Bayshore Bikeway (Silver Strand)

1201 1st St, Coronado, CA 92118

This 24 mile bike starts at the Coronado Ferry/Market Place and ends on W. 32nd street Chula Vista for a smooth and scenic ride. The Bayshore Bikeway boasts stunning views of the San Diego bay and downtown skyline. Head south along the palm-tree lined path past restaurants, cafes, and parks taking in beautiful sights such as the Coronado Bridge and Hotel del Coronado.

Grasslands Loop at Mission Trails Regional Park

One Father Junipero Serra Trail, San Diego, CA 92119

Grasslands Loop, located at the Mission Trails Regional Park, is a great trail for the casual jogger. This 1.2 mile trail is mostly flat and smooth terrain with a few rolling hills and scenic views of the wildlife.

Iron Mountain Trail

Intersection of Hwy 67 & Poway Rd, Poway, CA 92074

This 6.5 mile hike leads you to the foot of the mountain then up and out of the woods until you reach the summit. The ascent itself is fairly intermediate but can still leave you out of breath. The climb pays off with some breathtaking views at the top.

Black’s Beach Surfing

2800 Torrey Pines Scenic Dr, La Jolla, CA 92037

Arguably one of San Diego’s best wave, this surf spot is great for all year round. It is known to surfers as one of the powerful surf breaks in Southern California. Black’s Beach requires a long hike down the La Jolla Cliffs and is advisable for more advanced surfers.

San Diego Harbor Kayaking

333 W Harbor Drive, San Diego, CA 92109

Kayaking in San Diego Harbor is the perfect way to view the downtown skyline or watch the sunset on the water. Highlights include the beautiful scenery, gentle surf, and abundant wildlife including sea lions, dolphins, and leopard sharks. There is easy access to boat rentals, restrooms, and dining.

Swimming at La Jolla Cove

1110 Coast Blvd, La Jolla, CA 92037

One of the best open water swimming spots in Southern California for intermediate to advanced swimmers. La Jolla Cove is a hotspot for swimmers, snorkelers, and kayakers alike with its beautiful views of the San Diego coastline and abundant wildlife. Wearing a wetsuit is recommended but is not required.

Pacific Coast Skydiving

6810 Curran St, San Diego, CA 92154

San Diego’s only skydiving center with scenic flights over the water before every tandem jump. They fly you over Imperial Beach, downtown San Diego, Coronado Bridge, and the border of Mexico before you make your jump at 120 mph and descend 5000ft!

San Diego Parasailing Adventures

844 W Mission Bay Dr, San Diego CA 92109

This powerboat/gliding ride around Mission Bay is fun and exciting for all ages! San Diego Parasailing Adventures offers “Winch Direct Parasailing” which is the safest and most widely accepted form of parasailing in the world today. The entire boating adventure lasts about 1 ½ hours with each person flying in the air for about 6 to 8 minutes.