

The Ups & Downs of Palos Verdes

Ups - PV East, Hawthorne & Via Del Monte
Downs – PV North, Hawthorne & Silver Spur
Level 4 - Approx. 42 miles. Start Miramar Park,
Redondo Beach, Calle Miramar / Paseo del la Playa
Mileage is only approximate.

- 0.0 **Esplanade – warm up back and forth on Esplanade**
- 1.6 **R Paseo del la Playa** (small hill)
- 2.4 **R Palos Verdes Dr.** (stay to R, becomes PV Drive W)
- 14.3 **L Palos Verdes Drive EAST** (hill)
- 20.6 **L Palos Verdes Drive NORTH**
- 22.9 **L Hawthorne** (hill)
- 24.3 **L Silver Spur**
- 24.3 **PIT STOP – PENINSULA CENTER**
 - L Exit shopping center to continue on Hawthorne
 - (CAUTION!!! - FAST DOWNHILL)*
- 29.0 **R Palos Verdes Drive**
- 33.6 **R Parking Lot just past Via Corta**
- PIT STOP @ Malaga Cove**
 - L Via Corta
- 33.8 **R Via Del Monte** (let's start climbing)
- 35.8 **R Granvia Altamira**
- 37.0 **OPTIONAL PIT STOP – MOBIL GAS STATION.** Granvia Altamira & Hawthorne
 - 37.0 **L Hawthorne**
 - 38.0 **L Silver Spur**
(CAUTION!!! - FAST DOWNHILL)
 - 39.6 **L Palos Verdes Blvd North**
 - 41.3 **R Via Alameda**
 - 41.3 **L Immediate left onto via Capay** – this runs parallel to Palos Verdes Blvd N.
 - 41.8 **L Via Anita**
 - 41.9 **R Palos Verdes Blvd West**
 - 42.0 **L Paseo del la Playa**
 - 42.0 **R Camino de Encanto**
 - 42.5 **L Calle Miramar** (turns into Esplanade)

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