

# Index

- A**  
Academy Awards 529  
Academy of Television Arts & Sciences 541  
accommodations 711-13, *see also individual locations*  
Acid Tests 82  
activities 67-79, *see also individual activities*  
Adams, Ansel 56  
African American Museum & Library at Oakland 163  
Agua Caliente people 654, 655  
Ahwahneechee people 377  
AIDS 82, 139, 740  
air quality 66  
air travel 726-30  
    air tickets 727-9  
    airfares 727-9  
    airlines 727  
    airport security 726  
    airports 726-7  
    within California 731-2  
Alabama Hills 415-16  
Alcatraz 85, 98  
Alexander Valley 210-11  
altitude sickness 740  
Amador City 342  
amusement parks, *see also Disneyland*  
    Belmont Park 620  
    Great America 186  
    Knott's Berry Farm 585-6  
    Knott's Soak City USA 586, 656  
    Legoland California 645  
    Medieval Times Dinner & Tournament 586  
    Raging Waters 186  
    Ripley's Believe It or Not! 586  
    Six Flags Discovery Kingdom 179  
    Six Flags Hurricane Harbor 572-3  
    Six Flags Magic Mountain 572-3  
    Universal Studios Hollywood 539-40  
Anaheim 577-85, **580**  
    accommodations 583-4  
    attractions 579-83  
    food 584  
    travel to/from 584-5  
    travel within 584-5  
Anchor Bay 256  
Ancient Bristlecone Pine Forest 413  
Anderson Valley 270-2  
Angel Island 152  
Angels Camp 344-5  
animals 62-3, 155, *see also individual animals*  
    bites 740  
    safety 716  
Anza-Borrego Desert State Park 669-74, **670**  
Apple Hill 341  
Aptos 452  
aquariums  
    Aquarium of the Bay 103  
    Aquarium of the Pacific 538  
    Birch Aquarium 623-4  
    Cabrillo Marine Aquarium 538  
    HSU Telonicher Marine Laboratory 290-1  
    Monterey Bay Aquarium 455  
    Santa Monica Pier Aquarium 537  
    Ty Warner Sea Center 496  
Arcadia 678  
Arcata 287-90  
architects  
    Cody, William F 658  
    Eichler, Joseph 55  
    Gehry, Frank 56-8, 524, 538  
    Greene & Greene 542  
    Herzog & de Meuron 56, 110  
    Hundertwasser, Friedensreich 226-7  
    Isozaki, Arata 524-5  
    Kahn, Louis 624  
    Lloyd Wright, Frank 154, 530  
    Mayn, Thome 56, 524  
    Meier, Richard 56, 536  
    Morgan, Julia 55, 102, 109, 171-2, 174, 278, 461, 472, 473  
    Neutra, Richard 55, 655  
    Piano, Renzo 56, 110, 533  
    Schindler, Rudolph 55, 532, 589  
    Templeton Johnson, William 610, 611, 614  
    Venturi, Robert 621  
architecture 54-6  
    green buildings 56, 100, 110  
    museums 110, 532, 543  
    Palm Springs 655  
    Winchester Mystery House 186  
area codes 721  
Arroyo Grande 491  
art galleries, *see museums & art galleries*  
arts 50-8  
ATMs 720  
Atsugewi people 306-7  
Auburn 336-7  
automobile associations 733-4  
Avenue of the Giants 278, 16  
Avila Beach 488-90  
**B**  
B&Bs 712  
Bacall, Lauren 560  
backpacking, *see hiking*  
Baha'i 50  
Bakersfield 439-41  
Balboa Park 607-13, **608-9**  
bald eagles 305, 574  
Barney, Matthew 57  
Barstow 675-6  
baseball 49  
    LA Dodgers 524, 565  
    Oakland A's 168  
    San Diego Padres 636  
    San Francisco Giants 138  
basketball 49, 168, 425, 526, 565  
Batiqitos Lagoon 645  
beach volleyball 50  
beaches, *see also clothing-optional*  
    beaches, surfing  
    Anchor Bay 256  
    Baker Beach 106  
    Big Bear Lake 574  
    Bollinas 158  
    Cardiff State Beach 642  
    Catalina Island 571  
    Crescent City 296  
    DL Bliss State Park 362  
    Doheney State Beach 598  
    Donner Lake 367  
    Greenwood State Beach 258  
    Huntington Beach 588

- beaches *continued*  
 Hwy 1 493  
 Kings Beach 370  
 La Jolla 621-3  
 Laguna Beach 594  
 Lake Tahoe-Nevada State  
 Park 371  
 Los Angeles 545  
 MacKerricher State Park 266  
 Manchester State Beach 257  
 maps 76  
 Mission Bay 617-20  
 Montara 190  
 Muir Beach 157  
 Navy Beach 404  
 Newport Beach 589-91  
 Ocean Beach (San Diego) 617  
 Ocean Beach (San Francisco) 111  
 Orange County 587-98, 8  
 Pacific Beach 620  
 Pacifica 190  
 Palos Verdes 538  
 Patrick's Point State Park 292  
 Pebble Beach 462  
 Pelican State Beach 299  
 Pescadero 192  
 Pfeiffer Beach 467-8  
 Point Reyes National  
 Seashore 160-1  
 Prairie Creek Redwoods State  
 Park 294  
 safety 716  
 San Elijo State Beach 642  
 Santa Barbara 497-8  
 Santa Cruz 446-7, 448  
 Santa Rosa Island 504  
 Sea Ranch 255  
 Sonoma Coast State Beach 253-4  
 South Bay 538  
 South Lake Tahoe 357  
 South Santa Cruz County 452  
 Southern California 621  
 Stinson Beach 157  
 Tahoe Vista 369  
 Trinidad 291  
 Westport 267  
 William Randolph Hearst  
 Memorial State Beach 473  
 Yosemite National Park 384  
 Bear Flag Republic 39, 202-3  
 bears 62, 70-1, 391  
 Beat Generation 102, 132, 468, 14  
 Beatty (Nevada) 687-8  
 Belushi, John 549  
 Benbow Lake 276-7  
 Berkeley 169-78, **170, 172**  
 accommodations 174-5  
 attractions 171-4  
 drinking 176  
 entertainment 176-7  
 food 175-6  
 for children 174  
 shopping 177  
 travel to/from 177-8  
 travel within 178  
 bicycling 69-71, 732, 737, *see also*  
 mountain-biking  
 Arcata 290  
 Berkeley 178  
 bike rental 71, 732  
 Crescent City 296  
 Freeman Bicycle Trail 429  
 Golden Gate Bridge 147  
 Healdsburg 221  
 Mendocino 260  
 Monterey 458  
 Russian River Valley 210  
 San Diego 637  
 San Francisco 111-12  
 Santa Barbara 498-9  
 Sausalito 150  
 Sonoma 203  
 South Lake Tahoe 357  
 Wine Country 196-7  
 Big Bear Lake 573-5  
 Big Pine 413  
 Big Sur 465-71, **466**  
 bighorn sheep 414, 651, 669, 678  
 biofuel 173  
 biotech 45, 108  
 birds 62  
 bald eagles 305, 574  
 condors 62, 467, 488  
 bird-watching 62, 66, 78, *see*  
*also* birds  
 Abbotts Lagoon 161  
 Arcata 288  
 Audubon Canyon Ranch 157  
 Batiquitos Lagoon 645  
 Big Bear Lake 574  
 Bolsa Chica State Ecological  
 Reserve 588  
 Clear Lake State Park 269  
 Crissy Field 106  
 Elkhorn Slough National Estuarine  
 Research Reserve 452-3  
 Hawk Hill 144  
 Humboldt Bay National Wildlife  
 Refuge 284  
 Humboldt Lagoons State Park 292  
 Joshua Tree National Park 666  
 Klamath 295  
 Klamath Basin National Wildlife  
 Refuge 323-4  
 Lake Earl Wildlife Area 298  
 Lewiston Lake 327  
 Mackerricher State Park 266  
 McCloud 321  
 Morro Bay 477  
 Murray Canyon 651  
 Newport Bay Ecological  
 Reserve 592  
 Oroville Wildlife Area 429  
 Pacific Flyway 324, 429  
 Pescadero Marsh Reserve 192  
 Point Arena 257  
 Point Lobos State Reserve 464  
 PRBO Conservation Science 158  
 Red Bluff 433  
 Salton Sea 668  
 Samoa Peninsula 287  
 San Elijo Lagoon 642  
 Santa Rosa Island 504  
 Sonny Bono Salton Sea National  
 Wildlife Refuge 669  
 Tecopa 687  
 Torrey Pines State Reserve 624  
 Bishop 411-13  
 black bears 62, 70-1, 391  
 boat travel 732, 737  
 boating  
 Bucks Lake 313  
 Homewood 363  
 San Diego 626  
 Shasta Lake 305  
 South Lake Tahoe 357  
 Twin Lakes 401  
 bobcats 63  
 Bodega Bay 250-3  
 Bodie State Historic Park 402  
 Bolinas 158  
 books 25-7, 53, *see also* literature  
 Central Valley 421  
 hiking 72  
 Native American tribes 46  
 natural history 66  
 rock climbing 74  
 border crossings 719, 730-1  
 Boron 689  
 Bradbury Building 525  
 breweries, *see* microbreweries  
 Briceburg 390  
 Bridgeport 400-1  
 bristlecone pines 413  
 Buck Rock Lookout 395

- Bucks Lake 313  
 Buddhism 50, 109, 157, 274  
 Buffalo Soldiers 399  
 bullfighting 438  
 Burning Man festival 374  
 bus travel  
   local services 737  
   to/from California 731  
   within California 732-3  
 business hours 713-14  
 butterflies 63, 461, 490
- C**  
 cable cars 99, 651, 737  
 cable television 711  
 Cahuilla people 649, 654, 664  
 Calaveras Big Trees State Park 345  
 California Institute of Technology 542  
 California poppies 688, 6  
 California State Capitol 421  
 California State Fair 422  
 Calistoga 235-9  
 Caltech 542  
 Caltrans Building 524  
 Calaveras Big Trees State Park 345  
 Cambria 473-5  
 camping 67-9, 712, **68**  
   bears 70-1  
   environmental impact 73  
 Canada  
   border crossings 730-1  
 Cannery Row 457  
 canoeing  
   Eureka 285  
   Gualala 256  
   Guerneville 216  
   Healdsburg 221  
   Klamath Basin National Wildlife  
     Refuge 323  
   Lewiston Lake 326  
   Mendocino 260  
   Mono Lake 404  
   Oakland 165  
 Capitola 452  
 Carlsbad 645-7  
 Carmel by the Sea 462-5, **463**  
 Carmel Valley 464  
 car travel  
   automobile associations 733  
   car rental 735-6  
   environmental effects 66  
   freeways 508  
   insurance 734-5  
   Napa Valley 224  
   parking 735  
   road conditions 736  
   road rules 736-7  
   Tioga Pass 379  
   to/from California 731  
   tule fog 435  
   within California 733-7  
 Casa de Balboa 611  
 Cascade Mountains 60  
 Cash, Johnny 154  
 casinos 356-7, 370, 660, 694-8, 699  
 Castle Crags State Park 320  
 Catalina Island 570-2  
 cathedrals, *see* churches &  
   cathedrals  
 caving 78, 322, 323, 344, 481, 623  
 Cayucos 475-7  
 Cedar Pass 324  
 cell phones 721  
 cemeteries 496, 530, 535, 540-1  
 Central Coast 443-505, **445**  
 Central Valley 60, 417-42  
 chain hotels & motels 713  
 Channel Islands National Park 504-5  
 chemists 740  
 Chester 309  
 Chez Panisse 175, **243**  
 Chico 430-2  
 children, travel with 26, 714, *see*  
   *also* amusement parks  
   hiking 383  
   itineraries 33  
   Las Vegas (Nevada) 699-700  
   New Children's Museum 606  
 Chinese Exclusion Act 41, 81,  
   100-1, 152  
 Chinese settlements & Chinatowns  
   Chinese Temple 428  
   Joss House State Historic Park 325  
   Locke 426  
   Los Angeles 523-4  
   Oakland 163  
   San Diego Chinese Historical  
     Museum 605-6  
   San Francisco 99, 100-2  
 Cholame 483  
 Chopra, Deepak 645-7  
 Chumash Painted Cave State Historic  
   Park 497  
 Chumash people  
   colonization 494, 482, 495,  
     504, 507  
   missions 482, 492, 496  
   museums & historic sites 49, 477,  
     497, 505,  
 churches & cathedrals, *see also*  
   missions  
   Catedral de Nuestra Senora de  
     Guadalupe 641  
   Cathedral Basilica of St Joseph 185  
   Cathedral of Our Lady of the  
     Angels 524  
   Grace Cathedral 103  
   La Placita 523  
   Mission Dolores Basilica 108  
   Old St Hilary's Church 151  
   Royal Presidio Chapel 457  
   St Sophia Cathedral 526-7  
   Sts Peter & Paul Church 103  
   Wayfarers Chapel 538  
 cinema 51, *see also* entertainment  
   industry, film & TV locations  
 City Lights Bookstore 81-2, 102  
 Clair Engle Lake 326-7  
 Clear Lake 268-70  
 climate 23, 620, 682, 714, 715  
 clothing-optional beaches 106, 157,  
   190, 623  
 Coachella Valley 649-62, **652-3**  
 Coast Ranges 59  
 cocktails 131-42  
 Colma 180  
 Coloma 338  
 colonization 37-8  
 Colorado Desert 62  
 Columbia State Historic Park 347  
 computers 44-5  
 condors 62, 467, 488  
 consulates 720-1  
 Convict Lake 411  
 Copia: The American Center for Wine,  
   Food & the Arts 229  
 Coppola, Francis Ford 102, 114, 130,  
   227, 534  
 Coronado Island 615-16  
 Corte Madera 154  
 costs 23-4  
 cougars, *see* mountain lions  
 counterculture 43-4  
 coyotes 63, 298, 678  
 credit cards 720  
 Crescent City 296-8  
 crime 523, 715, 725  
 Crystal Bay 370  
 Crystal Cave 396  
 cults 50  
 culture 46-58

- currency exchange 720-1, *see also inside front cover*  
 customs regulations 719-20  
 cycling, *see* bicycling
- D**  
 Daggett 677  
 Dana Point 598  
 dance 58, 541  
 Danville 178-9  
 Davis 426-8  
 Dean, James 483, 534  
 Death Valley National Park 680-7, **681**, 7  
 dehydration 741-2  
 DeMille, Cecil B 530  
 Del Mar 639-42  
 Del Norte Coast Redwoods State Park 295-6  
 deserts 648-90  
   fan palms 664  
   geography 60-2  
   itineraries 31  
   safety 671  
   tortoises 678, 679, 689  
 Desolation Wilderness 361  
 Didion, Joan 25, 53  
 digital photography 723  
 disabilities, travelers with 724  
   national parks entry 64  
   wheelchair-accessible trails 255, 258, 266, 331, 381  
 discount cards 64, 509, 716-17  
 diseases 740  
 Disneyland 577-85, **580**  
   accommodations 583-4  
   Disney's California Adventure 582  
   Disneyland Park 579-81  
   Downtown Disney 582-3  
   food 584  
   history 578  
   medical services 579  
   opening hours 579  
   tickets 579  
   tips 579  
 diving 74, 252, 458, 504, 625  
 Dodger Stadium 524  
 Domingo, Plácido 564  
 Donner Lake 366-9, 367  
 Donner Party 367  
 Doors, The 54, 532  
   Morrison, Jim, 534, 537, 548  
 dot-com boom 45, 82  
 Downieville 332  
 Drake, Sir Francis 37, 160  
 driver's licenses 730, 734  
 driving, *see* car travel  
 Dr Seuss 624  
 drugstores 740  
 Dry Creek Valley 210  
 Duarte 678  
 Duncan, Isadora 58, 122  
 Dunsmuir 318-20  
 Dust Bowl 43, 675, 677
- E**  
 Eagle Lake 311  
 earthquakes 59, 60  
   Crescent City tsunami 297  
   Death Valley 680  
   safety 715-16  
   San Francisco 42, 81, 479  
   San Francisco Bay Area 160  
 East Bay 162-79  
 Eastern Sierra 400-16  
 economy 47-8  
 ecotourism 25, 728  
   itineraries 35  
 El Capitan 380-1  
 El Portal 390  
 El Pueblo de Los Angeles 523  
 electricity 711  
 elephant seals 63, 193, 472, 504  
 Elk 258  
 elk 63, 161, 280  
 Embarcadero 607  
 embassies 720  
 Emerald Bay State Park 361-2  
 Encinitas 644-5  
 entertainment industry 43, 47, 51-8,  
   *see also* cinema  
   Academy Awards 529  
   Academy of Television Arts &  
   Sciences 541  
   itineraries 34  
   museums 170, 529, 530, 534  
   souvenirs 568  
   stars' homes 534-5, 656-7  
   studio tours 529  
   TV-show tapings 539  
 environment 59-66  
   environmental issues 25, 66, 669  
   environmental protection 44, 305  
 Estero Bay 475-9, **476**  
 ethnicity 48-9  
 Etna 327  
 Eureka 284-7  
 events 717  
 exchange rates, *see inside front cover*
- F**  
 Fannette Island 362  
 farmers markets 241, 245  
   Arcata 289-90  
   Avila 490  
   Berkeley 176  
   Clear Lake 269  
   Ferndale 283  
   Fort Bragg 266  
   Guerneville 216  
   Healdsburg 221  
   Los Angeles 532-3  
   Oakland 163  
   Occidental 214  
   San Francisco 85, 100, 139  
   San Luis Obispo 486  
   Santa Barbara 502  
   Santa Rosa 219  
   Sebastopol 212  
   Sonoma 203  
   St Helena 234  
   Ukiah 272  
   Weaverville 326  
   Willits 275  
 Fastpass 579  
 Felicity 675  
 Ferlinghetti, Lawrence 130, 465  
 Ferndale 282-4  
 Ferry Building 85  
*festas* 438  
 festivals 717, *see also individual locations*, film festivals, jazz festivals  
   Burning Man 374  
   food festivals 479  
   Laguna art festivals 596  
   Maker Faire 166  
 figurative art 57-56  
 film 51, *see also* entertainment industry, film & TV locations  
 film festivals  
   Asian American film festivals 116  
   Cinequest 188  
   gay & lesbian film festivals 116  
   Mill Valley 153  
   Palm Springs 657  
   San Francisco 116  
   Santa Barbara 499  
   Sonoma Valley 203  
 film & TV locations 540  
   Alabama Hills 416  
   Arcadia 678  
   Bodega Bay 252  
   Bradbury Building 525  
   City Hall 524  
   Gamble House 542

- film & TV locations *continued*  
 Golden Gate Bridge 85  
 Griffith Observatory & Planetarium 530-1  
 Guadalupe 491-2  
 Malibu Creek State Park 544  
 Mendocino 260  
 Modesto 435  
 Museum of Lone Pine Film  
 History 416  
 Ojai Valley 505  
 studios 529, 582  
 Trona Pinnacles National Natural Landmark 690  
 Union Station 523
- fires 45, 226, 466  
 Fish Camp 389  
 fishing 78  
 American Valley 311  
 Avila 488  
 Big Bear Lake 574  
 Bishop 412  
 Bodega Bay 252  
 Bridgeport 400-1  
 Bucks Lake 313  
 Castle Crags State Park 320  
 Crescent City 296  
 Eagle Lake 311  
 festivals 253, 290  
 Fort Bragg 263, 265  
 Guerneville 216  
 Jedediah Smith Redwoods State Park 299  
 June Lake Loop 405-6  
 Lake Sonoma 267  
 Lake Tahoe Western Shore 363  
 Lake Tahoe-Nevada State Park 371  
 Leggett 275  
 Lewiston Lake 326  
 Mackerricher State Park 266  
 Mammoth Lakes 408  
 Manzanita Lake 308  
 McCloud 321  
 Mt Shasta 315  
 Samoa Peninsula 287  
 San Diego 625-6  
 Shasta Lake 305  
 Trinidad 291  
 Trinity Alps Wilderness 327  
 Trinity Lake 326
- Twin Lakes 401  
 Walker Canyon 401  
 folk music 54  
 Fontana 677  
 food 120, 717-18  
 festivals 479  
 football 49, 138, 168, 636, *see also* soccer  
 forestry industry 279  
 Fort Bragg 263-6  
 Fort Jones 328  
 Fort Ross State Historic Park 254  
 foxes 63  
 French Laundry 233  
 Fresno 436-8
- G**  
 Gable, Clark 406, 679  
 Gabrieleño people 507  
 gambling  
 language 698  
 legal matters 695  
 Garberville 277-8  
 Garcia, Jerry 54, 106  
 gardens, *see* parks & gardens  
 Gaslamp Quarter 603-6  
 gay travelers 718, *see also* same-sex marriage  
 Guerneville 215-18  
 Las Vegas (Nevada) 701  
 Los Angeles 546-7  
 nightclubs 562-3  
 Palm Springs 660-1  
 Pride Month 116  
 San Diego 615  
 San Francisco 100, 107, 108, 121  
 geography 59-62, **61**  
 geology 59, 60  
 Carrizo Plain National Monument 488  
 Joshua Tree National Park 664  
 Jug Handle State Reserve 263  
 Salton Sea 668  
*tafonis* 255  
 giardiasis 740  
 Gilroy 479  
 Ginsberg, Allen 44, 82, 102  
 Glacier Point 381  
 Glen Ellen 206-7  
 Glendora 678  
 Gold Country 329-49  
 gold prospecting 337  
 Gold Rush 39-41, 339  
 environmental effects 66, 333  
 itineraries 34
- Los Angeles 507  
 Murrieta, Joaquin 346  
 museums 390, 525  
 Oroville 428  
 San Diego 601  
 San Francisco 81  
 state historic parks 304, 332-3, 335, 338, 347, 402  
 Yosemite National Park 377  
 Yreka 328
- Golden Gate Bridge 85, 147  
 Golden Gate Park 110-11  
 golf 78  
 Anza-Borrego Desert State Park 673  
 Bodega Bay 252  
 Death Valley National Park 685  
 Guerneville 216  
 La Jolla 623  
 Mt Shasta City 315  
 Palm Springs 656  
 San Francisco 112  
 Sonoma 203  
 Squaw City USA 366  
 Willits 274
- Gorda 469  
 gospel music 52  
 Grable, Betty 658  
 Grant, Cary 659  
 Grass Valley 335-6  
 Grateful Dead 54, 82, 106, 109  
 Graton 214  
 Grauman's Chinese Theatre 528-9  
 gray whales 113, 161, 250, 257, 280  
 gridiron 49, 138, 168, 636  
 Griffith Observatory & Planetarium 530-1  
 Griffith Park 530-1  
 grizzly bears 62  
 Groveland 390-1  
 Guadalupe 491-2  
 Gualala 255-6  
 Guerneville 215-18  
 Guthrie, Woody 305-6
- H**  
 Haggard, Merle 439, 440  
 Haight, the 109  
 Half Dome 380-1  
 Half Moon Bay 191, 242  
 Hammett, Dashiell 98, 132  
 hang-gliding 78, 623, 626-7  
 haunted buildings 606, 614  
 Hayworth, Rita 471  
 Healdsburg 220-4

- health 739-42
  - insurance 739
  - internet resources 739
- Hearst, William Randolph 472-3
- heat exhaustion 742
- heatstroke 742
- Hetch Hetchy 382-3
- Hidalgo 492
- High Sierra Camps 386
- hiking 71-3
  - Anza-Borrego Desert State Park 672-3
  - Arcata 288
  - Big Bear Lake 573
  - Big Pine 413
  - Bishop 412
  - Bizz Johnson Trail 309
  - Bodega Bay 252
  - Bolinas Ridge Trail 158
  - Bucks Lake 313
  - Castle Crags State Park 320
  - Catalina Island 571
  - day hikes 74
  - Death Valley National Park 684-5
  - Del Norte Coast Redwoods State Park 296
  - desert safety 671
  - Elkhorn Slough National Estuarine Research Reserve 452-3
  - Eureka 285
  - Fern Canyon Scenic Trail 258
  - Golden Gate Bridge 147
  - Granite Chief Wilderness 364-5
  - Gualala 256
  - High Sierra Camps 386
  - Humboldt Redwoods State Park 278
  - Independence 413-14
  - Independence Trail 333
  - Jackson Demonstration State Forest 274
  - Joshua Tree National Park 665
  - June Lake Loop 405
  - Klamath 295
  - Lake Sonoma 267
  - Lake Tahoe Western Shore 362, 363
  - Lassen National Forest 309
  - Lassen Peak 308
  - Lava Beds National Monument 323
  - Lost Coast Trail 282
  - Lundy Canyon 402-3
  - Mackerricher State Park 266
  - Mammoth Lakes 408
  - Marin County 154
  - Marin Headlands 146, 153
  - McCloud 321
  - Mineral King 397
  - Modoc National Forest 324
  - Montaña de Oro State Park 478
  - Montara 190
  - Mt Shasta 314
  - Mt Tamalpais 155-6
  - Mt Whitney 415, 11
  - Muir Woods National Monument 157
  - Oakland 165
  - Oroville 429
  - Pacific Crest Trail 315
  - Palm Springs 651, 656
  - Pinnacles National Monument 481
  - Point Arena 257
  - Point Lobos State Reserve 464
  - Prairie Creek Redwoods State Park 294
  - Red Rock Canyon (Nevada) 709
  - Reds Meadow 410-11
  - Redwood National & State Parks 294
  - safety 72
  - Salt Point State Park 254-5
  - San Diego 626
  - San Jose 186
  - San Luis Obispo 484
  - Santa Cruz Island 504
  - Scott Valley 327
  - Sea Ranch 255
  - Sequoia National Park 396
  - Shasta Lake 305
  - Sierra Buttes 330
  - Sinkyone Wilderness State Park 281
  - Sisson-Callahan National Recreation Trail 315
  - Smith River National Recreation Area 298
  - South Lake Tahoe 357
  - Squaw City USA 366
  - Tahoe Vista 369
  - Tecopa 687
  - Torrey Pines State Reserve 624
  - trails 72-3
  - Trinidad 291
  - Trinity Alps Wilderness 327
  - Truckee 367, 368
  - Twin Lakes 401
  - Ukiah 272
  - Virginia Lakes 402
  - Westport 267
  - Whiskeytown Lake 304
  - wilderness permits 73-4
    - Yosemite National Park 383
  - Hinduism 50
  - history 36-45
    - itineraries 34
  - Hitchcock, Alfred 252, 479
  - hitching 737
  - HIV 82, 139, 740
  - hockey 49, 188, 565
  - Hockney, David 57
  - holidays 718-19
  - Hollywood
    - cinema 531
    - Hollywood Bowl 529-30
    - Hollywood Sign 529
    - Hollywood Walk of Fame 528
  - homelessness 48
  - homesteaders 41
  - Homewood 363-4
  - Honeydew 281
  - Hoover Dam (Nevada) 710
  - Hopland 267-8
  - Hopper, Dennis 537
  - horseback riding 78
    - Anza-Borrego Desert State Park 673
    - Bizz Johnson Trail 309
    - Bodega Bay 252
    - Bothe-Napa Valley State Park 239
    - Bucks Lake 313
    - Death Valley National Park 685
    - Guerneville 215
    - Half Moon Bay 191
    - Humboldt Redwoods State Park 279
    - Lake Tahoe Western Shore 362
    - Mackerricher State Park 266
    - Manchester 258
    - Montaña de Oro State Park 478
    - Palm Springs 656
    - Point Reyes National Seashore 160
    - Red Rock Canyon (Nevada) 709
    - Redwood National & State Parks 294
    - Scott Valley 327
    - Sonoma 203
    - Yosemite National Park 384
  - hostels 712-13
  - Hot Creek Geological Site 411
  - hot-air ballooning 78, 232, 316, 640, 646
  - Hotel del Coronado 616, 630
  - hotels 713, *see also individual locations*

- hot springs & mineral springs  
 Agua Caliente County Park 672  
 Avila 488  
 Beatty (Nevada) 688  
 Beverly Hot Springs 544  
 Buckeye Hot Spring 401  
 Calistoga 236-7  
 Esalen baths 468  
 Glen Ellen 206  
 Harbin Hot Springs 270  
 Hot Creek Geological Site 411  
 Keough's Hot Springs 412  
 Orr Hot Springs 273-4  
 Stewart Mineral Springs 316  
 Tecopa 687  
 Travertine Hot Spring 400  
 Vichy Hot Springs Resort 273-4
- Hughes, Howard 370, 549, 692  
 Human Be-In 44  
 Humboldt Bay National Wildlife  
 Refuge 284  
 Humboldt Lagoons State Park 292  
 Humboldt Redwoods State  
 Park 278-9  
 Huntington Beach 587-9  
 Hupa 36  
 Hwy 101 267-75  
 hypothermia 742
- I**  
 ice hockey 49, 188, 565  
 ice-skating 219, 315, 365, 385  
 immigration 48-9  
 Angel Island 152  
 Gold Rush 81  
 Iran 533  
 San Diego 606  
 Independence 413-14  
 Independence Trail 333  
 insurance 719  
 car insurance 734-5  
 health 739  
 Integratron 666  
 international travelers 719-21  
 internet access 722  
 internet resources 24-7  
 air tickets 727-8  
 health 739  
 San Francisco 83-4  
 Inverness 159-60  
 Islam 50
- itineraries 28-35  
 Las Vegas (Nevada) 692  
 San Francisco 113-14  
 stars' homes 534-5
- J**  
 Jack London State Historic  
 Park 207  
 Jackson 343-4  
 Jamestown 349  
 jazz 52  
 festivals 116, 221, 285, 458,  
 546, 657  
 Jedediah Smith Redwoods State  
 Park 298-9  
 Jenner 254  
 John Muir National Historic  
 Site 179  
 Jones, Jim 50  
 Joshua Tree National Park 662-8  
 Joshua trees 662  
 Judaism 50  
 Jug Handle State Reserve 263  
 Julian 674-5  
 June Lake Loop 405-6
- K**  
 Karok 36  
 kayaking 75  
 American Valley 311  
 Angel Island 152  
 Bodega Bay 252  
 Catalina Island 571  
 Channel Islands National  
 Park 504  
 Elk 258  
 Eureka 285  
 Gualala 256  
 Healdsburg 221  
 Homewood 363  
 Humboldt Lagoons State Park 292  
 Inverness 159  
 Jedediah Smith Redwoods State  
 Park 299  
 La Jolla 623  
 Mendocino 260  
 Mission Bay 617  
 Mono Lake 404  
 Monterey 458  
 Morro Rock 477  
 Mt Shasta 316  
 Oakland 165  
 Santa Barbara 498  
 Santa Cruz 447  
 Sausalito 150
- Smith River National  
 Recreation Area 298  
 Trinidad 291  
 Truckee 368  
 Van Damme State Park 258  
 Keller, Thomas 233  
 Kennedy, Robert 42  
 Kern River 441-2  
 Kerouac, Jack 26, 53, 102, 465  
 Kesey, Ken 44, 52, 82, 190  
 Kinetic Sculpture Race 288-9  
 King, Rodney 44  
 Kings Beach 370  
 Kings Canyon National  
 Park 391-5, **392**  
 kiteboarding 112  
 kite-surfing 587  
 kitsch  
 Amargosa Opera House &  
 Hotel 688  
 Bigfoot museum 328  
 itineraries 35  
 Madonna Inn 486  
 Magic Carpet Ride statue 644  
 Nitt-Witt Ridge 474  
 Old Faithful replica geyser 239  
 Salvation Mountain 669  
 The Mystery Spot 446  
 Wine Country 239
- Klamath 294-5  
 Klamath Basin National Wildlife  
 Refuges 323-4  
 Klamath Mountain 327  
 Knott's Berry Farm 585-6  
 Kodak Theatre 529  
 Koreatown 526-7  
 Kumeyaay people 600, 672
- L**  
 La Brea Tar Pits 533  
 Laguna Beach 593-7, **595**, 8  
 La Honda 190  
 La Jolla 620-5, **622**  
 La Placita 523  
 LACMA 533  
 Lake Almanor 309-10  
 Lake Mead (Nevada) 710  
 Lake Mendocino 274  
 Lake Merritt 163  
 Lake Sonoma 267  
 Lake Tahoe 351-71, **354**, 7  
 Lancaster 688-9  
 Lancaster, Burt 535  
 Lange, Dorothea 56  
 language 271

- Larkspur 154  
 Lassen National Forest 309  
 Lassen Volcanic National Park 306-8, 11  
 Las Vegas (Nevada) 692-708, **694**, **696**, 15  
   accommodations 701-3  
   attractions 694-9  
   casinos 694-8, 699  
   drinking 705-6  
   entertainment 706  
   food 703-5  
   history 692  
   shopping 706-7  
   tours 700, 709  
   travel to/from 707-8  
   travel within 708  
   weddings 700  
 Lava Beds National Monument 322-3  
 Leary, Timothy 44  
 Led Zeppelin 532  
 legal matters 695, 722-3  
 Leggett 275-6  
 Legoland California 645-6  
 Leno, Jay 565  
 lesbian travelers 718, *see also* same-sex marriage  
   Guerneville 215-18  
   Las Vegas (Nevada) 701  
   Los Angeles 546-7  
   nightclubs 562-3  
   Palm Springs 660-1  
   Pride Month 116  
   San Diego 615  
   San Francisco 100, 107, 108  
 Lewiston Lake 326  
 libraries  
   African American Museum & Library at Oakland 163  
   Athenaeum Music & Arts Library 621  
   Bancroft Library 171  
   Geisel Library 624  
   Henry Miller Library 468  
   Richard Riordan Central Library 525  
   Ronald W Reagan Library & Museum 541  
   San Diego 603  
   San Francisco 100  
   Sonoma County Wine Library 221  
 limousines 199  
 literature 25-7, 52, 53, 55, 421, *see also* books; London, Jack; Muir, John; Stephenson, Robert Louis; Steinbeck, John; Twain, Mark  
   Beat Generation 102, 132, 468, 14  
   City Lights Bookstore 81-2, 102  
   Ferlinghetti, Lawrence 130, 465  
   Ginsberg, Allen 44, 82, 102  
   Hammett, Dashiell 98, 132  
   Kerouac, Jack 26, 53, 102, 465  
   Kesey, Ken 44, 52, 82, 190  
   Maupin, Armistead 53, 102  
   Miller, Henry 465, 468  
   O'Neill, Eugene 179  
 Lloyd Wright, Frank 154, 530  
 Locke 426  
 Lodi 434  
 London, Jack 53, 273, 462  
   memorial sites 163, 167, 207  
 Lone Pine 414-16  
 Los Alamos 492  
 Los Angeles 506-75, **510-22**, 8, 15  
   accommodations 546-52  
   attractions 523-43  
   crime 523  
   drinking 560-1  
   entertainment 561-6  
   festivals 545-6  
   food 552-60  
   for children 545  
   history 507  
   internet access 508-9  
   internet resources 509  
   maps 508  
   medical services 509  
   shopping 566-8  
   tourist offices 523  
   tours 545  
   travel to/from 568-9  
   travel within 569-70  
 Los Angeles County Museum of Art 533  
 Los Angeles riots 507  
 Los Angeles Zoo & Botanical Gardens 531  
 Los Olivos 494  
 Lost Coast 280-2  
 Lucas, George 51, 154, 435, 527  
 Luisenō/Juanenō people 600  
 Lundy Lake 402-3
- M**  
 MacKerricher State Park 266  
 Maidu people 306-7  
 Maker Faire 166  
 Malakoff Diggins State Historic Park 332-3  
 Mamet, David 136  
 Mammoth Lakes 406-10, **407**, 10  
 Manchester 257-8  
 Mansfield, Jayne 530  
 Manson, Charles 50  
 maps 71-2, 74, 76, 723  
 Marin County 144-62, **148-9**  
 Marin Headlands 144-7  
 Mariposa 389-90  
 markets, *see* farmers markets  
 Maupin, Armistead 53, 102  
 McArthur-Burney Falls Memorial State Park 322  
 McCarthy, Senator Joseph 44, 99  
 McCloud 320-2  
 measures 711  
 medical marijuana 278  
 medical services 739-40  
 Meeks Bay 363  
 Mendocino 259-63, **259**  
 Merced 436  
 Merced River Canyon 389  
 Mexican Revolution 42, 201, 453  
 Mexican-American War 39, 453, 507, 600, 614  
 Mexico  
   border crossings 730-1  
   car hire 638  
   Tijuana 641  
   War of Independence 38  
 microbreweries  
   Berkeley 176  
   Calistoga 238  
   Chico 430  
   Clear Lake 270  
   Eureka 287  
   Fort Bragg 264  
   Hopland 268  
   Huntington Beach 589  
   Guerneville 218  
   Lake Tahoe 360  
   Los Angeles 559  
   Modesto 436  
   Napa 231  
   Red Bluff 432  
   Reno (Nevada) 375  
   Salinas 480  
   San Diego 635  
   San Francisco 128, 134  
   Santa Barbara 503  
   Scott Valley 327  
   Truckee 369  
   Ukiah 273  
   Ventura 505  
   Visalia 439  
 Midpines 390



- military museums  
   Castle Air Museum 436  
   Maritime Museum 607  
   Nike Missile Site SF-88 144  
   Palm Springs Air Museum 655  
   US Naval Museum of Armament & Technology 689  
   USS Midway 607  
   Vallejo Naval & Historical Museum 179  
 Milk, Harvey 82, 99  
 Mill Valley 153-4  
 Miller, Henry 465, 468  
 mineral springs, *see* hot springs & mineral springs  
 Mingus, Charlie 52  
 missions 37-8  
   Dolores 108  
   Gabriel Mission 543  
   La Purísima 492  
   San Antonio De Padua 481-2  
   San Buenaventura 505  
   San Carlos de Borromeo de Carmelo 464  
   San Diego de Alcalá 613-14  
   San Fernando Rey de España 541  
   San Francisco Solano de Sonoma 202  
   San José 189  
   San Juan Bautista 479  
   San Juan Capistrano 597  
   San Luis Obispo de Tolosa 484  
   San Luis Rey de Francia 647  
   San Miguel Arcángel 482  
   San Rafael Arcángel 154  
   Santa Barbara 496  
   Santa Clara de Asís 189  
   Santa Cruz 446  
   Santa Inés 494  
 Miwok people 36, 152, 155, 343, 377, 381  
 mobile phones 721  
 Modesto 435-6  
 Modoc National Forest 324-5  
 Mojave National Preserve 678-80  
 Mojave people 36, 689  
 monarch butterflies 461, 490  
 money 716-7, 720-1  
 Mono Lake 403-5, **403**  
 Monroe, Marilyn 535, 548, 549, 658  
 Monrovia 678  
 Monterey 453-61, **456**  
   accommodations 458-9  
   activities 458  
   attractions 455-8  
   drinking 460  
   entertainment 460  
   festivals 458  
   food 459-60  
   shopping 460  
   travel to/from 460-1  
   travel within 460-1  
 Monterey Bay 444-65, **454**  
 Monterey Canyon 453  
 Morrison, Jim 534, 537, 548  
 Morro Bay 477-8  
 mosquitoes 741  
 Moss Landing 452  
 motels 713  
 motorcycle travel  
   insurance 734-5  
   motorcycle rental 736  
   road conditions 736  
   road rules 736-7  
   to/from California 731  
   within California 733-7  
 mountain-biking 69-71  
 Anza-Borrego Desert State Park 673  
 Arcata 288  
 Big Bear Lake 573-4  
 bike rental 71  
 Bizz Johnson Trail 309  
 Bolinas Ridge Trail 158  
 Calistoga 237  
 Catalina Island 571  
 Downieville 332  
 Eureka 285  
 Fern Canyon Scenic Trail 258  
 Flume Trail 371  
 Granite Chief Wilderness 364-5  
 Humboldt Redwoods State Park 279  
 Jackson Demonstration State Forest 274  
 Jediah Smith Redwoods State Park 299  
 Joshua Tree National Park 666  
 Lake Tahoe Western Shore 362  
 Mammoth Lakes 408  
 Marin Headlands 146  
 Montaña de Oro State Park 478  
 Monterey 458  
 Mt Shasta 314-15  
 Mt Tamalpais 156  
 Oakland 165  
 Prairie Creek Redwoods State Park 294  
 Red Rock Canyon (Nevada) 709  
 San Jose 186  
 Scott Valley 327  
 South Lake Tahoe 357  
 Tahoe Vista 369  
 Trinity Alps Wilderness 327  
 Truckee 368  
 Twin Lakes 401  
 Whiskeytown Lake 304  
 Yosemite National Park 384  
 mountain lions 327, 716  
 mountain-climbing 315, 415  
 Moveon.org 47  
 Mt Diablo State Park 178  
 Mt Shasta 313-15  
 Mt Shasta City 315-18  
 Mt St Helena 239-40  
 Mt Whitney 415  
 Muir, John  
   books 25  
   memorial parks & reserves 156-7, 179, 394, 396  
   environmental concerns 66, 377  
   Sierra Club 42  
   Yosemite Theater 388  
 Muir Beach 157  
 Muir Woods National Monument 156-7  
 murals 103, 104, 105, 108, 117  
 Murphys 345-7  
 Murrieta, Joaquin 346  
 museums & art galleries, *see also* military museums  
   Asian Art Museum 100  
   Atomic Testing Museum 699  
   California African American Museum 527  
   California Historical Society Museum 107  
   California Museum for History, Women & the Arts 421-2  
   Cartoon Art Museum 106  
   Chabot Space & Science Center 165  
   Children's Discovery Museum 186  
   Contemporary Jewish Museum 106  
   Copia: The American Center for Wine, Food & the Arts 229  
   Crocker Art Museum 422  
   Diego Rivera Gallery 104  
   Exploratorium 105  
   Fresno Metropolitan Museum of Art & Science 437

000 Map pages

000 Photograph pages

- museums & art galleries *continued*  
 Geffen Contemporary at MOCA 525-6  
 Getty Center 536  
 Getty Villa 536  
 Hess Collection 226  
 Huntington Library, Art Collections & Botanical Gardens 542-3  
 Intel Museum 190  
 Kinetic Sculpture Museum 283  
 Lawrence Hall of Science 173  
 Liberace Museum 700  
 Los Angeles County Museum of Art 533  
 Los Angeles Maritime Museum 538  
 MACLA 185  
 Madame Tussauds Wax Museum 695  
 MH de Young Memorial Museum 110  
 MOCA Grand Avenue 524-5  
 Monterey Museum of Art 457  
 Museo de las Californias 641  
 Museum of Contemporary Art, Downtown 606  
 Museum of Latin American Art 539  
 Museum of Man 610  
 Museum of Neon Art 526  
 Museum of Photographic Arts 611  
 Museum of the American West 531  
 Museum of Tolerance 534  
 National Automobile Museum 373  
 Natural History Museum of Los Angeles County 527  
 Neon Museum 699  
 New Children's Museum 606  
 Norton Simon Museum 541-2  
 Orange County Museum of Art 591  
 Pacific Asia Museum 542  
 Paley Center for Media 534  
 Pasadena Museum of California Art 542  
 Petersen Automotive Museum 533  
 Phoebe Hearst Museum of Anthropology 171  
 Rodin Sculpture Garden 181  
 Rosicrucian Egyptian Museum 186  
 San Diego Museum of Art 610  
 San Diego Natural History Museum 611  
 San Francisco Art Institute 104  
 San Francisco Museum of Modern Art 106  
 San Jose Museum of Art 185  
 Santa Barbara Museum of Art 497
- Skirball Cultural Center 536-8  
 Sonoma Valley Museum of Art 203  
 State Indian Museum 422  
 Stuart Collection 624  
 Tech Museum of Innovation 185  
 Timken Museum of Art 610  
 UC Berkeley Art Museum 171  
 UCLA Hammer Museum 535  
 Yosemite Museum 381
- music 52-4, *see also* jazz  
 libraries 621  
 reggae 277
- musicians & bands  
 Cash, Johnny 154  
 Doors, The 54, 532  
 Garcia, Jerry 54, 106  
 Grateful Dead 54, 82, 106, 109  
 Liberace 700  
 Mingus, Charlie 52  
 Morrison, Jim, 534, 537, 548  
 Orbison, Roy 535  
 Owens, Buck 439, 440  
 Parsons, Gram 667  
 Presley, Elvis 360, 657
- N**  
 Napa 229-32  
 Napa Valley 224-40, **225**, **246**  
 picnicking 228  
 wineries 224-9  
 zoning laws 226
- NASA-Ames Exploration Center 181
- national parks & reserves 64-6, 65, *see also* state parks & reserves  
 Buffalo Soldiers 399  
 Carrizo Plain National Monument 488  
 Channel Islands National Park 504-5  
 Death Valley National Park 680-7, **681**, **7**  
 Elkhorn Slough National Estuarine Research Reserve 452-3  
 history 42  
 Humboldt Bay National Wildlife Refuge 284  
 Joshua Tree National Park 662-8  
 King Range National Conservation Area 281-2  
 Kings Canyon National Park 391-5, **392**  
 Klamath Basin National Wildlife Refuges 323-4  
 Lassen National Forest 309  
 Lassen Volcanic National Park 306-8, **11**
- Lava Beds National Monument 322-3  
 Modoc National Forest 324-5  
 Mojave National Preserve 678-80  
 Muir Woods National Monument 156-7  
 National Park Service 69  
 Pinnacles National Monument 481  
 Red Rock Canyon (Nevada) 709-10  
 Redwood National Park 292-4  
 San Bernardino National Forest 573  
 Sequoia National Park 395-400, **392**, **11**  
 Shasta-Trinity National Forest 313  
 Yosemite National Park 376-89, **378**, **10**
- Native Americans 488, *see also*  
 Chumash people  
 Agua Caliente people 654, 655  
 Ahwahneechee people 377  
 art 49  
 Atsugewi people 306-7  
 Cahuiilla people 649, 654, 664  
 Gabrieleno people 507  
 historic sites 306-7, 314, 651, 654  
 history 36-7  
 land rights 85  
 museums 422, 505, 527, 531, 688  
 Ohlone people 36, 108, 191, 446, 453  
 Paiute people 377, 381, 413  
 petroglyphs 323, 343, 710  
 photography 723  
 pictographs 488, 497, 672  
 Pomo people 36, 250, 263, 267, 272, 274  
 Potwisha people 396-7  
 reproduction villages 292  
 Serrano people 664  
 Shoshone people 413, 682, 687  
 souvenirs 723  
 Timbisha people 682  
 Washoe people 362  
 Yahi people 306-7, 428, 429  
 Yana people 306-7  
 Yurok people 36, 292
- NBA 49, 168, 425, 526, 565  
 Needles 676-7  
 Nevada  
 Beatty 687-8  
 Hoover Dam 710  
 Las Vegas 692-708, **694**, **696**, **15**  
 Red Rock Canyon 709-10  
 Reno 371-6, **372**

- Nevada City 333-5  
 Newport Beach 589-93, **590**  
 newspapers 711  
 NFL 49, 138, 168, 636  
 NHL 49, 188, 565  
 Nicasio 158  
 North Coast 249-99, **251, 244**  
 North County Coast 639-47, **643**  
 Northern Mountains 300-28  
 nude beaches, *see* clothing-optional beaches
- O**  
 Oakhurst 389  
 Oakland 162-9, **164**  
 Oakville 233-4  
 observatories, *see* planetariums & observatories  
 Occidental 214-15  
 Oceanside 647  
 Ohlone people 36, 108, 191, 446, 453  
 oil 439  
 Ojai 505  
 Okies 439, 441  
 Olema 158-9  
 olive-oil tasting 235, 646  
 O'Neill, Eugene 179  
 opera 52  
 Orange 586  
 Orange County 576-98, **578**  
 Orbison, Roy 535  
 Oroville 428-9  
 otters 63  
 outdoors activities 26, 67-79, *see also individual activities*  
 outlet malls 220, 662, 707, 723  
 Owens, Buck 439, 440
- P**  
 Pacific Coast Hwy 30, **250-67, 16**  
 Pacific Crest Trail 73, 315, 320, 330, 573  
 Pacific Flyway 324, 429  
 Pacific Grove 461-2  
 Paiute people 377, 381, 413  
 Palisades Glacier 413  
 Palm Springs 649-62, **654**  
 accommodations 657-8  
 attractions 651-6  
 drinking 660  
 entertainment 660-1  
 food 658-60  
 history 649  
 shopping 661-2  
 tours 656-7  
 travel to/from 662  
 travel within 662  
 Palo Alto 180-3  
 paragliding 78, 314-15, 623  
 parks & gardens  
 Azalea State Reserve 288  
 Balboa Park 607-13, **608-9**  
 Bartholomew Park 203  
 Berkeley Rose Garden 173  
 Bidwell Park 431  
 Carlsbad Ranch 645  
 Conservatory of Flowers 110  
 Cornerstone Gardens 203  
 Dunsmuir City Park & Botanical Gardens 319  
 Ellen Browning Scripps Park 621  
 Fetzer Vineyards Organic Gardens 267  
 Forestiere Underground Gardens 437  
 Franklin D Murphy Sculpture Garden 535  
 Golden Gate Park 110-11  
 Griffith Park 530-1  
 Huntington Library, Art Collections & Botanical Gardens 542-3  
 Japanese Tea Garden 109  
 Kruse Rhododendron State Reserve 255  
 Los Angeles Zoo & Botanical Gardens 531  
 Luther Burbank Home & Gardens 219  
 MacArthur Park 526  
 Maguire Gardens 525  
 Meditation Garden 644  
 Mendocino Coast Botanical Gardens 265  
 Mildred E Mathias Botanical Garden 535  
 Moorten Botanical Garden 655  
 Plaza de Viña Del Mar Park 147  
 Rose Garden 527  
 San Diego Zoo 612  
 Santa Barbara Botanic Garden 497  
 Strybing Arboretum & Botanical Gardens 109  
 Tilden Regional Park 173  
 UC Botanical Garden 173  
 UCLA Hannah Carter Japanese Garden 535  
 Parsons, Gram 667  
 Pasadena 678  
 Paso Robles 482-3  
 passports 719  
 Patrick's Point State Park 292  
 payphones 721  
 Peck, Gregory 524  
 Pelican Beach State Park 299  
 Pescadero 191-3  
 Petrolia 281  
 pharmacies 740  
 phonecards 721  
 photography 56, 611, 723  
 picnics 195  
 Pinnacles National Monument 481  
 Pioneertown 665  
 Pismo Beach 490-1  
 Placerville 338-41  
 planetariums & observatories 165, 268-9, 322, 373, 479, 530-1  
 planning 23-7  
 discount cards 716-17  
 medical supplies 739  
 Wine Country 200  
 plants 63-6, *see also* wildflowers  
 bristlecone pines 413  
 California poppies 688, 6  
 desert fan palms 664  
 Elephant Tree Discovery Trail 672  
 Joshua trees 662  
 poison oak 72  
 water use 63-4  
 weeds 66  
 Plymouth 341  
 Point Arena 256-7  
 Point Reyes National Seashore 160-2  
 Point Reyes Station 159  
 poison oak 72  
 poker venues 699, *see also* casinos  
 pollution 391  
 Pomo people 36, 250, 263, 267, 272, 274  
 population 48-9  
 Portolá, Gaspar de 37, 453, 462, 614  
 postal services 721  
 Potwisha people 396-7  
 Prairie Creek Redwoods State Park 294  
 Presley, Elvis 360, 657  
 pronghorn antelope 488  
 public holidays 718  
 public transportation 737-8  
 Puck, Wolfgang 557, 704  
 pumas, *see* mountain lions  
 punk 54

- Q**  
 Queen Mary 539  
 Quincy 311-13
- R**  
 radio 711  
 rafting, *see* white-water rafting  
 railroads, *see* train travel  
 rancheros 38  
 Randsburg 689  
 rap 54-8  
 Rat Pack 698  
 Reagan, Ronald 42  
 recreational vehicles 736  
 Red Bluff 432-4  
 Red Rock Canyon (Nevada) 709-10  
 Redding 302-4, **303**  
 Reds Meadow 410-11  
 Redwood Coast 275-99, **276**  
 Redwood National & State  
 Parks 292-4  
 redwood trees 64, 278-9, 293, 394  
   Arcata 288  
   Avenue of the Giants 278, 16  
   Boole Tree Trail 393  
   Calaveras Big Trees State Park 345  
   drive-through trees 276, 277, 382  
   General Grant Grove 393  
   Giant Forest 396  
   Muir Woods National  
   Monument 156-7  
   Redwood Canyon 394  
   Redwood National & State  
   Parks 292-4  
   San Francisco 99  
   Yosemite National Park 382  
 reggae 277  
 religion 50, *see also* Buddhism,  
   churches & cathedrals, missions  
 Reno (Nevada) 371-6, **372**  
 Richardson Grove State Park 276  
 Ridgecrest 689-90  
 Rivera, Diego 81, 104  
 road conditions 736  
 road rules 736-7  
 road trips 28-9  
 Robbins, Tim 565  
 rock climbing 74  
   Bishop 412  
   Donner Summit 368  
   Joshua Tree National Park 665-6  
   Truckee 368  
   Yosemite National Park 383-4  
 Rodríguez Cabrillo, Juan 36, 453, 495  
 600, 617  
 Rose Bowl Stadium 542  
 Route 66 675-8, 16  
 Russian River Area 207-24, **208**  
 Rutherford 233-4
- S**  
 Sacramento 418-26, **420, 424-5**  
   accommodations 422-3  
   attractions 421-2  
   drinking 424-5  
   entertainment 425  
   food 423-4  
   history 420  
   travel to/from 425-6  
   travel within 426  
 Sacramento River Delta 426  
 Sacramento Valley 418-34  
 sailing 112, 498  
 Salinas 480-1  
 Salt Point State Park 254-5  
 Salton Sea 62, 668-9  
 same-sex marriage 44, 47, 82, 99  
 Samoa Peninsula 287  
 San Andreas 344  
 San Anselmo 154  
 San Diego 600-39, **602, 604-5, 7, 14**  
   accommodations 627-30  
   activities 625-6  
   attractions 603-25  
   drinking 634-5  
   entertainment 635-6  
   food 616, 630-4  
   history 600-1  
   internet access 601-3  
   medical services 601  
   postal services 603  
   shopping 636-7  
   tourist offices 603  
   tours 627  
   travel to/from 637  
   travel within 637-9  
 San Diego Area 599-647, **600**  
 San Diego Museum of Art 610  
 San Diego Natural History  
 Museum 611  
 San Diego Wild Animal Park 613  
 San Francisco 80-142, **86-97, 14**  
   accommodations 116-22  
   activities 111-13  
   attractions 84-111  
   drinking 130-4  
   emergency services 83  
   entertainment 134-8  
   festivals 116  
   food 122-30  
   for children 114-15  
   history 81-2  
   internet access 83  
   itineraries 32  
   medical services 83  
   postal services 84  
   shopping 138-40  
   tourist offices 84  
   tours 115-16  
   travel to/from 140-1  
   travel within 141-2  
   walking tours 113-14, 115-16, **113**  
 San Francisco Bay Area 143-93, **145**  
 San Francisco Museum of Modern  
 Art 106  
 San Joaquin Valley 434-42  
 San Jose 183-9, **183, 184**  
 San Juan Bautista 479-80  
 San Juan Capistrano 597-8  
 San Luis Obispo 484-8, **485, 489**  
 San Miguel 482  
 San Rafael 154-5  
 San Simeon 473  
 Santa Barbara 495-504, **498-9, 500**  
   accommodations 499-502  
   activities 497-9  
   attractions 496-7  
   drinking 503  
   entertainment 503  
   festivals 499  
   food 502  
   for children 501  
   history 495-6  
   shopping 503  
   tours 499  
   travel to/from 503  
   travel within 503-4  
 Santa Cruz 444-51, **447, 7, 9**  
 Santa Cruz Mountains 451-2  
 Santa Monica Pier 537  
 Santa Rosa 218-20  
 Santeria 50  
 Sausalito 147-51  
 scams 716  
 school holidays 718-19  
 Schultz, Charles M 106, 219  
 Schwarzenegger, Arnold 44, 123  
 science centers & research facilities  
   Bodega Marine Laboratory and  
   Reserve 252  
   California Institute of  
   Technology 542  
   California Science Center 527  
   Caltech 542  
   Desert Studies Cente 679

- science centers & research  
 facilities *continued*  
 Discovery Science Center 586  
 NASA-Ames Exploration  
 Center 181-5  
 Reuben H Fleet Science Center 611  
 Salk Institute 624  
 San Diego Air & Space  
 Museum 611-2  
 Solar Living Institute 268  
 Stanford Linear Accelerator  
 Center 181
- Scientology 50
- scorpions 741
- Scotia 279-80
- Scott Valley 327-8
- scuba diving 74, 252, 458, 504, 625
- sea kayaking 75, *see also* kayaking
- sea lions 63  
 Avila Beach 488  
 Lost Coast 282  
 North Coast Marine Mammal  
 Center 296  
 San Francisco 85, 103, 110  
 Santa Rosa Island 504  
 Tolowa Dunes State Park 298
- Seal Beach 587
- seals 63  
 elephant seals 63, 193, 472, 504  
 Gerstle Cove Marine Reserve 255  
 Hawk Hill 144  
 Jenner 254  
 Lake Earl Wildlife Area 298  
 Lost Coast 282  
 Marine Mammal Center 146  
 North Coast Marine Mammal  
 Center 296  
 San Diego 623  
 Santa Rosa Island 504  
 Sonoma Coast State Beach 253
- Sea Ranch 255
- Seabiscuit 274, 678
- SeaWorld 617-20
- Sebastopol 211-14
- senior travelers 64, 717
- Sequoia National Park 395-400,  
**392**, 11
- sequoias 64, *see* redwood trees
- Serra, Padre Junípero 453, 481, 497,  
 505, 507, 600, 613, 614,  
 Serra, Richard 56-7, 533
- Serrano people 664
- sexual assault 725
- SFMOMA 106
- Shamu 617
- Shasta Dam 305-6
- Shasta Lake 305-6
- shipwrecks 160
- shopping 723
- Shoshone people 413, 682, 687
- Sierra Buttes 330
- Sierra City 330-2
- Sierra Club 42
- Sierra Nevada 350-416, **352**  
 geography 60-2  
 plants 64
- Sikhism 50
- Silicon Valley 44-5, 48, 52-51, 82,  
 179, 180  
 Intel Museum 190
- Sinatra, Frank 370
- Sinatra, Nancy 657
- Siskiyou Mountain 327
- Sisters of Perpetual Indulgence 107
- skateboarding 44, 112
- skiing 76-7  
 American Valley 311  
 Big Bear Lake 574  
 Bizz Johnson Trail 309  
 Cedar Pass 324  
 cross-country skiing 355-6,  
 397, 408  
 Dyer Mountain Resort 309  
 Homewood 363  
 June Lake Loop 406  
 Lake Tahoe 351-6  
 Mammoth Lakes 408  
 Mammoth Mountain 76  
 Mt Shasta 314, 315-16  
 museums 408  
 Palm Springs 656  
 Sierra Nevada 76  
 Squaw Valley USA 365-6  
 Tahoe Vista 369  
 Yosemite National Park 384-5
- snakes 716, 741
- snorkeling 74, 625
- snowboarding 76-7  
 Homewood 363  
 Lake Tahoe 351-5  
 Mammoth Lakes 408  
 Mt Shasta 314, 315-16
- snowshoeing 77-8, 363, 397
- Granite Chief Wilderness 364-5
- Mammoth Lakes 408
- Palm Springs 656
- soccer 49, 188, 565-6
- Solana Beach 642
- solo travelers 723-4
- Solvang 493-4
- Sonoma 201-6
- Sonoma Valley 197-207, **198**
- Sonora 347-9
- soul music 52
- South Lake Tahoe 356-61, **358**
- South Santa Cruz County 452
- South Yuba River State Park 333
- spelunking, *see* caving
- spiders 716, 741
- sports 49-50, *see also* baseball, golf  
 basketball 49, 168, 425, 526, 565  
 football 49, 138, 168, 636  
 hockey 49, 188, 565  
 soccer 49, 188, 565-6
- Springs Preserve 699
- Squaw Valley USA 365-6
- Stanford University 180-1
- state historic parks  
 Bale Grist Mill 239  
 Bidwell Mansion 430  
 Blue Ox Millworks 284  
 Bodie 402  
 Chumash Painted Cave 497  
 Columbia 347  
 El Presidio de Santa Barbara 497  
 El Pueblo de Los Angeles 523  
 Fort Humboldt 285  
 Fort Ross 254  
 Governor's Mansion 421  
 Jack London 207  
 Joss House 325  
 La Purísima Mission 492  
 Malakoff Diggins 332-3  
 Marshall Gold Discovery 338  
 Monterey 455-7  
 Point Sur State Historic Park 467  
 Railtown 1897 State Historic  
 Park 349  
 San Diego Old Town 614  
 San Juan Bautista 479  
 Santa Cruz Mission 446  
 Shasta 304  
 Sonoma 202  
 Sutter's Fort 422  
 Tallac 357  
 William B Ide Adobe 433
- state parks & reserves 64-6, 67, *see also* national parks & reserves  
 Ahjumawi Lava Springs State  
 Park 322  
 Andrew Molera State Park 467

- state parks & reserves *continued*
- Año Nuevo State Reserve 193
- Anza-Borrego Desert State Park 669-74, **670**
- Armstrong Redwoods State Reserve 215
- Bonow Lake State Recreation Area 276-7
- Big Basin Redwoods State Park 452
- Bolsa Chica State Ecological Reserve 588
- Bothe-Napa Valley State Park 239
- Butano State Park 192
- Calaveras Big Trees State Park 345
- Castle Crags State Park 320
- Clear Lake State Park 268
- Crystal Cove State Park 591
- Del Norte Coast Redwoods State Park 295-6
- DL Bliss State Park 362-3
- Donner Memorial State Park 367
- Ed Z'berg-Sugar Pine Point State Park 363
- Emerald Bay State Park 361-2
- Humboldt Lagoons State Park 292
- Humboldt Redwoods State Park 278-9
- Jedediah Smith Redwoods State Park 298-9
- Jug Handle State Reserve 263
- Julia Pfeiffer Burns State Park 468
- Kings Beach State Recreation Area 370
- Lake Tahoe-Nevada State Park 371
- Limekiln State Park 468-9
- MacKerricher State Park 266
- Manchester State Park 258
- McArthur-Burney Falls Memorial State Park 322
- McNee Ranch State Park 190
- Mendocino Headlands State Park 260
- Montaña de Oro State Park 478
- Montgomery Woods State Reserve 274
- Mt Diablo State Park 178
- Mt Tamalpais State Park 155-6
- Patrick's Point State Park 292
- Pelican Beach State Park 299
- Pfeiffer Big Sur State Park 467
- Point Lobos State Reserve 464
- Prairie Creek Redwoods State Park 294
- Redwood State Park 292-4
- Richardson Grove State Park 276
- Robert Louis Stevenson State Park 239-40
- Salt Point State Park 254-5
- Samuel P Taylor State Park 159
- San Diego-La Jolla Underwater Park Ecological Reserve 623
- Sinkyone Wilderness State Park 281-2
- South Yuba River State Park 333
- Standish-Hickey State Recreation Area 275-6
- Sugarloaf Ridge State Park 206
- Tolowa Dunes State Park 298
- Torrey Pines State Reserve 623, 624
- Valley of Fire 710
- Van Damme State Park 258
- Stateline 356-61
- Steinbeck, John  
books 27, 43, 53, 421, 455, 457  
museums 480  
Steinbeck Festival 480
- Stevenson, Robert Louis 236, 273, 457  
museum & monuments 234, 239, 239-40
- St Helena 234-5
- Stinson Beach 157
- Stockton 434-5
- Stovepipe Wells Village 683
- streetcars 737
- Strip, the 694-8, **696**
- students 717
- studio tours 529
- Summer of Love 44, 82
- Sunnyside 364
- Sunset Strip 532
- surfing 75-7
- Bodega Bay 252
- Bolinas 158
- Cardiff State Beach 642
- Crescent City 296
- Encinitas 644
- Huntington Beach 588
- La Jolla 623
- Los Angeles 545
- museums & monuments 446, 588, 644, 647
- Ocean Beach 111
- safety 77
- San Diego 617, 625
- San Elijo State Beach 642
- San Francisco 111, 112
- Santa Barbara 498
- Santa Cruz 446-7
- Seal Beach 587
- Stinson Beach 157  
stores 636  
Trinidad 291  
Windansea Beach 623
- Susanville 310-11
- sustainable travel 25, 728
- itineraries 35
- Sutter Creek 342
- swimming, *see* beaches
- T**
- Tahoe City 364-5
- Tahoe Rim Trail 73
- Tahoe Vista 369
- Tahoma 363
- Tamalpais State Park 155-6
- tattooists 137
- taxes 721
- taxis 738
- Tecopa 687
- television services 721
- telephone 51, 711
- Temecula 646
- theater 57-8
- theft 715
- theme parks, *see* amusement parks
- Three Rivers 399
- Tiburon 151-3
- ticks 741-2
- Tijuana (Mexico) 641, **640**
- Timbisha people 682
- time 721
- Tioga Pass 379
- tippling 716, 721
- Tolowa Dunes State Park 298
- tourist information 724
- train travel  
history 41, 263, 420  
local services 737-8  
museums 421, 530, 611  
scenic trains 197, 263-4, 321, 328, 389, 451, 580, 738  
to/from California 731  
within California 738
- travel to/from California 726-31
- trekking, *see* hiking
- Trinidad 290-2
- Trinity Lake 326-7
- trolleys 638-9, 737
- Truckee 366-9
- tufas 404
- tule elk 488
- tule fog 435
- Tuolumne Meadows 381-2

- Twain, Mark 376, 344  
 books 53  
 sites 122, 273, 335, 346  
 papers 171
- Twentynine Palms 663
- Twin Lakes 401-2
- Tyrone Power 530
- U**
- Ukiah 272-3
- Union Station 523
- Universal City Walk 540
- Universal Studios Hollywood 539-40
- University of California  
 Berkeley 171  
 Los Angeles 534-5  
 San Diego 624-5  
 Santa Cruz 446
- Un-Thanksgiving 85
- US Forest Service 305
- USS Midway 607
- USS Potomac 163
- V**
- vacations 718-9
- vaccinations 739
- Valentino, Rudolph 530
- Vallejo 179-80
- Vallejo, General Mariano  
 Guadalupe 201, 202
- Valley Ford 215
- Valley of Fire 710
- vegetarian travelers 122
- Venice Boardwalk 537-8
- Ventura 505
- Victorville 677
- video systems 711
- Vietnam War 82
- Virginia City 376
- Virginia Lakes 402
- Visalia 439
- visas 719, 725
- visual arts 56-7
- Volcano 343
- volcanoes 307-8, 322-3, 324, 403, 410
- volunteering 724-5
- W**
- walking, *see* hiking
- Walt Disney Concert Hall 524
- Washoe people 362
- water management 66, 41-2  
 environmental effects 66  
 Sacramento Delta 426
- water skiing 401
- Waters, Alice 175
- Wawona 382
- weather 23, 714, 715  
 Death Valley 682  
 San Diego 620  
 tule fog 435
- Weaverville 325-6  
 weights 711
- Welles, Orson 471
- West Nile Virus 740
- Westport 266-7
- whale-watching 63, 78, 257, *see also* gray whales  
 Avila 488  
 Bodega Bay 252  
 Crescent City 296  
 Del Norte Coast Redwoods State  
 Park 296  
 festivals 260, 265  
 Fort Bragg 263, 265  
 Jug Handle State Reserve 263  
 Klamath 295  
 Lake Earl Wildlife Area 298  
 Mackerricher State Park 266  
 Mendocino 260  
 Monterey 458  
 Patrick's Point State Park 292  
 Point Reyes National  
 Seashore 161  
 San Diego 617, 626  
 San Francisco 113  
 Santa Barbara 498  
 Santa Cruz 447  
 Torrey Pines State  
 Reserve 624  
 Trinidad 291
- Whisky-a-Go-Go 532
- white-water rafting 77-9, 327  
 Auburn State Recreation  
 Area 337  
 Coloma 338  
 Granite Chief Wilderness 364-5  
 Kern River 441-2  
 Merced River Canyon 389  
 Mt Shasta 316  
 Reno (Nevada) 373  
 river classification 79  
 Sonora 348  
 Trinity Alps Wilderness 327  
 Truckee 368  
 Yosemite National Park 384
- wi-fi 25
- wilderness areas  
 Marble Mountain Wilderness 327  
 Russian Wilderness 327  
 Trinity Alps Wilderness 327  
 Yolla Bolly-Middle Eel  
 Wilderness 327
- wilderness permits 73-4, 383, 393,  
 400
- wildfires 45, 226, 466
- wildflowers 63  
 Anza-Borrego Desert State  
 Park 669  
 Channel Islands National  
 Park 504  
 Ferndale 283  
 Joshua Tree National Park 663  
 Lost Coast 280  
 Lundy Lake 402  
 Mendocino 260  
 San Jose 186  
 Sequoia National Park 396  
 South Yuba River State Park 333  
 Yosemite National Park 381, 382
- wildlife 62-4, *see also individual  
 animals & birds*
- Willits 274-5
- wind farms 657
- windsurfing 112, 252, 315, 617
- wine 211, *see also* wine regions  
 effect of wildfires 226  
 Nevada City 334  
 Sonoma County Wine Library 221  
 tasting 195, 213
- Wine Country 194-240, **196, 12, 13**  
 for children 201  
 tours 197  
 travel to/from 195-6  
 travel within 196-7
- wine regions  
 Amador County 341  
 Anderson Valley 270-1, 13  
 Clear Lake 269  
 Hopland 267-8  
 Livermore Valley 179-93  
 Lodi 434  
 Murphys 345-6  
 Napa Valley 224-9, 12  
 Northern Mountains 327  
 Paso Robles 482-3, 13  
 Russian River Area 208-11, 13  
 Santa Barbara 492-5, 12  
 Sonoma Valley 199-201  
 Temucula 646  
 Ukiah 273

Wiyot 36  
 WNBA 49  
 wolverines 327  
 Wood, Natalie 535  
 women travelers 725  
 work 725  
 World Series of Poker 701  
 WWII

industry 43  
 Japanese internment camps 41,  
 43-42, 81, 104, 152, 414, 525  
 San Diego port 601  
 Sausalito 147

## Y

Yahi people 306-7, 428, 429  
 Yana people 306-7  
 yoga 230, 644, 645

Yosemite gateways 389-91  
 Yosemite National Park 376-89,  
**378, 10**  
 accommodations 385-7  
 attractions 380-2  
 drinking 388  
 entertainment 388  
 entrance fees 379  
 food 387-8  
 history 377  
 internet access 379  
 internet resources 379  
 medical services 379  
 planning 377  
 tourist offices 379-80  
 tours 385  
 travel to/from 388  
 travel within 388-9

Yosemite Valley 380-1, **380**  
 Yountville 232-3  
 Yreka 328  
 Yucca Valley 663  
 Yurok people 36, 292

## Z

zoos, *see also* aquariums  
 B Bryan Preserve 257  
 California Academy of Sciences 110  
 California Living Museum 440  
 Living Desert Zoo & Gardens 651  
 Los Angeles Zoo & Botanical  
 Gardens 531  
 Safari West 240  
 San Diego Zoo 612-13  
 San Diego Zoo Wild Animal Park 613  
 SeaWorld 617-20



# GreenDex

It seems like everyone's going 'green' in California these days, but how can you know which businesses are actually ecofriendly and which are simply jumping on the bandwagon?

The following attractions, activities, tour operators, nonprofit centers, educational opportunities, restaurants, shops, lodgings, transportation, and even coffeehouses, brewpubs and vineyards, have been selected by our authors because they demonstrate an active sustainable-tourism policy. Some are involved in conservation or environmental education, others engage with biodynamic agriculture, and many are locally owned and operated, thereby maintaining and preserving local identity, arts and culture.

We want to keep developing our sustainable-tourism content. If you think we've omitted somewhere that should be listed here, or if you disagree with our choices, email us at [talk2us@lonelyplanet.com.au](mailto:talk2us@lonelyplanet.com.au) and set us straight for next time. For more information about sustainable tourism and Lonely Planet, see [www.lonelyplanet.com/responsibletravel](http://www.lonelyplanet.com/responsibletravel).

## CALIFORNIA-WIDE

### car rental

- EV Rental Cars p736
- Simply Hybrid p736

### environmental groups

- Surfrider Foundation p77

## CENTRAL COAST

### accommodations

- Adobe on Green B&B p449
- El Capitan Canyon p501
- Glen Oaks Motel p470
- HI Hostel Obispo p484

### attractions

- Monterey Bay Aquarium p455
- Sunstone p493
- University of California, Santa Cruz p446

### drinking

- Santa Cruz Mountain Brewing p450

### food

- Artisan p483
- Deetjun's Big Sur Inn p471
- Full of Life Flatbread p492
- Gabriella Cafe p449
- Passionfish p462
- Sojourner p502
- SpiritLand Bistro p502
- Stokes p460
- Villa Creek p483
- Wild Plum Cafe & Bakery p459

### entertainment

- Palm Theatre p487

### tours

- Sanctuary Cruises p452
- Santa Barbara Trolley p499
- Sustainable Vine Wine Tours p495

### transportation

- Lil' Toot Water Taxi p504

## CENTRAL VALLEY

### accommodations

- Folsom Lake State Recreation Area p423

### attractions

- Davis farmers market p427

### tours

- Delta Ecotours p426

## DESERTS

### accommodations

- Sacred Sands B&B p667

### attractions

- Coachella Valley Preserve p655
- Desert Studies Center p679
- Living Desert Zoo & Gardens p651
- Moorten Botanical Gardens p655

### food

- Cactusberry p658
- Cafe C'est Si Bon p687
- Native Foods p659
- Pastels p687

### transportation

- SunLine p662

## GOLD COUNTRY

### accommodations

- Branford Place Inn p348

### attractions

- Big Springs Gardens p332
- food
- New Moon Café p334

## LAS VEGAS

### attractions

- Springs Preserve p699

### food

- RM Seafood p704

### transportation

- Monorail p708

## LOS ANGELES

### attractions & activities

- Aquarium of the Pacific p538
- Catalina Island nature preserve p571
- Griffith Park p543
- Hollywood farmers market p557
- Santa Monica farmers market p557
- Santa Monica Mountains National Recreation Area p543
- Santa Monica Pier Aquarium p537
- South Bay Bicycle Trail p537

### food

- BLD p555
- Real Food Daily p558
- Tender Greens p556

### information

- Big Bear Discovery Center p573

## NORTH COAST

### accommodations

- Tallman Hotel p270

## attractions

Solar Living Institute p268

## entertainment

Mateel Community Center p278

## information

Trees Foundation Office &amp;

Community Resource Center p277

**NORTHERN MOUNTAINS**

## accommodations

Drakesbad Guest Ranch p308

## attractions &amp; activities

River Dancers Rafting &amp;

Kayaking p316

Ruddle Cottage p319

## food

Quincy farmers market p313

## information

Kom Yah-mah-nee Visitor

Facility p307

**ORANGE COUNTY**

## attractions

Bolsa Chica State Ecological

Reserve p588

Newport Bay Ecological

Reserve p592

**SAN DIEGO**

## attractions

Baticuitos Lagoon p645

Birch Aquarium at Scripps p623

New Children's Museum p606

San Diego Zoo p612

San Diego Zoo Wild Animal

Park p613

Torrey Pines State Reserve p624

**SAN FRANCISCO**

## accommodations

Orchard Garden Hotel p118

Red Victorian B&amp;B p121

## attractions &amp; activities

826 Valencia p108

Alamo Square Park p109

California Academy of

Sciences p110

Crissy Field p106

Federal Building p100

Fort Funston p111

Haight Ashbury Food

Program p109

Ina Coolbrith Park p102

Lincoln Park p110

Ocean Beach p111

Sterling Park p102

Strybing Arboretum &amp;

Botanical Gardens p109

Surfrider Foundation p111

Victory Garden p100

Warming Hut p106

Zen Center p109

## drinking

Elixir p133

## entertainment

Sundance Kabuki Cinema p137

## food

Acme Chop House p126

Aziza p129

Boulette's Larder p122

Boxed Foods p123

farmerbrown p123

Greens p126

Hog Island Oysters p123

Jardinière p124

Mijita p122

Millennium p123

Mission Pie p127

Mixt Greens p123

Tataki p125

Underdog p129

## shopping

Community Thrift p138

Ferry Plaza Farmers

Market p139

Heart of the City Farmers

Market p139

Human Rights Campaign Action

Center &amp; Store p140

Residents Apparel Gallery p138

Sui Generis p139

Under One Roof p139

Wasteland p139

**SAN FRANCISCO BAY AREA**

## accommodations

Cavallo Point p150

Cowper Inn B&amp;B p181

Green Oaks Creek Farm &amp;

Retreat p192

HI Marin Headlands

Hostel p146

Hidden Villa p181

## attractions &amp; activities

Audubon Canyon Ranch p157

Green Gulch Farm &amp; Zen

Center p157

PRBO Conservation

Science p158

Swanton Berry Farm p192

## drinking

Guerilla Café p176

## food

Bolinas People's Store p158

Chez Panisse p175

Fish p151

Tomales Bay Foods and Cowgirl

Creamery p159

## shopping

BioFuel Oasis p173

East Bay Depot for Creative

Reuse p166

**SIERRA NEVADA**

## accommodations

Cedar House Sport Hotel p368

Clair Tappaan Lodge p368

## attractions

Yosemite National Park p376

Sequoia &amp; Kings Canyon

National Parks p391

## food

Freshie's p360

Stony Ridge Uncommon

Kitchen p365

**WINE COUNTRY**

## accommodations

Creekside Inn &amp; Resort p216

## drinking

Hardcore Espresso p213

## food

Barndiva p223

Ubuntu p231

## wineries

Benziger p200

Casa Nuestra p228

Frog's Leap p227

Hall p227

Marimar Torres p209

Michel-Schlumberger p210

Porter Creek p209

Preston Vineyards p210

Quixote p226

Robert Sinskey p226

© Lonely Planet Publications. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'