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GEOCACHING CHALLENGE.



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activities

HIKE: LA



HIKE: RANCHO PALOS VERDES, CALIFORNIA

By Gina DeMillo Wagner

WHY HERE, WHY NOW:

This 5.6-mile coastal hike offers some of the best tidal pool viewing in Southern California.

THE DIRT:

This popular surf spot in Abalone Cove Shoreline Park is also a hotbed of marine activity at low tide. The water recedes and leaves shallow pools within the rocks that house sea stars, crabs, anemones, and more. This hike takes you to Inspiration Point as well as some popular hangouts for sea lions.

MORE INFO:

<http://www.palosverdes.com/rpvrecreationparks/AbaloneCoveShoreline>

TRAILHEAD:

Take I-110 to the N. Gaffey St. exit. Turn right then quickly turn left onto W. Summerland Ave. From there, take a right onto West 25th. Pass Portuguese Bend and look for the Abalone Cove Shoreline Park sign. Make a U-turn on Palos Verdes Dr. and continue .1 mi. to the lot on the right.

TRAIL DETAILS:

Mile	Description	GPS (latitude and longitude)
0	Follow well-traveled path to sandy trail along the beach	33.74355, N-118.38082W
.7	Tidal pools with mysterious sea creatures; turn left down the coast	33.73845N, -118.37502W
1.4	Turn right and look for sea lions on rocks	33.73893N, -118.37389W
1.8	Turn right at next two intersections with random views of the Pacific	33.73872N, -118.37346W
2	Turn right near gate by Palos Verdes Dr.; in .1 mi., turn right back to the beach	33.74036N, -118.37315W
2.2	Trail leads to tide pools and views near Portuguese Point; backtrack and turn right following the beach edge to Inspiration Point	33.73819N, -118.37299W
3.2	Read, nap, eat, or explore more on Inspiration Point	33.73632N, -118.36953W

SHOPS:

Adventure 16 in West Los Angeles (11161 W. Pico Blvd.; 310/473-4574; adventure16.com) is a local favorite for outdoor beta and gear. Or you can head up to the **REI at Manhattan Beach** (1800-E Rosecrans Ave.; 310/727-0728; rei.com) for a wide selection of hiking and watersport gear. In Long Beach, **Sport Chalet** (7440 Carson St.; 562/429-9560; sportchalet.com) offers rentals and repairs.

GRUB:

Once you've gazed at marine life at the shore, you can dine on some at **Berth 55 Fish Market and Seafood Deli** (555 Pico Ave.; 562/435-8366; berth55fishmarket.com) This fish shanty isn't pretty, but the fresh lobster, BBQ shrimp, and ocean views can't be missed. For fancier ambiance, try **The Reef** (880 South Harbor Scenic Drive; 562-435-8013), which offers a champagne brunch and stellar views of Long Beach Harbor.

CRASH

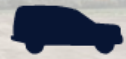
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LONG BEACH

Long Beach is close by and offers plenty of lodging options. Only a mile from the water is Best Western of Long Beach (1725 Long Beach Boulevard; 562/599-5555; www.bwoflongbeach.com) with rooms starting around \$80 per night. For the ultimate service and luxury (for \$250 per night and up), check into the Westin Long Beach (333 East Ocean Boulevard; 562/436-3000; westin.com).

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