

Wellness Self-Guided Bicycle Tour through Santa Monica

Begin the Wellness Bicycle Tour at **(1) Interim Café** (530 Wilshire Blvd.) Start your day with nutrients to keep you going - try a Brazilian breakfast bowl with Acai or a vegan Egyptian Rose smoothie.

Walk your bike to Arizona Ave, make a left, and then check out a Yoga Class at one of the many yoga studios located in Downtown Santa Monica. Some options are **(2) Yogi's Anonymous** (1221 2nd St.), **Santa Monica Power Yoga** (1410 2nd St.) or **YogaCo** (1408 3rd St. Promenade), just to name a few! There is something for everyone.

Continue down Arizona Ave., make a right onto Ocean Ave., and when you get to Colorado Ave., turn right and head down the Santa Monica Pier. After going down the pier ramp, turn left at the first group of buildings (our historic SM Pier carousel) and ride around the front of it, taking the ramp down to the beach (e.g. towards Big Dean's and Hot Dog on a Stick). You will reach **(3) Muscle Beach**. It is known as "The Birthplace of the Physical Fitness Boom of the 20th Century". The network of outdoor workout equipment is where celebrities such as Kirk Douglas and Mae West and famous fitness guru Jack LaLanne and other internationally known bodybuilders trained. Fully restored and refurbished, Muscle Beach serves gymnasts, acrobats and youth with an extensive gymnastics training area. Other features include chinning bars at various heights, parallel bars, rings, a small jungle gym for children and a padded gymnastics area.

From here, head down towards the beach where you'll join the Santa Monica State Beach bike path, aka **The Strand**. The Strand is a paved, 22 mile bicycle path that runs along the Pacific Ocean. Make a right onto the path and continue riding for about 15 minutes.

Get some fresh air as you ride up the path, where you'll find **(4) Annenberg Community Beach House** (415 PCH) - the country's only public beach club. Take a dip in the restored pool or get some

vitamin D by sunbathing on a chaise lounge chair. The adjacent **Back on the Beach*** (445 PCH) is a local gem, known for all-day breakfasts/brunch and salads...right on the beach!

From here, you have two options.

Option 1: For a more beach exploring and a bit more of a workout, continue north on the bike path until you reach Channel Rd at Pacific Coast Highway. (Look for the Patrick's Roadhouse. Here is an underpass where you'll walk your bike under PCH). Ride up Channel Road, make your first right, then left on Entrada Dr. and first right on Ocean Way. Ocean Way curves up the hill and turns into Mayberry Rd. There are great views up here! When you get to Ocean Ave, turn right. There's one more hill to climb. When you get to Montana Avenue (approximately 6 blocks at the top of the hill), turn left.

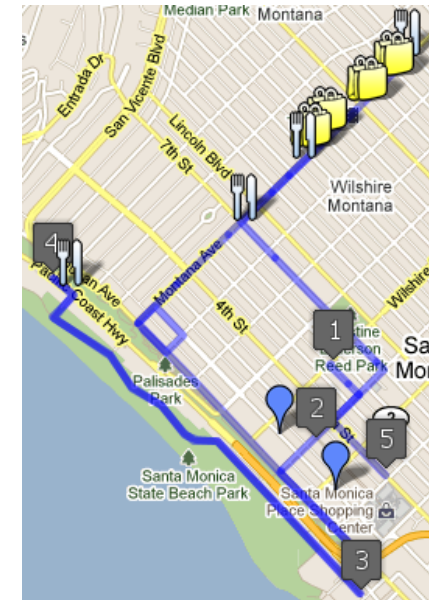
Option 2: If you want to avoid some hills, then head back towards the Pier. Walk or ride your bike up the Pier ramp. When you get to Ocean Avenue, turn left (heading north) and ride until you get to Montana Avenue (approximately 8 blocks). Make a right on Montana Ave.

Now it's time for a healthy lunch! Check out **Greens Up*** (703 Montana) for an amazing selection of healthy salads made to order and **Kreation Kafe*** (1023 Montana), a green certified businesses with healthy Mediterranean salads, wraps and plates. Park your bike and give your credit card a workout by walking Montana Avenue and stopping into some of the retail stores (look for the Buy Local decals!). If you have time, don't miss Montana Avenue's newest business **siptea*** (1627 Montana), who exemplifies what Buy Local is all about! They work with a local potter to make their tea cups and source their honey from local bees!

Head back down Montana Ave and turn left onto 7th St. Keep biking and turn right when you reach Arizona Ave. Finally, make a left onto 4th St. To end

the tour for a final bit of pampering, treat yourself to a spa treatment at **(5) Tikkun Holistic Spa*** (1460 4th St) - get some added relaxation and wellness by sitting in the green tea jacuzzi or the heated clay rooms with healing properties before your massage, facial or scrub.

* Buy Local Santa Monica business



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