



**BIKING: San Francisco to San Luis Obispo (SLO) – 5 Day  
Itinerary (rev May 2019)**  
*(285 Total Miles / Daily Average = 57 miles / Daily Range 34-75)*

**Day One – San Francisco to Half Moon Bay – 34 miles (elevation +2289 / -2261 ft)**

From San Francisco, our biking odyssey begins along a bike path past the Golden Gate Bridge and then rides through the Presidio before greeting the Pacific by the iconic Cliff House and Ocean Beach. Continuing south through the hills of Daly City, the route passes through Pacifica and over Devils Slide before a pleasing coastal stretch to Half Moon Bay.

**Day Two – Half Moon Bay to Santa Cruz – 50 miles (elevation +3082 / -3138)**

South of Half Moon Bay, Highway One is less hilly and our route down the coast feels like it's a million miles away from the city. Numerous state parks and beaches line the route, as well as an historic lighthouse. The tiny villages of San Gregorio and Pescadero, both just inland, are tempting to explore. We end the day in the surfer town of Santa Cruz, with its famous pier and boardwalk, where the laid back California lifestyle was practically invented.

**Day Three – Santa Cruz to Carmel – 65 miles (elevation +2438 / -2212 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. From Monterey you'll take with a side trip out to scenic 17 Mile Drive to experience the storied golf courses of Pebble Beach before finishing in Carmel, with its white sandy beach and numerous restaurants and art galleries.

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

South of Carmel, we 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 Five – 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. 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**

#### **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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