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INSIDE

Enjoy the fresh air and scenery at these coastal trails from San Clemente to Newport Beach.

Five OC Hiking Trails to Ease Your Stress

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Go on a walk and see how you feel an hour from now. Before allowing stress to consume your state of mind, allow your body to reduce the bottled up frustrations. Experts say exercise increases blood flow along with oxygen flow to the brain, triggering “feel good” hormones, such as endorphins and serotonin. As finals week has created an immense amount of stress on students, it is important to create healthy habits. Walking can reduce stress in a number of ways, including:

Decreased Cortisol

Reduced Anxiety

Overall Wellness

Reduced Risk of Chronic Conditions

Increased Energy

Improved Mood

Better Sleep

Happy Trails!



Salt Creek Trail

Salt Creek Trail is located in Laguna Niguel in between two gated communities with parking on the side of the road where the entrance appears hidden from a distance. This hiking trail is perfect for walking, running, or biking. Hiking boots are recommended for the mud and dirt as you follow along the narrow trail. It is important to keep eye out for wildlife and follow the trails safely as it a shared biking trail. The walk up and down the trail is steep so be prepared and stay hydrated.



Buck Gully Trail

Buck Gully Trail is hidden in Newport Beach along a residential area. Hiking boots are recommended to wear as the trails are rocky and narrow. Walk along carefully as bikers and runners follow the trail on opposite sides. The hiking trail is a protected habitat area and dogs are not allowed due to their disturbance to the native wildlife routines. Walking through the trail there are creeks and various animals to look out for. Park on the street in any of the connected neighborhoods.



El Moro Canyon Loop Trail

El Moro Trail is part of the Crystal Cove network of trails that starts near the campground off of Pacific Coast Highway. The parking fee at the Los Trancos lot is \$5 per hour and the distance between the trails and parking lot is fairly short. It is important to wear sturdy shoes as you walk along dirt and there are multiple forks in the trails. Beware of the snakes and rabbits that are actively roaming the trails.



San Clemente Beach

San Clemente Beach Trail is a beautiful hiking trail alongside the coastline and train tracks. The photos to the right come from the end of the trail. Google Maps will lead you to the beginning of the trail at the parking lot. Special shoes aren't needed as it is flat trail that leads hikers to the pier. It's fairly quiet and gloomy in the morning if you enjoy something more secluded and peaceful. The distance of the trail ranges 4.6 miles round-trip. Parking is available on both ends of the trail costing \$5.



Crystal Cove Bluff Trails

Crystal Cove Bluff Trails are located within Crystal Cove State Park. Park in the paid lot then start walking for breathtaking views of the Pacific Ocean. It is an ideal destination for hiking, photos and to enjoy some of OC's last undeveloped coastline.



The student voice of Santa Ana College

WORDS, PHOTOS AND DESIGN

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