

Mono County • Physical Activity Resources

PROGRAM / ORGANIZATION	DESCRIPTION	REGION	TARGET POPULATION	COST	HOURS
Afterschool Programs					
Healthy Start Antelope Elementary 111591 Hwy. 395 Coleville (530) 495-2198	Homework assistance, healthy snacks, and physical activities	Mono County	Grades K-8	Free	End of school until 5 or 5:30
Healthy Start Bridgeport Elementary School 209 Kingsley Street Bridgeport (760) 932-7311	Homework assistance, healthy snacks, and physical activities	Mono County	Grades K-8	Free	End of school until 5 or 5:30
Healthy Start Coleville High School 111591 Hwy. 395 Coleville (530) 495-2198	Homework assistance, healthy snacks, and physical activities	Mono County	Grade 9	Free	End of school until 5 or 5:30
Healthy Start Edna Beaman Elementary School 25541 Hwy. 6 Benton (760) 933-2668	Homework assistance, healthy snacks, and physical activities	Mono County	Grades K-8	Free	End of school until 5 or 5:30
Healthy Start Lee Vining Elementary School 132 Lee Vining Avenue Lee Vining (760) 647-6194	Homework assistance, healthy snacks, and physical activities	Mono County	Grades K-6	Free	End of school until 5 or 5:30
Healthy Start Lee Vining High School 51710 Hwy. 395 Lee Vining (760) 647-6194	Homework assistance, healthy snacks, and physical activities	Mono County	Grades 7-9	Free	End of school until 5 or 5:30

Young and Healthy Mammoth Middle School 1600 Meridian Blvd. Mammoth Lakes (760) 934-5533	Homework assistance, healthy snacks, and physical activities	Mono County	Grades 6-8	Free	End of school until 5 or 5:30
Bicycle Clubs					
USCF Cycling Club Great Basin Bakery 169 Lagoon Street Bishop (760) 873-1095	Organized biking trips	Mono County	All	Cost	Saturday- 10am
Bicycling					
Another Easy Short Ride	Mammoth has a partially constructed hiking/bike trail around town. The best part starts at the community park next to the Stove restaurant (actually across the street, but park in the park parking lot). Pick up the paved trail next to the bridge over Mammoth Creek and ride downhill into Sierra Meadows. This isn't very long, only a mile or so, but is one of the prettiest rides around. There is a rest area with a picnic bench near the bottom. The views from here are spectacular. Moderate uphill back to the parking lot.	Mono County	All	Free	
Benton Crossing Road	Park at the green church at HWY 395 and Benton Crossing Road, then ride east as far as you want to. The first ten miles or so are almost flat, so this is a good speed training ride. There really isn't an opportunity to make a loop out of it, so you will have to ride back the same way, but the view will be different coming back.	Mono County	All	Free	

Easiest Ride in Town	Drive up to Horseshoe Lake and park. Ride DOWN Lake Mary Road. You can go all the way to the Sheriff's substation along highway 395 without touching the pedals. About eight miles.	Mono County	All	Free	
Inyo National Forest (760) 924-5500	Biking	Mono County	All	Free	
June Lake Loop	Moderate 25 mile round trip with a 900' elevation gain. Begin at Oh! Ridge and ride west all the way to HWY 395, then ride back HWY 395 or turn around reverse course.	Mono County	All	Free	
Mammoth Mountain Bike Park (760) 934-0706	Biking	Mono County	All	Free	
Ride to Bishop	You can ride almost all the way to Bishop without riding on HWY 395. From Mammoth, ride down HWY 203 to HWY 395, go south a few miles to the Crowley Lake Drive turnoff. on the right. Ride through Crowley Lake, to Tom's place. South of the Crowley Lake township is one of the uphill stretches. Grunt. At Tom's place, get back on HWY 395 for a mile or so to the Lower Rock Creek turnoff. Follow that road all the way to Bishop, through Round Valley. About 35 miles one way.	Mono County	All	Free	

Ride to Hot Creek	About 12 miles round trip from town. Ride down HWY 203 to HWY 395, then go south on the highway to the Hot Creek turnoff and ride on out past the fish hatchery on the paved turning to dirt road. A nice alternative is to ride out old Mammoth Road to the dirt road through Sherwin Meadows, following it down to HWY 395, then south on the HWY for a short distance to the Hot Creek turnoff. The road through Sherwin Meadows begins just past the bridge over Mammoth Creek on Old Mammoth Road. Turn left and go past the Sierra Meadows Horse ranch and follow that road to the HWY.	Mono County	All	Free	
Ride to Red's Meadow	About 25 miles round trip. Ride up to Mammoth Mountain, up to Minaret Summit, and down, down, down to Red's Meadow Resort. Eat lunch. Then ride back up, up, and up to Minaret Summit, then down back to Grumpy's.	Mono County	All	Free	
Scenic Loop	Ride up from town to the Scenic Loop, then another 8 miles to HWY 395. Rolling moderate terrain with a 500' gain and loss. Then you can ride back along HWY 395 to make a loop, or just ride the Scenic Loop back. Light traffic.	Mono County	All	Free	
Tioga Pass	There is a lot of spectacular scenery, and one very big hill to ride up.	Mono County	All	Free	

Upper Lakes Basin	About seven miles round trip. You can circle Horseshoe Lake at the top if you are on a mountain bike, also ride up to Woods Lodge, circle Lake Mary, and have lunch at either Tamarack Lodge, Lake Mary Store, or Pokenobe Lodge. An alternative is to drive up to Lake Mary, park, and ride around. About 8 miles round trip if you circle the lakes.	Mono County	All	Free	
Community Center					
Community Center 1000 Forest Trail Mammoth Lakes (760) 934-9189	Organized activities	Mono County	All	Call for more information	
Fitness/Sports Club					
Bishop Fitness Center 192 E. Pine Street Bishop (760) 872-1059	Fitness center	Mono County	All	Call for more information	
Curves- Bishop 1180 N. Main St. #107 Bishop (760) 872-8783	Fitness center, cardio equipment, weights.	Mono County	All	Call for more information	
Movement in Mind 3399 Main Street Mammoth Lakes (760) 924-2043	Fitness center	Mono County	All	Call for more information	
Sierra Fitness 187 W. Line Street Bishop (760) 873-4848	Fitness center	Mono County	All	Call for more information	

Hiking					
Crystal Lake and Mammoth Crest	Crystal Lake is a moderate three-mile round trip. 650' elevation gain. Trail starts at the parking lot at Lake George on the left. Look for the marker. Near Crystal Lake is a fork in the trail that takes you on to the more strenuous Mammoth Crest Trail. About six miles round trip from the parking lot with 1600' elevation gain.	Mono County	All	Free	
Duck Pass	Several nice lakes along this moderate 12 mile round trip adventure. A good destination is Duck Pass. Trailhead at Coldwater campground.	Mono County	All	Free	
Emerald Lake and Sky Meadows	Easy 1.5 mile round trip to Emerald Lake and 4 miles round trip to Sky Meadows with a 900' elevation gain. Trail starts at the Coldwater trailhead up Lake Mary Road, left turn before Lake Mary to Coldwater campground. Park at the upper end of the camp in the day use parking area. Be sure to take the right trail, as the Duck Pass trail also starts here.	Mono County	All	Free	
Inyo Crater	Easy one mile round trip from the parking area. Take the scenic loop road to the Inyo Crater turn-off, drive the dirt road to the parking area.	Mono County	All	Free	
Inyo National Forest (760) 924-5500	Hiking	Mono County	All	Free	
Inyo National Forest Guided Nature Walks (760) 924-5500	Hiking	Mono County	All	Free	

Mammoth Mountain	Start at Twin Lakes on the back side of the lake at the campgrounds. Look for the marked trail. You can also walk DOWN the trail. Take the gondola to the top and hike down Dragon's Back past the Hole-in-the-Wall to the Lakes Basin. Arrange to be picked up.	Mono County	All	Free	
Panarama Dome	An easy one-mile hike round trip. Head up Lake Mary Road just past the Twin Lakes turn off on the left. Park in the wide turn out space. The trail starts just past the art gallery building.	Mono County	All	Free	
Rock Creek Lake	Easy 4 miles to Long Lake, and about 8 miles to Morgan pass. At 10,275' elevation, the trailhead/parking lot is the highest around. Very moderate grade trail passing some of the nicest meadows, lakes, and rugged peaks in the area.	Mono County	All	Free	
San Joaquin Ridge	Moderate 4 mile round trip. Take HWY 203 past Mammoth Mountain to Minaret Summit. Park and start walking to the north up the ridge. In a hundred yards or so you will find a dirt road. The route follows this road along the ridge for about 2.5 miles. Then a trail goes all the way to the summit.	Mono County	All	Free	

Shadow and Ediza Lakes	Moderate 6 mile round trip to Shadow and 12 mile round trip to Ediza. Start at Agnew Meadows and take the river trail. The first 2 miles are flat and easy, a great way to warm up. Trail crosses the San Joaquin River via a bridge then starts up for a mile to Shadow Lake. Pass Shadow and go up to Ediza, at the base of Ritter and Banner.	Mono County	All	Free	
Sierra Club Weekly Hikes (760) 934-3764	Hiking	Mono County	All	Free	
Snowcreek Athletic Club (760) 934-8511	Hiking	Mono County	All	Free	
TJ and Barrett Lakes	Easy 2 mile round trip. Trailhead starts at Lake George at the southernmost loop of the campground.	Mono County	All	Free	
Town of Mammoth Lakes Trails (760) 934-8989 x 222	Hiking	Mono County	All	Free	
Valentine Lake	Moderate to strenuous 10 mile round trip. Drive out old Mammoth Road and turn on the dirt road at Sierra Meadow ranch, go past the ranch by about 1.5 miles to the Mammoth Motocross turnoff on the left. Follow sign to the parking area. Easy flat beginning going up to Sherwin Lakes, then on to beautiful Valentine Lake.	Mono County	All	Free	
Valentine Reserve / SNARL (Summer Classes) (760) 935-4356	Hiking	Mono County	All	Free	
Youth Programs / Town of Mammoth Lakes Recreation Dept. (760) 934-8989 x 222	Hiking	Mono County	All	Free	

Kayaking/Canoeing					
Caldera Kayaks Crowley Lake Marina Mammoth Lakes (760) 934-1691	Lake kayaking lessons, rentals, tours	Mono County	All	Tours: \$50/person Lessons: \$45/adult; \$35/child TakeAway Rentals:\$40-\$60 Crowley Lake rentals: \$25-\$50	
Martial Arts					
Willie's Temple of Martial Arts 25 Innsbruck Place Mammoth Lakes (760) 934-1869	Martial arts	Mono County	All	Call for information	
Parks					
Gull Lake Park 90 W. Granite Avenue June Lake (760) 932-5510	Swimming, hiking, whitewater paddling, fishing	Mono County	All	Free	
Ida Lynn Parkinson Park 58869 Highway 120 Benton (760) 932-5510		Mono County	All	Free	
Inyo National Forest Office: 351 Pacu Lane #200 Bishop (760) 873-2400	Rock climbing, day-hiking, nature hikes, mountain biking, swimming	Mono County	All	Free	
Mammoth Creek Park Old Mammoth Road Mammoth Lakes	This park offers a play area designed for tots, toddlers and school-age children.	Mono County	All	Free	
Millpond Recreation Area: Sawmill Road Bishop (760) 873-5577	Skiing, kayaking, whitewater rafting, mountain biking, hiking.	Mono County	All	Free	

Mono Lake Tufa State Reserve: US Highway 395 Lee Vinning (760) 647-6331	Hiking, swimming, boating, and cross-country skiing are just a few of the many activities you can enjoy at this unusual lake.	Mono County	All	Free	
Shady Rest Park Old Mammoth Road Mammoth Lakes	Playground equipment, a sheltered picnic area, restrooms, picnic tables, sand volleyball courts, softball fields, soccer fields, a concession stand, pay phones and a parking	Mono County	All	Free	
Trails End Park/ Volcom Brothers Skate Park Old Mammoth Road Mammoth Lakes	Walking trails, children's play area, skate park.	Mono County	All	Free	
Whitmore Recreation Area Hwy 395 off Benton Crossing Road Mammoth Lakes	baseball diamond, two softball fields, six lane 25-meter pool, children's wading pool	Mono County	All	Free	
Yosemite National Park Lee Vining Pilates		Mono County	All	Free	
Hollee's Pilates 19 Country Bishop (760) 924-1068	Pilates	Mono County	Adults	Call for information	
Movement in Mind 3399 Main Mammoth Lakes (760) 924-2043	Pilates	Mono County	Adults	Call for information	
Recreational Activities					
Sierra Rock Climbing school 735 Orinda Drive Bishop (760) 937-2622	Rock climbing classes and guided tours	Mono County	All	Price varies	

Recreational Guide					
Bridgeport http://www.bridgeportcalifornia.com/pdf/RecreationalGuide.pdf	Activity guide	Mono County	All	Free	
Swimming					
Bishop City Park	Public swimming pool with slide and a wading pool. The pool operates during the summer and offers classes and other activities for all ages.	Mono County	All	Small fee per person	
Horseshoe Lake	The only lake in the Mammoth basin where swimming is permitted.	Mono County	All	Small fee per person	
Keough's Hot Springs	Eastern Sierra's largest natural hot springs pool.	Mono County	All	Small fee per person	
Snowcreek Athletic Club (760) 934-8511	A members-only health club, but guests are welcome for a small fee They have both an indoor and outdoor pool.	Mono County	All	Call for more information	
Whitmore Pool (760) 935-4222	Open June to September	Mono County	All	Small fee per person	
Yoga					
Bishop Yoga and Massage Center 150 E. Willow Street Bishop (760) 920-3764	Yoga	Mono County	All	Drop-in-\$10-\$12	
Hatha Flow Yoga Wednesdays Mill Creek Station Bishop (760) 937-3937	Yoga. Instructed by Kelly Doyle. It's all about creating balance in the body, for the mind ~ to stay connected with your spirit ~ bringing it together. Whether you've never done yoga, or you've been doing it your whole life, come join us to take some deep breaths and go with the flow. Dress comfortably and come with a smile	Mono County	All	Call for more information	5:30-7pm- Wed
Mammoth Lakes Community Center Forest Trail and Minaret (760) 934-8899	Yoga	Mono County	All	Drop-in-\$8	3-4:15pm Tuesdays

Tadasan Yoga 645 Old Mammoth Road Mammoth Lakes (760) 924-8746	Yoga	Mono County	All	Drop-in-\$16	