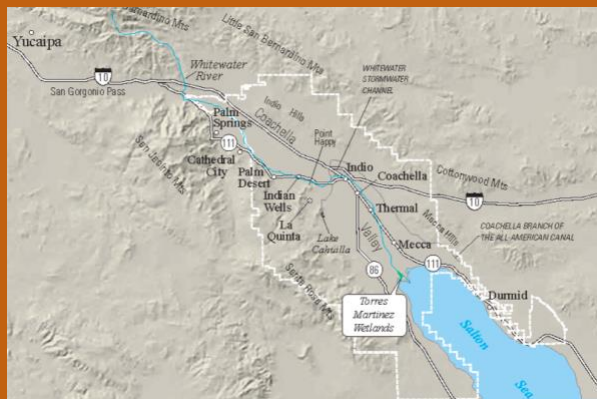


COACHELLA VALLEY CYCLING

LA QUINTA

Coachella Valley concludes my write-up on my California cycling journey, a loop starting in San Diego, spanning the Central Coast, San Francisco Bay, and Sierra Nevada Mountains, before returning south to Coachella Valley. The map below illustrates Coachella Valley's location in California.



As noted on our 'California Desert' page, Coachella Valley includes Palm Springs, Palm Desert, Cathedral City, Indian Wells, La Quinta, Indio, Thermal, and Mecca. Together, they are known as the desert cities. The surreal Salton Sea is nearby. It's a playground for world-class golf, thrilling ATP tennis, elegant equestrian events, and top-tier



entertainment. But today, I'm zooming in on the cycling magic of La Quinta!

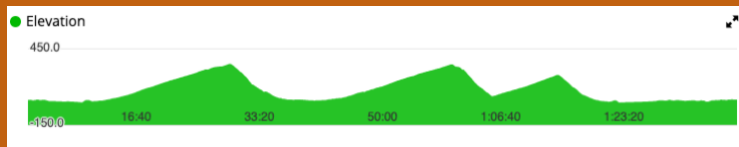


La Quinta, Spanish for 'country house' is a vibrant oasis along CA-111, just a quick turn south from Exit 138 (Jefferson Street) off I-

10. Tucked beneath the rugged Santa Rosa Mountains in the heart of Coachella Valley, this city gets its name from the iconic La Quinta Resort, a historic haven where Angelenos escape the chaos of LA. Since becoming a city in 1982, La Quinta has blossomed with dazzling new resorts and PGA-caliber golf courses. Its charming downtown buzzes with



energy, and the original homes nestled against the mountains add a cozy, timeless vibe to this desert paradise. And, of course, after every exhilarating ride, there's nothing like a refreshing dip in the pool to cap off the day in true La Quinta style!



Map Route's source: Google map - Garmin Edge 705, Software 3.30
20.24 miles out and back, Total ascent 849 feet

This route starts on CA-111 and heads into the older section of La Quinta. It features the most elevation gain of all my rides, with three climbs as shown in the elevation chart above. The route follows Avenue 48 to Washington Street, leading to Eisenhower Drive. The bike lanes throughout were spacious and well-maintained, though a local rider



noted they're often used by retirees in golf carts heading to shops or dining. Eisenhower Drive connects to Avenida Bermudas, which transitions into Calle Tecate. At the intersection of Calle Tecate and



Avenida Madero, you can access Bear Creek Trail, a popular hiking spot. Cycling along Avenida Madero, the Santa Rosa Mountains rise on the left, with homes providing striking mountain views to their inhabitants. The ride continues to Avenida

Montezuma, then I took a right on Avenida Velasco, which ends at Bear Creek Trail.

On the return, I passed Eisenhower Drive for a different perspective, turning around at Calle Nogales before retracing the route back to

the starting point. Along Avenida Madero, I noticed signs in some yards expressing opposition to short-term rentals, with messages like “Renters don’t make a neighborhood,” reflecting local sentiment.

OTHER ROUTES

The roads in this area are arranged in a grid-like pattern: north/south routes are generally named for U.S presidents, while the east/west routes are numbered. This arrangement allows the cyclist to pick and choose different routes fairly easily. With that in mind, I also explored several routes in La Quinta, taking advantage of the area’s well-marked roads and excellent bike lanes (or, as locals might call them, golf cart lanes!). These rides led me through unique attractions, including the Polo Grounds, local date farms, and Lake Cahuilla Veterans Regional Park.

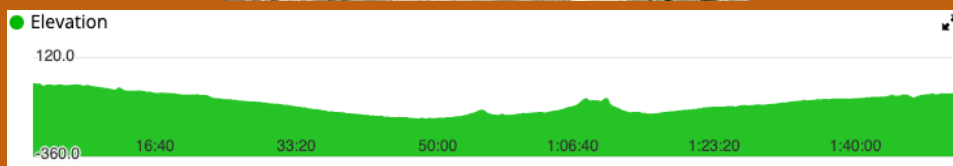
- **Polo Grounds:** The La Quinta Polo Estates, located near Avenue 52 and Madison Street, offer a glimpse into the area’s equestrian culture. Cycling through this area, I passed expansive custom homes on roughly two-acre parcels, surrounded by the open spaces used for polo events. The wide bike lanes made for smooth riding, and the proximity to the Santa Rosa Mountains added a scenic backdrop.
- **Date Farms:** I ventured south toward Avenue 60 and Monroe Street, where the Coachella Valley’s agricultural heritage shines. One highlight was the Alexandra Date Farm, a 9.7-acre organic farm with about 500 Medjool date trees. The flat terrain and paved roads, made for an easy, enjoyable ride, with views of fenced farmland and the distant mountains. These routes showcased the region’s unique blend of desert and agriculture.

- **Lake Cahuilla:** Another ride took me to Lake Cahuilla Veterans Regional Park, a serene spot near La Quinta known for camping, fishing, and hiking. The park, accessible via paved roads, offered stunning desert views and a peaceful contrast to the bustling resort areas. Recent updates indicate the park will remain operational for the next 30 years, with modernization projects underway, including restroom and pool renovations, a new sport court, and asphalt repaving, set to enhance the visitor experience.

The roads on these rides were consistently well-maintained, with clear signage and spacious bike lanes, making navigation a breeze. Each route offered a slightly different flavor of La Quinta's diverse landscape, from equestrian estates to agricultural gems and tranquil parklands.

Here are these routes.

61 ST AVENUE AND LAKE CAHUILLA



Map Route's source: Google map - Garmin Edge 705, Software 3.30
24.04 miles out and back, Total ascent 281 feet

Some of the pictures from Jefferson Street from this ride.

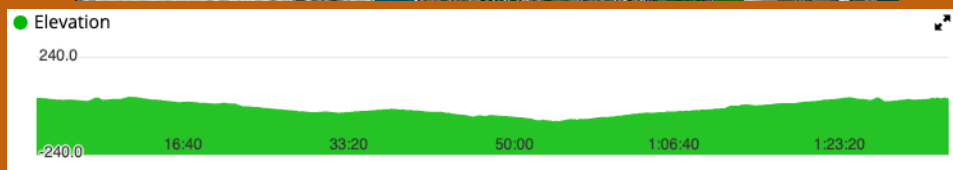


San Jacinto Peak in the background



Santa Rosa Mountains in the background

JACKSON AVENUE AND PGA WEST



Map Route's source: Google map - Garmin Edge 705, Software 3.30
20.25 miles out and back, Total ascent 218 feet

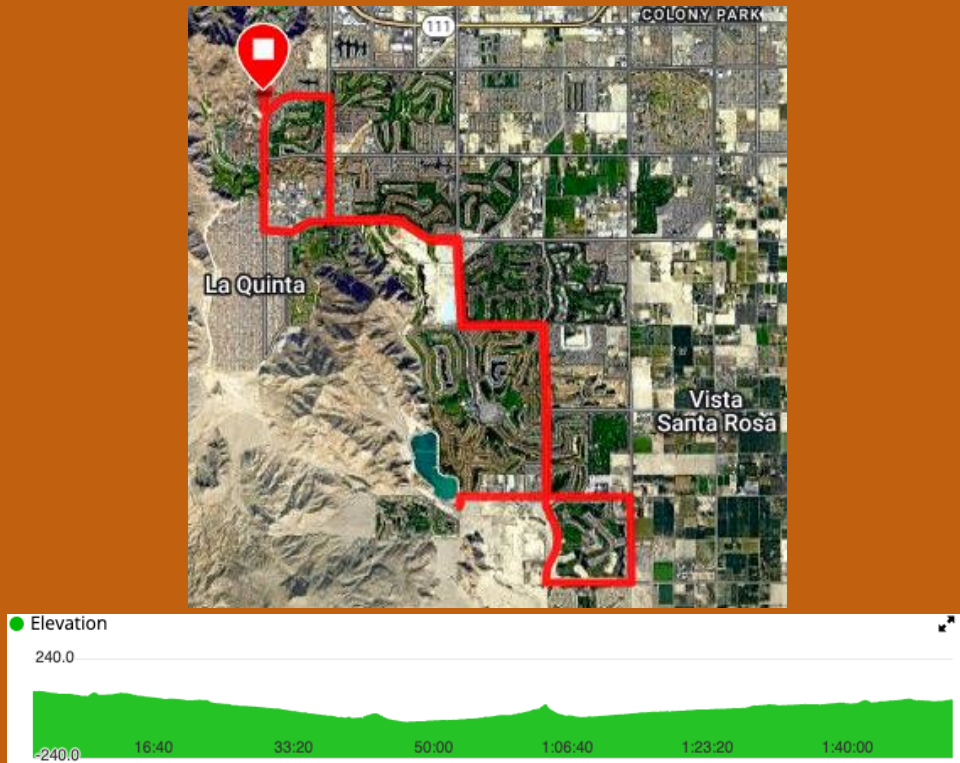


Entrance - PGA West. PGA Blvd.



Looking north from 54th Av.

AVENUE 60 AND LAKE CAHUILLA



Map Route's source: Google map - Garmin Edge 705, Software 3.30
22.69 miles out and back, Total ascent 263 feet



Eisenhour Drive



Madison Street south of Ave. 58
intersection