



Sports & Outdoors

San Diego's idyllic climate and 70 miles of coastline offer sports and outdoor enthusiasts plenty of opportunities for a challenge, or to simply enjoy the scenery on land and in the water.

5 TO TRY: WATER SPORTS

1 Surfing

Coronado and La Jolla Shores are great places for beginners to learn how to catch a wave. Practice hanging 10 with **Coronado Surfing Academy** (116 B Avenue) and **Surf Diva Surf School** (2160 Avenida de la Playa).

2 Stand Up Paddleboarding

Cruising around the calm waters of Mission Bay on a stand up paddleboard (SUP) is like "surfing lite." **Mission Bay Aquatic Center** (1001 Santa Clara Place) has SUP classes, plus SUP yoga and more intense and athletic classes, like SUPcore Fit and SUPcore Train.

3 Kayak

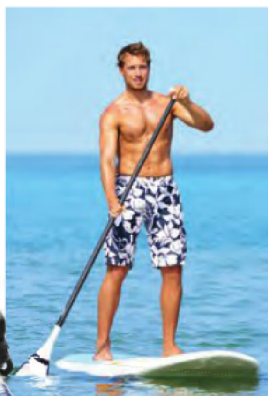
Glide through San Diego's tranquil blue waters and explore the region's picturesque coastline and diverse marine life from the comfort of a kayak. Rentals and guided tours are available from **La Jolla Kayak** (2199 Avenida de la Playa) and **San Diego Bike & Kayak Tours** (2158 Avenida de la Playa).

4 Snorkel/Scuba

Discover fascinating shipwrecks, rich kelp forests, and offshore islands when you snorkel or scuba off San Diego's coast. Explore underwater treasures solo or take a guided tour with **OEX Dive & Kayak Center** (2243 Avenida de la Playa) or **Hike Bike Kayak Sports** (2216 Avenida de la Playa).

5 Sailing

Set sail in San Diego Bay on an exhilarating yacht racing adventure, a leisurely cruise, or a fun sailing lesson with **America's Cup Sailing San Diego** (1551 Shelter Island Drive), **Sail San Diego** (2051 Shelter Island Drive), or **Seven Seas Adventures** (1880 Harbor Island Drive).



The calm blue waters of Mission Bay are great for first-time sailors looking for a fun place to cruise while staying mostly dry.

ADRENALINE JUNKIE?

Here are more ways to get your heart racing on land and at sea

Rock Climbing

Go rock climbing at Mission Gorge or bouldering on Mount Woodson, with more than 100 routes in the 10-foot-to-20-foot range.

Hang Gliding

Launch off the cliff and soar 300 feet above the surf in a hang glider at the Torrey Pines Gliderport in La Jolla. Lessons, tandem rides, and gear are available onsite.

Sportfishing

San Diego's sportfishing is world-famous, especially in the late summer months, when tuna, dorado, sea bass, and even billfish are attracted by the warmer water.

Jeep Tours

For a rugged adventure, take an overnight excursion or day tour of the incredible Anza-Borrego Desert in East County, aboard specially converted military vehicles with California Overland.