

PARK	HIKE NAME	ROUTE	DISTANCE (mi.)	DISTANCE (km)	SELFIE SPOT	PARK LOCATION
Frog Pond Wetland Preserve	Frog Pond Loop	This is a loop trail, so either way you walk is a winner. Start by walking down the stairs and head either right or left. Walk it twice and double your mileage.	.75/1.5	1.2/2.5	Selfie at the post sign at the redwood grove.	Access to the Frog Pond is on Canyon Del Rey Road between General Jim Moore Boulevard and Highland Street. Parking is limited, along the shoulder of Canyon Del Rey Road.
Garland Ranch Regional Park	Garzas Canyon - Terrace Trail	Follow the Garzas Canyon Trail to the second bridge, then turn left onto the East Ridge Trail. After climbing a short distance, turn left onto the Terrace Trail and follow it back to the Garzas Canyon Trail. Turn right and head back to where you parked.	2.5	4	Selfie at the East Ridge Trail and Terrace Trail junction at the "Listen" Bench. Rest a bit and take in the views, including the Pinyon Peak lookout tower.	Access to this hike, and other hikes in the Garzas Canyon section of the park, is from East Garzas Road. From Carmel Valley Road, turn south onto Boronda Road. After the bridge, turn left on East Garzas and park on the south (right) side of the road only. There are two access points here to the Garzas Canyon Trail.
Garland Ranch Regional Park	Lupine and Rancho Loops Combined	Starting at the Visitor Center, head east on Lupine Loop. Stay on Lupine Loop past the John Norris & Murphy Bench. At the trail intersection, go through the wooden gate in front of you and head toward the historic barn and Cooper Road. Cross Cooper Road to the Rancho Loop. Follow the loop around to reconnect with Cooper Road and then turn left. At the bridge go east back to the Visitor Center.	3	5	Selfie at the Historic Barn and Rancho Loop Bench (make sure to get the name on the bench in the picture).	Garland Park is located at 700 W. Carmel Valley Road, 8.6 miles east of Highway 1 and about 1/2 mile west of the Laureles Grade. The Visitor Center is located just within the park. From the parking lots along Carmel Valley Road, enter the park via the metal bridge to the west. On the other side of the bridge, turn left and proceed about 100 yards to the Visitor Center.
Garland Ranch Regional Park	Maple Canyon to Fern Trail to Lupine Loop	From the Visitor Center, take the Shortcut Trail to Lupine Loop to the junction of the Buckeye and Maple Canyon Trails. Follow the signs to Maple Canyon. Head uphill past the old homestead and Sage Trail. Stop at Fern Pond to take a picture and head down the Fern Trail. Turn right on Lupine Loop and follow the signs to the Visitor Center.	2	3.2	Selfie at Fern Pond.	Garland Park is located at 700 W. Carmel Valley Road, 8.6 miles east of Highway 1 and about 1/2 mile west of the Laureles Grade. The Visitor Center is located just within the park. From the parking lots along Carmel Valley Road, enter the park via the metal bridge to the west. On the other side of the bridge, turn left and proceed about 100 yards to the Visitor Center.

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Locke-Paddon Wetland Community Park	Locke-Paddon Loop	Follow the path from the parking lot along the pond. Veer left at the railroad tracks to follow the loop up to the Oak Woodland and Community Garden area to take a selfie. Check out the signs explaining the hard work done by volunteers in the Oak Woodland and Community Garden. Follow the upper part of the loop path passing by the Marina Library and continue back to the parking lot.	1	1.5	Selfie at the oak woodland community garden and restoration project.	Locke-Paddon Community Wetland Park is located just off Reservation Road (from Highway 1), adjacent to the Marina Library at 190 Seaside Circle, Marina 93933. Parking is available on Seaside Circle street at the Locke-Paddon restrooms.
Marina Dunes Preserve	Marina Dunes	Follow the beach access path (out and back). Start the walking path at the entrance sign. Take a moment at the sign to learn about the special status species, Snowy Plovers, that the Marina Dunes habitat helps to protect. Follow the beach access trail through the dunes to the sign selfie spot. Take time to enjoy the beach and likely sightings of Surf Scoters in the water back in town for Fall! Follow the same trail back to return to the start.	1.5	2.5	Selfie at the sign on furthest fence post toward the beach beside the trail.	3325 Dunes Rd, Marina, CA 93933. Access to the Marina Dunes Preserve path is at the end of Dunes Road and street parking is available where posted.
Monterey Bay Coastal Trail	Fort Ord Dunes	Start at Fort Ord Dunes State Park and walk north on Beach Range Road, the trail that parallels the Monterey Bay Coastal Trail to the picnic tables (out and back). The Monterey Bay Coastal Trail in this section is along the highway and narrow and perfect for bicycles.	2	3.6	Selfie at the picnic tables.	From Highway 1, exit at Lightfighter Drive, and head east on Lightfighter. Turn left onto 2nd Ave, then turn left onto 9th Street. At the roundabout, take the 9th Street exit, and proceed onto the 8th Street overpass into the park. Access to Fort Ord Dunes State Park parking lot is off 8th street.

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Monterey Bay Coastal Trail	San Carlos Beach to Lovers Point	Head northwest on the sidewalk along the picnic bench area. Turn left toward Cannery Row and turn right to walk on the Cannery Row street sidewalk for 0.2 miles. Continue onto Wave street for 115 feet and then make a slight right onto the Monterey Bay Coastal Trail. Continue on the Coastal Trail for 1.5 miles. Turn right to take the stairs past "The Grill on Lovers Point" restaurant. Follow the walking path for 0.1 miles to arrive at Lovers Point Park. Enjoy the views as you walk back to San Carlos Beach	3.6	5.8	Selfie at Lovers Point Park by the monarch statue.	Access to San Carlos Beach is on Cannery Row at the Monterey Marina. There are Cannery Row public parking lots adjacent to the beach and Monterey Bay Coastal Trail.
Palo Corona Regional Park	Inspiration Point	From the main PCRP parking lot, follow signs for Inspiration Point. The trail leads over a bridge to the South Bank Trail. Turn right, pass through the green gate, and then hug the hillside on the Talus Trail to the Palo Corona Trail and then head up hill to Inspiration Point and/or Animas Pond (out and back).	4.0/5.4	6.4/8.7	Selfie at Inspiration Point (shorter distance) or at Animas Pond (longer).	Park in the PCRP main parking lot: 4860 Carmel Valley Road, Carmel CA 93923. Add 1.4 miles (2.3 km) if going to Animas Pond and back.
Palo Corona Regional Park	San Jose Creek	This hike is accessible by permit only . For more information, visit www.mprpd.org . From the PCRP trailhead, follow the signs to Animas Pond. After the pond, continue through two locked green gates with an access code provided by MPRPD. Turn left onto the Whisler Trail and take its two righthand forks down to San Jose Creek. Turn right on the San Jose Creek Trail and cross over two bridges. At the third bridge, snap your photo and turn around for your return journey (out and back).	9	14.5	Selfie at the westernmost bridge on the San Jose Creek Trail.	Park in the PCRP main parking lot: 4860 Carmel Valley Road, Carmel CA 93923.

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Palo Corona Regional Park	Multi-Benefit Community Trail	Hike the newly constructed Multi-Benefit Community Trail at Palo Corona Regional Park. Start at the park's main trailhead and cross over the first (westernmost) bridge. Once over the bridge, turn left and travel alongside the Carmel River until you reach the next bridge; cross over. From there, stay left over the mulch path and then veer right. This trail loops around to the Discovery Center.	2.5	4	Selfie at the picnic bench under the trees.	Park in the PCRP main parking lot: 4860 Carmel Valley Road, Carmel CA 93923.
Total			Miles 30/31.3	Kilometers 48.8/52.4		