



The Best Of  
Southern California

# Outdoor Sports & Activities

*Welcome to paradise!*



[www.TravelCostaMesa.com](http://www.TravelCostaMesa.com)

If you can swim or fish in it, surf on it, climb up it, skate on it, ski down it or soar over it, we've got you covered.

In and around Costa Mesa are miles of pristine beaches and exhilarating waves along the dazzling blue Pacific Ocean coastline — perfect for beachcombing, swimming, boating, diving, snorkeling, surfing, parasailing and more. And hikers, mountain bikers, skateboarders, snowboarders and skiers will find their passion here, too. After all, where else can you ski and surf in the same day? Welcome to paradise!



## Beaches

With 42 miles of coastline, Orange County's beaches provide plentiful amusement for the entire family. Between Costa Mesa, Newport, Huntington and Laguna, there are a variety of outdoor activities and fun to be had at the beach. Newport contains the largest small-craft yacht harbor in the United States, championship golf courses and numerous aquatic recreational activities, from kayaking in the Newport Back Bay to relaxing on a chartered harbor cruise, to whale-watching or sportfishing. Huntington features one of the largest recreational piers in the world, as well as public parks, riding stables and equestrian trails, a marina, a wildlife preserve and an eight-mile biking, inline skating, jogging and walking trail along the ocean. Known for its miles of clean sandy beaches, working artists and annual festivals, Laguna Beach is the perfect California small-town getaway for visitors near and far.

## Boating/Kayaking/Jet Skiing/Parasailing

### Boat Rentals of America <sup>1</sup>

949.673.7200

510 East Edgewater, Balboa  
www.boats4rent.com

**Adjustable Sun Lounger (ASL) Pedal Boats:** Sunbathe or sightsee on the water in an easy-to-operate pedal boat. The standard pedal boat seats two adults; the larger ones can accommodate four.

**Duffy Electric Boats:** Duffy rentals offer a quiet boating experience. Cruising speed is five knots. The Duffy is perfect for enjoying the harbor and its many sights.

**Sailboats:** More experienced sailors will enjoy the fine performance of 22-foot sailboats. Larger sailboat rentals come with auxiliary power.

**Powerboats:** Cruise the harbor in a six-passenger powerboat.

**Waverunners/Jet Skis:** Built to accommodate one or two people, the single or double waverunner provides a thrilling water adventure. An operator must be at least 18 years and passengers at least 16 years. A parent must accompany younger riders. Wet suits are provided.

**Kayaks:** Classic sit-on-top kayaks offer stability. Deep seat wells position paddlers so they can ride with ease. Life vests and paddles provided.

**Parasailing:** Parasail over Newport Beach for an amazing aerial view of Orange County.



### Dana Point Jet Ski <sup>2</sup>

949.661.4947

34671 Puerto Place, Dana Point  
www.danapointjetski.com  
Rent a Kawasaki Jet Ski.

### Dana Wharf Sportfishing and Parasailing <sup>2</sup>

949.496.5794

Golden Lantern, Dana Point  
Embark from the southern end of the wharf and enjoy a tow outside the jetty. No experience required.

## Surfing

### Crystal Cove State Park <sup>3</sup>

949.494.3539

8471 Pacific Coast Highway, Laguna Beach  
www.crystalcovestatepark.com

This beach is popular with both swimmers and surfers.

### 54th and 56th Streets, Newport Beach <sup>4</sup>

The waves here break quickly into mushy lefts and rights depending on your location next to the rock jetties. Anything over three feet and the wave starts to build in performance. Best Boards: Shortboard.

### Brooks Street, Laguna Beach <sup>5</sup>

Brooks Street is a rock reef that breaks in three main spots. It's mostly in summer and into fall that stronger south swells cause a good-size bump where the reef meets the swell. There are three rock reefs off Brooks Street that—depending on wave size—put out a smooth right with rocks in between. Best Boards: Shortboard.

### Doheny, Dana Point <sup>2</sup>

Located on the south side of the Dana Point Harbor, Doheny State Beach takes only southern swells and produces a very gentle, crumbling wave that breaks slowly and collapses before reaching the shore. Doheny is located at Doheny State Beachpark at the base of the cliffside in Dana Point. Doheny has become mostly a beginner wave. It will only catch a swell from the south and creates a very small and gentle wave. Best Boards: Longboard.

### Huntington Beach Pier, Huntington Beach <sup>6</sup>

Huntington Beach is surrounded by several miles of breaks, with the pier being the centerpoint. Good most of the year, the pier is better in winter when the swells pump out double overheads. The waves can be peaky and fast and often close out, but there's always a good spot. Huntington Beach is one of the largest and most accessible surf breaks, hosting all types of waves. Each can vary greatly on the same day at different tides and in different spots. Best Boards: Longboard, shortboard, funshape.

### Salt Creek, Dana Point <sup>7</sup>

Salt Creek is a picturesque sandy beach located at Monarch Beach north of Dana Point. It has three different breaks: a sharp left point break at the south end, a middle break that breaks in all conditions and a quick beach break. Best Boards: Shortboard.

### San Onofre, San Clemente <sup>8</sup>

If you ever wanted to learn to surf, San Onofre is the place. The break at San O is spread out, so it's easy to pick your spot and surf all day. San O is a dream wave for longboarders and all levels of surfers from beginner to ripper. Best Boards: Longboard.

## T Street, San Clemente 9

San Clemente's T Street has three breaks. It's typically a small wave that produces mellow lefts and rights on either side of the pier. T Street's three breaks always seem to have a wave even under the poorest of conditions. Each break is named after some restaurant, shack or structure that was torn down. The first break is Cropley's, which bursts fast peaky rights, but often only in winter. Beach House is a sandbar break on the south side of T Street, holds larger swells better and produces both lefts and rights. On bigger swells the outer reef point produces the best peaks. Best Boards: Shortboard, longboard.

## The Wedge, Newport Beach 10

The Wedge is less a surf break than a natural phenomenon. It's a bodysurfing break where waves crash off the Newport Jetty wall and collide with the normal wave swell to create a huge closeout face. The Wedge is a bodyboarding or bodysurfing wave equivalent of a giant upward thrusting movement that will leave your backside hurting if you aren't careful. Best Boards: Shortboard.

## Trestles, San Clemente 11

At the southern end of San Clemente sits Trestles, which produces some of the most consistent surf. Trestles produces some of the best surf anywhere in the world. Upper and Lower are the most often surfed breaks, followed by Cotton's and Church's. Each break changes depending on swell, wind and wave conditions, but they all spit out wave shapes for every skill level. Best Boards: Shortboard, funshape, longboard.

## Scuba

### Crystal Cove State Park 12

949.494.3539

8471 Pacific Coast Highway, Laguna Beach  
www.crystalcovestatepark.com

Crystal Cove is used by underwater scuba and skin divers.

### Divers and Shaws Cove / Picnic and Rockpile Beach 12

Located in North Laguna off the bluffs of Cliff Drive, scuba and snorkeling are available as well as a marine refuge area.

### Glenn E. Vedder Ecological Reserve 12

#### Laguna Beach Underwater Park and Tide Pools Natural Reserve

Coastline of Heisler Park, Cliff Drive  
www.lagunabeachlifeguards.com

A reserve for marine life, plants, game fish, shells and rocks, from the north section of Main Beach to Diver's Cove. A diver's paradise. Explore but don't disturb or remove anything. Tide charts are available.

## Hang Gliding

### Glider Port San Diego 13

858.452.9858

2800 Torrey Pines Scenic Drive, La Jolla

Torrey Pines Gliderport offers an exciting experience for tourists who don't have time to go through a certification process to learn to soar like a bird. Take a tandem flight with a certified professional and see the stunning coastline of California from the air.

## Fishing

### Newport Landing 1

949.675.0550

309 Palm Street #A, Newport Beach  
www.newportlanding.com

Newport Landing has a huge selection of saltwater fishing trip lengths and types to choose from. The half-day trips regularly enjoy great fishing that result with giant white sea bass, huge schools of barracuda, calico bass, sand bass and dozens more. The 7:00 a.m. to 5:00 p.m. day trips fish the legendary waters of Catalina Island. Viewing hundreds of fish per trip is common.

### Dana Wharf Sportfishing and Parasailing 2

949.496.5794

4675 Golden Lantern, Dana Point

Dana Wharf Sportfishing offers fishing trips all year long. The landing caters to the novice as well as the seasoned fishermen. Knowledgeable crew and expert skippers are always eager to help educate and instruct, if needed. Any one of Dana Wharf's Sportfishing vessels are available for charter or rent. Sailboats are also available for rent.

### Bolsa State Beach 14

Bolsa Chica State Beach, located in Huntington Beach, extending three miles from Sunset Beach to Seapoint Avenue, is a popular place for surf fishing for perch, corbina, croaker, cabezon and sand shark. Also popular in the summer is bare-handed fishing for California grunion, a species that spawns on sandy southern California beaches.

### Irvine Lake 15

714.649.9111

4621 Santiago Canyon Rd.  
www.irvinelake.net

Irvine Lake, a quiet, scenic fishing lake nestled at the base of the Cleveland National Forest, provides excellent fishing in a family-park environment. A fishing license is not required.

## Marine Parks

### Guided Tide Pool Tours by Laguna Outdoors

949.874.6620

e-mail: lagunaoutdoors@aol.com

See the animals that live in the tide pools, and learn about their feeding strategies, defense mechanisms and how they adapt to their dynamic surroundings. Local transportation is provided and corporate/group rates are available.

### Laguna Canyon Foundation 16

949.497.8324

303 Broadway Avenue, #107  
www.lagunacanyon.org

Learn how you can enjoy the South Coast Wilderness parks. Become a Friend and help the Foundation preserve, protect and enhance Laguna Coast Wilderness Park now and for future generations.

### Marine Mammal Rescue Center / Pacific Marine Mammal Center 17

949.494.3050

20612 Laguna Canyon Road  
www.pacificmmc.org

This center is a rescue and rehabilitation center for sick and injured seals and sea lions. Open daily for visitors from 10:00 a.m. to 4:00 p.m. Admission is free. Donations welcomed.

## Beach Parks

### Alta Laguna Park 18

North end of Alta Laguna and Park Avenue, Laguna Beach

The Trail entrance to Aliso and Wood Canyon Wilderness Park contains beautiful vistas.

### Dog Park 17

Laguna Canyon Road, Laguna Beach

Dogs are allowed to run off leash. Open dawn to dusk. Closed Wednesdays.

### Crescent Bay Beach and Park 12

Located off Coast Highway at Crescent Bay Drive, Laguna Beach

Vista park has a 180-degree ocean and coastal view.

### Heisler Park 12

Along the bluffs of Cliff Drive, Laguna Beach

Walking trails, beautiful vistas, public art display, picnic and barbecue areas, marine and tide pool reserve area combine to make up Heisler Park.

### Main Beach Park 12

Coast Highway and Broadway/Highway 133, Laguna Beach

Laguna's "Window to the Sea" is located in the heart of downtown Laguna. There is boardwalk area with a pathway to Heisler Park as well as volleyball and basketball areas, picnic tables, children's play area and protected tide pools.

### Browns' Park 12

551 South Coast Highway, Laguna Beach

Brown's Park is a mini-view park overlooking Main Beach with public art work on display.

### Lang Park 12

Wesley and Coast Highway, Laguna Beach

Lang Park has picnic and children's play area, tennis and basketball courts and public art displays.

### Treasure Island Park 19

Wesley and Coast Highway, at the Montage Resort and Spa, Laguna Beach.

Treasure Island Park has Spectacular ocean views, public art, picnic tables, beach access, tide pool reserve areas.

### Upper Newport Bay 21

949.640.9956

600 Shellmaker, Newport Beach

Bordering Newport Back Bay, the park provides vistas of the coastal wetlands which are reminiscent of the historic landscape of much of Alta California. Renowned as one of the finest birding sites in North America, several endangered species make this natural preserve their home.

### Peter and Mary Muth Interpretive Center 21

949.923.2290

2301 University Drive, Newport Beach

Located in the county's premier nature preserve, this center conserves the site's natural beauty.

### French Park 22

Trinidad Island in Huntington Harbor

French Park is a family-friendly park with a small beach that slopes gently into the bay of Trinidad Island, a manmade island. Parents sit under shade trees reading books while kids play on the jungle gym equipment, or float on a tube or raft in the water next to the little beach. The huge shade trees make this spot cool and relaxing. Fishing is allowed from the fenced lawn area, and kayaking also takes place from this location.

Visit [www.ocparks.com](http://www.ocparks.com) for information on county and state parks.

## Wilderness Parks / Hiking and Mountain Biking

### Crystal Cove State Park 3

949.494.3539

8471 Pacific Coast Highway, Laguna Beach  
www.crystalcovestatepark.com

This beautiful land features a stretch of coastal cliffs and a beach-front cove sandwiched between Pacific Coast Highway and the Pacific Ocean. This trail provides a great opportunity for excellent loop-style bike rides. The park is almost entirely fire-road with a few good single-track exceptions. The park landscape differs from that of almost any other park in the OC. It is mostly open grassland and open hills with minimal trees.

### Moro Canyon 23

949.494.3539

Also known as El Moro Canyon, approximately two miles north of Laguna Beach off Pacific Coast Highway, this park contains lush, sycamore-shaded canyons and high ridges offering views of the Pacific Ocean, creating a spectacular environment for hiking, mountain biking and horseback riding. Designed to preserve the delicate balance of the natural habitat, a major portion of the park's 3,200 acres is open for use on a limited basis.

### Aliso and Wood Canyon Regional Park 24

949.923.2200

Aliso Creek Road and Alica Parkway, Laguna Niguel

This park offers a nice variety of beginner through advanced bikerides, and is perfect for introducing the first time off-roader to the joys of the sport. Try Sycamore Run for the novice rider. For the advanced rider, try Cholla/Rock-It or Cholla/Mathis trails. Wildlife abounds here. This park offers visitors a sense of what the county may have looked like over a 100 ago, and has a series of interconnecting trails suitable for hiking.

### Peters Canyon Regional Park 25

714.973.6611

Canyon View Avenue, Orange

The trails trace the perimeter of a reservoir and also travel down the canyon below the reservoir. All the trails are fairly easy with an occasional steep hill. One of the highlights of the park is a large eucalyptus grove at the end of the canyon. A single-track trail twists through the grove. Although the entire elevation gain is low, keep in mind that the parking is at the top-most section of the park.

### Saddleback Mountain (Santa Ana Mountains) 26

Saddleback is the landmark formed by the 2 highest peaks in the Santa Ana Mountains, and the ridge between them. This formation, which resembles a saddle when viewed from most of Orange County, dominates the county's eastern skyline, and on the clearest days can be seen from most of the Greater Los Angeles Area. The trails range anywhere from rolling fire-roads to the steepest and loosest of single-track.

### Whiting Ranch 27

949.923.2245

www.whitingranch.com

More than 26 miles of fire roads and single-track trails crisscross the park providing excellent opportunities for hikers, mountain bikers and equestrians. The Red Rock Canyon and Billy Goat Trails are reserved for hikers only. The Historic McFadden Ranch House features the park office, a small nature center and a trail rest stop for the Aliso Creek Regional Bikeway. Nature walks for groups are available with advanced reservations. Group size and tour days are restricted.

### Cleveland National Forest 28

858.673.6180

10845 Rancho Bernardo Road  
www.fs.fed.us/r5/cleveland

The Cleveland National Forest consists of 460,000 acres, offering a wide variety of terrains and recreational opportunities. Scenic driving is one of the most popular recreation activities. The Forest offers some of the best Off-Highway Vehicle (OHV) trails in Southern California for 4-wheel drive, ATV and motorcycle use. The Forest OHV system is comprised of designated routes and trails. Mountain biking is also permitted on many trails. The best season for hiking is during the cooler fall, winter and spring months. Many trails travel through the open chaparral and get very hot in the summer. Summer hiking should be done in early morning hours on designated trails that offer shade.

## Rock climbing

### Vertical Adventures Rock Climbing School

800.514.8785

Vertical Adventures set a standard of professionalism with their low student-to-instructor ratios, excellent safety record and highly qualified rock-climbing guides. Programs are offered year-round. September through May classes are held at Joshua Tree National Park, located in the high desert north of Palm Springs. In June, July and August, the rock climbing classes are held at Suicide Rock, located in the cool pine forest above the town of Idyllwild, in the San Jacinto Mountains. Multi-pitch, guided rock climbs of Idyllwild's Tahquitz Rock are available, which at 1,000 feet high is Southern California's tallest rock formation. The rock-climbing guides are among the finest climbers in the country, excellent teachers who are leaders in their sport.

## Skate Parks

### Volcom Skatepark - Tewinkle Park 29

970 Arlington Drive, Costa Mesa

The Vert Bowl has a unique V configuration, and is set up so that kids can have fun in it too. Experienced skaters are often around showing the less experienced skaters how to roll from their mellow tranny six foot to the seven foot just to vert, to the X-games wall, and back again through some nice corners over hips and along steel coping. Mini Peanut is garage-ramp size with a whole section of rounded lip so skaters can move fast. Hours: 9:00 a.m. – 9:00 p.m.

### Centennial Park 30

714.571.4200

3000 West Edinger Avenue, Santa Ana

This park is definitely a street skater's paradise. Stairs, ledges, fun-boxes, rails and other street obstacles are laid out throughout this park. Transitions are minimal with only one large, drawn-out 10-foot to 12-foot mellow wave of a bank that is good for some complex slides and carves. Hours: 7:00 a.m. – dusk.

### Vans – The Block 31

714.769.3800

20 City Boulevard West, Orange

The 20,000 square-foot indoor wood (birch) street course features an array of obstacles. The setup includes many popular street features including stair sets, banks, rails, ledges and manual pads. The Vans Combi pool features nine foot nine inch transitions and is 12 feet deep. The Pee Wee Area is specifically designed for beginners. All features on this course are three feet or lower entirely surfaced in birch. The main mini ramp is 80 feet wide and has heights ranging from five feet to nine feet. The majority of the ramp runs five feet with extensions in the back escalating to sections of vert. The ramp has sections of pool coping

and is entirely surfaced in birch. The secret micro mini is a perfect warm up spot. The ramp is 12 feet wide and four feet high surfaced in birch. The outdoor concrete course also features ledges, stairs, manual pads and more. This course also has a lot of movable obstacles that can be set up to the skater's choice. Hours: 10:00 a.m. – 10:00 p.m.

**Harvard Athletic Park 32** 949.724.6661  
14701 Harvard Avenue, Irvine  
Harvard is for beginner to intermediate street skaters.

**Etnies Skatepark of Lake Forest 33** 949.916.5870  
20028 Lake Forest Drive, Lake Forest  
www.etnies skatepark of lake forest.com  
This world-class outdoor skating and BMX facility includes features for all skill levels! The park is open seven days a week, including most holidays. Lessons, Summer Camps and Birthday parties are available. Hours: 10:00 a.m. – 10:00 p.m.

**Beebe Park 34** 949.470.3064  
24190 Olympiad Road, Mission Viejo  
This park has some nice mellow banks/bowls without coping, a tiny bowl with metal coping and a harsh vert extension. It features a five-stair with handrail and other ledge/street obstacles for beginners and street skaters. Hours: 7:00 a.m. – dusk.

**Laguna Niguel Skate and Soccer Park 35** 949.916.7755  
Alicia Parkway and Aliso Creek Road, Laguna Niguel  
The Laguna Niguel Skateboard Park is a 20,000 square-foot, concrete skateboard park. The park features beginning, intermediate, and more advanced areas for skaters. Permits are required for individuals using the park. Liability waivers require the signature of a parent or a guardian. Park users who are 18 years of age or over are required to sign a waiver on their own behalf. No bikes or scooters are allowed. Helmet, elbow and knee pads must be worn. Hours: 12:00 p.m. – 9:30 p.m.  
Weekends/holidays/school vacations: 9:00 a.m. – 9:30 p.m.



## Snow/Mountain/Skiing/Snowboarding

**Big Bear/Snow Summit/Bear Mountain Ski Resorts 36** 800.4.BIG.BEAR  
www.bigbear.com and www.bigbearmountainresorts.com

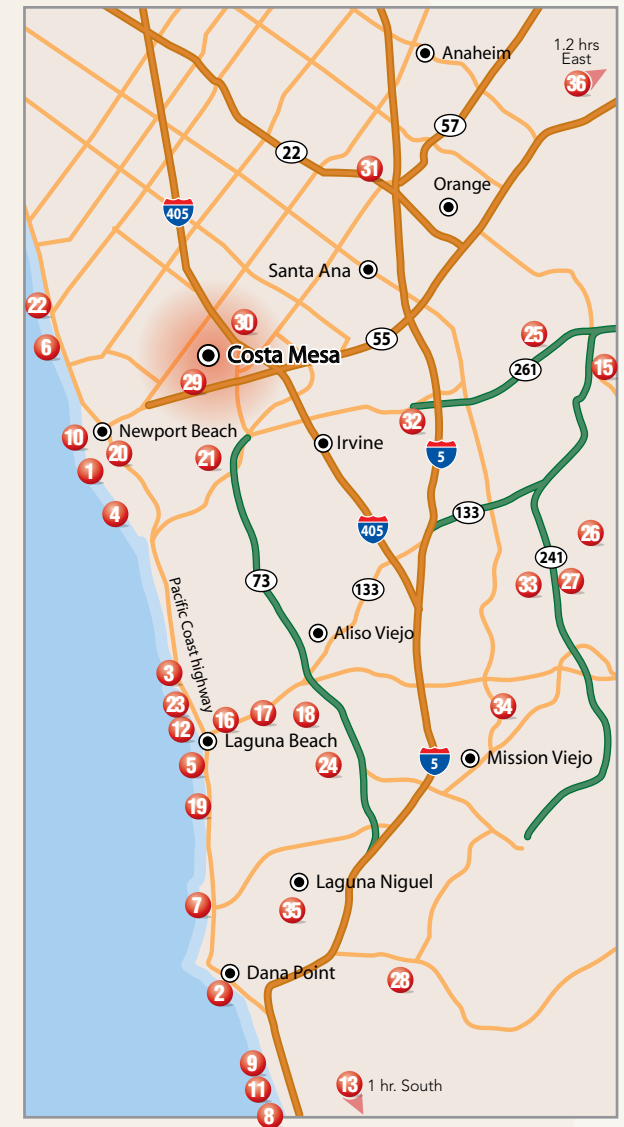
Big Bear is a mountain resort surrounded by the San Bernardino National Forest, where the altitude ranges from 6,750 – 9,000 feet. Winter brings about 100 inches of snowfall and temperatures that average between 20 and 40 degrees. Southern California's premier ski resorts offer 75 trails, 20 lifts, four high-speed chairs and seven snowboard parks. Natural and man-made snow combines to give a great base for inner-tubing or building snowmen. Snowshoe the backwoods of Big Bear, or come down the mountain on a snow bike, snow scooter or even roll down the hill on a Zorb! Scenic chairlift rides to the top of the mountain, individually-controlled sleds and corresponding tracks are amongst other snow-related options. In the summer, enjoy the cool, wet water-slide and the Magic Mountain Recreation Area, offering the world-famous Alpine Slide year-round.

**Mountain High Ski Resort 36** 888.754.7878  
24510 State Highway 2, Wrightwood  
www.mthigh.com

Located just 75 minutes from Orange County, Mountain High has three distinctly different mountains, each complete with ticket windows, restaurants, rentals, lessons, sport shops and more, as well as a wide variety of lifts and trails. The East Resort stretches 1.6 miles up into the mountains offering great cruising trails and powder, while an equally-impressive mountain loaded with both technical terrain and wide-open beginner areas comprises the West Resort. The North Resort, with 70 acres of beginner terrain and the North Pole Tubing Park, is perfect for families.

**Snow Valley Ski Resort 36** 909.867.2751  
35100 Highway 18, Running Springs  
www.snow-valley.com

Snow Valley Mountain Resort has been Southern California's premier learning resort for years, offering both skiing and snowboarding lessons. Additional resort venues include a terrain park, ski zone and a snow play area, as well as restaurants and a bar. Snowmobiles and equipment packages are also available.



  
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This information was compiled from reliable sources by Debbie Miller.