

SEAL BEACH LOOP

58 Miles

(Riders must wear Snell-approved helmets.)

	Total Miles ↓	Next Turn ↓
From Temple Park in Temple City,		
East on LAS TUNAS DR	0.0	0.3
R---- BALDWIN AV	0.3	2.5
R---- FLAIR DR	2.8	0.2
L---- TELSTAR AV	3.0	1.0

L---- FLAIR DR	4.0	0.2
Cross ROSEMEAD BLVD at WHITMORE ST (Caution! Fast moving cross traffic.)	4.2	< 0.1
Continue south on ROSEMEAD BLVD, becomes LAKEWOOD BLVD.	4.2	10.2

L---- BELLFLOWER BLVD	14.4	11.0
L---- PACIFIC COAST HWY	25.4	2.4
R---- MAIN ST	27.8	0.1
Lunch – Main Street Café & Grill at 303 Main Street, Seal Beach; ☎(310) 596-2846.		
Return on MAIN ST to PACIFIC COAST HWY.	27.9	0.1
L---- PACIFIC COAST HWY	28.0	0.5
R---- San Gabriel River Bike Trail	28.5	3.3
L---- Bridge at junction of San Gabriel River and Coyote Creek	31.8	10.0
Continue north on San Gabriel River Bike Trail.		
Regroup – Wilderness Park; restrooms and drinking water.		
Continue north on San Gabriel River Bike Trail.		
Exit San Gabriel River Bike Trail at SAN GABRIEL RIVER PKWY.	47.8	0.1
Cross San Gabriel River.		
R---- Bike trail on west side of river.	47.9	1.0

Continue over Whittier Narrows Dam abutment.		
L---- SIPHON RD (unmarked; immediately north of Whittier Narrows Dam)	48.9	0.7
L---- DURFEE AV	49.6	0.3
Cross ROSEMEAD BLVD.		

Enter Rio Hondo Bike Trail on right.	49.9	5.7
Follow bike route signs through Whittier Narrows Recreation Area.		
Exit Rio Hondo Bike Trail at LOWER AZUSA RD (at north end of El Monte Airport).	55.6	

L---- LOWER AZUSA RD	55.6	0.3
R---- EL MONTE AV	55.9	1.0
L---- LAS TUNAS DR	56.9	1.0
Finish at Temple Park.	57.9	

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Ride Description:

Start: Temple Park in Temple City (From I-210, off and south-Baldwin Av, R-Las Tunas Dr, R-Golden West Av to Temple Park). 58 miles. Flat terrain. This tour proceeds south on surface streets through Rosemead, Pico Rivera, Downey and Bellflower to Seal Beach, and returns on the San Gabriel River Bike Trail. Lunch in Seal Beach. Call _____ at _____ for ride information.

Notes:

SEAL BEACH LOOP

48 Miles

(Riders must wear Snell-approved helmets.)

	Total Miles ↓	Next Turn ↓
From Pico Park in Pico Rivera,		
R---- BEVERLY BLVD	0.0	1.3
R---- PALM AV	1.3	0.8
L---- BROADWAY	2.1	1.0
R---- GREENLEAF AV	3.1	1.3

L---- LA CUARTA ST	4.4	1.6
R---- CATALINA AV	6.0	0.5
L---- WHITTIER BLVD	6.5	0.1
R---- GUNN AV	6.6	1.9

L---- TELEGRAPH RD	8.5	1.2
R---- VALLEY VIEW AV	9.7	1.3
R---- FOSTER RD	11.0	0.7
Cross North Fork Coyote Creek (wide concrete V-channel, no sign)		

L---- Coyote Creek Bike Trail	11.7	5.2
Crossover Coyote Creek at DEL AMO BLVD (just south of Cerritos Regional County Park) and continue south on Coyote Creek Bike Trail.	16.9	4.1

Coyote Creek Bike Trail ends at junction with San Gabriel River Bike Trail. Do not cross steel bridge.		
Continue south on San Gabriel River Bike Trail.	21.0	3.3

Cross under PACIFIC COAST HWY and make a U-turn up ramp to PACIFIC COAST HWY.	24.3	
R---- PACIFIC COAST HWY	24.3	0.8
R---- 12 TH ST	25.1	

Lunch – Russell’s Restaurant at 1198 Pacific Coast Hwy, Seal Beach (corner Pacific Coast Hwy at 12 th St); ☎ (562) 596-9556.	25.1	

Continue south on 12 TH ST.	25.1	0.2
L---- ELECTRIC AV	25.3	0.3
L---- OCEAN AV	25.6	2.9
Becomes SEAL BEACH BLVD		

L---- BEVERLY MANOR RD (at first stoplight after Leisure World)	28.5	1.3
Continue on bike trail at end of BEVERLY MANOR RD.		
R---- San Gabriel River Bike Trail	29.8	1.6

L---- Bridge at junction San Gabriel River Bike Trail and Coyote Creek Bike Trail	31.4	15.5
Continue north on San Gabriel River Bike Trail to BEVERLY BLVD.		
Cross under BEVERLY BLVD, then immediate U-turn up ramp to exit San Gabriel River Bike Trail.	46.9	
R---- BEVERLY BLVD	46.9	0.3
L---- Pico Park	47.2	

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Ride Description:

Start: Pico Park in Pico Rivera (From San Gabriel Valley, south on I-605 Fwy, off and right-Beverly Blvd 0.8 mile, L-Pico Park). 48 miles. Flat/gentle grades. This tour proceeds south on surface streets through Whittier and La Mirada, then hops on the Coyote Creek and San Gabriel River Bike Trails to Seal Beach. The return goes around Seal Beach Leisure World and catches the San Gabriel River Bike Trail back to the start. Lunch in Seal Beach. Call _____ at _____ for ride information.

Notes: