



BIKING: Ragged Point to SLO (5 DAYS) - v1

Summary

San Luis Obispo (SLO) County offers a great combination of spectacular coastal riding, lightly trafficked inland valleys, diverse small towns and winery areas to cycle in. There are many diversions along the way, including Hearst Castle, kayaking and hiking. This tour features shorter days with chances to add miles or pursue other activities if desired and is appropriate for families as well as adult groups.

Itinerary

Day One – Arrival, Bike Ragged Point to Cambria (20-30 Miles)

The Central Coast Outdoors (CCO) representative will meet you in San Luis Obispo (SLO) in the morning. After meeting, we'll shuttle you to the start of the ride in Ragged Point (a little over 1 hour). From Ragged Point you'll ride down a spectacular stretch of coast to Cambria. Along the way you'll pass a colony of decidedly odd looking elephant seals and the iconic [Hearst Castle](#). There should be time for an afternoon tour of Hearst Castle, if desired.

Day Two – Bike Cambria to Morro Bay (20-35 Miles)

South of Cambria Highway One cuts inland through ranchland for a few miles before coming back to the coast in the small beachside surf town of Cayucos. Enjoy the pier and beach before the short spin along the coast to Morro Bay. Morro Bay is an old fishing town with a harbor and walkable waterfront area. Two options today into pretty inland valleys out of Cambria and/or Cayucos can add miles as well.

Day Three – Bike Morro Bay to SLO (15-40 miles)

The short mileage on the direct route from Morro Bay to SLO today allows for many different options. Morro Bay is protected from the open ocean and is filled with wildlife, making it a wonderful place to kayak. A [morning kayak tour by Central Coast Outdoors](#) is a great way to experience the bay, or you can just rent kayaks and go out on your own. The cycling from Morro Bay to SLO skirts the edge of Morro Bay National Estuary before heading inland past idyllic ranches and farms on the way to the town of SLO, recently recognized as the happiest town in America. Between Morro Bay and SLO you can do a dramatic (and hilly) out and back coastal ride through [Montana de Oro State Park](#), where some excellent optional hiking is also available.

Day Four – Bike SLO to Pismo Beach via Arroyo Grande (25-45 miles)

Today the route winds south from SLO on a bike path to the Edna Valley, an award winning winery area with great cycling opportunities. As the terrain rolls between picturesque vineyards, there are additional options to ride into more remote side valleys. Toward the end of the day you'll pass through the old farming village of Arroyo Grande on your way to Pismo Beach, home to a classic pier area as well as a beach and surfing scene.

Day Five - Bike Pismo Beach to SLO (15-25 miles)

There are many diversions today, even though the miles are few. From Pismo Beach you'll head toward Avila Beach, where a fun out and back along a creekside bike trail to the beach and pier area is well worth the few extra miles. A walk to the end of the pier is often rewarded by barking sea lions. Riding back to SLO from Avila Beach, there is another fun side trip up the apple growing area in See Canyon. If you want to soak any tired muscles in a hot tub, there are a couple of hot springs facilities along the way as well. A scenic frontage road brings you back to SLO at the end of the day.