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Maura Fox: The Coast to Crest Trail makes for a sunny stroll along California's Lake Hodges

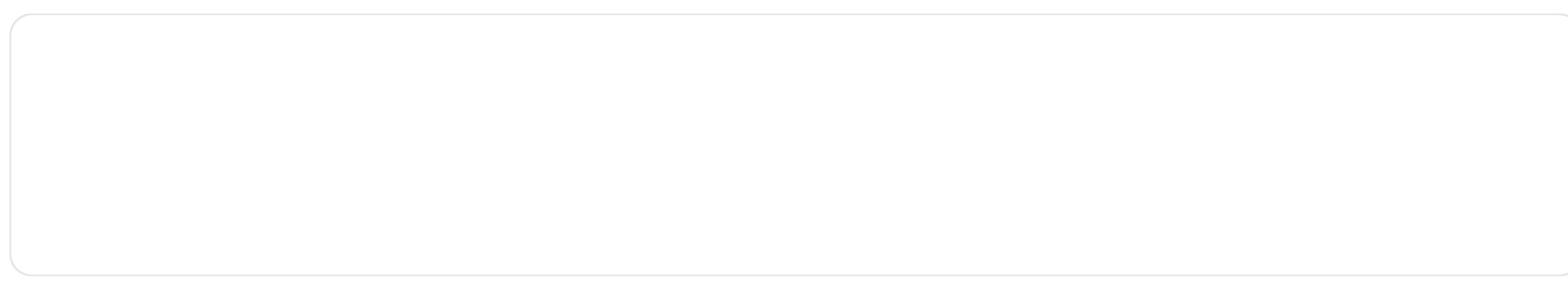
Story by Maura Fox, The San Diego Union-Tribune • 2mo • 2 min read



There are a few shaded sections along the trail, including where hikers can cross over a small flowing creek.

SAN DIEGO — It took more effort than usual to get out on my hike recently.

I typically wake up early on my hiking days, pour a cup of coffee and take breakfast to go — eager for a fresh start on the trail. But this time, I ran out to my car only for it to refuse to start, foiled by a dying battery. My efficient morning quickly devolved into a stressful affair of jumper cables and the realization that my 2008 Hyundai Sonata may not be long for this world.



Which is all to say that by the time I hit the trail at the San Dieguito River Park, I was very grateful to be there. I was joined by my sister and nephew and their dog, Elio. The weather, while warm, still felt perfect, and it was evident that just being outside and close to nature could really turn the day around.

We completed a 4-mile out-and-back hike along sections of the Bernardo Bay Trail and Coast to Crest Trail, just south of Escondido. It was nearly all exposed to the sun, but the trail was punctuated by spots of shade with picnic benches that offered ideal resting points.

The hike technically travels along Lake Hodges, but there wasn't any water below us in this area — which may be a disappointment if you're expecting it. The trail does pass over a small flowing creek, but keep an eye out for poison oak near the water.

To begin, park at the Bernardo Bay Natural Area on West Bernardo Drive, just east of Interstate 15. You can also access another trail here, the Piedras Pintadas Trail, which I hiked a few years ago. But this week's hike starts on a paved section of the Bernardo Bay Trail, heading north from the parking lot.

Related video: A short hike to California's McCloud Middle Falls leads to big waterfall views (Matador Network - Video)



This trail is shared with cyclists, so be aware of your surroundings. Some cyclists sped by pretty quickly, startling us and our dog.

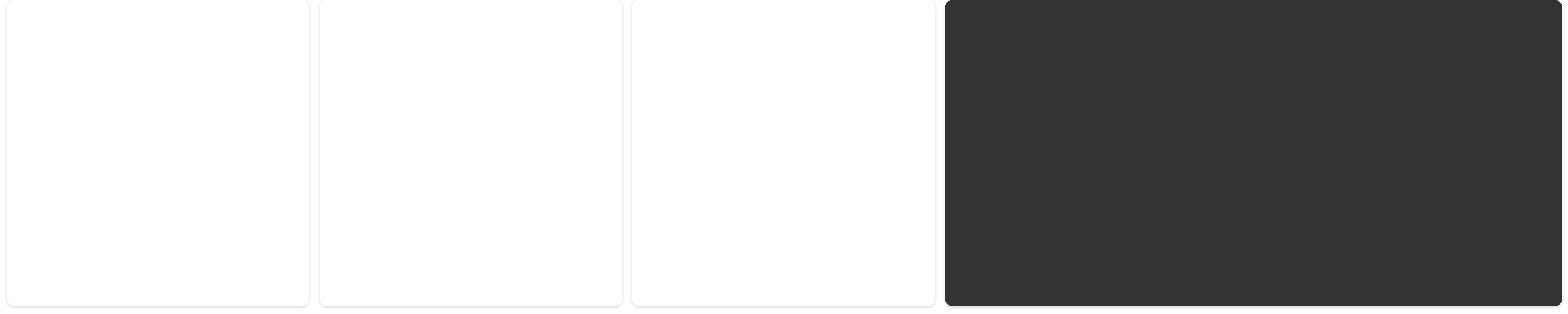
Walk on the paved trail for 0.4 miles before reaching the David Kreitzer Lake Hodges Bridge. The bridge is surrounded by thick vegetation, making for a nice transition from the first part of the route, which traveled alongside West Bernardo Drive with the noise of the freeway in the background.

At 0.6 miles, hikers will reach the Coast to Crest Trail. Follow the wide dirt path as it heads west toward Bernardo Mountain. The trail is easy to follow from here; you'll simply stay on this path for the next 1.5 miles. We turned around at a lookout point over Lake Hodges and returned the way we came.

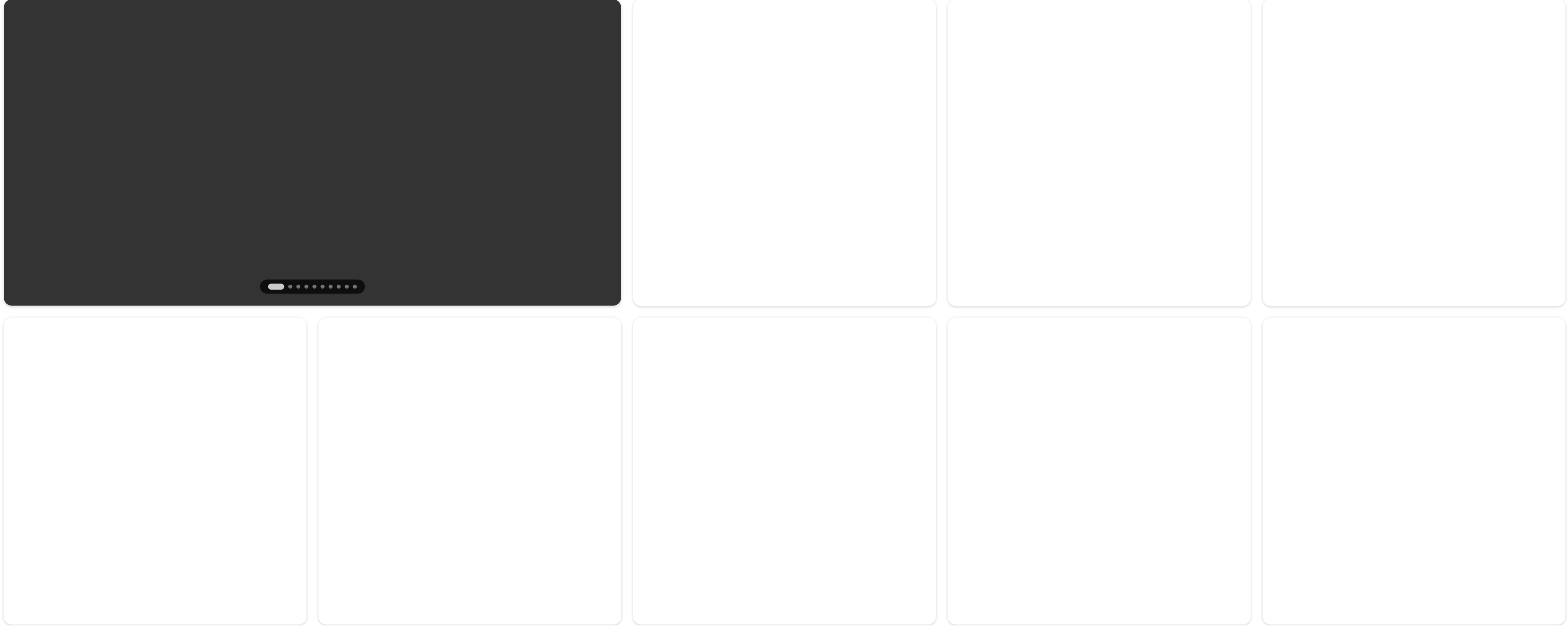
We sadly saw a dead barn owl on the side of the trail beneath an oak tree early into the Coast to Crest Trail. But otherwise, it was a lovely, easy walk, with flowers and thick green vegetation covering the trailside.

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I asked 4 chefs if you should add milk to scrambled eggs—and they all said the same thing

Story by Christina Manian, RDN • 4d • 2 min read

I asked a group of egg-cooking pros.



Credit: Simply Recipes / Getty Images

When I'm short on time, scrambled eggs are the perfect quick breakfast, lunch, or dinner—they fill me up and are reliably delicious. However, I've always made mine by just cracking eggs into a frying pan, scrambling them directly in the pan with salt and pepper, and mixing until cooked.

But being the foodie I am, I know there are far better ways to whip up scrambled eggs that deliver superior flavor and texture. I've seen variations that are whisked in specific ways, cooked using unique techniques, and mixed with other ingredients before scrambling.

One classic add-in is milk, which got me wondering if the dairy actually belongs in scrambled eggs. So, I asked four chefs with plenty of scrambled egg experience under their belts, and they all said the same thing.

The Chefs I Asked

- Nelson Serrano-Bahri, chef and director of innovation at the American Egg Board
- Karen LuKanic, owner of Denver diner Chef Zorba's
- Michelle Doll Olson, head chef at HelloFresh US
- Kat Marris, chef instructor and recipe developer

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