

Level 4 Training Ride: Del Rey Park, Playa Vista – Malibu Canyon & Old Topanga Canyon
Approx. 61 miles Ride Leaders: The Chain Gang

Mile

- | | | | | | |
|------|---|--|------|---|---|
| 0.0 | R | Pacific to end of bridge to bike path | | | Continue down Topanga Canyon Road
Please watch you speed and stay alert |
| 1.0 | L | @ South Bay Bike Path Sign | 45.6 | L | Pacific Coast Hwy |
| 1.9 | L | Admiralty Way | | | STAY ALERT, STAY ALIVE!! |
| 2.4 | R | Onto Bike Path (just past Lincoln) | 48.4 | R | Temescal Canyon into Parking Lot
Follow Bike Path to the Tunnel, ¼ mile from
Temescal, Before Volleyball Courts At Will
Rogers
Go under tunnel ... continue on Channel Rd |
| 3.1 | | @ light go straight across to Mildred | | | |
| 3.7 | R | Ocean and then immediate R onto | | | |
| 3.7 | R | S. Venice | 49.9 | R | Ocean Ave - small hill |
| 5.0 | L | Walgrove | 50.2 | L | San Vicente Blvd |
| 6.1 | L | Dewey St (at the curve before the hill) | 51.1 | R | 11 th St |
| 6.5 | R | Robson / Marine | | | Optional Pit Stop @ 11th & Montana – Café
Il Sogno or market across the street |
| 7.0 | R | 11 th (little hill) | 54.3 | L | Marine |
| 10.1 | L | San Vicente | 54.5 | R | Robson |
| 10.5 | R | 7 th becomes West Channel Road | 54.6 | L | Dewey |
| 11.4 | R | Pacific Coast Hwy | 55.0 | R | 23 rd St which becomes Walgrove |
| 21.8 | R | Cross Creek | 56.1 | R | Venice |
| | | Pit Stop 1 – Coffee & Tea Leaf | 57.4 | L | Ocean Ave then immediate L onto |
| | L | Cross Creek | 57.4 | L | Mildred, cross Washington Blvd
... enter bike path |
| 21.9 | L | Civic Center Way – the climbing starts! | 58.0 | L | Admiralty Way |
| 22.9 | R | Malibu Canyon Road | 58.7 | R | Fiji Way to end |
| | | STAY ALERT, STAY ALIVE!! | 59.2 | R | Onto bike path |
| 28.6 | R | Mulholland Hwy | 60.1 | R | At T-intersection of bike path |
| 35.9 | R | Old Topanga Canyon Road
If you reach Topanga Canyon Rd you have
gone too far | 61.0 | L | Over bridge and continue along Pacific to
finish!! |
| 41.5 | R | Topanga Canyon Road (Old Topanga actually
merges with this road – this is a soft right) | | | STRETCH, EAT & DRINK AFTER THE RIDE!!!! |
| 42.3 | | Pit Stop 2 – Natural Food Market
Try the potstickers! YUM!!! | | | |



CARE Exchange
www.caree.org

Join the Chain Gang on:
The Ice-cream Century
 Saturday May 12th, 2001
 Meet 7am, Pacific Design Center Parking Lot
 A supported ride with ice-cream available at every pit stop!
 For more info go to www.caree.org

