



Ride Schedule
EFFECTIVE January 24, 2025

All rides start at the Mountain View Clubhouse parking lot across from the Tennis Courts



Day	Time	Level	Destination	Distance
Monday	8:00	A Hard!	Up 74x2 to Art Smith Trailhead, down 74 to Haystack up Portola, down 74 to Coffee Bean	45 Miles
	8:00	B	La Quinta with PGA West	38 miles
	8:00	C	Indio/Sunnylands/The River – Decision made that morning	18-25 Miles
Tuesday	9:00	Easy	Sun City	8 Miles
Wednesday	8:00	A Hard!	La Quinta/Trilogy/ Old Town for Coffee	50 miles
	8:00	B	Mesa View to Hwy 74 to Art Smith Trailhead	34 Miles
	8:00	C	Indio/Sunnylands/The River – Decision made that morning	18-25 Miles
Thursday	9:00	Easy	Sun City	8 Miles
Friday	8:00	A Hard!	La Quinta, 1-4 times to the top of the cove, Old Town	45 Miles
	8:00	B	Real Estate Ride	32 Miles
	8:00	C	Indio/Sunnylands/The River – Decision made that morning	18-25 Miles
Sunday	9:00	Easy	Ride around Sun City lasting 50-60 minutes	8 Miles

All riders must wear a cycling helmet – no exceptions. Bring water, spare tubes, tire tools & pump.

Ride level:

A ---- Fast and/or long rides with average speed on level greater than 17 mph

B ----Moderate pace with hills with average speed on level 14-16 mph

C ----Moderate paced rides with average speeds of13-15 mph.

Easy--Ride around Sun City lasting 50-60 minutes followed with coffee within SCPD. Ride is ideal for new riders or riders who just want to take it easy.