



## **BIKING: Monterey to Santa Barbara – 4 Day Itinerary** *(288 Total Miles / Daily Average = 72 miles / Daily Range = 52-94 miles)*

### **Day One – Monterey to Ragged Point – 94 miles (elevation +7838 / -7530 ft)**

Today's ride begins with a side trip out to scenic 17 Mile Drive to experience the storied golf courses of Pebble Beach. We'll continue through Carmel, enjoying its white sandy beach and beautiful mission. 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.

### **Day Three – SLO to Solvang – 81 miles (elevation +3351 / -3072 ft)**

Starting in San Luis Obispo you'll cycle toward the coast and the classic beach and surfing town of Pismo Beach. After Pismo Beach the route veers inland through rich farmland. The terrain 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. From Santa Maria, you'll quickly find yourself in the idyllic vineyards of the Santa Ynez winery region. 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 quick ride 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 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 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.

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