

1



Pacific Valley Bluff Trail



Coastal Hiking Map

The best trails, beaches, activities, and historic sites on the coast.

RAGGED POINT



Black Swift Falls Trail

2

Highway 1
Discovery Route

SAN SIMEON

20
17

22
9

1

10

CAMBRIA

Fiscalini Ranch Preserve Bluff Trail



HARMONY

3

Harmony Headlands State Park Trail



4

11

25

1

12

CAYUCOS

ATASCADERO

13

19

23

MORRO BAY

5

Audubon Sweet Springs Nature Preserve Trails



Montaña De Oro State Park & Hazard Canyon Reef Hike



14

LOS OSOS & BAYWOOD PARK

6

AVILA BEACH

21

24

7

15

Pecho Coast Trail to Lighthouse Hike

16

PISMO BEACH

18

OCEANO

NIPOMO

8

Guadalupe-Nipomo Dunes



San Francisco

San Luis Obispo County (SLO CAL)











Los Angeles

Over 40 hikes along the Highway 1 Discovery Route can be found at www.H1DR.com/hikes







6 miles

THE BEST TRAILS, BEACHES, ACTIVITIES, AND HISTORIC SITES ON THE COAST.


BEST OCEAN WALKS, HIKES, & WILDLIFE VIEWING TRAILS

- 1** **PACIFIC VALLEY BLUFF TRAIL:** This San Simeon trail offers great bird watching, plus unparalleled views of the ocean and fields dotted with wildflowers. 
- 2** **BLACK SWIFT FALLS TRAIL:** Steep cliffs, breathtaking panoramas, black sands and a seasonal waterfall mark this Ragged Point hike. Dogs on leash allowed.  
- 3** **FISCALINI RANCH PRESERVE BLUFF TRAIL:** Seventeen trails greet pedestrians, horseback riders, and cyclists at this 437-acre oceanfront nature preserve. Dogs on leash allowed.  
- 4** **HARMONY HEADLANDS STATE PARK TRAIL:** Find a sweet and easy four-mile round-trip trail to the beach through soft coastal bluffs covered in grasses and seasonal wildflowers. 
- 5** **AUDUBON SWEET SPRINGS NATURE PRESERVE TRAILS:** A favorite spot for birdwatchers, this 24-acre preserve offers gentle walking trails and excellent views of Morro Rock. 
- 6** **MONTAÑA DE ORO STATE PARK & HAZARD CANYON REEF HIKE:** Cross a fragrant eucalyptus forest and enter the mouth of a canyon to discover the rocky beach at Hazard Canyon Reef. 
- 7** **PECHO COAST TRAIL TO LIGHTHOUSE HIKE:** Hike 3.75 miles round-trip with the guidance of a local historian and natural history buff, ending at the historic Point San Luis Lighthouse. 
- 8** **GUADALUPE-NIPOMO DUNES:** Walk on trails and a boardwalk near a beautiful lake, grasslands, coastal brush, and a wide beach with rolling dunes on this diverse 5.2-mile out-and-back hike. 

BEST BEACHES FOR SOLO, FAMILY, & DOG DAYS

- 9** **W.R. HEARST MEMORIAL STATE BEACH:** This protected cove is perfect for playing in the sand, walking the pier, fishing, swimming or kayaking. 
- 10** **MOONSTONE BEACH:** Find smooth "moonstones" on one of the best beaches in California for beachcombing and driftwood.
- 11** **ESTERO BLUFFS STATE PARK BEACH & THE CAYUCOS SHIPWRECK:** Find bluff trails, pocket beaches, tidepools, and prime birdwatching here, plus a real shipwrecked fishing boat on view. To see the shipwreck, take the rustic southern Estero Bluffs State Park entrance to the parking lot at the corner of North Ocean Ave. and Highway 1.
- 12** **CAYUCOS STATE BEACH, CAYUCOS:** Large expanses of beach are perfect for walking, sunbathing and playing, with waters ideal for swimming, kayaking and surfing. Dogs can run off leash in some areas. 
- 13** **MORRO BAY STRAND STATE BEACH:** Let your four-legged friend play while you fish, surf, or look for sea glass, wildflowers, tidepools and seabirds. 
- 14** **SPOONER'S COVE BEACH - MONTANA DE ORO STATE PARK:** Tucked back from shore, with azure waters protected from big swells and wind, this cove is ideal for wading and birdwatching. 
- 15** **AVILA BEACH:** Pick your perfect paradise along the expansive six miles of Avila Bay's protected family-friendly beach. (Check signage for dog hours.) 
- 16** **PISMO STATE BEACH:** This state beach is the only one in California where vehicles are permitted to drive on specified areas of the sand and dunes. Dogs allowed on leash only. 

BEST WILDLIFE VIEWING AND INSPIRING VIEWS

- 17 **ELEPHANT SEAL ROOKERY:** The Piedras Blancas Elephant Seal Rookery lets visitors see elephant seals up close and in their element with trained local docents to answer questions.
- 18 **PISMO BEACH MONARCH BUTTERFLY GROVE:** The Pismo Beach Monarch Butterfly Grove sees thousands of butterflies annually and is one of the largest Monarch butterfly colonies in North America.
- 19 **SEA OTTER SPOTTING AT MORRO ROCK:** In Morro Bay, watch as sea otters play, hunt, and raise their young in protected waters.
-  **SIX WHALE TRAIL VIEWING SITES:** Find six whale watching sites with fun and educational interpretive signs and awesome views.



Want to make a difference while on vacation?

Make your travel experience more meaningful with the [Stewardship Travel for Good](#) activities along Highway 1. Get involved, create unique memories, and make your vacation more fun. From beach cleanups, trail restoration, museums, and parks tours, your contributions make a difference.

BEST SITES, DISCOVERY CENTERS & ACTIVITIES FOR STEWARDSHIP TRAVELERS

- 20 **PIEDRAS BLANCAS LIGHT STATION:** Tour this majestic lighthouse, a monument to maritime days gone by which towers above the ocean between San Simeon and Ragged Point.
- 21 **POINT SAN LUIS LIGHTHOUSE:** Reserve an educational and historic tour of this light station which opened in 1890 and still stands high on a hill today with unparalleled views.
- 22 **DISCOVERY CENTER SAN SIMEON BAY:** Located on the emerald historical San Simeon Bay, this educational center offers fun, hands-on, and interactive exhibits about the land and sea.
- 23 **MORRO BAY STATE PARK MUSEUM OF NATURAL HISTORY:** This museum overlooks the dynamic Morro Bay Estuary, with 26 live and interactive science-based exhibits designed to delight and educate.
- 24 **KAYAK BACK IN TIME TO PORT SAN LUIS LIGHTHOUSE - AVILA BEACH:** Paddle back in time with professional kayak guides to the 125-year-old restored Point San Luis Lighthouse in Avila Beach. Great for novice paddlers.
- 25 **SEAWEED FORAGING TOUR - ESTERO BLUFFS STATE PARK:** Discover secret spots for foraging delicious edible seaweed, learn sustainable harvesting techniques, and try seaweed ramen prepared for you at the end of the tour.

