



BIKING: San Luis Obispo (SLO) to Santa Barbara – 4 Day Itinerary

(133 Total Miles / Daily Average = 33 miles / Daily Range = 25-43 miles)

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

You'll start your tour in the historic mission town of San Luis Obispo (voted happiest town in North America!) before heading toward the coast and the classic beach and surfing town of Pismo Beach. From Pismo Beach the route veers inland through rich farmland. The mild climate and deep soils here mean a wide variety of crops will thrive. Watch for artichokes and strawberries! The terrain from Pismo beach starts out with some rolling hills, but levels out as you pass through the sleepy town of Guadalupe before a short spin to Santa Maria.

Day Two – 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 Three – Solvang to El Capitan Canyon – 27 miles (elevation +1603 / -1992 ft)

A pleasing spin and climb through isolated country behind Solvang starts the day before you gain US 101 and climb over Gaviota Pass to get back to the coast. The coastal section near Santa Barbara on US 101 is actually quite pleasant for cycling on a freeway and features expansive ocean views. Hope for the night is El Capitan Canyon, an eco-resort with luxury tents and cabins set in a beautiful canyon just back from the beach.

Day Four – El Capitan Canyon to Santa Barbara – 25 miles (elevation +2472 / -2965 ft)

You'll be back on US 101 for a short while, savoring the open ocean views before pedaling through the college town of Gaviota. 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 are approximate only and will vary according to hotel location and actual routes ridden. *****

Potential Layover Day Locations

San Luis Obispo (SLO). 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.

El Capitan Canyon

El Capitan Canyon is the perfect secluded location to relax, enjoy the beach or take short nature hikes. [El Capitan State Beach](#) is a short walk away.

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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