



TORREY PINES STATE NATURAL RESERVE AND STATE BEACH Map and Guide

WELCOME! Torrey Pines State Natural Reserve is a coastal wilderness in the heart of San Diego. Overlooking the Pacific Ocean, the reserve protects *Pinus torreyana*, one of the rarest pines in North America. These trees are remnants of an ancient woodland and today grow naturally only here and on Santa Rosa Island. As you explore the trails, you'll pass sculpted canyons, coastal sage scrub and twisting pines with sweeping ocean views. Watch for ground squirrels, dolphins, hawks and migrating gray whales in winter. Wildflowers in spring and colorful cliffs year-round showcase the reserve's geology. At the historic pueblo-style visitor center, you can learn about the area's natural and cultural history. Whether hiking to a viewpoint or enjoying the ocean breeze, there's always something inspiring to discover at Torrey Pines!



**Torrey Pines
State Natural Reserve**
12600 N. Torrey Pines Road
San Diego, CA 92037



Day-Use Areas:
7 a.m. to sunset



Day-Use Parking:
\$15-25/vehicle/day
There are two parking lots:
North Beach and South Beach,
with South Beach being the
main parking area.



**California State Parks
Passes Accepted:**
Disabled Discount,
Distinguished Veteran,
Explorer, Golden Bear, Senior
Golden Bear, State Library



858-755-2063
711, TTY Relay Service
parks.ca.gov/TorreyPines



California State Parks supports equal access. For accommodation requests, including alternative formats, please contact torrey.pines@parks.ca.gov. For information about accessible features at this park, visit parks.ca.gov/AccessibleFeatures.

ACTIVITIES

Beach Activities—Beach access located at both North Beach and South Beach parking lots.

Interpretive Activities—Activities such as Junior Ranger programs, guided hikes, park discovery days and more are held throughout the year.

Visitor Center—Cool off after hiking and check out our taxidermy collection, take home a souvenir and watch a video about the Reserve.

Birdwatching—Bring your binoculars to catch a glimpse of our peregrine falcons, red-tailed hawks, osprey, pelicans and more!

EDUCATIONAL OPPORTUNITIES

PORTS: Parks Online Resources for Teachers and Students®—Bring a park expert to your classroom with a live PORTS program.

K-12 Programming—Schedule an educational program, led by park volunteers and State Park Interpreters. Self-guided programs are also available. Group sizes are limited to 70 students.

THINGS TO DO

If you have an hour, starting from the visitor center, hike down to the Guy Fleming Trail for the 2/3-mile loop.

If you have half a day, go to the visitor center to see native wildlife specimens. Stop by the Trail Information Kiosk to learn about local flora and fauna before hiking to the Razor Point and Yucca Point overlooks to spot dolphins and/or whales.

If you have a full day, park at the South Beach lot and walk up Park Road for a good workout. Hike the easy Guy Fleming Trail loop, then take a break at the visitor center before heading to the Beach Trail. If the tide is low, walk down to the beach and enjoy a relaxing stroll back to your car.

 **If you're looking for accessible activities**, explore the Discovery Trail with views of Los Peñasquitos Lagoon, visit the Ellen Browning Scripps Overlook or enjoy the native plant garden. A beach wheelchair is available for North Beach; check it out at the South Beach entrance kiosk.



PLEASE REMEMBER

Pets—Pets are NOT permitted on the beach or within the Reserve. Service animals (dog) must be harnessed, leashed or tethered unless it interferes with the animals work. Wildlife cannot tell the difference between a pet and a service animal. Many species sense dogs as predators. Please keep your service animal under control and attended at all times.

Coastal Hazards—Cliffs are unstable and can collapse at any time. Plan your beach walk for low tide and stay as far away from the cliff's base as possible. If you're planning to swim, check with a lifeguard, look out for rip currents, and shuffle your feet in the sand to deter stingrays.

Los Peñasquitos Lagoon—No public access or fishing in the lagoon.

Picnicking—Only allowed at the State Beach and parking lots. Please no picnicking on the trails.

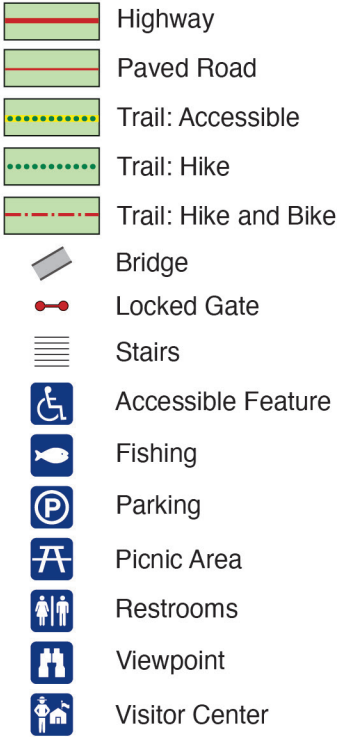
Check the Tides—Check current tide tables to avoid being trapped next to the bluff or on the beach at high tides.

Permits—Permits are required before hiking for groups of more than 25 people or corporate outings. To request a special event permit, contact torrey.pines@parks.ca.gov. Special event permits are required for any activity other than regular park use, including weddings, photography, etc. To request a Special event permit, contact sd.specialevents@parks.ca.gov.

NORTH BEACH TO SOUTH BEACH

Parking at North Beach provides easy walking access to the beach and the Reserve.

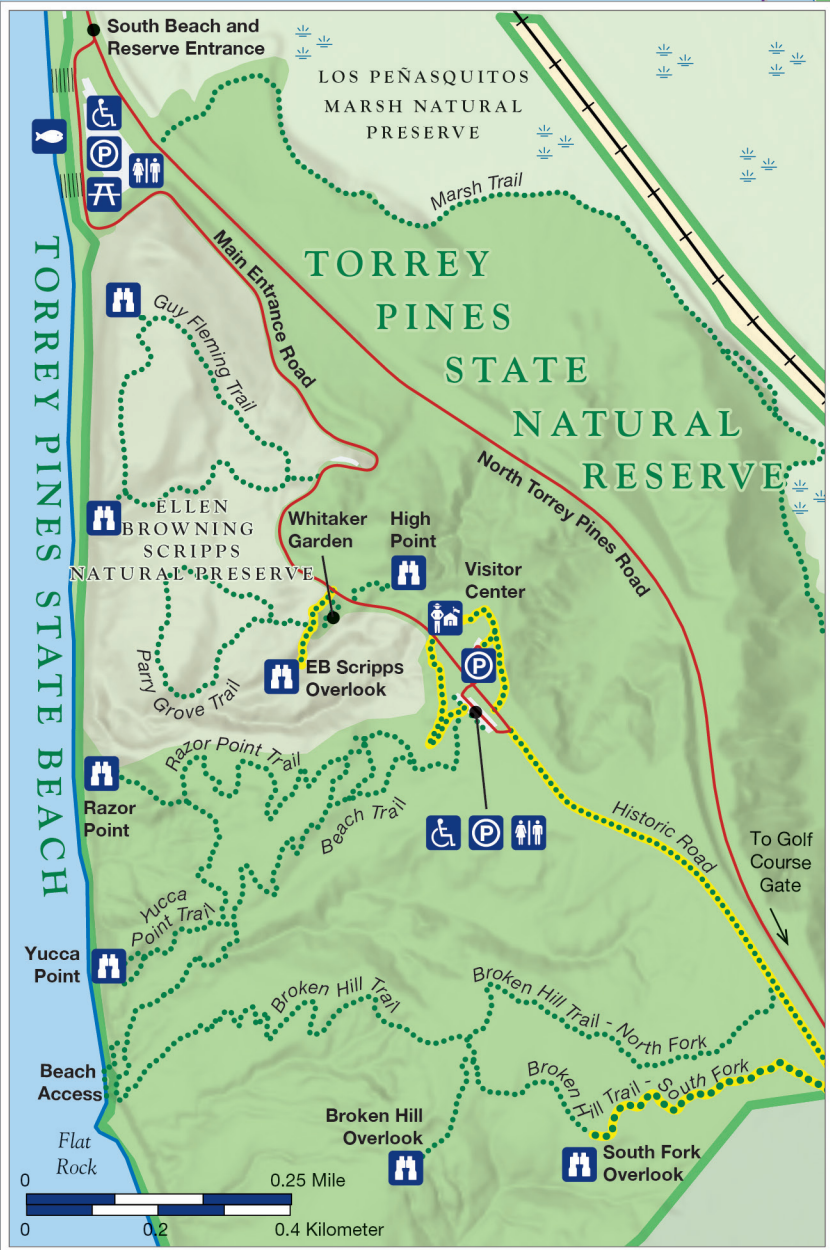
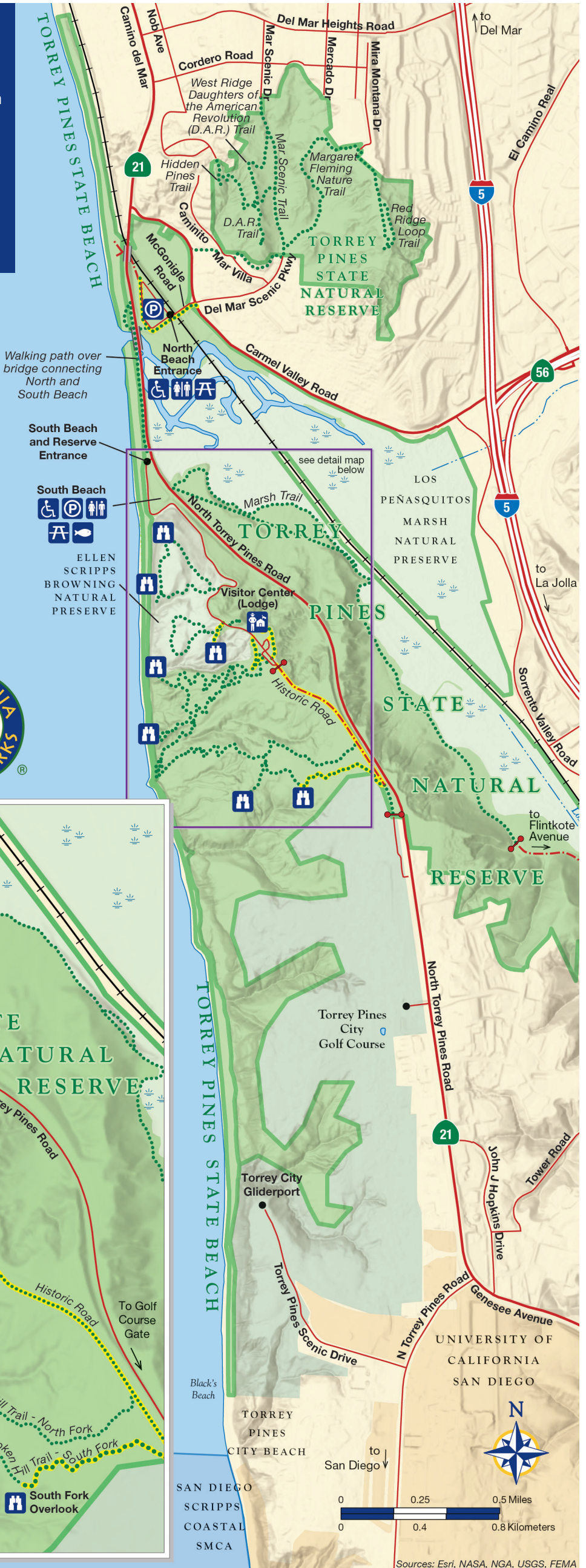
- **Exploring on foot?** Follow the walking path under the highway then over the bridge to South Beach (15 minute walk).
- **Looking to drive?** Exit North Beach parking, turn left on Carmel Valley Road, and left again on Camino del Mar to the South Beach parking area (5 minute drive).
- Day-use fees are separate at North Beach and South Beach (\$15-\$25).



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Pacific Ocean



Sources: Esri, NASA, NGA, USGS, FEMA