

Pacific Design Center – Benedict Cyn, Sepulveda & Mandeville Cyn
Level 3 - approx. 55 miles

Mile 0.0 Start in PDC parking lot off San Vicente Blvd

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

- L San Vicente
- R Melrose
- R Almont (becomes Nemo)
- R Doheny
- L Elevado
- R Whittier
- R Lexington
- L Benedict Canyon (hill)
- R Mulholland Drive
- L Laurel Canyon

For more:

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

check out www.caree.org

CAUTION – FAST DESCENT

- L Laurel Terrace (becomes Whitsett)
 - L Moorpark
 - L Fulton
 - R Valley Vista
 - R Saugus
- PIT STOP - WHOLE FOODS @ Sepulveda**

- L Sepulveda (climb hill back to the Westside)
 - R Constitution
 - R Grant
 - L Bonsall Ave
 - R Eisenhower Ave
 - L Bringham, turns into Montana
- PIT STOP – JAMBA JUICE & NOAH'S BAGELS @ San Vicente & Montana**

- R San Vicente
 - R 26th Street (turns into Allenford)
 - R Sunset (*ride on the sidewalk!*)
 - L Mandeville Canyon
- (walk bikes across Sunset @ crosswalk)
5.3 mile steady climb

- U TOP OF MANDEVILLE (house # 4085)
- Return the way you came
CAUTION – FAST DESCENT

- R Sunset
- L Allenford/ 26th St
- L San Vicente
- L Ohio
- L Thayer
- R Rochester
- L Comstock
- R Wilshire (ride on the sidewalk!)
- L Whittier
- R Elevado
- R Doheny
- L Melrose
- L San Vicente
- R Pacific Design Center - FINISH