



Seaside Wellness

Guide to Del Mar

Experience the ultimate in relaxation in Del Mar, a beautiful seaside village that offers a wide variety of health and wellness activities. Nestled in the north coast of San Diego, the Village of Del Mar is vital to your vitality. Soak in the sunrise during a morning yoga session, refuel your soul with an incredible hike along the bluffs, savor a sensual massage, and drink in ocean views while enjoying fresh-pressed juice. Del Mar is more than where the surf meets the turf; it's where health meets happiness.

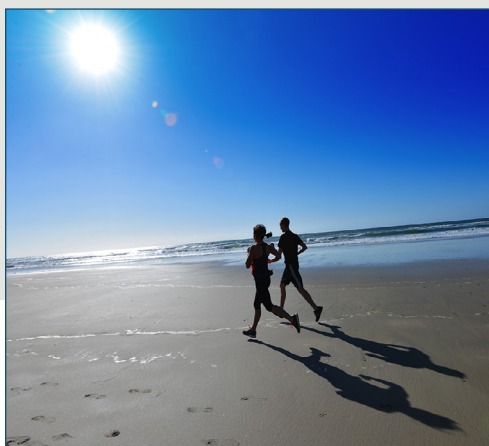


Running and Walking Trails



Take a scenic walk alongside the **San Dieguito River** on Riverpath Del Mar. A quarter-mile flat route, the course offers stunning views of the water and plenty of space to stop and enjoy a picnic along the riverbank.

Enjoy a peaceful ocean-side stroll along the beach. Start at **Powerhouse Park** in Del Mar, and walk along the waves to Dog Beach, where you can soak in a beautiful sunset or watch the dolphins play in the surf.



Challenge yourself with a **beach run to Torrey Pines**. Start on the beach at 17th near the Powerhouse Facility, and run along the water, parallel to the river inlet just north of Torrey Pines State Park. Run up to North Torrey Pines Road and then enter Torrey Pines State Park. Sprint up the hilly Torrey Pines Park Road until you reach the top. Catch your breath and take in the gorgeous coastal view before turning around and finishing the 6-mile loop along the beach.

Unleash your inner athlete and join the fun with one of **Del Mar's many races**, including the new California 10/20, La Jolla Half Marathon, Solana Beach Triathlon and Duathlon and more.

Hiking



Imagine being nestled between majestic rock formations, the iconic Torrey Pines Golf Course, the quaint village of Del Mar and the Pacific Ocean. This is the experience when hiking at [Torrey Pines State Natural Reserve](#), which boasts unmatched ocean views among various easy-to-moderate hiking trails.

Hike the secret pedestrian trails in Del Mar and get a true workout on the hills while exploring the amazing homes. Stop by the [Del Mar Village Visitor Center](#) at 1104 Camino Del Mar for maps and suggested routes!



Adventure through the protected wetlands along the San Elijo Lagoon with one of their eight 90-minute hiking trails at various levels of intensity. Interested in learning more about the iconic plants and animals throughout one of the county's largest and last remaining wetlands? The community offers free led hikes every Saturday at 10:00 am, beginning at the [San Elijo Lagoon Nature Center](#).

Biking



Tour the coastal streets by renting your own two wheels at [San Diego Electric Bike Company](#) in Solana Beach, only a few miles away from beautiful Del Mar. Ask about upcoming weekend group rides on the Coastal Highway, which leave from the Solana Beach shop.

Explore Del Mar and its surrounding areas with a bike [ride along Camino Del Mar](#). Start at Del Mar Plaza, and head north until the road turns into the coastal Highway 101. Stroll through Solana Beach and Encinitas, two hot spots for surfing, and return back to Del Mar to stop for lunch. It's a perfect route for a leisurely Saturday morning ride at about 11 miles.

Surfing and Water Sports



The sunny shores of Del Mar are a perfect place to enjoy stand up paddle boarding (SUPing). Practice your stance and paddling techniques with help from **Fulcrum Surf School**, located on Camino Del Mar and you'll be cruising the waves in no time.



Celebrating 50 years in Del Mar, **Rusty Del Mar** is a must-stop shop for surfing enthusiasts. Visit their location on 15th Street to schedule a surfing lesson, or rent a board to hit the waves.

Can your dog hang ten? Find out at Del Mar's **Surf Dog Surf-a-Thon**, where dogs across the country compete for the best surf dog in SoCal every September.

Outdoors



Get your daily dose of Vitamin D at Del Mar City Beach, a beautiful beach for sunbathing and surfing. No need to worry about bringing your beach supplies! When staying at the **Del Mar Motel on the Beach**, they provide them for you, including complimentary use of Boogie boards, beach chairs, umbrellas and sand toys. chairs, umbrellas and sand toys.

Soak in the sun at **Del Mar's Dog Beach** with man's best friend: your dog! Access Dog Beach just south of Via De La Valle on Camino Del Mar/Highway 101 and be sure to bring your favorite furry friend!



The famous **Torrey Pines Golf Course**, perched on the beautiful coastal cliffs overlooking the beach, is only minutes away from Del Mar. Play the same spectacular course as notable greats like Tiger Woods and Phil Mickelson, while watching the colorful paragliders sail by overhead.

Fall in love-love with Del Mar while perfecting your serve. Hit the courts with a private lesson by a tennis pro or enroll your kids in tennis camp at the **Surf & Tennis Club** in Del Mar.

Yoga and Fitness



Say 'Om' among the waves with your own personal yoga practice at one of **Del Mar's stunning beaches or parks**. Seagrove Park and the adjacent Powerhouse Park offer breathtaking views of the surf and the turf.

Embrace the mind-body connection while getting a good workout with **Bindu Yoga Studio** located in Del Mar Village. For those with minor aches and pains, MELT is a must-try class that utilizes soft foam rollers, and hand and foot balls to make your muscles and joints happy.



Start your day off right with an early morning workout at **The Gym in Del Mar**- a stunning 9,000 sq ft facility that offers a wide range of workout classes, including yoga, cycling, strength training and more. If you stay at the **Del Mar Inn**, you can enjoy a free membership for as long as your stay.



Glide through the air with an aerial workout at **Pegasus Pilates**. Using silk fabric hammocks, you can take your pilates practice to a whole new level – above the ground!

Dare to push yourself! **CrossFit Del Mar** gives you a vigorous circuit-training workout in a group setting. They offer a free class every Saturday at 10 am to try the trend.

Wellness Spas



Treat yourself to one of the many health and wellness services from **Place 360 Health + Spa**, such as massage, acupuncture, homeopathy and chiropractic care. Be sure to check out their Happy Health Hour specials, held Mondays from 4-6pm.

Release all your tension at the **Kheya Holistic Health & Wellness Center**. Choose from Acupressure, Massage, Stone Pressure, Cupping or CranioSacral Therapy to heal your body and mind.

Enjoy a day of tranquility at **Spa Na'Mara** at **Hotel Indigo** in Del Mar. Detox with one of their Cupping Experts, an ancient technique that detoxifies the body and promotes internal wellness, or unwind with a poolside massage treatment.

Food and Drink



Be energized for your day with a healthy breakfast at **Café Secret**, an authentic Peruvian restaurant that offers tantalizing (and gluten free) dishes such as Pork Chicharron and Filet Mignon a lo Pobre, with sweet plantains. If breakfast in bed is more your style, call in for a Café Secret breakfast delivered to your door during your stay at the **Secret Garden Inn**, located behind Café Secret.

Refuel after a morning workout with a fruit smoothie or the signature “Powerhouse” breakfast at **Stratford Court Café**. Made with egg whites, soy sausage, spinach, tomato, feta cheese, black beans & spinach tortilla, this protein-packed breakfast will keep you going throughout the day.



Stop for lunch at **Pacifica Del Mar**, and try one of their many fresh and delicious salads—the Seared “Rare” Ahi with Udon Noodles, the Thai Grilled chicken, or the Dungeness Crabmeat “Louie” are local favorites.



Soak in a seaside vista at **Kitchen 1540**, located in the beautiful **L’Auberge Del Mar** hotel. Enjoy their seasonally inspired artistic creations—the Kale Caesar Salad and Chilean Sea Bass are can’t-miss menu items to try.

Dive into the taste of the sea at **Poseidon on the Beach**. Their environmentally friendly and sustainably sourced menu offers mouthwatering dishes like Wasabi Sesame Crusted Yellowfin Tuna, Ginger and Pesto Scallops and Kona Certified Angus Beef-Aged Ribeye.

Enjoy the finer things in life! Visit Del Mar Village in late June for the **Summer Solstice Celebration** and kick off the arrival of summer with wine and food tastings, the sound of steel drums, and magnificent ocean views!



Health is all about a balance! Round out your work week with a little fun at one of Del Mar's free **Summer Twilight Concerts** at Powerhouse Park. A summertime tradition for over 30 years, these shows are a great opportunity to socialize, picnic, and enjoy live music as the sun sets over the ocean.

Achieve inner peace with a walk through the **Self Realization Fellowship Meditation Gardens and Hermitage** in Encinitas, only a few minutes away from downtown Del Mar. Absorb the peaceful ambiance and listen to the waves crash on the shores of Swami's beach down below.



Stroll around the **Del Mar Farmers Market** every Saturday from 1-4 pm to see and taste the best local and organic produce and flowers and hand-crafted artisan goods.

Ride horseback among the beautiful scenery of the area. Visit **Los Peñasquitos Canyon Preserve** or **Del Mar Mesa Ranch** to have your own equestrian adventure.



Enjoy an ocean view like never before– from high above! Check in with **Skysurfer Balloon Company** to arrange for your hot air balloon ride over the green hillsides, expansive estates and glimmering coast of Del Mar for an unforgettable aerial experience.