

FLINTRIDGE EXPRESS

40 Miles

(Riders must wear Snell-approved helmets.)

	Total Miles ↓	Next Turn ↓
From Barnes Park in Monterey Park, North on McPHERRIN AV.	0.0	0.3
L-----GARVEY AV	0.3	1.0
Cross ATLANTIC BLVD and follow sign to MONTEREY PASS RD (right at Y, then cross under GARVEY AV).		
L-----MONTEREY PASS RD	1.3	1.7

R-----FLORAL DR	3.0	0.7
R-----EASTERN AV	3.7	1.3
R-----STATE UNIVERSITY DR (after I-10 Fwy)	5.0	0.2
L-----CAMPUS RD	5.2	< 0.1

R-----CIRCLE DR (around eastside of CSULA campus)	5.2	1.0
R-----PASEO RANCHO CASTILLA	6.2	0.4
L-----MARIONDALE AV (Note: Street sign is marked "University Vista")	6.6	0.2
L-----VALLEY BLVD (Caution! Railroad tracks)	6.8	0.9
R-----ALHAMBRA AV	7.7	1.2

L-----LOWELL AV	8.9	< 0.1
R-----CONCORD AV	8.9	0.8
L-----FREMONT AV	9.7	1.8
L-----MONTEREY RD	11.5	1.0
Continue straight-ahead on PASADENA AV (Caution! Railroad tracks)	12.5	0.1
R-----ARROYO DR	12.6	1.1
Continue straight-ahead on ARROYO BLVD.	13.7	2.7

R-----SECO ST	16.4	0.2
L-----ROSEMONT AV	16.6	1.2
L-----WASHINGTON BLVD	17.8	0.3
R-----PARKVIEW AV	18.1	0.2
R-----YOCUM ST	18.3	0.1

R-----LINDA VISTA AV	18.4	1.3
L-----HIGHLAND DR	19.7	1.0
L-----CHEVY CHASE DR	20.7	4.5
L-----VERDUGO RD	25.2	0.2
L-----WILSON AV	25.4	0.4

Continue straight-ahead on BROADWAY.	25.8	0.4
Continue straight-ahead on COLORADO BLVD.	26.2	0.7
R-----EAGLE ROCK BLVD	26.9	

Continue on Route A (lunch in Eagle Rock) or Route B (lunch in Pasadena).

ROUTE A - Lunch in Eagle Rock

Lunch – Burger King at 4959 Eagle Rock Blvd [☎ (323) 258-2040], Subway at 4919 Eagle Rock Blvd [☎ (323) 254-7563] or Kentucky Fried Chicken at 4903 Eagle Rock Blvd [☎ (323) 254-2272].		
	27.2	
Continue south on EAGLE ROCK BLVD.	27.2	0.5
L-----WESTDALE AV	27.7	0.2
R-----CAMPUS RD	27.9	0.6
L-----STRATFORD RD	28.5	0.4

R-----AVE 51	28.9	0.1
L-----MERIDIAN ST	29.0	1.5
R-----AVE 64	30.5	< 0.1
L-----POLLARD ST	30.5	0.2

R-----AVE 66	30.7	0.5
L-----YORK BLVD	31.2	0.6
Becomes PASADENA AV		
Continue straight-ahead on MONTEREY RD.	31.8	1.9

R-----LOS ROBLES AV	33.7	0.5
L-----GARFIELD AV	34.2	0.4
L-----ALHAMBRA RD	34.6	0.2
R-----CHAPEL AV	34.8	2.1

R-----GLENDON WY	36.9	0.2
L-----GARFIELD AV	37.1	1.0
R-----NEWMARK AV	38.1	0.3
L-----MCPHERRIN AV	38.4	0.1
Finish at Barnes Park.	38.5	

ROUTE B - Lunch in Pasadena

R-----YOSEMITE DR	27.2	1.5
L-----YOSEMITE DR	28.7	0.7
L-----FIGUEROA ST	29.4	0.2
R-----NEOLA ST	29.6	0.1
R-----LA LOMA RD	29.7	1.5
L-----ARROYO BLVD	31.2	0.1
R-----CALIFORNIA BLVD	31.3	2.0
Lunch - Burger Continental at 535 S. Lake Av, Pasadena (near northwest corner of Lake Av and California Blvd).		
R-----LAKE AV	33.3	0.3
R-----OAK KNOLL CIRCLE	33.6	0.3
L-----OAK KNOLL AV	33.9	1.5
R-----HUNTINGTON DR	35.4	0.1

L-----GRANADA AV	35.5	1.5
R-----MISSION RD	37.0	0.4
L-----CHAPEL AV	37.4	1.2
R-----GLENDON WY	38.6	0.2

L-----GARFIELD AV	38.8	1.0
R-----NEWMARK AV	39.8	0.3
L-----McPHERRIN AV	40.1	0.1
Finish at Barnes Park.	40.2	

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Ride Description:

Start: Barnes Park in Monterey Park (From I-10 Fwy, off and south Garfield Av, R-Newmark Av, L-McPherrin Av to Barnes Park). 40 miles. Rolling terrain with some moderately steep grades. After some steady climbing in Pasadena and La Canada Flintridge, one's efforts will be rewarded by a thrilling downhill on Chevy Chase Dr into Glendale. Call _____ at _____ for ride information.

Notes: