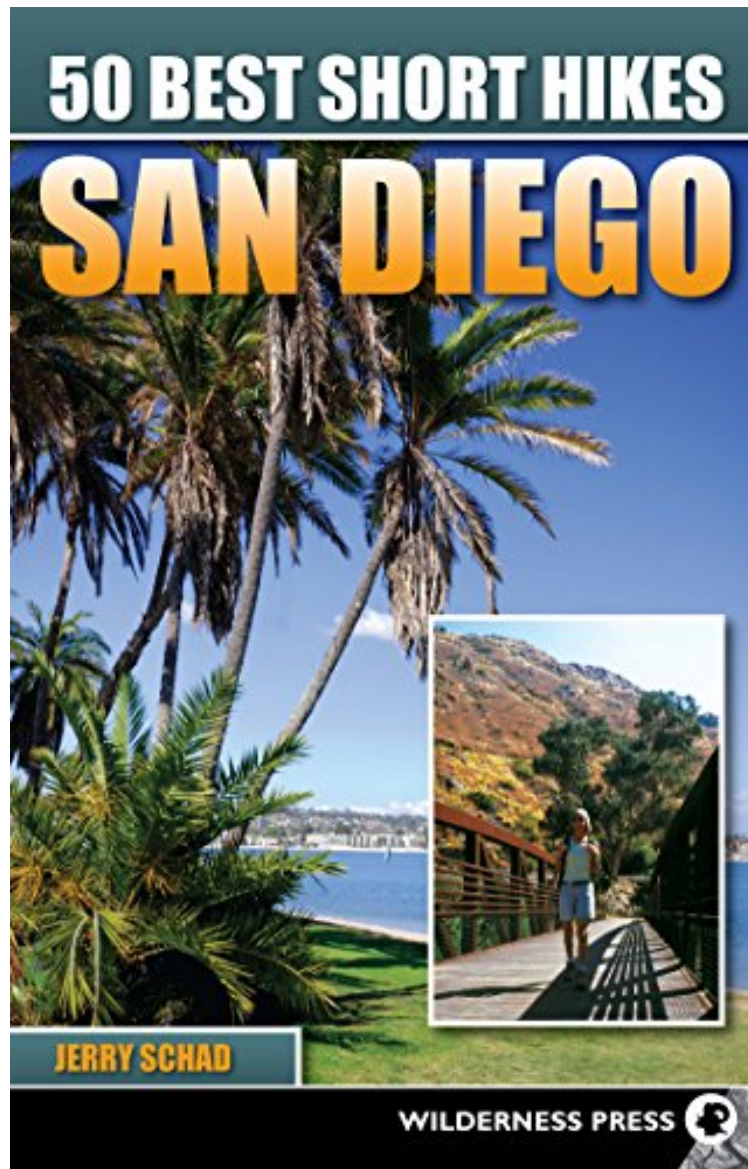


[Free download] 50 Best Short Hikes San Diego

## 50 Best Short Hikes San Diego

*Jerry Schad*

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**Jerry Schad : 50 Best Short Hikes San Diego** before purchasing it in order to gauge whether or not it would be worth my time, and all praised 50 Best Short Hikes San Diego:

13 of 13 people found the following review helpful. Hiking the City and Surrounding Countryside By Fritz R. Ward San Diego sports an image as a mecca for outdoor activity. And that image, veteran Wilderness Press author Jerry Schad argues, is essentially true. Blessed with a warm climate and year round sunshine, San Diego is one of the

best places to explore the outdoors. The region's mesa and river topography insures that not every parcel of land is built up like Los Angeles to the north, and freeways are relatively less crowded than in other large metropolitan areas of southern California. As a result, nature preserves abound, and driving to them is relatively easy. Indeed, most of the 50 hikes in this book can be found within a 40 minute drive (often less) of downtown San Diego. Unlike other books by Jerry Schad, which cover the whole county of San Diego, this one focuses only on the coast and areas immediately inland. The mountain regions of the county, and the Anza Borrego Desert beyond those are not found in this guidebook. What is to be found are 50 wonderful hikes that almost everyone can do in half a day or so. Most of the hikes are in the 1 to 4 mile range, and a couple are even shorter. Still, this guide does differ from many other "Easy Hikes" books that have become popular in recent years (with our aging population) in that it does offer some challenging routes involving up to 2000 feet of net elevation gain and loss, with some hikes nearing 8 miles. Any reasonably fit person should be able to complete all the hikes in this book, and if you are not personally in that category, "50 Best Short Hikes San Diego" still offers numerous walking excursions both within the city and nearby nature preserves to tempt you to leave your car and stroll a little. I go to San Diego every year for this very purpose, and Schad's latest book will join me on my next visit.

2 of 2 people found the following review helpful. Not That Useful  
By Mary G. Corson  
I didn't think that much of this book which I purchased for our recent vacation to San Diego. I also purchased Best Easy Day Hikes and found that book much easier to use, plus it is small and lightweight, whereas 50 Best Short Hikes was very wordy and quite heavy, not something one would want to carry along on the trail. Once out on the trails, we used the All Trails app to see the trail itself. Given it to do over again, I would not purchase this book.

0 of 0 people found the following review helpful. Perfectly Suited for Me  
By J. Bryant  
A book from the father of San Diego hiking, what's to be said but another perfect book of exploration. I have had a Jerry Schad book on my shelf since the 80's. Getting back into San Diego life since an 18-year long absence, I find this book of short hikes perfect. Also, dragged my teenaged nephew along on one hike and he recently asked when we were going hiking again. A great find.

50 Best Short Hikes San Diego highlights enough diverse routes in Southern California's showpiece city for a year of weekly hikes. From sidewalk strolls and historic neighborhoods, to wildflowers and waterfalls, pleasant pastimes and panoramic vistas unfold in this handy guidebook. As the title says, these routes are "short." They range from less than 1 mile to nearly 8 miles, with an average of 5 miles, each, over all 50 of the hikes. And all lie within 30 miles of San Diego's central core. Outdoor author and longtime San Diego resident Jerry Schad takes you from the beauty of Del Mar Crest and Beach on the north coast, to the inland Elfin Forest Recreational Reserve. He guides you from walks in San Diego's Torrey Pines Beach and Reserve, to Rice Canyon in the south and the Hollenbeck Preserve in the east. Beaches, urban settings, nature preserves, and mountain peaks beckon locals to explore their own backyards and visitors to enjoy one of America's most stunning metropolitan environments. Detailed maps and enticing photos accompany each descriptive entry. Whether you have one hour or all day to stretch your legs, you'll find yourself turning to this guidebook again and again.

From the Author  
A retired civilian research engineer in the field of Navy Communications and Network Technologies, Don Endicott discovered a second career as a volunteer naturalist. He is a NAI Certified Interpretive Guide, presenting multi-media campground and visitor center talks at the Anza-Borrego Desert State, Cuyamaca Rancho State Park, Mission Trails Regional Park, and San Diego County Parks. An avid hiker and climber, he has enjoyed more than 50 years exploring and photographing wildlife and remote wilderness settings throughout California and the western States and has stood atop many of the region's highest summits. Prior to retirement, Don served as a Sierra Club National Outings Leader. A long-time hiking and running companion with Jerry Schad, Don partnered on field research leading to the First Edition of *A Foot A Field: San Diego County*. Don contributed hike write-ups and photography for *Roam-O-Rama* and the recently published *San Diego Natural History Museums Coast to Cactus: The Canyon Trail Guide to San Diego Outdoors*. His photography has been featured in print and online publications for Anza-Borrego, Anza-Borrego Desert State Park, Cabrillo National Monument, Yosemite National Park, and the Yosemite Conservancy. This is his first book.

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Double Peak  
Trailhead Location: San Marcos, near California State University  
Trail Use: Hiking, running, dog walking, mountain biking, horseback riding  
Distance Configuration: 4.6-mile out-and-back  
Elevation Range: 670 feet at the start to 1,644 feet at the peak  
Facilities: Water and restrooms at the start and on the summit of Double Peak  
Highlights: Panoramic views of the entire inland North County area, along with an ocean vista from the top  
Description: South of the spreading suburbs that cluster along CA 78, a scruffy ridgeline scrapes the southern sky. Topographic maps note the obscure names of its various high points: Cerro de las Posas, Double Peak, Franks Peak, and Mount Whitney (not that Whitney but still the highest of the group). Double Peak, our destination on this hike, is the most hiker-friendly one. Its summit lies within a city of San Marcos regional and interpretive park that takes full advantage of the peaks panoramic view. Since the park's completion in 2009, it has been possible to drive all the way to the summit from the San Elijo Hills housing development on the south side. Our chosen route, however, goes up Double Peaks mostly undeveloped

north slope and capitalizes on a roughly 1,000-foot elevation change. That is appealing, of course, only if you're amenable to a bit of vigorous exercise. The Route: You begin at Lakeview Park, next to a small reservoir called Discovery Lake. A flat, 0.8-mile trail, popular with everyone from runners to parents pushing strollers, loops around the lake. Our way to Double Peak, though, takes you across the lake's dam to a paved, traffic-free maintenance road heading south, sharply up a hillside through chaparral vegetation. Numbered white trail signs are located at key points all the way up including at trail junctions and street crossings. Simply head in the direction of the red arrows labeled "Double Peak Trail". Soon, you go into and then out of a hillside residential development. Just continue uphill toward a large, hillside water tank. Just shy of the tank, turn left on a fenced dirt path and climb very steeply through chaparral nicely recovering from the last big fire in 1996. North-slope vegetation such as this requires about 40 years of growth to reach a climax stage, and this stand is on its way. At the next trail intersection 1.1 miles from the start and identified with one of the Double Peak Trail signs and a low-to-the-ground circular brass plaque labeled SAN ELIJO HILLS 10K LOOP START, turn sharply right and continue climbing more moderately until you reach a multiuse recreation path running along the ridgeline. Make a left there (going southeast), and you soon come to Double Peak Drive, which at this point is curling up from the San Elijo Hills housing development. Simply get on the sidewalk and continue walking steeply uphill until you reach Double Peak Parks parking lot. Scattered eucalyptus trees and olive trees, relics from an old homesite, dot the summit itself, and now those trees have been joined by picnic tables thoughtfully placed to frame the spectacular view. At the very top, a free-to-use swiveling telescope scope that rotates 360 degrees is affixed to the center of a concrete pad and can be used for sighting key landmarks. The extent of the view depends on the season, with late fall and winter months generally providing the greatest atmospheric transparency. Even on an average day, you can at least glimpse Southern California's highest mountain ranges (the San Gabriels, San Bernardinos, and San Jacintos) in the north and the shining Pacific Ocean to the west and southwest. On days of exceptional atmospheric clarity, add to that list Santa Catalina Island offshore from Orange and Los Angeles counties and the Coronado Islands off the northern Baja coast. At this point you can retrace your steps back to the trailhead.