



2026

TrailLink Unlimited 

Guides



**Sorrento
Valley Road
Trail**
California



Sorrento Valley Road Trail

California

The Sorrento Valley Road Trail is a paved, two-lane section of road that was closed to traffic in the 1990s when CDOT built an



On the north end, just east of I-5, is the [State Route 56 Bike Path](#); unfortunately, there is no linking path for now, although long-term plans call for the connection to be made.

The Sorrento Valley Road Trail is a paved, two-lane section of road that was closed to traffic in the 1990s when CDOT built an interchange between State Route 56 and Interstate 5. In 1998 the road was reopened to pedestrians and bicyclists only. The 1-mile route provides an important non-motorized link between San Diego's north coastal areas and industrial parks in the Sorrento Valley.

The route runs from just north of Carmel Mountain Road to I-5 near where it meets Carmel Valley Road. A short segment on the southern end is open to traffic servicing the San Diego Metropolitan Waste Water Department, which you pass along the way. The wetlands on the other side of the facility are part of Torrey Pines State Natural Reserve.



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States: California

Counties: San Diego

Length: 1miles

Trail end points: Sorrento Valley Rd. south of Carmel Valley Rd. to Sorrento Valley Rd. north of Carmel Mountain Rd.

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Walking

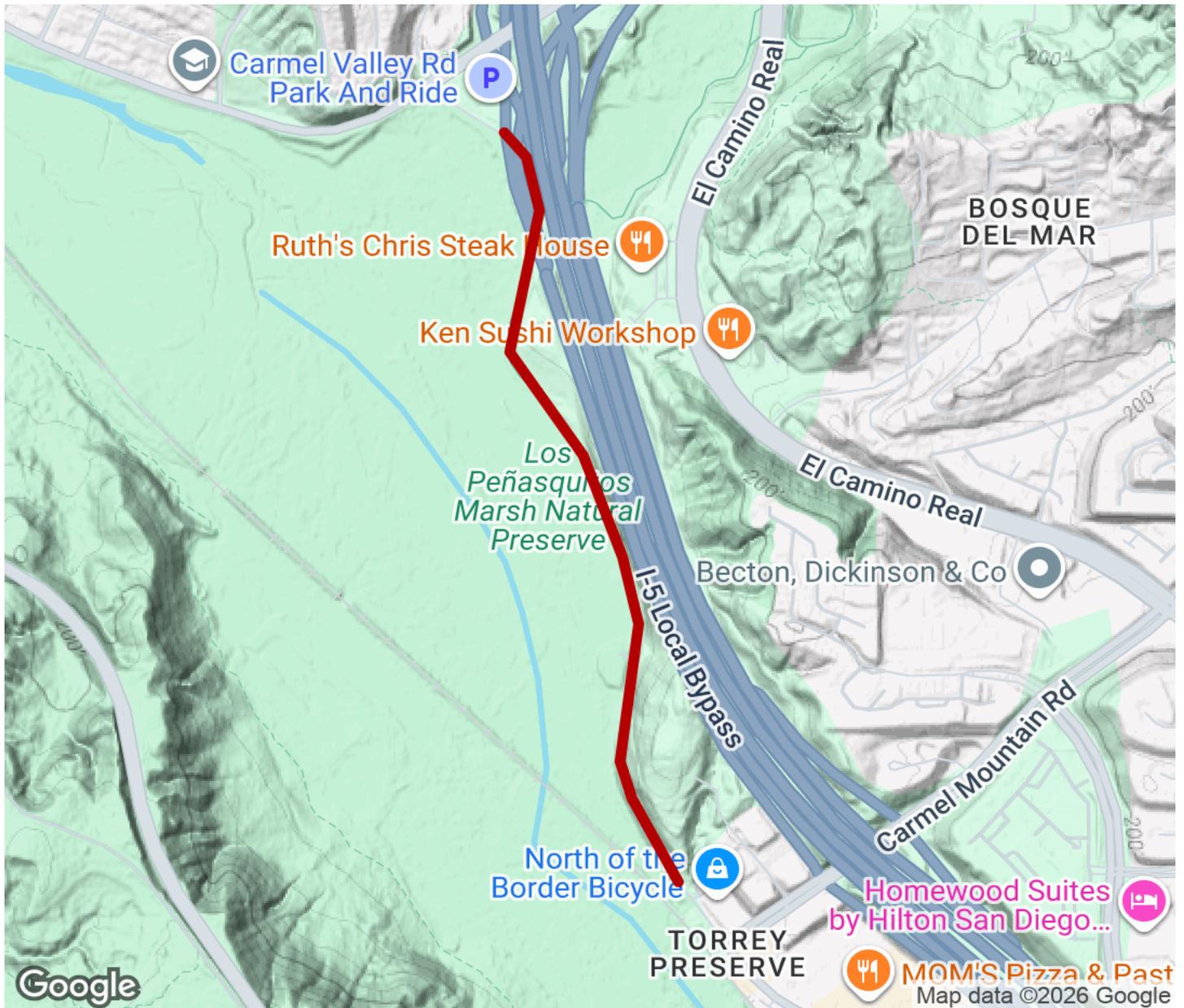
Parking & Trail Access

There is no official parking for the Sorrento Valley Road Trail, but there are some on-street spaces at the southern end just south of the barriers. At the northern end, there's a park and ride lot; please obey any parking regulations.



Sorrento Valley Road Trail

California



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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