



BIKING: Santa Cruz to Santa Barbara – 7 Day Itinerary *(334 Total Miles, Daily Average = 48 miles / Daily Range = 38-61 miles)*

Day One – Santa Cruz to Monterey – 46 miles (elevation +1923 / -1934 ft)

From Santa Cruz to the Monterey Peninsula the coastal route weaves through farmland (watch for artichokes!) and along scenic dune areas with long stretches on bike paths. Along the way you may see sea lions and seals as you cross Elkhorn Slough at Moss Landing. The historic town of Monterey features Monterey Bay Aquarium and Cannery Row, made famous by writer John Steinbeck.

Day Two – Monterey to Big Sur – 45 miles (elevation +2748 / -2530 ft)

Today's ride begins with a side trip out to scenic 17 Mile Drive to experience the storied golf courses of Pebble Beach. You'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. 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 Three – 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 Four – Ragged Point to San Luis Obispo (SLO) – 61 miles (elevation +2228 / -2313 ft)

After descending from Ragged Point the coastal route features more forgiving terrain, but still encompasses expansive ocean views as you pass by historic Hearst Ranch and Hearst Castle and a colony of decidedly odd looking elephant seals (a must see stop!). South of Hearst Castle, you'll pass through a series of small coastal towns, each with its own unique character. Cambria features numerous art galleries and restaurants, while Cayucos is focused its extensive beach and pier area as well as being a popular surfing location. Our route hugs the coast from Cayucos to Morro Bay, which is a fishing village with a scenic harbor area. The route from Morro Bay to SLO skirts the edge of 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 Five – SLO to Santa Maria – 43 miles (elevation +1101 / -1131 ft)

From SLO our route heads back to the coast. A short detour along a creekside bike path to the small resort town of Avila Beach beckons before cycling through Pismo Beach, another classic beach town. From Pismo Beach the route veers inland through rich farmland. Watch for artichokes and strawberries! The terrain south of Pismo Beach has some rolling hills, but levels out as you pass through the sleepy town of Guadalupe before the short spin to Santa Maria.

Day Six – 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 Seven – Solvang to Santa Barbara – 52 miles (elevation +2472 / -2965 ft)

A pleasing spin and climb through isolated country behind Solvang past Nojoqui Falls Park 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 (in feet) 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.

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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