

San Luis Obispo 2004/Y0458

Routes: This route is rated "1+" by the AVA. It is mostly on paved surfaces, but it has moderate hills. It includes the campus of California Polytechnic State University (Cal Poly) and the Amtrak station, as well as historical, residential and downtown areas. The route is suitable for wheelchairs and baby strollers.

Directions: (See Map on Reverse)

From the south:

- Take US-101 to the Grand Avenue/Cal Poly exit.
- Turn right on Grand Ave. to Monterey St.
- Start/finish is on your left.

From the north:

- Take US-101 to the Monterey Street exit.
- At the top of the exit ramp turn left across the freeway to Monterey Street
- Proceed down Monterey Street toward downtown SLO.
- Start/finish is on your right at the stop light at Grand Avenue.

Cambria 2004/Y0663

(Opening January 2004)

Routes: The trail is rated 1+ by the AVA because parts of it are on dirt and gravel trails rather than pavement, and there is one gentle hill. The walk goes through Shamel County Park, Moonstone Beach Parklands, East West Ranch, and residential areas of Cambria. All along the route are rustic benches for resting and enjoying the view as well as picnic tables in both Shamel County Park and Leffingwell landing. The walks are not suitable for strollers or wheelchairs because of the terrain.

Directions:

- From the North
 - Take US-101 south past Paso Robles, to CA-46 West
 - West on CA-46 to CA-1 (Pacific Coast Highway)
 - North on CA-1 to Cambria.
- From the South
 - Take US-101 north to San Luis Obispo
 - Take CA-1 North to Cambria
- Exit on Windsor Blvd. Left turn at a traffic signal
- Continue across the bridge
- Turn right on Moonstone Beach Drive.

The FogCatcher Inn is at 6400 Moonstone Beach Drive.

Paso Robles 2004/Y0662

(Opening January 2004)

Routes: Rated 1+. This lovely walk includes the historic downtown and City Park. The walk also winds through shady neighborhoods of Victorian homes. Route has several hills. Summers can be very hot, plan on walking early in AM or evening and carrying water. This walk is suitable for jogging strollers but not wheelchairs.

Directions: (See Map on Reverse)

From the south:

- Take 101 north to Spring St. exit (first Paso Robles exit).
- Continue north on Spring to 13th St.
- Right on 13th St. to Riverside.
- Right on Riverside.
- Two blocks to Cafe Vio.

From the North:

- Take 101 south to Spring St. exit (first Paso Robles exit)).
- Continue south on Spring St. through town to 13th St.
- Left on 13th St. to Riverside.
- Right on Riverside.

Two blocks to Cafe Vio

Morro Bay 2004/Y0664

(Opening January 2004)

Routes: Beautiful walk includes Natural History Museum, Heron Rookery, shoreline parks, the vibrant Embarcadero, and historic Morro Rock. There are many shops and restaurants along the route. Trail rating 1+, not suitable for wheelchairs or strollers due to 2 sets of stairs. .

Directions:

From the north or south:

- Take US-101 to San Luis Obispo.
- Take CA-1 North to Morro Bay.
- Take the First Morro Bay Exit, Morro Bay Blvd.
- Follow Morro Bay Blvd to main street (about 6 blocks) and turn right.

The 2 Dogs' Café is at 844 Main Street.

SLO Soles

P.O. Box 553

Templeton, CA 93465

Email: information@slosoles.org

SLO Soles on the web at <http://www.slosoles.org>

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