

## HEARTCYCLE BICYCLE TOURING CLUB SAN DIEGO COUNTRY TOUR

- Dates:** Orientation meeting: Saturday, May 7, 2022  
**Riding:** Sunday, May 8 – Sunday, May 15,  
**Departure:** Monday AM May 16,  
**Leaders:** Scott MacCormack and Jim Schroeder  
**SAGs:** Cindy Alvarez and Martha MacCormack  
**Rating:** Advanced: 450 miles (64/day avg.), ~ 39,000' of climbing  
**Riders:** 28 (plus leaders and SAGs)  
**Price:** \$2,000. (Double Occupancy); Deposit \$ 500 at Registration.  
Single Supplement \$3,000. Balance due 2/6/2022.  
**Cancellation:** [Standard cancellation policy](#). *Trip insurance is advised.*



### OVERVIEW

We will revisit San Diego County in May 2022 for a ride that HeartCycle did over 10 years ago. And like then, we'll ride some of the top climbs of Southern California, with a few of the routes changed so that now we get to descend some of these hills! We also changed some of the overnights and destinations to include vineyards, the old town of Temecula, and an overnight hotel at Oceanside on the north end of San Diego. With the routes now optimized and with some great places to stay and visit along the way, we think this early May 2022 San Diego Country tour will be even better!

This epic ride in San Diego Country will take us through an amazing and diverse array of terrains and vistas of mountains, deserts and oceanside. You will ride through beautiful countryside and national forests with small charming towns, as well as through the big city shoreline of San Diego. Your awe-inspiring

experience riding through this amazing and ever changing scenery will help distract you as you get your bike legs in shape for 2022 with this early season ride of over 450 miles and nearly 39,000' of vertical climb! **This advanced rider tour is definitely not for the inexperienced cyclist.** Or as our Co-leader for this tour, Jimmy Schroder said at the end of our scouting trip for this ride, "Three letters, not words, to describe this tour: W-O-W!"

## ITINERARY

We start in Chula Vista, San Diego with the first day's ride east to Alpine CA. From there the tour covers scenic rural areas including the Laguna Mountains, a descent into Borrego Springs for a taste of the desert in bloom, a climb up the Mt. Palomar east grade, the hills of the north county with optional vineyard tours, and a glorious finish riding between the Pacific Ocean and the city and Naval bases of San Diego. Along the way, we will stay two nights each in Julian and Harrah's In Rincon.

- **Day-0: Chula Vista, San Diego** - orientation meeting. (May 7)



- **Day-1: Chula Vista to Alpine** (May 8, 48 mi. 4,865') The day's ride takes us from the western edge of San Diego along Lake Otoy and the San Diego National Wildlife Refuge and through the Cleveland National Forest.



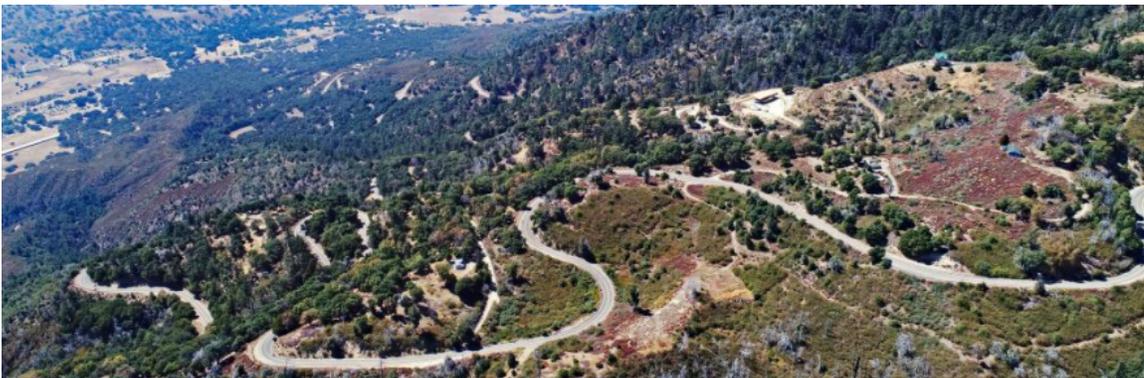
- **Day-2: Alpine to Julian** (May 9, 71mi. 8,375') Starting through the northern section of Cleveland National Forest to Kitchen Creek road, Mt Laguna, and Engineers loop, finishing in the small mountain town of Julian.



- **Day-3: Julian Loop** (May 10, 77 mi. 6,754') We descend several thousand feet into Borrego Springs for a view of the desert in spring, and an ice cream, before the ascent back to Julian. (Or a day off!)



- **Day-4: Julian to Harrah's Rincon** (May 11, 58 mi. 5,184') We travel the picturesque Mesa Grande Road and up the East Grade route to Mt. Palomar, with an option to continue a short distance to visit the observatory, before descending to Harrah's Rincon casino for deluxe lodging and a group dinner.



- **Day-5: Harrah's Rincon** (May 12) Enjoy a rest-day at the 3 different pools or a local recovery ride.
- **Day-6: Harrah's Rincon to Temecula** (May 13, 57 mi. 4,627') We start the ride in the valley, zig-zagging our way through the northern hills to the vineyards and wineries east of Temecula. Enjoy dinner in old town Temecula a block from our hotel!



- **Day-7: Temecula to Oceanside** (May 14, 61.5 mi. 4,221') Our 1,000 foot "descent" down to the Pacific includes over 4,000 feet of climbing along the way as we traverse the southeast edge of Camp Pendleton. Our reward for all our climbing? At the end of our ride we can soak our tired feet in the Pacific ocean at Strand Beach, a few blocks from the hotel!



- **Day -8: Oceanside to Chula Vista** (May 15, 56 mi. 2,726') Only two short but steep hills along the ocean route back to our hotel in Chula Vista. Today go easy and enjoy the sights and smells along the 56 miles of coastline, including a ride through Torrey Pines State Park, through La Jolla's coastal parks, and a ride up Mt. Soledad, with it's epic 360 views of Mission Bay, downtown San Diego and the UC San Diego campus.

Because this is a long day with wonderful sights to enjoy, lodging on the last night (May 15) is provided.

- **Day-9:** Depart on your own



For more information:  
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