

SAN DIEGO ACTIVE

Get On Your Bike

Three favorite places for moseying pedal pushers and hardcore speedsters alike.

1. BIRD ROCK BIKE PATH

2 miles * EASY

Between Nautilus and Turquoise Streets in La Jolla.

This path can transport a biker or runner from PB's beach boardwalk to the shores of La Jolla. The bike path is frequented mostly by Bird Rock residents because it's hard to find (from LJ, start near the fire station on Nautilus, north of Draper Avenue; it runs to Camino de la Costa just north of La Jolla Hermosa Avenue, and then continues along La Jolla Hermosa as part of the road). It's perfect for a short run or ride, or for creating a longer route.

2. LAKE HODGES

Distances range from 1 to 20 miles * ALL LEVELS

San Dieguito River Park.

This park recently won architecture awards both for its new headquarters and for its "stressed ribbon style" pedestrian bridge. Here's your impetus to go check this place out if you haven't already. There are endless options for trails and a whole range of distances, elevation changes, and single- or double-track trails.

3. BAYSHORE BIKEWAY

24 miles * VERY DIFFICULT

Down the Silver Strand and through downtown San Diego.

This circuit used to be called "The Bay Route," but since that's also the name of a popular college drinking game, it changed its name. Still, the long route and the challenges it provides remain the same. This path takes you pretty much around the entire perimeter of the San Diego Bay, from Coronado to Chula Vista to downtown. Bring \$4.25 to ride the Coronado ferry, with your bike in tow, to close the loop.