



Take a

An early morning walk is invigorating.

A sunset stroll is relaxing and romantic. Funny how the same exercise can produce two such different feelings!

No matter where you may be staying while visiting Southern California, there are plenty of places to walk. Most would agree that the most scenic spots are along the beach. The air is fresh and clean. The tangy sea salt aroma permeates your surroundings. The juxtaposition of crashing ocean waves with gently receding waters instantly brings about a feeling of powerful tranquility. It's mesmerizing as you walk, jog or just gaze at the water.

Walkers can choose the sand (either soft or hard pack at the water's edge) or the boardwalk. Reward yourself afterwards and choose a place to eat, grab a coffee, or enjoy a healthy snack or smoothie.

Traveling from north to south, here are a few suggestions along the SoCal coast we think you'll enjoy. Some are right on the beach, some are along a boardwalk, and some are on the pier. One thing they all

have in common – they're sure to provide an enjoyable and memorable experience. Take a look at our accompanying map for each location. One could begin in Santa Monica and almost walk all the way south to San Diego along the sand, with the exception of a few rocky impediments or private properties along the way.

Santa Monica

The beach in Santa Monica stretches for several miles. Pacific Coast Highway (PCH) runs right alongside the sand most of the way. Although it doesn't have a boardwalk, you can certainly enjoy a walk on the sand. There are quite a few public parking lots, but most of the time street parking can be found for free. Take the 10 Freeway west to its end at PCH. You'll drive through a tunnel and come out the other end to a spectacular coastline view. Drive as far as you choose, but immediately after you exit the tunnel, you'll see the Santa Monica Pier on your left. It's a terrific spot for people





Stroll

Along the Beach

watching, places to eat, arcade games, and its famous merry-go-round.

Venice

Just south of Santa Monica is one of the most well-known beaches in SoCal. Venice Beach is famous for its body builders working out on the beach, including our famous Governor Arnold Schwarzenegger, who was seen there regularly when he first came to the United States. It was also the backdrop for Baywatch, the TV series, starring Pamela Anderson and David Hasselhoff. An oceanfront walking path follows the beach to the Venice Pier at Washington Blvd.

Along the oceanfront walk are places to eat such as Figtree's Café, Candle Café and Grill, On the Waterfront Café, and Venice Gelato Ice Cream and Café, among others. Adjacent streets, Washington Blvd. and Abbot Kinney Blvd., also offer a wide selection of eateries.

South Bay

Manhattan and Hermosa Beach have a wonderful pedestrian-only strand that straddles million dollar homes on one side and expansive South Bay beaches on the other. "The Strand," as locals prefer to call it, is a very popular place with families who love to get outside and take a brisk walk or a last stroll of the evening. No bikes, skateboards, or any other type of wheeled vehicles are allowed, except of course strollers, so there's no fear of speeding roller bladders whizzing by. There are many great places at each Pier to casually dine, enjoy a latte or just sit and people watch with the setting sun in the background. You'll find plenty of parking in designated parking lots or along the metered streets. Exit the 405 at Hawthorne Blvd. and go north 1/4 mile to Manhattan Beach Blvd. Go west to the Manhattan Beach Pier, park and get ready to enjoy.

The South Bay bicycle path starts as a separate, paved Class 1 bicycle path heading south from Marina Del Rey and ends at the south end of Redondo Beach. The bike path

is 22 miles long and travels through popular Manhattan and Hermosa Beaches. Bike lanes are usually divided into northbound and southbound lanes by a painted broken line. The bike lane is a one-of-a-kind cycling highway that accommodates cyclists, as well as roller bladders and skateboarders. Pedestrians are better served to stay on the walking strand that runs parallel to the bike path, which is more like a bike highway.

Huntington Beach

AKA known as Surf City, Huntington Beach almost always has a surf contest happening next to the Pier. It makes for great entertainment. But even when it's quiet, a stroll along the beach is equally fine. There is a sidewalk, but it's right on PCH and traffic can interrupt your frame of mind for a nice walk. Exit the 405 Freeway at Beach Blvd., and head west to PCH. Turn right and park at any of the public lots. There is metered street parking as well.

There are plenty of places to eat along Main Street, (intersects the Pier at PCH), but at the end of the Pier is Ruby's, a 50s diner that's a perfect spot for families. Also try Zack's Pier Plaza or Sugar Shack Cafe - authentic surfer hangout with traditional American favorites, For dog lovers, check out Park Bench Cafe in Huntington Central Park. While this isn't within walking distance of the beach, the cafe offers a menu for dogs and their owners, frisbee golf, and a number of activities that are great for families.

Newport Beach

Next along the coast is Newport Beach with its very own boardwalk that stretches between the Newport Pier and the Balboa Pier, from

- Santa Monica
- Venice
- Marina del Rey
- Manhattan Beach
- Hermosa Beach
- Redondo Beach

- Huntington Beach
- Newport Beach

- Laguna Beach

- Dana Point Harbor

- San Clemente



- San Diego Harbor

Take A Stroll Along the Beach

32nd Street to I Street. In addition to a refreshing walk, the people watching is great fun. You'll see bicyclists, roller bladers, dogs and their owners, beachgoers and more. In the fall, however, the crowds are greatly diminished.

Check out the Crab Cooker for lunch or dinner. It's a casual, local favorite known for having the freshest seafood in town. It's located across the street from the Newport Pier on Balboa Blvd. Be sure to get a famous Balboa Bar (square vanilla ice cream treat on a stick, dipped in chocolate and rolled in candy or nuts) at various locations on the Balboa Peninsula or Balboa Island. You can get to the boardwalk in Newport by taking the 405 Freeway to the 55 South until it dead ends into Newport Blvd. Continue on Newport Blvd. for several miles and you'll soon see the ocean on your right.

Laguna Beach

Offering a bluff top walk on Cliff Drive as well as breathtaking beaches, Laguna Beach's reputation as an artist's colony is confirmed by its picturesque walking spots. Whether you're strolling through town admiring the windows of art galleries or walking along the beach with crashing waves, you're sure to feel invigorated by the sights and sounds.

Las Brisas sits on the bluff with a gorgeous view and tasty Mexican fare for the entire family. Also check out Cafe Zooloo, Laguna's quintessential neighborhood café; Zinc Cafe & Market, featuring outdoor seating in a garden setting or The Cottage Restaurant with homestyle California cuisine in a landmark home.

Dana Point Harbor

A variety of walking opportunities awaits in Dana Point. Choose from the sand, the boat harbor or the bluff overlooking the blue Pacific. Each is accessible from PCH, just off Golden Lantern Lane.

The Dana Point Harbor boasts a wide range of selection of restaurants, including the Harbor Grill, El Torito Mexican Restaurant and Cantina, Proud Mary's, The Wind & Sea, Jolly Roger and more. These are all family friendly spots. For a dessert treat or coffee, the Chocolate Soldier is sure to satisfy.



San Clemente

The San Clemente Pedestrian Beach Trail is a newly constructed two and one-half mile trail that spans North Beach to Calafia. The five-to-ten foot wide path parallels the beach and the train tracks with several spots to safely cross the tracks to the beach. The trail is constructed entirely of natural materials, making it environmentally very friendly. And the bonus, its proximity to the ocean provides a spectacular view along its entire length.

After your walk, enjoy the best seafood in town at the Fisherman's Restaurant, located on the historic San Clemente Pier. Or if you're in the mood for some awesome Chicago pizza, check out Selma's Pizzeria, located at 218 Avenida del Mar, just a short walk into town.

La Jolla

The walking path in La Jolla is unofficially called the Coastal Walkway. Visitors can reach this point from La Jolla's main avenue, Prospect Street. From there, drive or walk down to Scripps Park (which is along this walkway) or turn west on Coast Boulevard.

After your refreshing walk, enjoy lunch or dinner at El Pescador, located on Pearl Street. Serving fresh seafood salads and sandwiches for more than 30 years, guests can enjoy unique specialties for minimal prices. A local landmark since 1941, The Marine Room in La Jolla is famous for its location nestled on the sand of La Jolla Shores Beach where waves crash against the windows. George's at the Cove, one of San Diego's most beloved restaurants, is located above La Jolla Cove. The restaurant, after delighting visitors and locals for more than 20 years, underwent a major renovation and reopened in February 2007 as Georges

California Modern. Every element of the restaurant was completely reimagined to offer a chic, modern experience, however, the restaurant retains the location and atmosphere that made it a local favorite.

San Diego Harbor

An energizing walking path takes you along the Embarcadero at Seaport Village with a beautiful and close view of the Harbor. It can be reached by driving in either direction on Harbor Drive in downtown San Diego and turning south into Seaport Village, which is right next to the Hyatt San Diego.

Just steps from downtown San Diego's PETCO Park, Tin Fish is a casual seafood restaurant offering fried and grilled seafood at a modest price (grilled halibut tacos \$5.50 each and a four-piece fried cod sandwich, \$6.95). At Café 222, the pumpkin waffles are as legendary as the friendly service. Located in downtown San Diego, the restaurant is tiny and filled with fun, creative touches like teacup and sugar spoon chandeliers – a fun spot for the family with tasty items like peanut butter and banana stuffed waffles, homemade granolas, fresh tamales, fluffy pancakes, and tasty corned beef hash. Perched above the waters of San Diego Bay is Anthony's Fish Grotto, a family-owned restaurant known for great seafood for over 60 years. The restaurant harkens back to San Diego's fishing tradition. Today, diners love to watch passing boats while sampling signature hand-battered or grilled seafood plates and delicious pasta dishes. Filippi's Pizza Grotto, located in downtown San Diego's Little Italy, is another family-owned restaurant that has been satisfying families since 1950 with hearty pizzas and pastas in a festive setting featuring red-checked tablecloths and hanging Chianti bottles.

We hope you enjoy your walking and dining experience along the beautiful SoCal coast!