

Angel Gomez, Club Director of Sales

Be Alive!

– Newport Coast

Angel's Crystal Cove State Park Beach Trail



Angel Jr. and Aden in front of the amazing rock formations.



Angel Jr. and Aden on their way to the beach.



The Crystal Cove Visitor Center.

Hello everyone! Happy Spring! For this month's story we traveled to Newport Beach. I've taken you to this area in Crystal Cove before, but this time we will stay cool and walk along the beach. You can walk at least five miles or more if you really want to push yourself. This area is gorgeous, and there is much to do. You can walk along the upper bluffs, and also down on the sand, too. I looked around and found bikers, joggers and runners going by; I got so inspired that I am going to go back and jog the path myself. Amazing!

Let's begin!
Overview: Crystal Cove Historic District is a 12.3-acre coastal portion of the 2,791-acre Crystal Cove State Park. The federally listed historic district is an enclave of 46 vintage rustic coastal cottages originally built as a seaside colony in the 1930s and '40s and nestled around the mouth of Los Trancos Creek. It is one of the last remaining examples of early 20th century Southern California coastal development. If you plan in advance, you can stay in one of the cottages or studios from \$100 to \$200 per night. Please call the visitor center for more information.

The Walk: The walk is amazing; you can see Catalina Island from the shore on a clear day. The dolphins may show up to say hi, and the tidepools are great to explore for young and old visitors at the beach.

We parked at Los Trancos Parking, it's \$15 for an all-day pass; if you eat at the Beachcomber Café you will get free parking by showing your receipt at the parking lot when you exit. There is also a bus that takes you from the parking lot to the café for \$1. We just walked and added some extra miles to our walk. I will be going back to spend more time in the area next time.

Crystal Cove State Park has offshore waters that are designed as an underwater park with excellent conditions for scuba divers, and the park is also popular with swimmers and surfers, too.

I recommend this beach to anyone who likes the beach and the sand; just remember to bring sunscreen, snacks and water because you will forget how much time you are spending along the beach. The hike was enjoyable and views are amazing. See you next month.

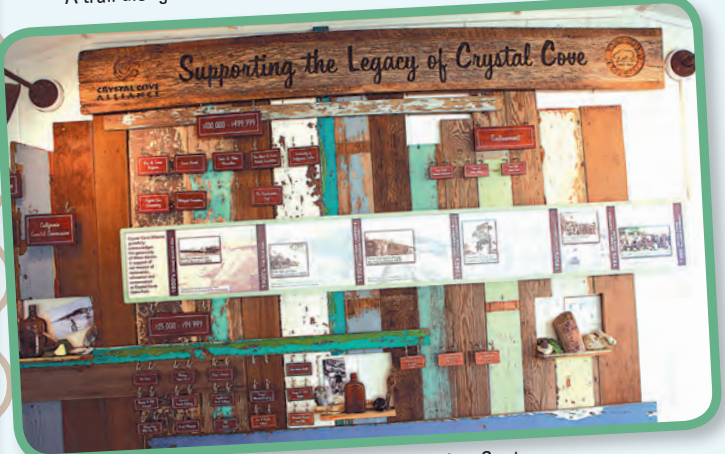
Remember to take photos and send them to me at agomez@cityemployeesclub.com.



Aden, Kathy and Angel Jr. at the stairs connecting the visitor center to the stairs leading you to the upper path.



A trail along the beach.



There's a really cool sign and timeline in the Visitor Center.

As always, be safe and **Be Alive!**
 Angel

Crystal Cove State Park Beach Trail

15 Crystal Cove at Pacific Coast Highway
 Newport Coast, CA 92657

- Highlights:** Beach views, beautiful rock formations, and views of Catalina Island off the coast
- Distance:** 5 miles or more
- Approximate Time:** 2.25 hours, depending on your pace
- Difficulty:** Moderate
- Parking:** \$15 (all day). Parking is free with a receipt from the Beachcomber Café.

- Directions from downtown:**
- Option 1:** Take the 5 Freeway south to the CA-55 freeway south (Newport Beach), then take Exit 5A toward State Route 73 South toward San Diego. Take Exit 11 to merge onto Newport Coast Drive. Take a slight left to stay on Newport Coast Drive. Turn left at CA-1/El Camino Real. Look for the Los Trancos parking area.
 - Option 2:** Take the I-405 Freeway south toward Long Beach, then take Exit 5A toward State Route 73 South toward San Diego. Then take Exit 11 to merge onto Newport Coast Drive. Take slight left to stay on Newport Coast Drive. Turn left at CA-1/El Camino Real. Look for the Los Trancos parking area.



Beachgoers at Crystal Cove Cottages.

