

# Get Out Of The City

MAKE A RUN FOR THE (CITY) BORDER. THESE TRAILS ARE WORTH THE DRIVE.

## 1. THE TRAIN RUN

**16 miles \* MODERATE**

*Take the Coaster north from Solana Beach to Oceanside (\$4), then run back on the Coast Highway.*

If you're sick of running the same out-and-backs or loops, this is a great way to spice up your routine. Of course, the views can't be beat, but there's also something about depositing yourself in Oceanside with nothing but your feet to get you back that makes this route feel like an adventure. And you know if you start the run, you have to finish—or call a cab.

## 2. CUYAMACA RANCHO STATE PARK

**100+ miles of trails \* MODERATE**

*Off State Route 79 north of I-8.*

This park has tons of trails, with mountains climbing over 6,000 feet, meadows, hidden waterfalls—everything to re-create your own Lord of the Rings/Lost/Survivor adventure. Or, you know, run in. One of the most popular trails is a 3.5-mile climb up Lookout Fire Road to Cuyamaca Peak, from which you can see the Salton Sea and all the way to Mexico. A longer option is the Harvey Moore Trail, which starts near the Sweetwater River Bridge and follows nine miles of trails.

## 3. PALOMAR OBSERVATORY

**4 miles \* MODERATE**

*Canfield Road in Palomar Mountain.*

Maybe Palomar Mountain makes you think of the crusty Girl Scout camps of your youth, but it's since had a serious makeover, and is worth another visit. Bring \$5 for a Forest Service Adventure Pass, which is required to park at the trailhead. Once you reach the top, you can stop in the Observatory between 9 a.m. and 3 p.m. (or 4 p.m. during Daylight Savings Time). The trail is clean and well maintained and the views from the top are, of course, stunning.