

GENERAL INFORMATION AND TOUR STAGES

General Information

- Each day, participants will be provided with a breakfast at the hotel. Participants will be expected to have their gear ready and their bags delivered to the SAG vehicles by 8:45 am, and be ready to roll by 9 am. We will provide instructions on the route and then depart promptly by 9:15 am each day. We will split into groups of approximately 8-12 people with a leader who knows the route with each group level.
- Each stage will have a coffee/snack stop approximately 20 miles into the ride, a lunch stop at about the halfway point, and another stop for drinks and snacks for the longer stage days. On the last riding day (Oceanside to Chula Vista) and the day we train it back to Santa Barbara, participants will pack a lunch to bring on their bike. There will also be drinks and snacks provided at the hotel when you arrive each afternoon. If you would like to bring wine or other beverages, the SAG vehicles can accommodate a small amount of this.
- Please let us know if you have any dietary restrictions and we will accommodate.
- We will provide a variety of sandwich and salad ingredients for you to prepare your meal. Fruit, cookies, chips, etc. will also be provided. Tour staff will cleanup and restock items as needed each afternoon. If you have a particular food item request, please let us know and we will try to accommodate (as reasonable).
- The groups should aim to complete their ride and be at the hotel each day by no later than 3:30pm. Dinner is on your own. Dining guides are provided and all hotels are within a short walk of several restaurants. The final day, dinner will be provided at a park in Chula Vista.
- On the final riding day, we will ride from Chula Vista to San Diego (9 miles) and the SAG vehicles will meet us there to pack up the bikes so participants can get to the train (see additional details below).
- All participants must stay in the contracted hotels. We negotiated excellent rates based on certain occupancy numbers. It will be between you and your roommate(s) to work out splitting the cost of the room. ***Please settle up with the hotel when you check in so that we can depart promptly each day.***
- You must wear a helmet and carry ID and your medical insurance information. We will ask for an emergency contact as well. Carrying a cell phone is advised. **YOU MUST BE CARRYING YOUR LEGAL ID WHEN WE PASS THROUGH CAMP PENDLETON.**
- Your bike needs to be in good working order. Please also carry a spare tube, tire irons, and a pump or CO2 cartridges and two water bottles. SAG vehicles can take excess clothing at lunch if necessary - layers are good! Bring sunscreen also.
- Please pack light. One small suitcase or duffle and a backpack per person. You will only need bike clothes and casual clothes for evenings. Bring a swimsuit as many of the hotels have a pool and/or hot tub, and we also will be by the beach at most locations. If you bring personal electronic devices, make sure they are safely secured in your luggage.

Travel and Setup: Saturday November 4

- Travel to Santa Barbara: We will setup a mechanism to arrange carpools. John Mills is driving a van down and can accommodate 9 passengers with bikes and luggage for an additional fee.

- **Please arrive by 3:30 pm** so we can make sure everyone is ready to depart for Stage 1 on Sunday morning. We'll go over the route and other logistics.
- For those who drive their personal vehicles to the start, long-term parking will be available at City Lot 13 which is near the Amtrak Station for \$5/day with proof of travel on Amtrak. Once everyone arrives at the hotel and drops off luggage and bikes, you can park in the Amtrak lot and we will shuttle people back to the hotel. **We plan to shuttle people back from the lot between 4:00 and 4:30 pm.** We will do something similar on the back end of the trip.
- We plan to have a meeting at the hotel at 5:30 pm on the 14th to go over logistics for the next day. There will be a similar meeting each evening.

Safety and Insurance

- All participants need to be familiar with and adhere to the club's safety rules and protocols, which can be found here: <https://srcc.wildapricot.org/Rider-Responsibilities>
 - Be aware that we will be riding on Hwy 1 and some other busy roadways for portions of the trip. Please utilize bike lanes and ride single file.
 - We will be riding various bike paths that can have heavy pedestrian traffic. Please be courteous and do not speed. If not posted at a lower speed, the maximum speed on bike paths is 15 mph.
- Your fee to the club covers insurance during the tour, as follows:
 - a) Accident Medical Coverage: \$10,000 per person per accident with a \$500 per claim deductible. Claimant's personal insurance is the primary coverage. Club insurance is secondary.
 - b) Accidental Death and Dismemberment: \$5,000 per person per accident.
- We also have insurance that covers your bike when it is being transported by tour personnel (i.e., on SAG vehicles and for the trip back from San Diego to Santa Barbara). However, when your bike is in your control/possession, it is your responsibility. So that means during coffee and lunch stops, at the hotels and along the route. Please keep an eye on your bike as any theft or damage is not covered by the club.

Camp Pendleton Background Check Process and Rules

We will be riding about 8 miles through Camp Pendleton. The only other way through that portion of the coast is an uncomfortable several miles on Highway 5. In order to ride through Camp Pendleton, you **MUST** fill out the following form to get a background check (which has to be renewed each 365 days). The form can be found here:

<https://mccscp.wufoo.com/forms/camp-pendleton-bike-route-access-form/>

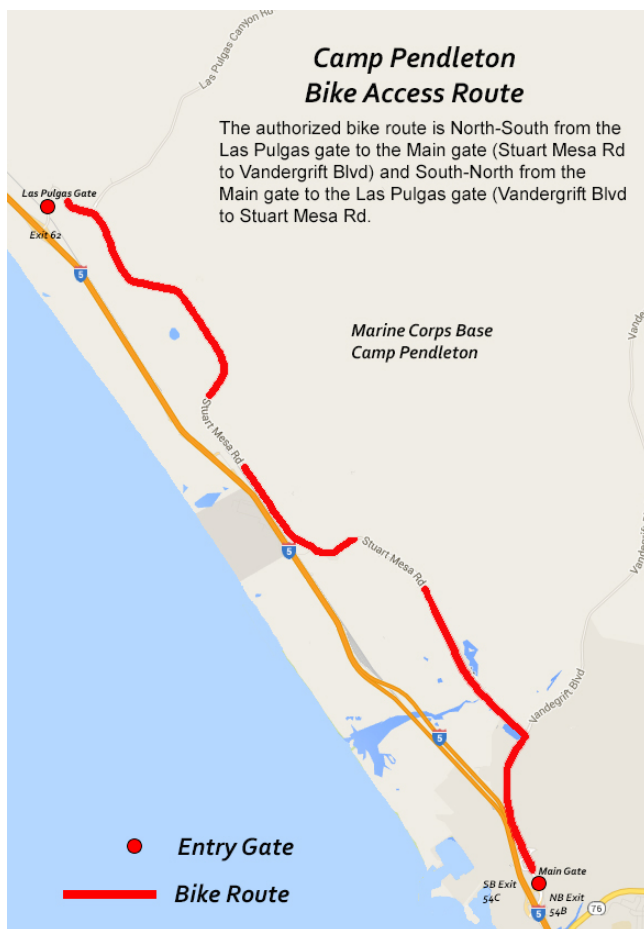
You should see a screen that looks like this after you fill out the form – please review the conditions and riding rules – they are very strict on compliance:

CAMP PENDLETON BIKE ROUTE FORM SUBMISSION

Your submission was successful. Please allow seven (7) days to process your request.

You will **ONLY** be contacted if your request requires additional information or has been denied.

There is no pass issued. Please present the identification card or driver's license that you registered with at the gate and you will be electronically authenticated on the bicycle access roster.



All approved riders must follow the below rules while riding aboard Camp Pendleton.

Do not deviate from the authorized bike route (at left): **North/South from the Las Pulgas gate to the Main gate (Stuart Mesa Rd to Vandergrift Blvd) and South/North from the Main gate to the Las Pulgas gate (Vandergrift Blvd to Stuart Mesa Rd)**

- Obey all traffic laws.
- Ride only in designated bicycle lanes
- Ride single-file while in designated bicycle lanes.

STAGE DESCRIPTIONS

Stage 1: Sunday November 5 – Santa Barbara to Oxnard (48 miles)

We will start the tour with a scenic loop from downtown and through Hope Ranch then continue along the Santa Barbara waterfront, also known as the American Riviera: the harbor, Stearn's Wharf, and the beach promenade. Continue down past East Beach and into Montecito. The first coffee stop is the Lucky Llama in Carpinteria. From there a short (<0.5 mi) section of riding on US101 takes you to frontage roads and then the scenic Caltrans First Adopt-a-Bike-Path in California. Head over to Surfer's Point in Ventura for lunch. Continue south along the coast on East Harbor Blvd into Oxnard near Port Hueneme where we'll spend the first night at the Channel Islands Harbor.



Stage 2: Monday November 6 – Oxnard to Marina Del Rey (53 miles)



We depart Oxnard and trek through the military-type housing areas then head through the agricultural fields along Hueneme Rd and past Point Mugu Missile Park. From there, merge onto Hwy 1, aka the Pacific Coast Highway (PCH), towards Malibu. Stop for snacks at Neptune's Net which has all the character that the name entails. Rolling hills take you from Point Mugu to Malibu where we'll have lunch with a view at Malibu Bluffs Park. Just past Pacific Palisades, we cruise along the Oceanfront Walk, the first of many beach bike paths. Check out the Santa Monica Pier

and cruise through Venice Beach to our hotel in Marina del Rey Harbor. Take a post-ride stroll to people watch at Venice Beach (5 mins walk from the hotel).

Stage 3: Tuesday November 7 – Marina del Rey to Sunset Beach (40-55 miles)

The third day starts with a short ride through the Ballona Wetlands and bike path followed by a fine ride through several beach towns (Manhattan, Hermosa, Redondo). After coffee in Redondo, the group will split. Two adventures to choose from (1) a flat urban trek through Torrance and Carson to the LA River trail or (2) a little bit of climbing to go over Palos Verdes, rewarded by spectacular views from the bluffs – you might spot Catalina Island if it's a clear day. The Palos Verdes route also joins up with the LA river trail (the only way to circumvent the Ports of LA and Long Beach). The LA river trail takes you to the Long Beach waterfront, past the



Aquarium of the Pacific. We'll have lunch at Shoreline Aquatic Park while gazing across the harbor at the Queen Mary. After an opportunity for post-lunch ice cream at Shoreline Village, we ride the final 9 miles of the day along the Belmont Shore, across Alamitos Bay and into Sunset Beach.

Stage 4: Wednesday November 8 – Sunset Beach to Oceanside (63 miles)



Day 4 is one of the longest riding days and has the most total climb, although it's mostly rollers. The first section will again take us on beach bike paths with coffee at Rose Bakery in Newport Beach. From there, we hit the rolling hills of Laguna Beach with lunch at Dana Point. Then we head out the seemingly desolate old Pacific Hwy and trail that leads to Camp Pendleton. All groups will meet up at the North Gate for a check of IDs and then ride 8 miles through the base to the South Gate. Follow the rules, but enjoy the opportunity to ride through the base while passed by Humvees! Just a mile or so past the south gate, we will cruise into Oceanside for the night.

Stage 5: Thursday November 9 –Oceanside to Imperial Beach/Chula Vista (58 miles plus 5-18 miles)

After continuing down the coast for 22 miles past surf towns like Encinitas, the only significant climb of the trip, up to Torrey Pines, is just ahead. The climb is less than 2 miles and an average of only 5%. Once the climb is done, you will proceed into the "village" of La Jolla for coffee at Brick and Bell. From there, down into Mission Beach and across Mission Bay and then past the north portion of San Diego Harbor, the airport and downtown. At Broadway Pier, we catch the ferry to Coronado Island. A quick spin past the historic Coronado Hotel and then off down the Silver Strand towards Imperial Beach. You will pack your lunch that day and can enjoy it in Mission Bay, on the ferry or on Coronado. Once in IB, there are choices. You can head further south to the U.S./Mexico Border or just take a spin past the beach. Whatever you decide, head back to the hotel in Chula Vista and relax before our last night meal at Bayside Park for some "almost south of the border" treats. Everyone needs to be to the hotel by 3 pm that day so we can get packed up for the return and be at Bayside Park by 5pm for the party.



Stage 6: Friday November 10 –Chula Vista to San Diego and Return to Santa Barbara (13 miles)



We will depart the hotel promptly at 9am for a short 8 mile ride back to San Diego, where we will load bikes into the SAG vehicles at Seaport Village and head over to the Amtrak station for the trip back to Santa Barbara. Bikes will need to be loaded by 11AM - the current Amtrak schedule has the train leaving at 12:05 AM and arriving at 5:40 PM. Pack your lunch and snacks onto the train. SAG vehicles will meet us at the train in Santa Barbara and we'll

head back to La Quinta for a final night in Santa Barbara.

Depart Santa Barbara: Saturday November 11