

Things to Do

Fort Bragg is a charming artists' community. There are many galleries to visit just by walking out the front door of the Living Light Center. Our community hosts many locally owned charming shops and boutiques, coffeehouses and cafes, local music and events. Below is a listing of just a few of the activities in the area including Mendocino Village, a historic Victorian village just 8 miles south of Fort Bragg.

Note: Living Light offers this information as a service to our students. We are not responsible for any experience you may have with these services.

Make the most of your time on the Mendocino Coast

Sites of Interest:

Mendocino Coast Botanical Gardens (707) 964-3114, 18220 N Hwy 1, Fort Bragg
Skunk Train-Sierra Railroad (707) 964-6371, Laurel St., FB www.skunktrain.com

Museums:

Ford House Visitor Center (707) 937-5397, Main St Headlands, Mendocino
Guest House Museum (707) 964-4251, 343 N Main St, Fort Bragg
Kelley House Museum (707) 937-5791, 45007 Albion St, Mendocino
Chinese Temple of Kwan Tai (707) 937-5123 Albion Street, Mendocino -by appt. only

Theatrical Entertainment:

Coast Cinemas (707) 964-2019, 167 S Franklin St.
Gloriana Opera Company (707) 964-7469, call for schedule and locations.
Mendocino Music Festival (707) 937-1045, Mendocino second week of July
Mendocino Theatre Company (707) 937-4777, 45200 Little Lake St, Mendocino
Opera Fresca (707) 937-3636, call for schedule and locations.

Where can I...

Grab a bite to eat? There are many fine dining establishments in Fort Bragg and Mendocino; most offer vegetarian and some vegan dishes, the following are just a few:

(*100% organic, **some organics available)

*Living Light Cuisine to GO (Raw) (707) 964-2420, Downstairs Company Store
*Café One (707) 964-3309, 753 N Main St, Fort Bragg
**Mendo Bistro (707) 964-4974, Upstairs Company Store, Fort Bragg
*The Ravens Vegetarian Restaurant (707) 937-5615, 44850 Comptche-Ukiah Rd, Mendocino
**Headlands Coffeehouse (707) 964-1987, 120 E Laurel, Fort Bragg

Buy some great organic, natural food?

Down Home Foods (707) 964-4661, 115 S Franklin St, Fort Bragg
Harvest Market (707) 964-7000, 171 Boatyard Dr, Fort Bragg
Corners of the Mouth (707) 937-5345, 45015 Ukiah St, Mendocino

Do my laundry?

Lucy's Laundry (707) 964-1713, 124 S. Main St, Fort Bragg (near Longs)
Colombi Laundromat (707) 964-5773, 647 Oak St, Fort Bragg

Find a good book to read?

Cheshire Books (707) 964-5918 345 N. Franklin Street, Fort Bragg
Fort Bragg Public Library (707) 964-2020 499 Laurel Street Fort Bragg
Gallery Bookshop (707) 937-2665 Main & Kasten St , Mendocino
Living Light Marketplace (707) 964-2420, Downstairs Company Store

Fine-Tuning

Health Clubs:

Curves for Women (707) 962-0400, in the Company Store, Fort Bragg
Redwood Health Club (707) 964-6336, 401 Cypress St, Fort Bragg
Mendocino Sports Club (707) 964-6290, 18660 N Hwy 1, Fort Bragg

Massage, Energy Work and Day Spa Services:

Bamboo Garden (707) 962-9396, in the Company store Fort Bragg
Transformative Body Therapy (707) 964-4343, 247 N. Main St, Fort Bragg
North Star Massage (707) 964-4271, **in-room hotel service**, Fort Bragg
Natural Healing/Coast Motel (707) 964-2852, 18661 N Hwy 1, Ft Bragg
Sweetwater Spa (707) 937- 4140, 955 Ukiah St. Mendocino

Yoga

Fort Bragg Yoga Studio (707) 367-3741 426 S. Franklin Street, Fort Bragg
The Center - Iyengar Yoga (707) 961-1477 or (707) 813-7117 near the school

Enjoy the Great Outdoors

The Old Haul Road, just north of Fort Bragg, past Pudding Creek beach, is where most locals get their exercise walking, jogging or cycling along the seven miles of paved walkway along the ocean.

Take a walk on one of Fort Bragg's lovely beaches, **Pudding Creek Beach** (north end of Main Street) or **Glass Beach** (end of Elm Street)

Bicycle Rentals:

Fort Bragg Cyclery (707) 964-3509, 221 N Main St, Fort Bragg
Catch A Canoe & Bicycles, Too (707) 937-0273, Hwy 1 at Comptche-Ukiah Rd, Mendocino

Horseback Riding:

Ricochet Ridge Ranch (707) 964-7669, Cleone www.horse-vacation.com
Lost Coast Trail Rides (707) 964-7071, 31901 Bruhol Rd, Fort Bragg

Kayaking:

Catch A Canoe & Bicycles, Too (707) 937-0273, Hwy 1 at Comptche-Ukiah Rd, Mendocino
Lost Coast Kayaking (707) 937-2434, 8211 N Hwy. 1, call for reservations

Whale Watching Excursions (Noyo Harbor):

All Aboard Adventures (707) 964- 1881
Lady Irma II (707) 964-3854
Telstar Charters (707) 964- 8770

State Parks:

Enjoy the flora and fauna along the coastal and forest hiking trails of our local State Parks and reserves. Don't forget to bring your camera -- www.parks.ca.gov

MacKerricher State Park - 3 miles north of Fort Bragg in Cleone

Russian Gulch State Park - 2 miles north of Mendocino

Jug Handle State Reserve - 4 miles south of Fort Bragg near Caspar

Caspar Headlands State Reserve & Beach - halfway between Mendocino & Fort Bragg

Mendocino Headlands State Park - in Mendocino

Van Damme State Park - in Little River, 3 miles south of Mendocino

Navarro River Redwoods State Park - 10 miles south of Mendocino

Point Cabrillo Lighthouse - www.pointcabrillo.org - wildflower walks, tours

Point Arena Lighthouse - www.pointarenalighthouse.com

Fort Ross State Historic Park - www.fortrossstatepark.org

For more options and ideas please visit our local chamber of commerce at www.mendocinocoast.com, or try www.fortbragg.com, or www.mendocino.com, for a great list of services...and much, much more!