



BIKING: Carmel to San Luis Obispo (SLO) – 2 Day Itinerary
(136 Total Miles / Daily Average = 68 miles / Daily Range = 61-75 miles)

Day One – Carmel to Ragged Point – 75 miles (elevation +7088 / -6796 ft)

South of Carmel, you'll enter the fabled Big Sur coastline, home to some of the most spectacular coastal scenery anywhere in the world. Here Highway One is often carved out of cliffs and ridges high above the Pacific Ocean with waves crashing below on rocky sea stacks. You'll cross deep canyons on historic bridges. Short hikes to redwood canyons and waterfalls as well as panoramic views from scenic vistas line this stretch of the route. Cafes and restaurants perched in dramatic locations are tempting to stop at as well. Home for the night is the isolated Ragged Point Inn, located at the southern end of the Big Sur coast on a bluff hundreds of feet above the ocean below.

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

After descending from Ragged Point the coastal route in northern SLO County features more forgiving terrain, but still encompasses expansive ocean views as you pass by historic Hearst Ranch and Hearst Castle. Just south of Piedras Blancas lighthouse, the largest elephant seal colony in North America is a must-see stop. Later in the morning you'll pass through the charming seaside village of Cambria, featuring numerous art galleries and restaurants, on the way to the beach and surfing town of Cayucos. Our route hugs the coast from Cayucos south to Morro Bay, which is a fishing village with a scenic harbor area. From Morro Bay to SLO you'll skirt the edge of wildlife rich 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.

*****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

Carmel

Carmel, located on the southern Monterey Peninsula, offers a host of layover day options. The downtown area is filled with shopping options and an historic mission is located on the edge of town. Beaches and coves are waiting to be explored. Hiking in [Point Lobos State Reserve](#) just south of Carmel is very popular, as are the [golf courses of Pebble Beach](#), located just north of Carmel.

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.

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