



BIKING: Ragged Point to Santa Barbara – 4 Day Itinerary *(194 Total Miles / Daily Average = 49 miles / Daily Range = 38-61 miles)*

Day One – Ragged Point to San Luis Obispo (SLO) – 61 miles (elevation +2228 / -2313 ft)

After descending from Ragged Point the coastal route features more forgiving terrain, but still encompasses expansive ocean views as you pass by historic Hearst Ranch and Hearst Castle and a colony of decidedly odd looking elephant seals (a must see stop!). South of Hearst Castle, you'll pass through a series of small coastal towns, each with its own unique character. Cambria features numerous art galleries and restaurants, while Cayucos is focused its extensive beach and pier area as well as being a popular surfing location. Our route hugs the coast from Cayucos to Morro Bay, which is a fishing village with a scenic harbor area. The route from Morro Bay to SLO skirts the edge of Morro Bay National Estuary before cutting inland for some hilly but very scenic cycling. SLO (voted happiest town in North America!) features an historic mission and a vibrant walkable downtown area.

Day Two – SLO to Santa Maria – 43 miles (elevation +1101 / -1131 ft)

From SLO our route heads back to the coast. A short detour along a creekside bike path to the small resort town of Avila Beach beckons before cycling through Pismo Beach, another classic beach town. From Pismo Beach the route veers inland through rich farmland. Watch for artichokes and strawberries! The terrain south of Pismo Beach has some rolling hills, but levels out as you pass through the sleepy town of Guadalupe before the short spin to Santa Maria.

Day Three – Santa Maria to Solvang – 38 miles (elevation +1931 / -1662 ft)

From Santa Maria, you'll quickly find yourself in the idyllic vineyards of the Santa Ynez winery region. This is where the movie "Sideways" was filmed, often with actual staff from the winery tasting rooms. Tackling the hills at the south end of Foxen Canyon Road brings you to the tiny hamlet of Los Olivos and its numerous tasting rooms. From Los Olivos it's a short spin along Alamo Pintado Road (or a rollicking climb and descent on Ballard Canyon Road) to the Danish-themed town of Solvang in the heart of the Santa Ynez wine country.

Day Four – Solvang to Santa Barbara – 52 miles (elevation +2472 / -2965 ft)

A pleasing spin and climb through isolated country behind Solvang past Nojoqui Falls Park starts the day before you gain US 101 and climb over Gaviota Pass to get back to the coast. The coastal approach to Santa Barbara on US 101 is actually quite pleasant for cycling on a freeway and features expansive ocean views. As you near Santa Barbara, you'll take the traditional Coast Bike Route through Hope Ranch and bike along the waterfront before ending the day among the palm trees and sandy beaches of Santa Barbara.

*****Please note that all mileages and elevation gain/loss data (in feet) are approximate only and will vary according to hotel location and actual routes ridden.*****

Potential Layover Day Locations

San Luis Obispo

This diverse town offers plenty of galleries and restaurants in its [award winning downtown area](#). The [Edna Valley](#) stretches south of town and offers numerous winery tasting rooms and great cycling.

Solvang

Solvang, located in the heart of the [Santa Ynez Valley](#), is the perfect base from which to explore this wine growing region. Santa Rosa Road, Happy Canyon, Figueroa Mountain Road, the Foxen Canyon Loop and Ballard Canyon all offer great views, fun cycling and numerous winery tasting rooms. The small towns of Los Olivos, Ballard and Santa Ynez (each with shops, tasting rooms and restaurants) are also fun to explore. It is possible to do two days of cycling in the Santa Ynez Valley based in one spot with very little repeat riding.

Santa Barbara

Santa Barbara, with a rich cultural history and miles of sandy beaches, makes a great layover location. There is not as much quality cycling available as there is near Solvang, but the city has an extensive network of bike paths and routes that you can use to explore. [Santa Barbara Car Free](#) has an extensive list of activities and attractions that can be accessed by bike in town.

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