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## Nature Brief Contact

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## GORGEOUS LANDSCAPE, PLENTIFUL STATE PARKS BECKON ELK COVE INN GUESTS

Mendocino County is renowned for its natural beauty—the dramatic coastline, redwood forests, pastoral landscapes—and the region is strewn with state parks and beaches where visitors can stroll, hike, kayak, canoe, ride horses, and picnic. Many of the best are easily accessible from Elk Cove Inn.

### Greenwood Creek State Beach

The mile-long beach right below Elk Cove Inn is nearly deserted most of the time—it's great for a contemplative walk. Picnic tables are available on the bluff.

### Manchester State Park

A half-mile north of the town of Manchester, this park encompasses 760 acres of beach, sand dunes, and flat grasslands, with nearly 18,000 feet of ocean frontage.

### Hendy Woods State Park

This 845-acre park about eight miles northwest of Boonville contains the last large grove of giant redwood trees in the Anderson Valley. Two miles of nature trails traverse the park.

### Navarro River Redwoods State Park

A tunnel of redwood trees stretching along eleven miles of Highway 128, a few miles east of Highway One. The grove borders on Navarro River and is a popular picnic spot.

### **Van Damme State Park**

Located three miles south of Mendocino at the mouth of Little River, Van Damme covers more than 1,800 acres of beach and upland. Recommended for river tours and long hikes.

### **Mendocino Headlands State Park**

A blend of gentle trails, rugged coastline, and secluded beaches, Headlands surrounds the town of Mendocino on three sides. Three miles of trails wind along the cliffs, providing spectacular ocean views.

### **Russian Gulch State Park**

Located two miles north of Mendocino, Russian Gulch is known for the heavily forested Russian Gulch Creek Canyon—a headland featuring a large, collapsed sea cave with churning water called the Devil's Punch Bowl—and for its beach, where visitors can swim, explore tide pools, skin dive, and rock fish. Miles of hiking trails include a route leading up to a 36-foot waterfall.

### **Mendocino Coast Botanical Gardens**

There's always something in bloom in these 47 acres of gardens seven miles north of Mendocino. A perennial garden, heather garden, the heritage rose collection, and Fern Canyon are among the attractions.

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