HOW TO BE A HEALTHY TRAVELER

We’ve missed you and are thrilled to welcome you back! As of Friday, June 12th at 8:00 a.m. the Santa Barbara South Coast is officially open for leisure travel. However, things are going to be a bit different while we continue to protect each other from coronavirus. When it comes to your health and safety, we want to ensure that your expectations are not only being met but exceeded.

To demonstrate that you can put your trust in us, we’ve created this guide to arm you with essential need-to-know information to prepare you for your escape to Santa Barbara. From local rules and regulations to social-distancing friendly activities and itinerary inspiration, read on to learn how to be a healthy, informed traveler in Santa Barbara.

IS IT SAFE TO TRAVEL TO SANTA BARBARA?

Being a safe, responsible, and respectful traveler has never been more important. It’s in your best interest, as well as those of our residents, workforce, and fellow visitors. Please do your homework upfront and be prepared to adhere to the following guidelines:

**Face Coverings:** In Santa Barbara County, face coverings are **required by law in some public spaces** for those age 13 and older. You are required to wear a mask or similar item that completely covers your nose and mouth in the following situations:

- in lines to enter businesses
- inside of businesses, such as hotel public areas or restaurants (except when seated and removed for eating and drinking)
- picking up food from your car window
- on all public transportation and in rideshares

Strolling down State Street’s pedestrian corridor. Photo Credit: Blake Brenstad
Santa Barbara County Public Health also recommends (but does not require) that people wear face coverings when walking or exercising outdoors, especially if social distancing of 6 feet is not possible. Pro tip: If you’re on less populated trails or at the beach, simply pull up your mask when you encounter other people in close proximity (but you don’t need to wear a mask in the water).

If you’d like to add some stylish masks to your collection, you can support our small business community and make a fashion statement by shopping with the following local retailers: Catherine Gee, Johnny Was, Loveworn, Ace Rivington and Peanuts (for kids).

**Keep Your Distance**: Practicing social distancing is required. Please remain six feet away from those not in your traveling party at all times.

**State Street Goes Pedestrian**: We are delighted to share the news that State Street has been closed to car traffic from Sola to Haley Streets. This makes it easier to social distance—and State Street makes for a lovely pedestrian promenade. When traveling on State Street, please use the street for walking rather than the sidewalk. If you’re biking along State Street, proceed slowly. Cross streets will remain open to vehicle traffic so please be mindful of traffic lights.

**Before Traveling**: Be aware of the latest travel advisories and best-health practices from the Centers for Disease Control and Prevention and U.S. State Department.

**Call Ahead**: Before visiting, we recommend confirming all reservations—especially if you made them in advance of the pandemic. This applies to hotels, restaurants, and attractions, as businesses are reopening at different paces with different guidelines for their guests.
OPT OUTSIDE

We are all craving the healing powers of nature and fresh air these days, and medical experts agree that being outdoors in wide-open spaces is one of the safest ways to practice social distancing. Fortunately, we have an abundance of outdoor environments and activities awaiting you. Here are seven different ways you can experience Santa Barbara al fresco:

**Beeline to the Beach:** Our beaches are one of our community’s most prized resources. Whether you want to catch the sunrise or sunset on a beach walk, take a refreshing dip in the Pacific or relax on our sandy shores, you’ll have miles of coastline to explore and enjoy. Here’s a [guide to seven not-to-be-missed beaches](#).

**Take a Hike:** With the Los Padres National Forest in our backyard and the towering Santa Ynez Mountains as our front country, there are several hiking trails to choose from. Check out our guide to [Santa Barbara’s best hikes](#). Or up the ante and chase waterfalls on one of these [four hikes](#).

**Bike Around:** Rent a bike or borrow one from your hotel and feel the refreshing ocean breezes on your face as you cruise along the Cabrillo Bike Path. More experienced road cyclists will revel in the challenging terrain of Gibraltar Road, while mountain bikers can tear it up on trails running through the Los Padres National Forest. See our [hiking resources](#) to learn more.

**Surf & SUP:** Surf culture is in Santa Barbara’s DNA and we’ve got a [line-up of stellar breaks](#), from the mellow waves of Leadbetter Beach to the more challenging windswept Jalama Beach County Park. If [stand up paddle boarding](#) is more your speed, rent a board to cruise around the Harbor and Stearns Wharf. Click [here](#) for the scoop on all things surf.

**Go Kayaking:** Paddling around the Santa Barbara waterfront is a rewarding adventure, between the serene coastal views and the marine life sightings. Rentals, guided excursions, and lessons are available through our [local outfitters](#).

**Tee Off on the Green:** Almost all of Santa Barbara’s [golf courses](#) are all up and running and just as pleasant as ever.

**Self-Guided Tours:** Familiarize yourself with Santa Barbara’s architectural and historic landmarks on a [self-guided tour](#). While you might not be able to go inside every building, you can appreciate their exterior beauty and elegance from the outside. You can also see how a local architect [Jeff Shelton](#) interprets Santa Barbara’s signature style through a contemporary lens on a scavenger-hunt style tour of his projects located...
in the downtown core. Lastly, take an oceanfront tour of Santa Barbara’s iconic coastline with a waterfront sailing or whale watching cruise. Lil’ Toot is ready, mask and all!

LOCAL MEDICAL RESOURCES

If you do end up feeling ill while visiting Santa Barbara, here is the need-to-know hospital information:

- Please call your doctor for guidance if you develop symptoms, or visit Cottage CareNow for a COVID-19 assessment and guidance.
- Call ahead if you are going to visit a healthcare provider in person, so precautions can be taken to prevent spread of germs.
- If you are experiencing a life-threatening emergency, call 911.
- Individuals with symptoms of COVID-19 seeking care at our hospital emergency departments will be screened and triaged based on symptoms.

These are the main hospitals in our county:

- **Santa Barbara Cottage Hospital**: 400 W. Pueblo St., Santa Barbara; 805-682-7111
- **Goleta Valley Cottage Hospital**: 351 S. Patterson Ave., Goleta; 805-967-3411
- **Santa Ynez Valley Cottage Hospital**: 2050 Viborg Rd., Solvang; 805-688-6431

Even vacations can be stressful at times. If you are in distress, Santa Barbara offers a free, confidential health and human services hotline available 24/7 in multiple languages. Call 2-1-1 or 800-400-1572 to talk to specialist in areas including mental wellness, substance abuse and more.

WHAT ELSE IS OPEN IN SANTA BARBARA?

Many of our restaurants are now open for dine-in service at reduced capacities that allow for proper social distancing—so getting a reservation at that hot spot day-of is more challenging. Again, this is where a little advance planning will pay off!

Our wineries and breweries have adapted to the reopening rules by offering food service along with tastings and implementing social distancing revamps. Retailers are open and limiting the amount of customers allowed in at once. Museums and cultural attractions are awaiting clearance to reopen, while live entertainment and festivals won’t return until the last phase of reopening.

We thank you in advance for your cooperation and appreciate your support of our community!