

Jalama Beach South De Anza Trail



Region: Santa Barbara County

Length: hike south along the beach as long as you want; 11 mi round trip (a good 6 hours) to Point Conception & view of lighthouse

Difficulty Rating: Moderate (but long if you go the whole way!)

Elevation Gain: 482 feet (all at Point Conception. Zero if you stay on the beach.)

Girls bring: Backpack, water, snack, hat, jacket or coat (cool and windy!), sunscreen. Wear shoes that could get wet. Adults add: Map/Info sheet (optional., you're just following the beach!), Required paperwork, first aid kit, phone, TP & ziploc (pack it out).

When to go: Must be done at low tide. Check online tide charts (eg, willyweather.com; Jalama Beach) for a +2.2 or lower tide. Start 2 hours before low tide for a 4 hour hike. (If you're going all the way to Point Conception, plan for 6+ hours and a +1 or lower low tide). Either way, make sure you're not returning at a higher tide than you went out at.

Getting There and Parking: Follow directions to Jalama Beach State Park, off Highway 1 near Lompoc. \$10 day use fee.

Bathrooms: at the campground

Safety Considerations: Check tides before you go so you don't have to wade!

Helpful Links:

<https://www.alltrails.com> (search "Jalama Beach")

[songsofthewilderness.com](https://www.softhewilderness.com) (search "Point Conception") for history & Chumash info

<https://www.countyofsb.org/parks/jalama.sbc>

Route Description:

Start by exploring just to the north, where the Jalama creek comes down. Turn around to see the train trestle and take your picture. Turn south & begin your long sandy beach hike. There might be a couple possible (short) wet rocky sections. You'll see lots of shore birds & possibly tidepools and seals or sea lions. The Point Conception Lighthouse is on private property and is not accessible, though you can climb the trail into the hills at Point Conception

It's worth ending your hike with a Jalama Burger from the campground store, so I recommend scheduling your hike around store hours. (As well as the tide.)



How to Get Your Charm:

Take a photo of yourself with train trestle over Jalama creek in the background. Email the photo and the names of the registered Girl

Scouts in the photo to programs@girlscoutseccc.org with the subject "Jalama" You'll get an embroidered charm to hang on your patch loop.

 Happy Trails

Jalama Beach South

