

Life Vitality Assoc. Ride #10 A

30.1 km (18.7 Miles)

	@ km	Go	CF2 (27.6'/m) +516 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	2.2
	2.5	R	UNIVERSITY	0.1
↖	2.6	JR	San Diego Creek Trl <i>bike path</i>	2.2
♀	4.8	*R	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	Santiago Drive sidewalk	0.0
↖	9.0	JR	SANTIAGO @ driveway	0.2
←	9.2	L	GALAXY	2.2
←	11.4	L	SANTIAGO	0.0
↖	11.4	FL	POLARIS	0.7
	12.1	R	<i>bike path</i>	0.0
←	12.1	L	<i>bike path</i>	0.1
	12.2	to	<i>Scenic Overlook</i>	0.1
	12.3	to	<i>bike path along bluff</i>	1.0
↖	13.3	BL	STEEP DOWNHILL~SLOW!	0.2
↖	13.5	BL	<i>Dover sidewalk</i>	0.3
↖	13.8	BL	<i>bike path UNDER Coast Hwy</i>	0.2
	14.0	R	<i>to Coast Highway</i>	0.0
	14.0	R	COAST HWAY (or sidewalk)	0.5
	14.5	R	BAYSIDE	1.3
	15.8	R	< JAMBOREE / MARINE >	0.3
	16.1	R	NORTH BAY FRONT	0.6
←	16.7	L	AGATE	0.3
	17.0	U	at Ferry Dock	0.0

@ km Go

Dist

	17.0	R	SOUTH BAY FRONT	0.9
←	17.9	L	MARINE	0.6
←	18.5	*L	BAYSIDE	1.7
	20.2	to	<i>enter Newport Dunes Resort</i>	0.3
	20.5	to	<i>foot bridge over water</i>	0.3
↖	20.8	BR	<i>side-path along parking lot</i>	0.1
←	20.9	L	<i>to parking lot</i>	0.0
←	20.9	L	parking lot	0.0
	20.9	R	parking lot	0.1
↖	21.0	BL	<i>sidewalk past gate</i>	0.0
←	21.0	L	BACK BAY	5.0
←	26.0	L	<i>Eastbluff sidewalk</i>	0.4
←	26.4	L	<i>Jamboree side-path</i>	0.6
↖	26.7	BL	San Diego Creek Tr <i>bike path</i>	2.4
↘	29.1	#R	<i>Exit up to CAMPUS</i>	0.1
	29.2	R	CAMPUS (or sidewalk)	0.1
	29.3	R	RIPARIAN	0.7
←	30.0	L	San Joaquin Marsh	0.0
←	30.0	L	<i>Duck Club parking lot</i>	0.0

Explore Marsh with Audubon

Party & Dinner at Duck Club

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

Life Vitality Assoc. Ride #10 B

3.1 Km (1.9 Miles)

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

<https://ridewithgps.com/routes/45497983>