

Welcome to Monterey Bay!

Walking - There are many activities in the area, with one of the best just to stroll along the ocean and relax. Starting from downtown Monterey and heading south, you'll pass through Cannery Row, past the Monterey Bay Aquarium and can continue towards Lover's Point. You can also start further south at Lover's Point and walk along the coast in Pacific Grove towards Pebble Beach.

Kayaking - Moss Landing is known for the Elkhorn Slough (<http://www.elkhornslough.org/>) to be one of the premier kayaking spots on the west coast. Seals, sea otters and marine birds are main attractions. Kayak Connection (<http://www.kayakconnection.com/elkhorn-slough/>) and Monterey Bay Kayaks (<http://www.montereybaykayaks.com/elkhorn-slough-rentals.html>) can provide rentals and instructions. You can also kayak in Monterey (<http://www.adventuresbythesea.com/>).

Hiking – There are a number of parks in the area to hike in, some of the popular ones are:

- Point Lobos State Natural Preserve (http://www.parks.ca.gov/?page_id=571)
- Jacks Peak Park (<http://www.co.monterey.ca.us/government/departments-i-z/resource-management-agency-rma-/parks/jacks-peak-park>)
- Pinnacles National Park (<https://www.nps.gov/pinn/index.htm>)

Monterey Bay Aquarium – the Monterey Bay Aquarium (<http://www.montereybayaquarium.org/>) is world renown and a great way to spend a few hours along the ocean.

Fitness – The Monterey Sports Center (<http://www.monterey.org/sportscenter>) has a great indoor pool, basketball courts, gym, and classes available. The Carmel Valley Athletic Club (<https://www.cvaonline.com/>) has tennis courts, a pool, and “the Refuge” spa facility with multiple saunas, and hot and cold pools. The California State University at Monterey Bay aquatic center (<https://csumb.edu/facilities/aquatics-center>) also has some limited open swimming hours.

Wineries – The Monterey Peninsula and Salinas Valley are home to many wineries with exceptional quality and variety.

- A Taste of Monterey (<http://www.atasteofmonterey.com/index.cfm>) located in Monterey's Cannery Row provides a sampling of local vintners.
- Carmel-by-the-Sea tasting rooms: Albatross Ridge, Wrath, Caraccioli
- Carmel Valley tasting rooms: Bernardus, Talbott, Boekenoogan, Parsonage, Joyce, and many more.
- Santa Lucia Highlands Wineries: Hahn, Paraiso, Manzoni, Wrath, McIntyre and many more.