

FOR IMMEDIATE RELEASE

## San Luis Obispo, CA Offers Easy Access to Outdoor Adventure

### *Waterfalls, Volcanoes, Caves and More Adrenaline-Pumping Activities Await Active Travelers*

SAN LUIS OBISPO, CA (March 20, 2012) – Who said you have to outsource adventure travel to overseas destinations? Hop in the car or on a train to kick off your outdoor [vacation in California](#). [San Luis Obispo](#) is located halfway between San Francisco and Los Angeles on scenic Highway 101 and provides 6,500 acres of [California outdoor adventure](#). Visitors will find heart-racing, endorphin-pumping fun from the top of ancient volcano Bishop Peak to the depths of Big Falls' waterfall and swimming hole.



If you are looking in [San Luis Obispo for things to do](#) try setting your sights on these great outdoor destinations:

See some of the action in San Luis Obispo in [this video](#).

#### **Volcanoes**

Home to the Seven Sisters, a chain of ancient volcanoes that run directly through downtown, San Luis Obispo is a mecca for hikers, mountain bikers and rock climbers. In one day, you can conquer three volcanoes in three ways: Hike up the popular Bishop Peak to get a Red-Tailed-Hawk's-eye view of the charming town, including Cal Poly University; grab a cow-bell from the communal box, and take to the mountain biking trails on Cerro San Luis; then shimmy up Old Stone Face and other popular climbing spots on Cabrillo Peak.

#### **Waterfalls**

With some four-wheel-drive power and a little sense of adventure, outdoors enthusiasts can jump into and swim in waterfalls and beautiful, tucked away water holes. Big Falls, a popular hopping-off spot, rewards travelers for patiently crossing the river at 12 different spots with pristine falls and generous depths. Let the cannon balls begin!

#### **Caves**

The coastline in San Luis Obispo isn't so much a *line* as a jagged edge filled with craggy nooks and crannies. Slide a kayak into the water in nearby Shell Beach to explore a trail of impressive sea caves, private, untouched coves and monolithic rock formations. Steer through kelp, and observe the otters, seals and pelicans up close.

#### **Waves**

It's easy to join the lineup at an overcrowded surf spot in San Diego, but venturing into the breaks of San Luis Obispo is the beginning of a real [central coast surfing](#) adventure. Run a forest trail to hazard the towering swell at Hazard's in Montana de Oro State Park, paddle across from the jetty at Morro Rock to hit up the surf at the Sandspit, or hike down a bluff and hop off the rocks into the waves at Sewers in Shell Beach. The waves are worth the effort, especially in the fall and winter.

#### **Cuisine and Culture**

[San Luis Obispo, CA](#) is also the ideal home base for experiencing the area's delicious farm-fresh cuisine, charming downtown shopping district, and one-of-a-kind historic and cultural attractions, such as Hearst Castle, Mission San Luis Obispo, world-class wine country and the famous Thursday Evening Farmer's Market.

For more information about planning a vacation in California's adventure-filled city of San Luis Obispo, visit [SanLuisObispoVacations.com](http://SanLuisObispoVacations.com). Editors seeking additional information, a media visit, or images may contact Jamie ([jamie@thepressroom.com](mailto:jamie@thepressroom.com)) at On the Horizon Communications, (805) 773-1000.