

Visiting Torrey Pines State Natural Reserve

Torrey Pines State Natural Reserve is a day-use park only. There is no overnight camping facility. Picnics are permitted on the beach only. No food or drinks (other than water) are permitted in the Reserve (i.e., the mesa above the beach and the Extension).

There is no place in the park to buy food or drinks. Hikers are advised to bring and carry drinking water on the trails - especially in the summertime.

Directions

Torrey Pines State Natural Reserve is located between La Jolla and Del Mar, California, north of San Diego.

Take Hwy 5 to Carmel Valley Road, go west to North Torrey Pines Rd. Go south (left) about a mile to the Reserve entrance (right) at the foot of the hill.

Fees

There is a parking fee for any car entering the Reserve. See [website](#) for info.

Operating Hours

Torrey Pines State Natural Reserve is open daily from **7:15 AM until sunset**.

Be sure to visit the museum at the **Visitor Center (Lodge)** to see the exhibits of the natural and cultural history of the Reserve. It opens daily at 9:00AM **CLOSED DUE TO COVID-19**.



On weekends and holidays there are interpretive nature walks at 10:00 AM, noon, and 2:00 PM.

PLEASE REMEMBER

- **Stay on the trails.** Walking off trail causes erosion, tramples plants and frightens animals.
- The cliffs are unstable and dangerous. Children must be supervised by an adult at all times.
- State laws protect all features in the reserve, including rocks, artifacts, flowers and pinecones.
- **NO FOOD** is allowed in the Reserve or on the trails (water canteens are okay). **Picnicking is only permitted at the beach.** Pack it In - Pack it Out is now in place and the only a trash receptacles are near beach area restrooms.
- Smoking is only permitted at the beach.
- Fires are prohibited. Personal portable barbecues are permitted only on the beach. Place hot coals in the hot coal containers provided.
- **NO DOGS** are allowed in the Reserve or on the beach.
- All types of vehicles are prohibited on trails; bicycles may use only paved roads, uphill only.
- Due to the sensitive ecological environment, it is occasionally necessary to limit the number of visitors by limiting the number of vehicles in the park. If the Reserve is full, visitors may be asked to check back later or plan to visit another day.
- Park only in designated lots. Stopping on road shoulders is not permitted.

**Torrey Pines
Docent Society
January 2021**



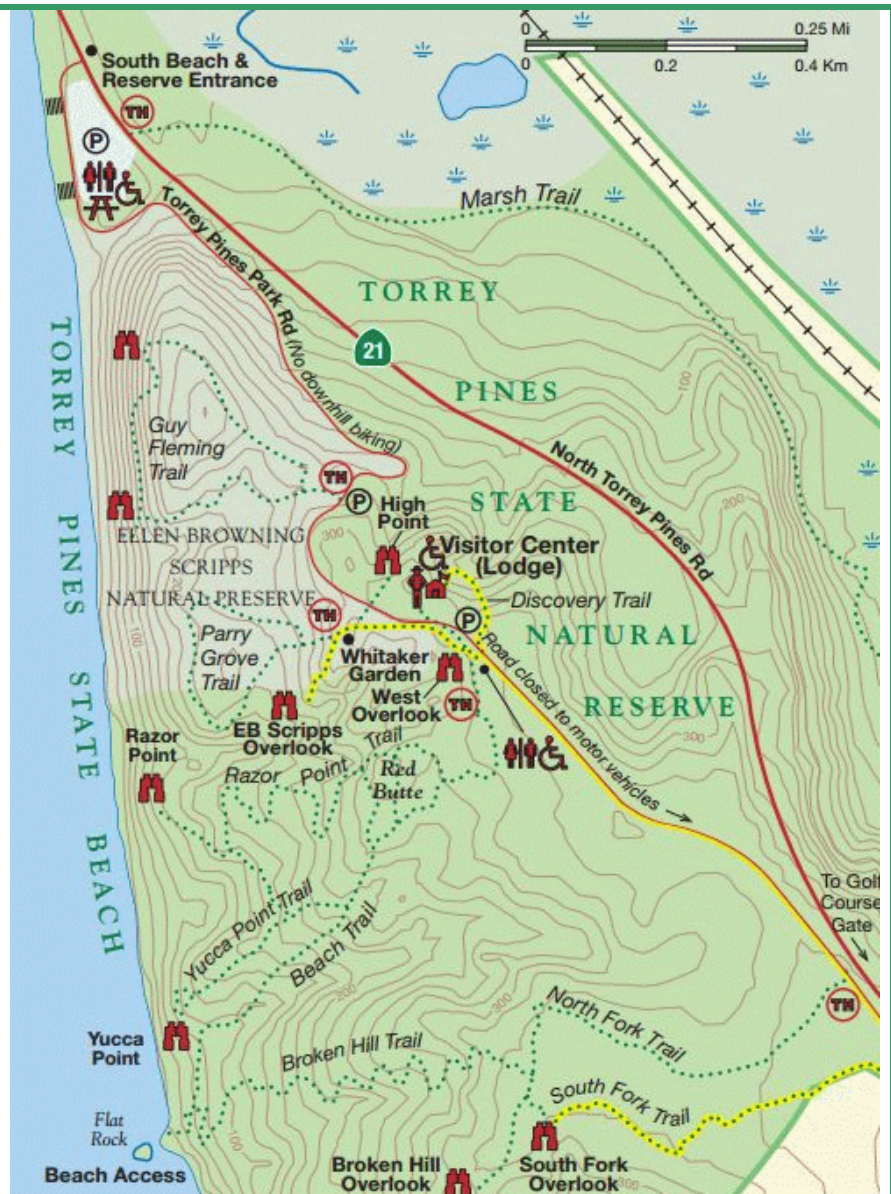
Guy Fleming Trail – 0.7 mile loop. Easiest, relatively level, forested. Nature markers. Diverse scenery, ocean vistas, sandstone formations. Spring wildflowers, drinking water, parking. In winter you may see Gray Whales, and with luck, you may see bottlenose dolphins any time. [More on the Guy Fleming Trail](#)

Parry Grove Trail – 0.5 mile loop Secluded, not too difficult but steep entry/exit (100 steps). Drought and Bark Beetle Infestation have devastated this grove, but it is recovering. **Whitaker native plant garden at trailhead.** [More on Parry Grove](#)

Razor Point Trail – 0.7 mile to point Dramatic views of gorge, badlands, spring wildflowers, fewer but more picturesque trees. Trail splits from Beach Trail 200 yards below restroom trailhead, and follows the Canyon of the Swifts toward the bluffs.

Broken Hill Trail - Access to beach via north fork 1.2 miles; via south fork 1.3 miles. Longest trail, chaparral, few trees, scenic overlook of the "broken" hill. Combine this trail with Razor Point and Beach Trails for a 3-mile loop.

Beach Trail- 3/4 mile to Flat Rock and beach. Popular beach access. Least scenic trail. few trees, steep. Final beach entry very narrow and precipitous. Trailhead at restroom. If you plan to hike down and then walk back to the lower parking lot along the beach, remember to check the tides. Also, winter storms may remove much of the beach sand and walking can be difficult over cobbles and rocks for the 3/4 mile to the parking lot.



Yellow line on above map shows accessible trails.

Main Reserve website:
torreypine.org

Torrey Pines Conservancy
website:
torreypines.org