



BIKING: Carmel to SLO – 4 Day Itinerary

(136 Total Miles / Daily Average = 34 miles / Daily Range = 26-49 miles)

Day One – Carmel to Big Sur – 26 miles (elevation +2112 / -1917 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. After crossing photogenic Bixby Bridge and climbing to Hurricane Point, the ride finishes a short distance inland among the redwoods in the town of Big Sur.

Day Two – Big Sur to Ragged Point – 49 miles (elevation +5043 / -4941 ft)

Get ready for a full day of the epic Big Sur coast! Right off the bat you'll tackle the biggest hill of the tour as you climb above the Big Sur River past colorful cafes and more redwoods before descending back toward the ocean. Rugged and remote coastline dominates the rest of the day, with numerous state parks offering short hikes to waterfalls and panoramic views of the Pacific. After cycling a final set of hills, you'll enjoy a well earned rest at the Ragged Point Inn, perched on a bluff high above ocean.

Day Three – Ragged Point to Cambria – 22 miles (elevation +937 / -1202 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. Home for the evening is the charming seaside village of Cambria, featuring numerous art galleries and restaurants.

Day Four – Cambria to San Luis Obispo (SLO) – 39 miles (elevation +1456 / -1273 ft)

South of Cambria you'll veer inland for short while before returning to the coast just north of Cayucos, a classic beach town with a pier, a huge sandy beach and surfers plying the waves just offshore. 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

Big Sur

Big Sur is an amazing destination for just relaxing under a canopy of towering redwood trees or for enjoying some incredible hiking. [Andrew Molera State Park](#) has a variety of hikes featuring ocean views and river valleys. [Pfeiffer Big Sur State Park](#) has several hikes into the redwoods, along lush canyon bottoms and up to great viewpoints.

Cambria

There is quite a selection of art galleries, fine restaurants and wine tasting available in Cambria. [Hearst Castle](#) is just a few miles north. Try kayaking in San Simeon Cove with [Sea For Yourself](#). There are also numerous hiking trails in and around Cambria, including [San Simeon State Park](#) as well as some really nice inland valleys just north and south of town that are great to explore by bike.

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.

Last update 4/15/15