

SOUTHERN CALIFORNIA LIFE

Inspiring the SoCal Explorer

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ADVENTURE

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BEHIND THE SCENES AT
LOS ANGELES MEMORIAL COLISEUM

LANDMARKS
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Issue

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BEST SOUTHLAND BIKE PATHS

Five Faves: BEST BEACH BIKE PATHS IN SOUTHERN CALIFORNIA

BY MARY NOE

NO MATTER WHERE YOU ARE IN SOUTHERN CALIFORNIA, THE COASTLINE BECKONS. Blessed with great weather year-round, "The Golden State" offers miles of bike paths, many along the ocean. From Santa Barbara to San Diego, the coast is edged with cycling paths perfect for riders of all abilities, guaranteeing views that will soothe the soul and capture that California feeling! Here are five of our favorites — remember to bring water and your helmet! 🚲



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1

Santa Barbara Beach Trail

→ If you've ever wanted to cycle along the "American Riviera," the 4.5-mile **Santa Barbara Beach Trail** is your dream route. Begin your jaunt just west of Santa Barbara Point at Shoreline Park, which offers a stairway leading from the bluffs to the beach, kids' play equipment, and picnic areas for pre- or post-biking fun.

Stop for an al fresco snack right on the sand at the Shoreline Beach Café before riding along Santa Barbara's iconic waterfront. Along the way, pass the working fishing boats and exotic yachts and sailboats moored in the Santa Barbara Harbor, explore the historic Stearns Wharf Pier, ride south among the palms along the coast, past the Santa Barbara Zoo (slow down long enough to glimpse the giraffes peeking above the trees), to the peaceful, 42-acre Andrée Clark Bird Refuge and wetlands.

TRAIL INFO:
www.trailink.com/trail/santa-barbara-beach-trail



2 Rincon Bike Trail

→ Immortalized in The Beach Boys 1962 classic "Surfin' Safari," Rincon Point is one of California's most revered surfing spots. Surf lovers will enjoy riding the flat, ocean-edging 3.6-mile **Rincon Bike Trail**, which was developed as a protected alternative to bicyclists using US 101. Connecting the beach towns of Carpinteria and Ventura, the path offers beautiful views of the Santa Barbara Channel and is part of the California Coastal Trail, a series of existing and proposed trails along the Pacific Coast from Oregon to Mexico.

TRAIL INFO:
www.trailink.com/trail/rincon-bike-trail



*California law requires all bicyclists under the age of 18 to wear a helmet.



VISIT VENTURA



JOSIAH ROE

3

The Ventura River Parkway Trail

→ Called "One of the best urban bike rides in Southern California" by the Rails-to-Trails Conservancy, the 17-mile **Ventura River Parkway Trail** is really three trails in one. Start your ride on the incredibly scenic 4.1-mile **Omer Rains Coastal Bike Trail**, which runs along the Ventura coast and offers views of the Channel Islands, Ventura's historic pier, and often showcases surfers, dolphins, and whales. Continue on to the **Ventura River Trail**, a portion of the path that follows the old Southern Pacific "rail trail" and highlights the area's industrial and agricultural past. Art installations along the path are funded by the City of Ventura Public Art Program and make for an interesting ride. The trail continues slightly uphill to Foster Park — a perfect spot for a picnic break — and joins the **Ojai Valley Trail** for the 9.5-mile ride to Ojai, SoCal's legendary artist enclave. This portion of the ride runs along the Ventura River and offers gorgeous views into the scenic Ojai Valley.

TRAIL INFO:
www.trailink.com/trail/omer-rains-coastal-bike-trail
www.trailink.com/trail/ventura-river-trail
www.trailink.com/trail/ojai-valley-trail

OFF THE BEATEN PATH

4

Marvin Braude Bike Trail aka "The Strand"

→ This flat, fun ride winds through some of SoCal's most iconic beach towns. Known locally as "**The Strand,**" the 22-mile paved bike path traverses the Los Angeles County coastline from Will Rogers State Beach in the Pacific Palisades area south to Torrance County Beach. Along the way, the route passes the Santa Monica Pier with its famous ferris wheel, and loops through Venice's quirky shops, colorful characters, and famed Muscle Beach. Follow the signs to circle lovely Marina del Rey, then continue south back to the beach at Playa del Rey. Ride through Dockweiler State Beach (look for the hang gliding practice and training area), under the planes taking off over the ocean from LAX, and into Manhattan Beach, the home of beach volleyball. Continue south through buzzy Hermosa Beach, around the marina in Redondo Beach, and on to Torrance Beach, with views of the gorgeous Palos Verdes Peninsula.

TRAIL INFO:
beaches.lacounty.gov/la-county-beach-bike-path



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TREKING.COM

5

San Diego's Bayshore Bikeway

→ The **Bayshore Bikeway** is a 24-mile route along the San Diego Bay that offers amazing views of the city skyline, the Coronado Bay Bridge, and Navy bases and ships. Start your ride at the ferry landing on charming Coronado Island (you can ferry across San Diego Bay from downtown). Cruise through the historic island town and past the legendary Hotel del Coronado and the U.S. Naval Amphibious Base (where the Navy SEALs train). Ride along Silver Strand State Beach, which separates San Diego Bay and the Pacific Ocean, and the 3,900-acre San Diego Bay National Wildlife Refuge. The car-free bicycle path ends near Imperial Beach — turn around here to avoid on-street bike lanes. To continue to downtown San Diego, the trail links with on-street bike lanes and bike routes through Chula Vista, National City and into downtown. ❖



TRAIL INFO:
www.sandiego.org/articles/biking/bike-route-bayshore-bikeway.aspx