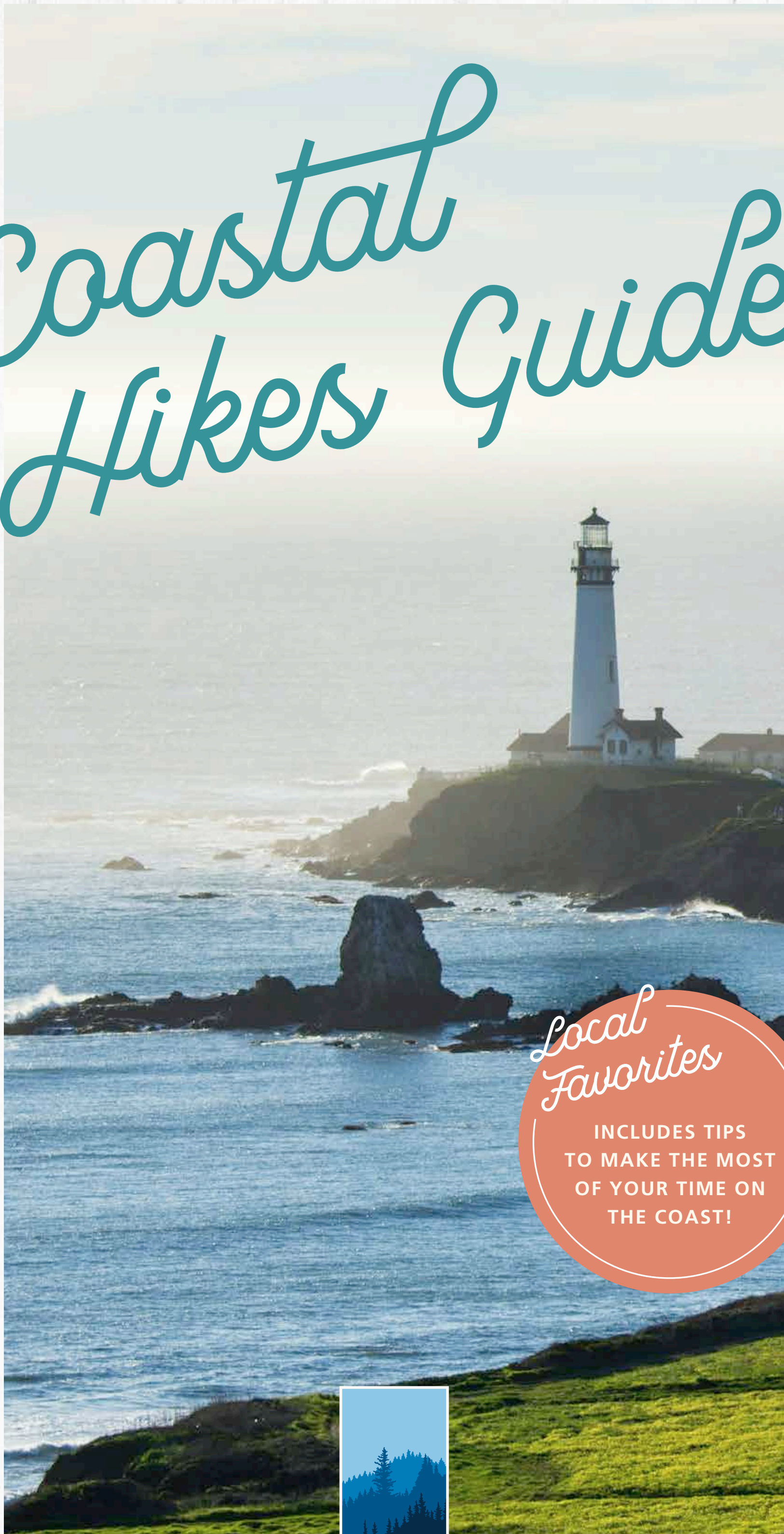


Coastal Hikes Guide



Local Favorites

INCLUDES TIPS
TO MAKE THE MOST
OF YOUR TIME ON
THE COAST!

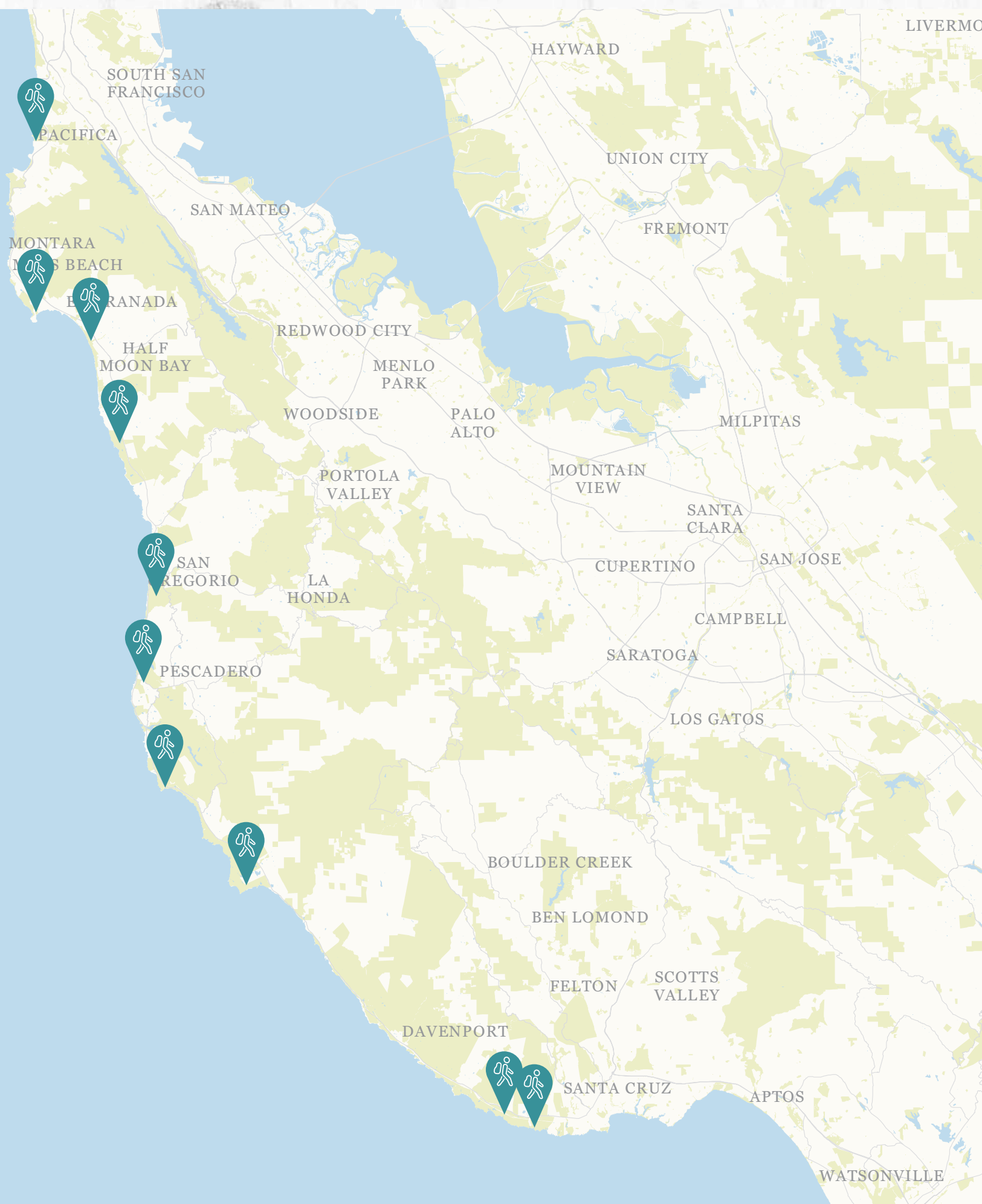


POST

Adventure awaits along the idyllic coast of the San Francisco Peninsula, where cool ocean fog blankets giant stands of redwoods and whales spout offshore. It's a place where you can escape the hustle of urban life and enjoy a stretch of coast with no traffic lights for over forty-five miles.

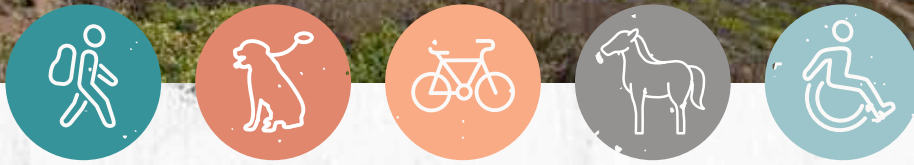
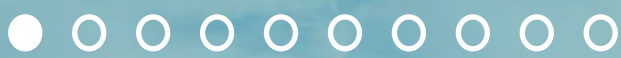
Since 1977, POST has been hard at work protecting our corner of the Golden State so generations can enjoy the coast's rugged character and rich agricultural heritage. We've put together this guide to help you explore our favorite coastal trails.

Click the map's icons to discover these coastal treasures!



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Jean Lauer Trail

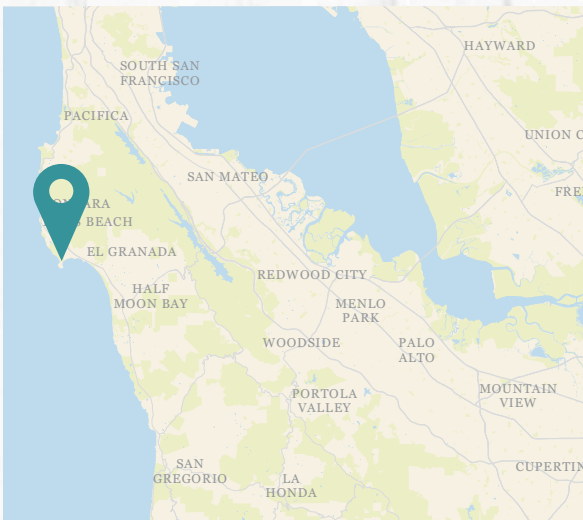
Enjoy views of the world-famous Mavericks surf break as well as the tide pools of the [Fitzgerald Marine Reserve](#). This trail is named in memory of Jean Lauer, a former POST staffer and dedicated conservationist.

LENGTH 3 miles round-trip

DIFFICULTY Easy

PRESERVE Pillar Point Bluff County Park [↗](#)

[Trail Map](#) [↗](#)



Local Favorites

After your hike, enjoy a cold one at the [Moss Beach Distillery](#). But be careful, locals say it's haunted!

[Back to top](#)



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Bird Trail

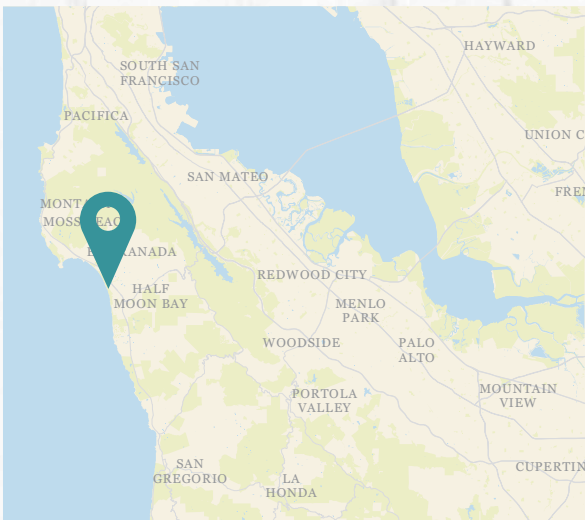
This trail weaves through one of the most important sites for raptors in the Bay Area. Keep an eye out for hawks and harriers and, if you're lucky, migrating whales off the coast (typically October through December).

LENGTH 2 miles round-trip

DIFFICULTY Easy

PRESERVE Wavecrest Preserve [↗](#)

[Trail Map](#) [↗](#)



Local Favorites

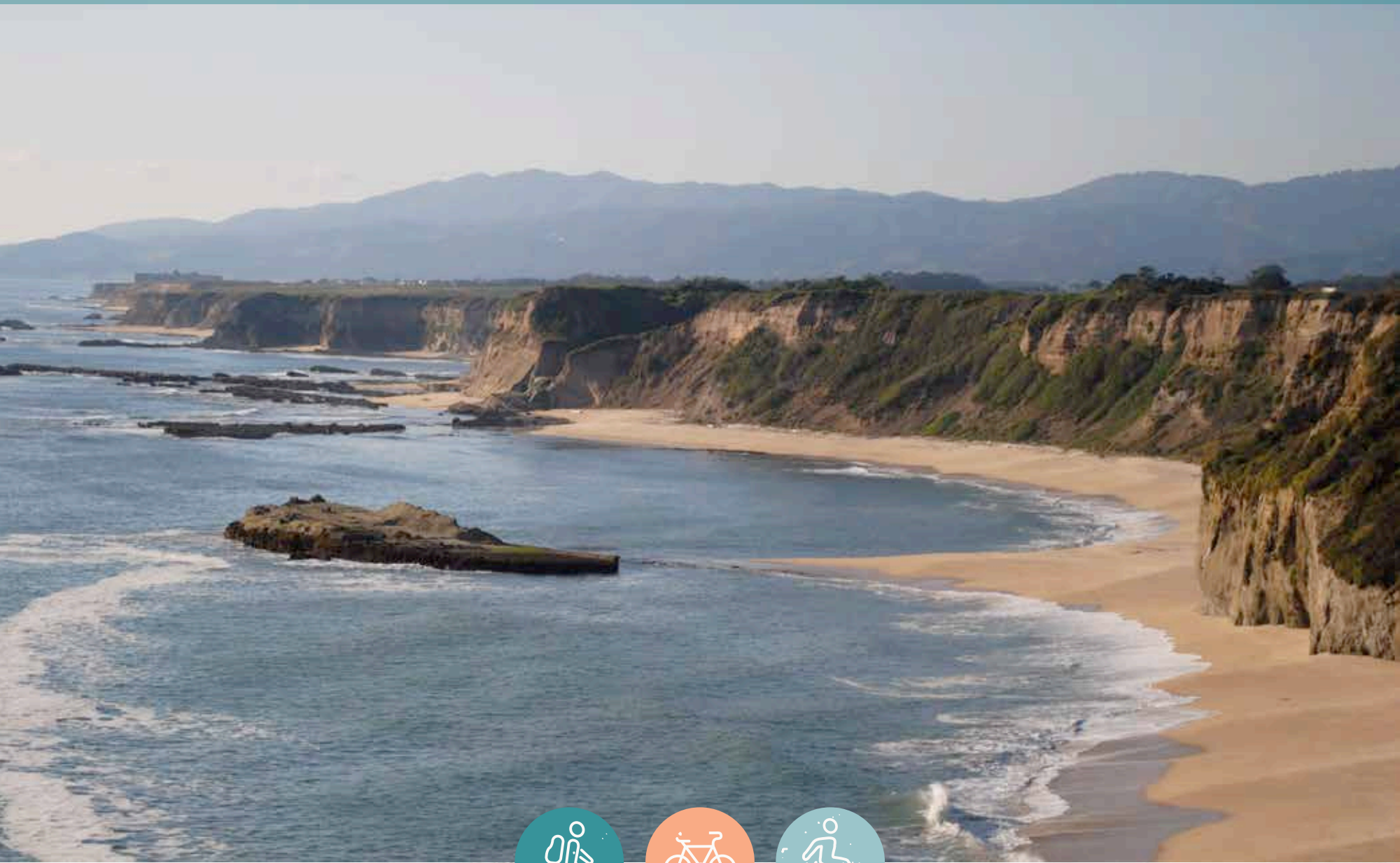
Try the delicious sandwiches at the **[San Benito Deli](#)** in downtown Half Moon Bay after you've worked up an appetite.

[Back to top](#)



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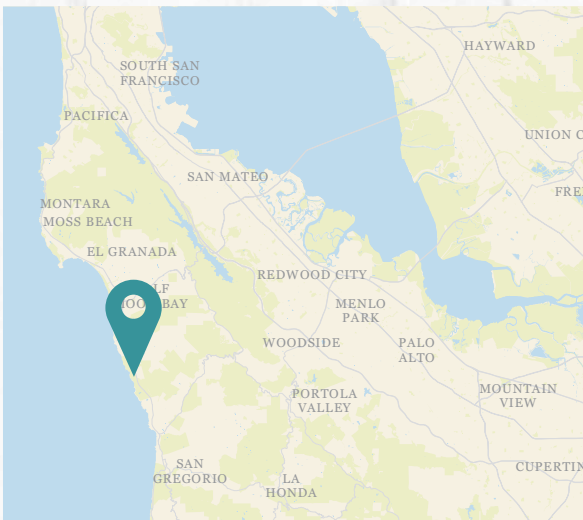
Cowell-Purisima Trail

Get a taste of everything the coast has to offer: productive farmland, pristine beaches and stunning ocean views. Keep an eye out for harbor seals, pelicans, hawks and wildflowers along the way

Availability/Hours: Weekends and holidays only

- LENGTH** 7.2 miles round-trip
- DIFFICULTY** Moderate
- PRESERVE** Cowell-Purisima Trail [↗](#)

[Trail Map](#) [↗](#)



Local Favorites

Looking for a secluded beach? Make a stop at the **Cowell Ranch State Beach**, accessible from this trail's northern trailhead.

[Back to top](#)





Sequoia-Audubon Trail

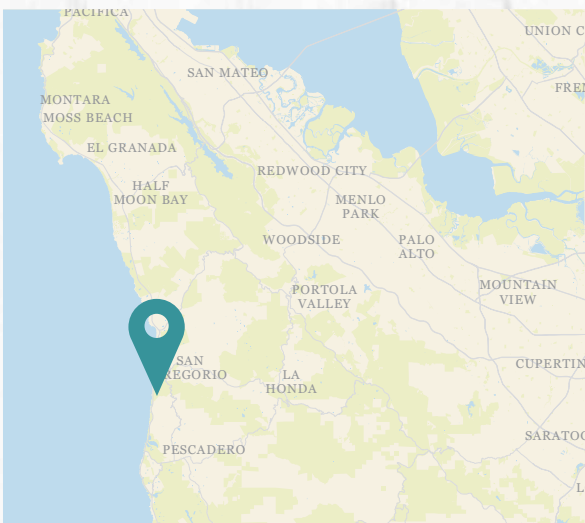
Discover the Pescadero Marsh, the largest freshwater marsh on the Peninsula. Be sure to bring your binoculars as this coastal wetland is home to more than 250 species of birds, including great blue herons, double-crested cormorants and great egrets.

LENGTH 1.5 miles round-trip

DIFFICULTY Easy

PRESERVE Pescadero Marsh State Natural Preserve [↗](#)

[Trail Map](#) [↗](#)

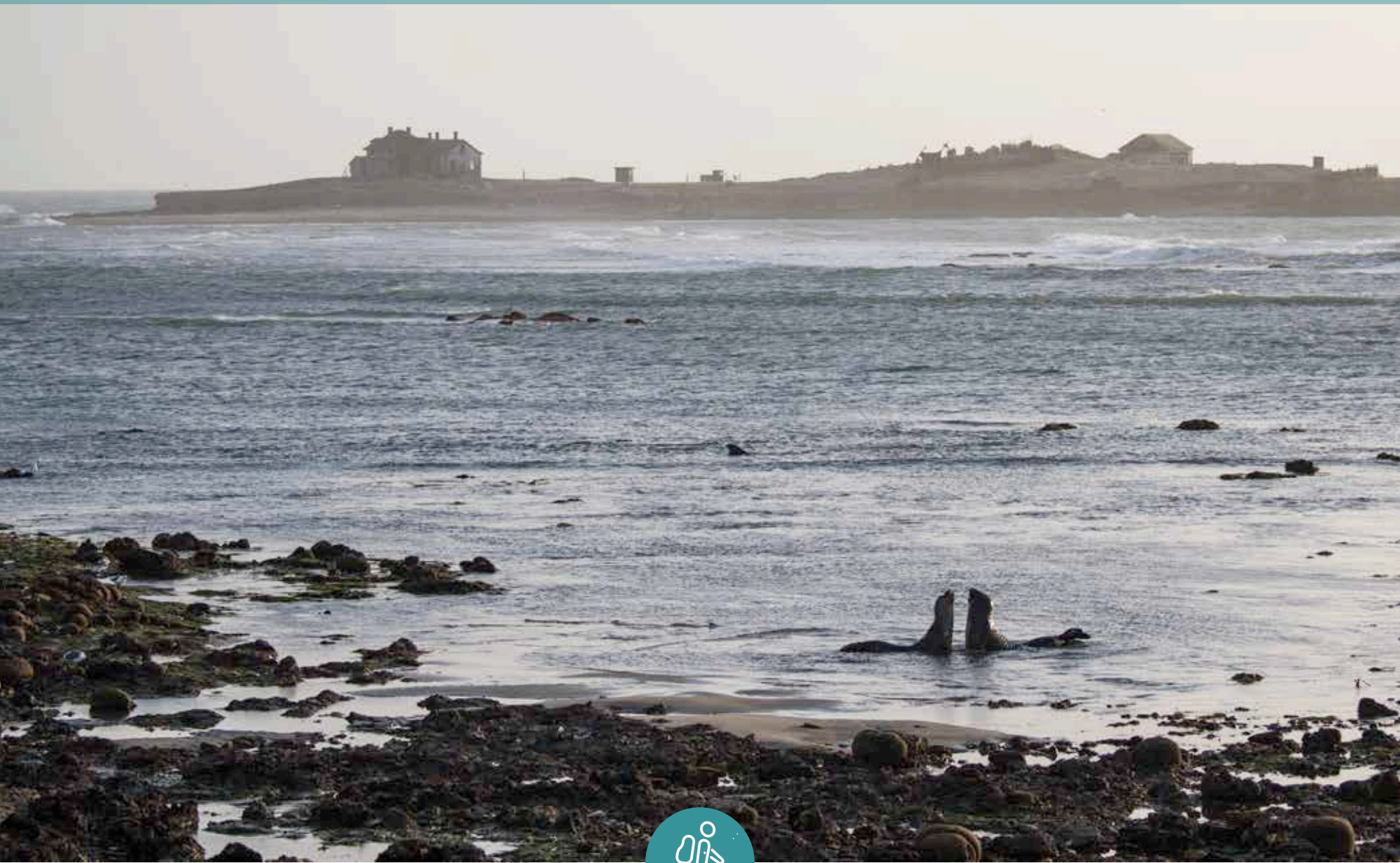


Local Favorites

A trip to the marsh isn't complete without a stop at the [Arcangeli Grocery Store](#) in nearby downtown Pescadero for fresh artichoke bread.

[Back to top](#)



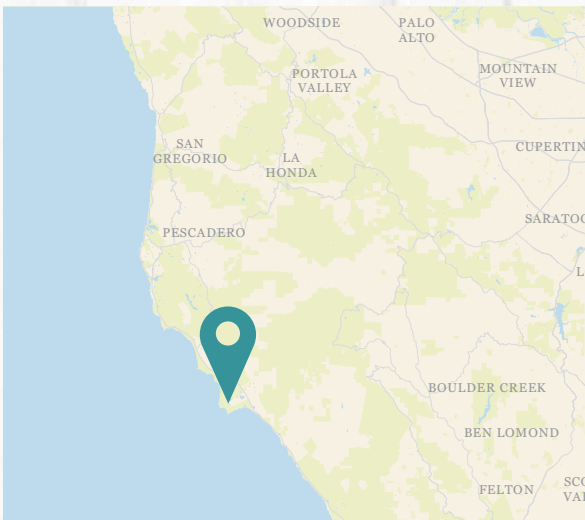


Año Nuevo Point Trail

Massive northern elephant seals congregate every year on the rugged beaches of Año Nuevo. If you plan to visit during their mating season (December through March), you'll need a [reservation](#) to witness these giants.

- LENGTH** 4-mile loop
- DIFFICULTY** Moderate
- PRESERVE** Año Nuevo State Park [↗](#)

[Trail Map](#) [↗](#)



Local Favorites

POST-protected [Pie Ranch](#) is just minutes from this trailhead. Stop at their farmstand to try a delicious pie made with seasonal, local ingredients.

[Back to top](#)





Ohlone Bluff Trail

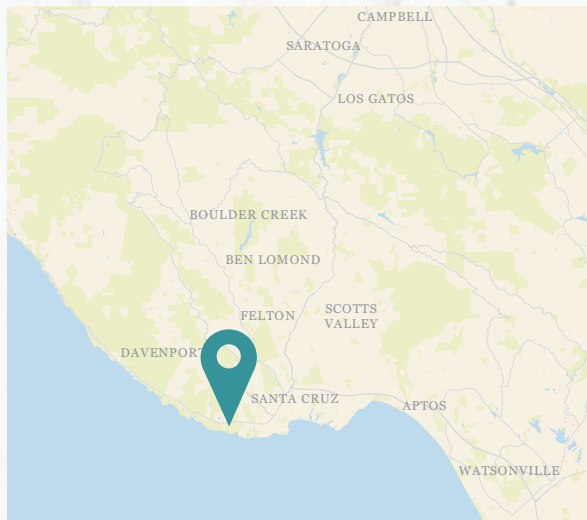
The Ohlone Bluff Trail is a particularly picturesque section of the California Coastal Trail that cuts through the historic [Wilder Dairy Farm](#). Whales and dolphins are often visible from this trail in the spring and late fall.

LENGTH 10 miles round-trip

DIFFICULTY Moderate

PRESERVE Wilder Ranch State Park [↗](#)

[Trail Map](#) [↗](#)

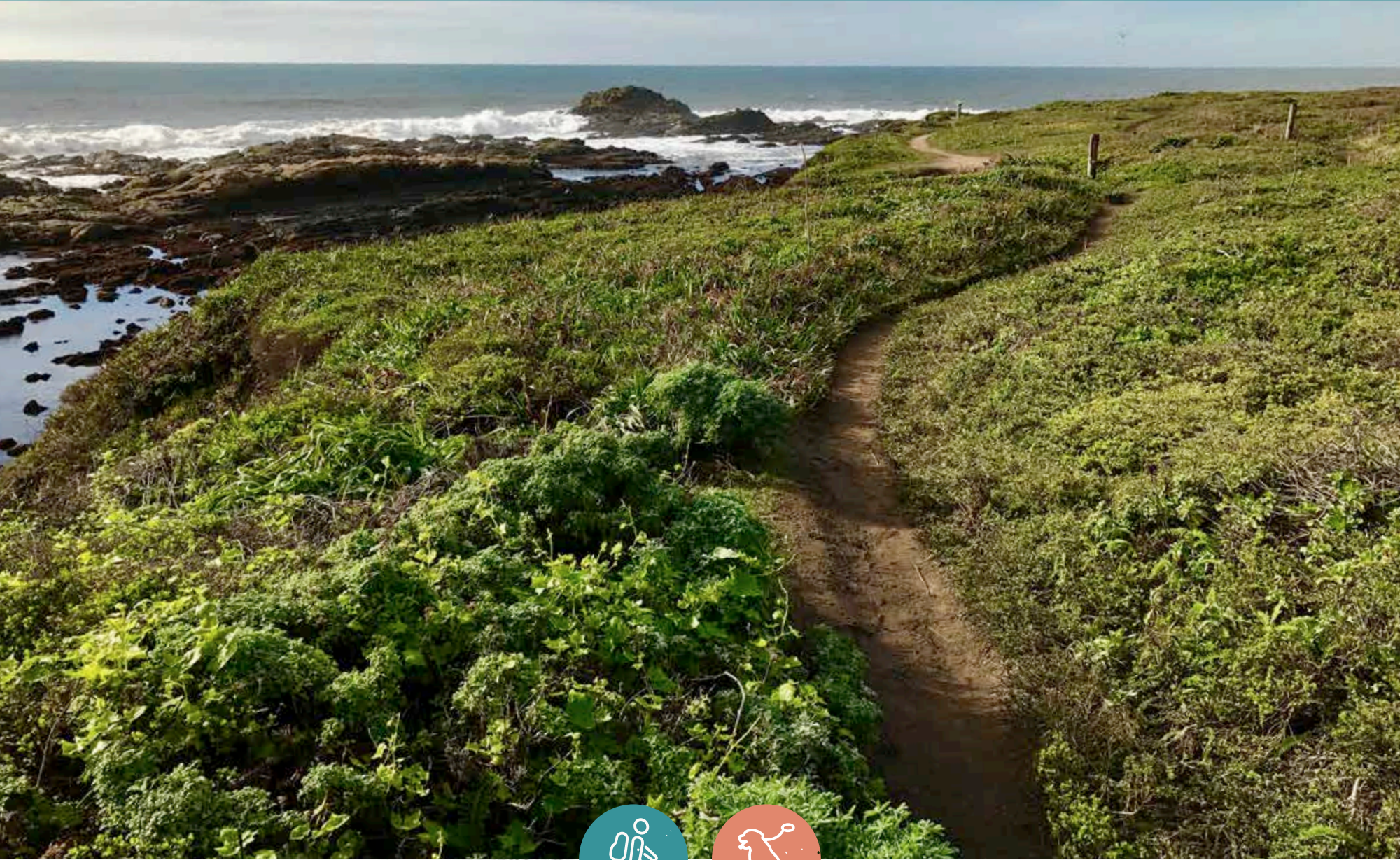


Local Favorites

The [Swanton Berry Farm](#) is just up the coast, so stop by if you're in the area during berry season in spring and summer.

[Back to top](#)





Bear Hollow Beach Trail

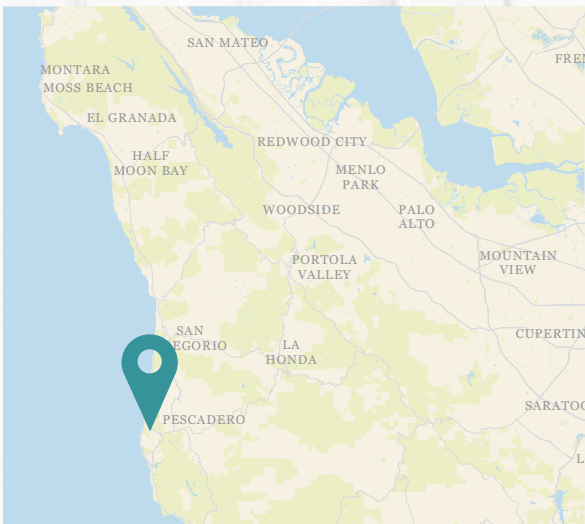
Bean Hollow is one of the few state beaches that allows dogs, making this section of the California Coastal Trail a perfect hike for the *whole* family. The tide pooling here is also world-class!

LENGTH 2 miles round-trip

DIFFICULTY Easy

PRESERVE [Bean Hollow State Beach](#)

[Trail Map](#)



Local Favorites

Warm up after your hike at [Downtown Local](#) in Pescadero with a cup of hot coffee and a dose of nostalgia.

[Back to top](#)





Devil's Slide Trail

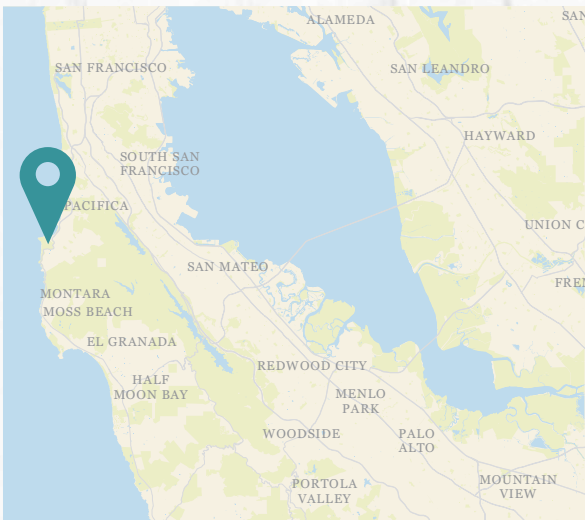
This paved trail offers world-class views of the California coastline and is a popular nesting site for many seabirds. It follows an old section of Highway 1 that opened for recreational use in 2014.

LENGTH 3 miles round-trip

DIFFICULTY Easy

PRESERVE Devil's Slide Trail [↗](#)

[Trail Map](#) [↗](#)

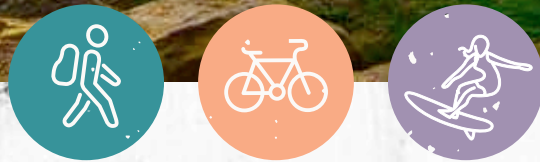


Local Favorites

After your hike, grab a beer at **Devil's Slide Taproom** in Pacifica—named after this iconic stretch of coast.

[Back to top](#)



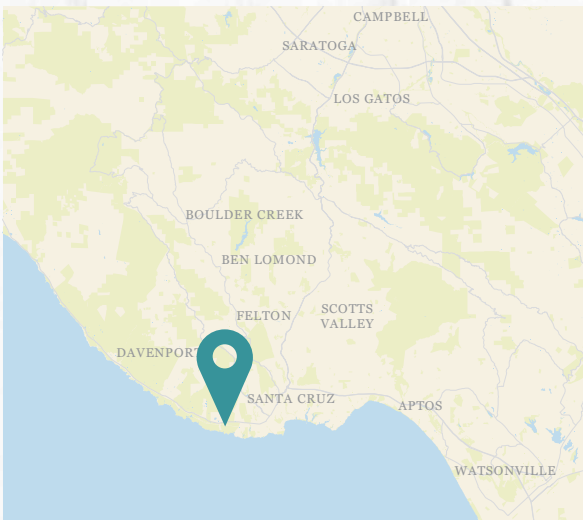


Four Mile Beach

Weave through coastal bluffs to a secluded beach and a popular spot for Santa Cruz surfers. On your way down to the beach, keep an eye out for harbor seals and sea otters in the surf below.

- LENGTH** 2.5 miles round-trip
- DIFFICULTY** Easy
- PRESERVE** Wilder Ranch State Park [↗](#)

[Trail Map](#) [↗](#)



Local Favorites

Head to [Whale City Bakery](#) in Davenport after your hike, known for their mouth-watering fresh pastries.

[Back to top](#)





Mel's Lane to Pistachio Beach

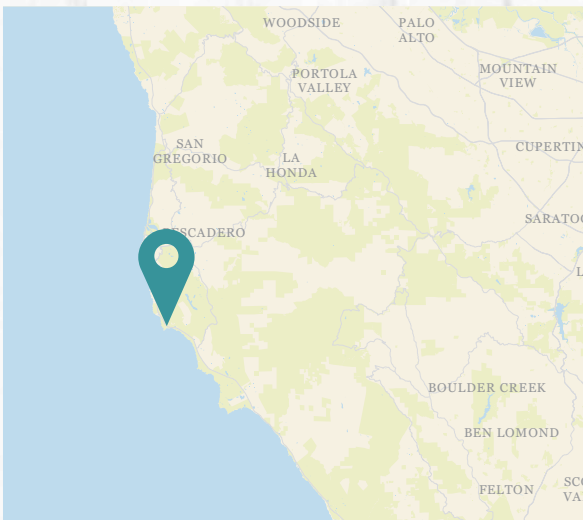
Mel's Lane provides stunning views of Pigeon Point Lighthouse and one of the most iconic stretches of the California coast. Lengthen your hike by heading north to Pistachio Beach, then relax and soak in some scenery.

LENGTH 2.5 mile round-trip

DIFFICULTY Easy

PRESERVE Pigeon Point Light Station State Historic Park [↗](#)

[Trail Map](#) [↗](#)



Local Favorites

Want to extend your experience at Pigeon Point? Make a reservation at the [local hostel](#) and stay the night.

[Back to top](#)





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