

# Level 3 Training Ride: I. MARTIN via the Marina & Mandeville Canyon

Approx. 47 miles

Ride Leaders: Steve Dannemiller & Liz Kinloch

- Mile
- 0.0 L Beverly Blvd
  - 1.1 L Doheny (all the way to the end)  
**SINGLE FILE!!!!**
  - 2.9 R Cashio
  - 3.4 L Beverwil Dr.
  - 3.8 L Castle Heights (turns into Harlow)
  - 5.2 R Bagley Ave
  - 5.4 R Regent
  - 5.7 L Hughes (turns into Duquesne)
  - 6.5 R Balona Creek Bike Path  
Lift Bike over railing  
Always follow the bike path left
  - 12.0 L Bridge at end of Bike Path  
Cross Bridge **Bridge Turns into Pacific**  
**Do not follow bike path after bridge**
  - 12.5 L Culver
- PIT STOP: TANNERS COFFEE SHOP**  
Cnr of Culver & Vista Del Mar
- L Culver
  - R Pacific to end of bridge back to bike path
- 13.9 L @ South Bay Bike Path Sign  
**Do not go back the way we came**
- 14.8 L Admiralty Way
  - 15.3 R Bike Path (just past Lincoln)
  - 16.0 @ light go straight across to Mildred
  - 16.6 R Ocean
  - 16.6 R S. Venice
  - 17.9 L Walgrove
  - 19.0 L Dewey St (at the curve before the hill)
  - 19.4 R Robson / Marine
  - 19.9 R 11<sup>th</sup> (little hill)
  - 23.0 R San Vicente
  - 24.2 L 26<sup>th</sup> Street (turns into Allenford)
  - 24.9 R Sunset (**ride on the sidewalk!**)
  - 25.3 L Mandeville Canyon  
(walk bikes across Sunset @ crosswalk)

**This is the point to eat an energy bar or gu to fuel for the hill. Keep drinking too!!**  
**This is a 5.3 mile steady climb. There's no need to rush. Get into a rhythm and make sure you look at the gorgeous houses!**

30.6 TOP OF MANDEVILLE  
(house numbers go up to 4085)

Return the way you came

**Please be careful about your speed on the downhill!!**

- 35.9 R Sunset
- 36.3 L Allenford/ 26<sup>th</sup> St
- 37.0 L San Vicente

**PIT STOP @ San Vicente & Montana**  
**JAMBA JUICE / NOAH'S** (left side of street)

\*\*\* **Add another hill option – Bundy**

- 39.6 L Ohio
- 41.4 L Thayer
- 41.4 R Rochester
- 41.9 L Comstock
- 41.9 R Wilshire (ride on the sidewalk!)
- 42.8 L Whittier
- 42.9 R Elevado
- 44.9 R Doheny
- 45.2 L Melrose
- 46.0 R Clinton
- 46.3 R Sweetzer  
Cross Beverly at lights at Sweetzer
- 46.8 R Alley (just past Beverly)
- 46.9 FINISH @ I. MARTIN IMPORTS

**STRETCH, EAT & DRINK AFTER THE RIDE!!!!**

**For more:**

- **Biking Basics**
- **Training Ride Schedules**
- **Used Bikes For Sale**

**check out CAREE**  
**(California AIDS Ride Equipment Exchange)**

[www.caree.org](http://www.caree.org)

**Bundy Hill add on** (another 6 miles approx):  
Go back down San Vicente toward the Beach  
R – Bundy (stay to the right)  
**Look for sign Bundy This Way**  
Follow Bundy up (approx 2.5 miles)  
It dead ends. Return the way you came  
L - San Vicente to join the rest of the route