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75th Anniversary

Celebrity Fitness with
San Diego Health

Owner Jeff Moorad
and His Padres

SAN DIEGO

MAGAZINE

Get Outside

* Our Best Places to Run, Ride,
Swim, Surf, Pedal & Paddle



sandiegomagazine.com

MAY 2010 \$4.95

JOURNÉE BIO-RESTORATIVE DAY CREAM

The most complete anti-aging day cream with PSP, antioxidants, hyaluronic acid and UVA/UVB protection SPF 30-plus to rejuvenate, protect and hydrate skin. Call for price: 858-453-7224, facesplus.com.



PATAGONIA MEN'S CAPILENE 2 SHORT-SLEEVE TEE

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THINGS WE LOVE



PATAGONIA ATOM

A 3-point sling backpack that combines the support of a daypack with the hands-free convenience of a courier bag. Teardrop shape positions weight behind the shoulder, easing stress on neck and back, while 3-D spacer-mesh wicks moisture and allows air circulation. \$59. 760-634-9886, patagonia.com.



PRANA CARRY-ALL YOGA BAG

All you really need for a quick weekend yoga retreat or a full day of practice. Recycled cotton gives a second chance to overstocked T-shirt fabric, and recycled polyester lining completes the sustainable choice. \$70. 800-557-7262, prana.com.



ELLSWORTH THE RIDE SHIMANO NEXUS 3-SPEED

The Ride captures the technological essence of San Diego-based Ellsworth Handcrafted Bicycles' legendary handling, efficiency and balance and dresses it in this stylish design with biokinetically enhanced geometry. \$1,295. 760-788-7500, ellsworthride.com.

RAEN LENOX

The Lenox serves up an extra dose of personality with exaggerated fin-shaped arms and stylish metal detailing. \$95. 760-436-7236, raenoptics.com.





Mountain biking in Los Peñasquitos Canyon

River. Proceed up a steep gravel road with a breathtaking vista of the valley below. Follow the road into the valley, turn onto the Sycutt wash trail, and ride north. Back down into the valley, ride to the saddle between the Fortunias. Hold on as you bike back down the "Alley." Riding through grasslands, you'll encounter the Father Junípero Serra Trail. Ride to Mission Gorge Road, turn right for two-tenths of a mile, and you'll complete the loop of about 6 miles.

For many more detailed routes around San Diego County, Thomas suggests visiting mountainbikerbill.com.

MOUNTAIN ESSENTIALS

- An Adventure Pass is required for parking in some parts of the Cleveland National Forest (\$5 daily, \$50 annually).
- Bring water.
- Wear sun protection.
- Know where you're going. Bring a map, and tell someone your plans.
- Be aware of poison oak, and be able to identify it.
- Be aware of rattlesnakes from March through December.

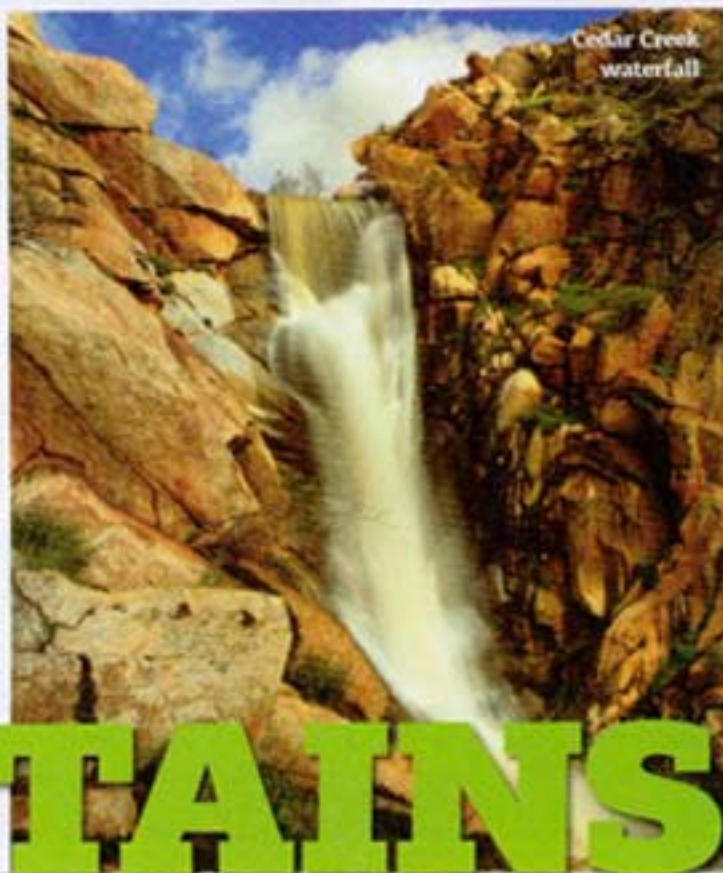
The many miles of trails and number of hikes, rides and climbs San Diego offers are enough to make any outdoor lover head for the hills. The county has more than 1,600 miles of public land just waiting to be explored.

MOUNTAIN BIKING

San Diego is rich with picturesque trails for mountain bikers. Anthony Thomas of Ellsworth Bicycles suggests, among many, a 19-mile loop combining Los Peñasquitos Canyon and Del Mar Mesa. Or there's the hilly terrain of Palomar Mountain. However,

his top pick is Mission Trails Regional Park. Full of botanical scenery, wildlife and steep hills to get a rider's adrenaline pumping, it also offers easy access and trails for beginners and advanced riders.

One recommended ride in the park starts at the Jackson Drive trailhead. Speed down a fire road, crossing the San Diego



Cedar Creek waterfall

MOUNTAINS