

I.Martin to Valley & Back via Nichols, Cahuenga & Sepulveda Training Ride

Level 3 - Approx. 42 miles

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|------|--|------|---|--|
| | I. Martin Imports 8330 Beverly Blvd, LA 90048 | 25.9 | L | Out of Whole Foods via Greenleaf onto Sepulveda, <i>climb again!</i> |
| Mile | | 28.5 | | The tunnel is just before the summit <i>watch the traffic!</i> |
| | R Beverly Blvd | 35.0 | L | Ohio |
| | L Fairfax | 36.2 | L | Thayer |
| | R Fountain | 36.3 | R | Rochester |
| | L Genesee Cross Sunset (Push crosswalk button) Cross Hollywood Blvd (Crosswalk button) | 36.7 | L | Comstock |
| 3.6 | Genesee becomes Nichols Canyon | 37.0 | R | Wilshire (up on the sidewalk) |
| 4.7 | R Nichols Canyon Rd – <i>yo' mama</i> | 37.6 | L | Whittier |
| 6.4 | R Woodrow "The Wall" Wilson – EXTREMELY STEEP 1/4 MILE! | 37.7 | R | Elevado – <i>watch those stop signs</i> |
| 6.6 | R Mulholland Steep Downhill – tight turns | 39.8 | R | Doheny |
| 8.7 | R Cross Bridge over 101 Fwy | 39.9 | L | Keith Ave– WATCH THE TRAFFIC |
| 8.8 | L Lakeridge | 40.0 | R | Robertson |
| 8.9 | R Cahuenga. <i>Climb baby, climb!</i> | 40.5 | L | Melrose |
| 9.1 | R Hollycrest – top of the hill, <i>do not go down to Barham!</i> | 41.2 | R | Orlando – Cross Beverly |
| 9.6 | L Lake Hollywood | 41.6 | L | 1 st Street |
| 9.6 | R Barham – downhill... <i>watch the grates!</i> | 41.9 | L | Flores |
| 10.4 | R Forest Lawn Dr. | 42.0 | R | I. Martin Parking Lot Finished! |
| 12.5 | R Zoo Dr. Enter Griffith Park | | | |
| 12.6 | L at stop sign, still on Zoo Dr. | | | |
| 13.6 | L Riverside, cross the 134 Fwy... <i>watch the traffic!</i> | | | |
| 13.9 | L @ traffic light, which is still Riverside. Continue on Riverside across the valley | | | |
| 17.1 | L Evergreen AFTER PASS PIT STOP @ Priscilla's | | | |
| 17.2 | L Still Riverside – at the Big Boy | | | |
| 19.3 | L Soft Left on Riverside – quick light | | | |
| 23.5 | L Van Nuys Blvd. Cross Ventura to | | | |
| 24.2 | R Valley Vista – <i>what hills?</i> | | | |
| 25.5 | R Saugus | | | |
| 25.8 | L Just after Greenleaf, into parking lot for: PIT STOP @ Whole Foods Market | | | |

Thanks for coming to a



Training Ride



Have riding questions?
Looking for training rides & route slips?
Check out the CARE Exchange

www.caree.org