

SONOMA COUNTY

• CALIFORNIA •

LIFE OPENS UP



THE OFFICAL

ADVENTURE  
GUIDE

OF SONOMA COUNTY

A person wearing a red shirt and a hat is riding a dark horse on a grassy hill. The background shows a vast landscape with rolling hills, a body of water, and a bright sunset sky. The foreground is filled with tall grass and purple flowers.

### PAIRS WELL WITH ADVENTURE

Wide-open spaces and lush, diverse landscapes. Outside of renowned food and wine, there's so much more to explore in Sonoma County. From the rugged Pacific coastline to the towering redwoods, here, life opens up.

A Sonoma County getaway gets you outside the routine of every day for as little or as much adventure as you're looking for. Outdoor enthusiasts will love the 11 state parks and more than 50 regional parks throughout the county.

Drink in the area's natural wonders – hike some of the country's most scenic trails, take a heart-racing horseback ride, paddle out into the ocean, go whale watching. For real thrills, zip through the trees on a zip line in the redwood forest or soar above it all in a chartered helicopter. There's a whole world of outdoor adventure to explore.

Come, connect with the land and with each other in Sonoma County.

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# PARKS, LAKES & MARINAS



More than just a place to paddle, Sonoma County's lakes and parks offer an abundance of outdoor recreation for all ages. Hiking, picnicking, rowboat floating, jet ski zooming ... the water sports and parkland wonders are firing on all cylinders here.

The 11 California State Parks located in Sonoma County cover an extraordinary diversity of geographical terrain that reflects the county's beauty. Our state parks overlook the Pacific Ocean and include many beaches, and they are home to rivers and lakes, mountains and valleys, redwood forests and pygmy forests — and even vineyards.

Sonoma County's thriving regional park system consists of more than 50 parks — including trails and open spaces — and encompasses nearly 60,000 acres. Parks run the length and breadth of the county, stretching from Bodega Bay in the south to The Sea Ranch and Gualala in the far north, and from the Pacific Ocean in the west to Sonoma Valley on the county's eastern edge. The newest regional parks are Taylor Mountain and North Sonoma Mountain.

Regional Park trails cover a vast terrain—and not just in miles. No matter your experience and hiking level, you'll find a hike that's perfect for you.



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# CYCLING



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When it comes to cycling, Sonoma County is one of the best destinations on the planet.

Other places may possess challenging routes that twist high into scenic mountains, but they lack a gorgeous ocean beside which bikers can tour for miles and miles. Some spots offer bike treks through wildlife-filled wetlands, but they probably lack meadows filled with spring wildflowers, straw-colored summer hillsides dotted with oaks, or easy trails through ranchland and vineyards along old railroad routes.

And then you get to thinking about all the other things Sonoma County's bike routes offer, and its place at the top of the bicycle destination pyramid snaps securely into place. That's thanks to meandering back-country roads, quaint villages, farm stands groaning with just-picked produce, old wooden barns, stunning ocean views, world-famous wineries, and to-die-for eateries.

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# HIKING

Perhaps you'll want to approach hiking in our parks from the standpoint of your interests. There are trails to thrill history-lovers, geology mavens, birdwatchers, autumn leaf-peepers, spring wildflower fans, and wildlife lovers.

There are trails for people who like to stand on top of a mountain looking out or deep in a valley looking up. You'll find trails to lakes where you can fish or swim or rent a kayak, and trails that lead to softball fields, ocean beaches, and dog parks. There are plenty of trails geared to families with young children and people with accessibility needs.



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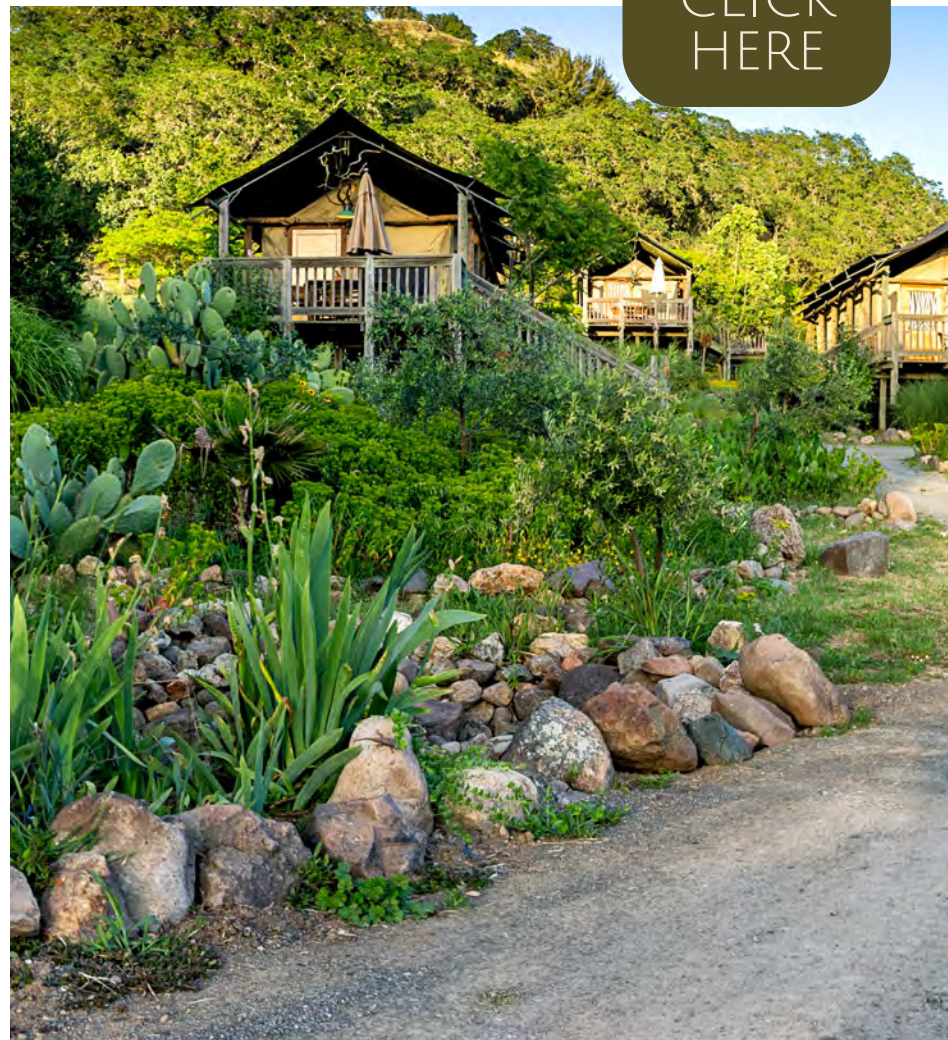


# CAMPING

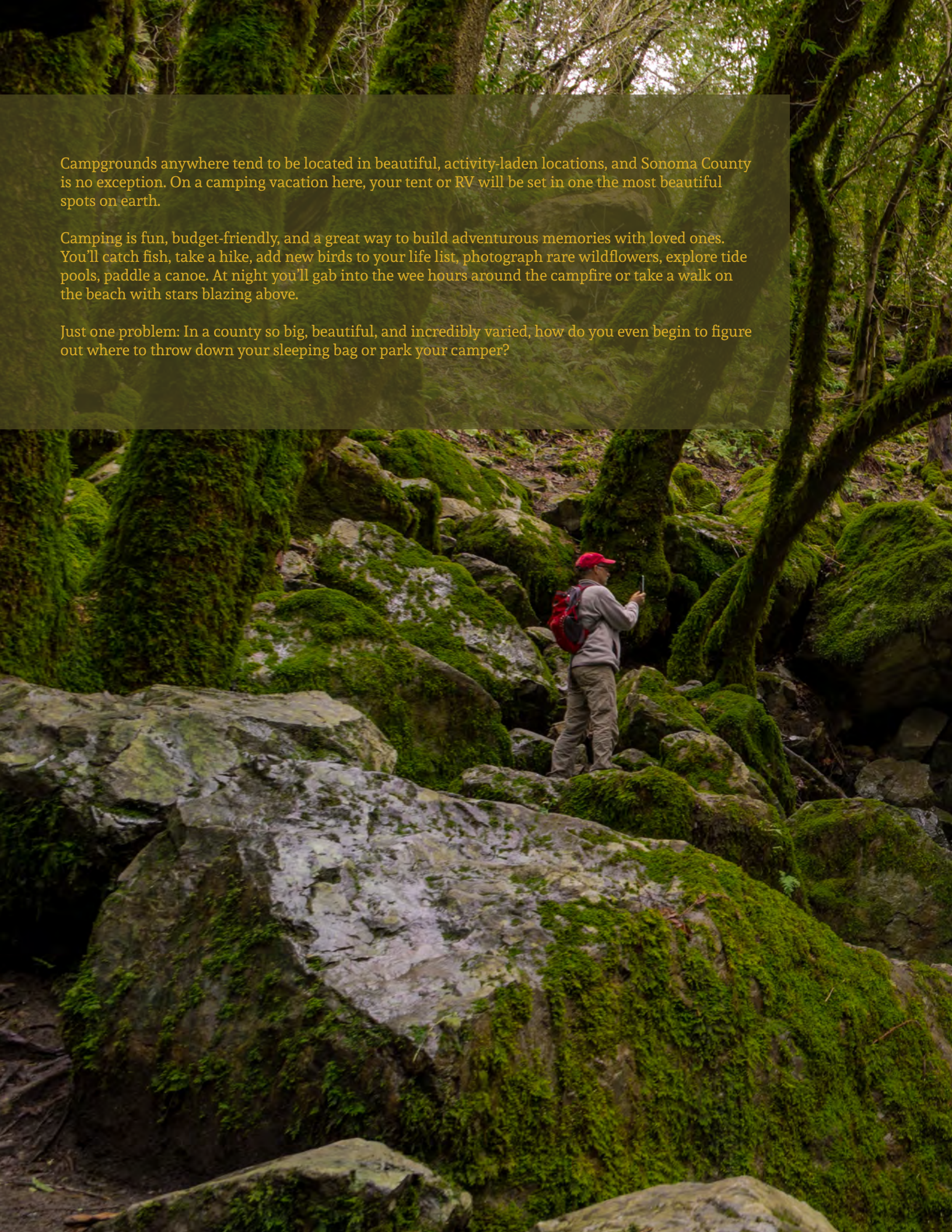
Camping in Sonoma County is amazing, perhaps in part because the county is so big — 1,768 square miles, to be exact, with 55 miles stretched along the Pacific Ocean. It's also a gorgeous, geographically-diverse paradise, home to steep mountains, broad valleys, lakes, rivers, marshes, sandy beaches, flower-filled meadows, and groves of redwood trees.



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Campgrounds anywhere tend to be located in beautiful, activity-laden locations, and Sonoma County is no exception. On a camping vacation here, your tent or RV will be set in one of the most beautiful spots on earth.

Camping is fun, budget-friendly, and a great way to build adventurous memories with loved ones. You'll catch fish, take a hike, add new birds to your life list, photograph rare wildflowers, explore tide pools, paddle a canoe. At night you'll gab into the wee hours around the campfire or take a walk on the beach with stars blazing above.

Just one problem: In a county so big, beautiful, and incredibly varied, how do you even begin to figure out where to throw down your sleeping bag or park your camper?



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# HORSEBACK RIDING

Whatever your dream about horseback riding might be, you'll probably find it in Sonoma County:

Cantering swiftly on a beautiful beach at sunset, hair streaming behind you, waves crashing alongside? Yep.

Comfortably astride a gentle horse that's picking its way through a thick forest, the only sound that of a persistent woodpecker seeking dinner? Sure.

Trotting smoothly alongside a fast-moving early-spring stream fed by a 25-foot waterfall high above? You bet.

Riding alongside neat rows of lush grapevines? Of course.

For the most part, horseback riding can be done all year long in Sonoma County, though it can get a bit muddy in winter. Even so, smack in the middle of January or February plenty of sunshine is bound to come along and dry up the trails.



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# GOLFING



Welcome to golf in Sonoma County. With a mild climate that encourages year-round play, fantastic off-the-fairway diversions, and a stunning natural setting, Sonoma County features playful resort golf courses for beginners and challenging links for pin-seekers chasing par.

Like a well-structured Cabernet, golf just keeps getting better in Sonoma County, California. For golfers who want a little wine with their tee, click below for a three-day itinerary that showcases golf, but also pays attention to other amenities Sonoma Wine Country has to offer.

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# FISHING & STAND-UP PADDLE BOARDING

Fishing is plentiful in Sonoma County, and the best places to fish are the state, regional, and other parks located on the Russian River, along the 55-mile coast, on San Pablo Bay, and in streams, lakes, and ponds.

Get ready to go paddle over turns and river currents in the Russian River on your very own stand up paddleboard! Sonoma County tour companies offer tours that include a 2+ mile paddle up river through some of the most scenic areas of the Russian River. And, as an added bonus, you may see a variety of riparian wildlife including: river otters, Great Blue Herons, belted kingfishers, and osprey.

You could also choose to do a flat water paddle, a surf clinic, yoga on a stand up paddleboard, and more.



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# KAYAKING & CANOEING

From beginner boaters to skilled sports enthusiasts, there's an adventure for all, staged along the amazing coast.

Explore the quiet estuary or tackle the dancing sea, and keep your eyes peeled for area residents like sea lions, harbor seals, otters, birds, and maybe even a whale.



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# SURFING

The Bodega Bay Area of Sonoma County offers several surfing opportunities for both beginners and advanced surfers – 365 days a year.

Whether you're an ultimate beginner or advanced surfer, the Bodega Bay Surf Shack offers surfing lessons 365 a year in Sonoma County. At the surf shack, you can rent surfboards, kayaks, extra gear, and stand up paddleboards. Choose from a group surfing lesson or your own private session, both lasting approximately 2.5 hours.



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# ZIPLINING

A woman wearing a white helmet, a colorful patterned vest over a white long-sleeved shirt, and dark blue jeans is ziplining through a dense forest. She is smiling and has her arms outstretched. She is suspended from a wooden platform by a rope. In the background, another person is visible on a similar platform. The forest is lush with green trees and foliage.

Discover the world-famous Northern California Redwoods in a way you have never imagined – ziplining! It's high adventure that's green, family-friendly and educational. With one zipline being over 800 feet long, you'll be able to marvel at panoramic forest views and deep ravines.





# BALLOONING

Experience the stunning landscape throughout Sonoma County from the basket of a hot-air balloon. It's up, up, and away for a bird's-eye view of the tapestry of rolling hills, mountain peaks, vineyards, and ocean views laid out below.

Most balloons launch in the early morning hours, because that time of the day is almost always cool and tends to have light winds, factors that make it easy to launch and land. Later in the day, warmth can create vertical air currents called thermals.

Most people are surprised by how quiet a hot air balloon is—except, of course, when the propane burners are fired up, filling the balloon with hot air. Way up high, floating above the world, you'll feel like a bird. And just like a bird you'll be able to spot the movement of wildlife below. Drift over vineyards, fields planted with crops, and streams and creeks. Sometimes you'll feel that you can reach out and touch the top of a nearby mountain (better not, though).



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# HELICOPTER TOURS

With several tours to choose from — 20 minute, 30 minute, one hour and custom tours — flying over Wine Country is easier than ever before with Helico Sonoma Tours. Hop in your private helicopter with your pilot, choose your route and grab your camera! Unbeatable views await up in the sky. Choose from flying over vineyards, the Russian River, the pacific coastline, Lake Sonoma, and more.



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# SKYDIVING

There's nothing like jumping out of a perfectly good plane for fun... right? Sonoma County gives you the opportunity to skydive above one of the most beautiful landscapes in the world. You'll jump from more than two miles up, falling at 120 mph towards the beautiful Russian River.



# TRIKE TOURS

We bet you haven't seen anything like this before! Spirit's Up is not only a birds-eye look, but a bird's eye feel of soaring above Sonoma County. You'll hop into a flying trike with an open cockpit, where you can marvel at views over the rivers, mountains, redwoods and oceans in Sonoma County.



# SPEED RACING

For those who like to sit back and watch, the Sonoma Raceway is a year-round motorsports complex with events scheduled a majority of the year (340 days and 50 weekends a year).

If you're more interested in getting in and racing yourself, we recommend taking it to the indoor tracks, specifically Driven Raceway in Rohnert Park. You might not be on a full-size course, but you sure can pick up some speed and race your friends!





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For more information about Sonoma County's  
outdoor activities, please visit:

<https://www.sonomacounty.com/activities/outdoor-activities>