

1067

Point Dume State Reserve Beach Walk

January 18, 2012

Distance: 7 miles or more

Elevation Gain: 250 feet -- Unless you choose to climb the hill or stairs more than once!

Leader: Jim Hartung

Directions to Trailhead: Take PCH 1 mile west of Kanan Dume Road to Westward Beach Road and turn left. Go about three-tenths mile to the restrooms and park on the road. Refreshments will be served near where we park. There are no picnic tables -- but we will bring a small table.

The Hike: There are headlands, cliffs, rocky coves, vast beaches, tide pools and whale watching at Point Dume. We will walk down a road (or the beach) for 1.5 miles, then ascend 250 ft. to the top of an ancient coastal bluff sand dune for an incredible view. It is a perfect spot to watch for sea life.

A stairway descends on the other side of the bluff allowing access to a more isolated beach and fine tide pooling opportunities. Continue on down the beach for 2 miles to Paradise Cove or beyond. Return the way you came. For those desiring a shorter hike, go as far as you wish, and return (but don't miss the tide pools).

Note: This hike also offers a unique opportunity to take off your hiking boots for awhile and walk barefooted (or in sandals) in the wet sand and in the tide pools (being careful, of course, not to harm the sea life). If you want to do this, consider bringing a small towel to dry your feet before resuming your hike.

RT = 7 miles roundtrip to Paradise Cove

Elevation gain 250 ft.