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WHERE TO TRAIN, EAT, AND RECOVER IN CAMBRIA, CA *Challenging routes, healthy dining, and restful lodging*

CAMBRIA, Calif. (September 1, 2019) — California’s Central Coast boasts miles of world-renowned cycling routes for every level of athlete. Cyclists, triathletes and outdoor enthusiasts love Cambria, California, as much for its rugged beauty and challenging terrain as for its healthful restaurants, spas and relaxing accommodations. Here are a few routes featured on [Cycle Central Coast](#). From the training grounds for cycling’s elite to views that make the intermediate rides more enjoyable, it’s safe to say the Central Coast will leave you breathless in more than one way.

Routes

- **Santa Rosa Creek Road**, 20.3 miles, 1,068’ elevation gain
A difficult route even for the serious cyclist, this ride starts in Cambria, following Santa Rosa Creek Road past Coast Union High School. The road is rolling and slightly uphill for the first section, then gets very steep which makes it difficult but rewarding. Enjoy lush, green foliage as well as wine tasting at [Stolo Family Vineyards](#) or a slice of pie from [Linn’s Original Farmstore](#) along the way.
- **North on Highway 1 to Gorda**, 69.1 miles, 5,027’ elevation gain
A route for all abilities, this coastal ride offers incredible views with plenty of broad vistas for taking photos. Riders can custom-tailor the route to make it as long or as short as desired. The route starts with mostly rolling hills but farther up the coast there are some more challenging climbs. Stop by [Sebastian’s General Store](#) in San Simeon for a sandwich and wine tasting at the [Hearst Ranch Winery Tasting Room](#) or the [Ragged Point Inn](#) at the gateway to Big Sur.
- **South on Highway 1 to Cayucos**, 43.7 miles, 1,920’ elevation gain
Another route for all abilities, this ride offers terrific views and options to add on more difficult climbs (Old Creek Road and down Highway 46, or “The Wall,” the back side of Santa Rosa Creek Road, a steep but short climb). Stop at [Harmony Cellars](#) for wine tasting and the [Brown Butter Cookie Company](#) in Cayucos for some seriously addictive treats along the way.

Post-Ride Eats

For healthy and hearty dining, try [Robin’s Restaurant](#) in Cambria for a beautiful bowl of vegetarian soup, a burger made from 100% natural Certified Angus Beef, or beer-battered fish tacos. For smoothies and juices, try [Sandy’s Deli & Bakery](#), where the apple-carrot-ginger juice is loved for its sweet-spicy punch. For deli sandwiches, organic locally-grown produce, vegan food options, and more, go to [Soto’s True Earth Market](#).

Put Up Your Cycling Cleats and Running Shoes

To recover, Cambria offers a wide variety of lodging properties from modern beachside hotels to quaint bed & breakfasts. If you’re looking for a place to work out some of the kinks, try “Yogassage” at [Sojourn Healing Arts Center](#), a Sojourn Signature Massage plus a private yoga session with international yoga teacher Peter Sterios. Make an appointment at [El Colibri Spa](#), where the rooftop Jacuzzi and two steam rooms will melt and revive sore muscles.

For more information on where to train, eat and recover in Cambria, visit [CycleCentralCoast.com](#).

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About Cambria

With its village charm, delicious flavors, natural wonders, and vibrant culture, the pine-studded coastal hideaway of Cambria, California has attracted those seeking rest, recreation, and renewal for over 150 years. Located along world-famous Highway 1, within minutes of Hearst Castle, Big Sur, and Paso Robles Wine Country, Cambria offers the perfect destination on the Central Coast with outdoor opportunities, boutique shopping, antiques, food and wine, history, art, and romance. To learn more about how to hide, seek, and find yourself in Cambria, please visit [www.VisitCambriaCA.com](#). Your getaway awaits.