21.8 9.4

BREAK at Clear Creek (toilet & maybe water available)

RETURN DOWN ANGELES CREST HWY 31.2 9.5

LUNCH at Corner of Angeles Crest & Foothill  
Habit on left or others in area

WEST ON FOOTHILL BLVD 40.7 0.3  
L - VERDUGO BLVD 41.0 1.2  
L - VERDUGO RD 42.2 0.9  
BEAR R INTO CANADA BLVD 43.1 1.8

INTO VERDUGO RD (*again*) 44.9 0.2  
R - MOUNTAIN ST (*Bear R at Jackson*) 45.1 1.7  
R - CENTRAL AVE 46.8 0.1  
L - KENNETH RD 46.9 1.4

L - SONORA AVE 48.3 1.3  
L - RIVERSIDE DR (*into Griffith Park*) 49.6 0.3  
L - ZOO DR (*Cont. Around Zoo lot and  
Into Crystal Springs Dr*) 49.9 3.4  
INTO RIVERSIDE DR (*at Griffith Park Exit*) 53.3 1.4

L - GILROY ST 54.7 0.2  
R - RIPPLE ST (*into ROSANNA ST*) 54.9 0.3  
INTO MARSH PARK & BACK TO START 55.2

See Us on the Web at [LAWheelmen.org](http://LAWheelmen.org)  
Problems with this route? e-mail: [routes@lawheelmen.org](mailto:routes@lawheelmen.org)

Created 05/18 Last Scheduled 05/28/22 Author: Mike Eberts

## Next Week: Fillmore (West)!

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