Crescent Bay is a large cove about 1/4 mile in length. It is located where Cliff Drive intercepts North Coast Highway. The beach is a sandy stretch with rocky areas at the north and south ends. Off the north point there is a large rock about 120 yards off shore called Seal Rock because of the seals and sea lions that take refuge there.

Shaw's Cove is located at the base of Fairview Street and is approximately 500 feet in length. The best diving is on the west side of the cove. When conditions are mild enough to permit it, the rocks are pleasant for strolling and tide pooling. Skimboarding is not allowed.

Fisherman's Cove / Boat Canyon, whose cove is approximately 400 feet long, has stairway access along the side of the Diver's Cove condos. The beach will wash out at moderate high tides. All along the beach the bottom is rocky, and there is a drop-off about five feet out from the shore. The upper beach area is popular with divers, but should be avoided by swimmers.

Diver's Cove has a beach that is 300 feet long and joins Picnic Beach at its southern end. Because of the structure of the cove, it is very popular with families, and the water is usually crowded with children and waders. Under high tides or surf conditions the rocks and point are closed.

Picnic Beach is approximately 700 feet long and located below Heisler Park. This beach is very popular groups of skin and scuba divers and families. Skimboarding is not allowed. During large surf conditions and/or high tide the south rocks are closed.

Rockpile Beach is located at the South end of Heisler Park and is approximately 700 feet long. It is somewhat isolated, but at lower tides can provide an excellent experience. However, it is especially during the winter months. During extremely low tides it is possible to get close to Bird Rock, a bird sanctuary, which is off limits to people. Swimming and bodyboarding are not permitted. The ocean floor is comprised almost entirely of rock and getting in and out of the water can prove difficult.

Main Beach is the largest and most popular stretch of beach in Laguna. It is located in the middle of the town where Broadway and Ocean Avenues intersect Coast Highway. One of Laguna’s famous landmarks, the historic Heisler tower, is located here. Surfing is not permitted during the summer months. There is a boardwalk that runs the length of the beach so it is a nice place to take a walk or people watch. Close to restaurants and downtown shopping.

Sleepy Hollow, located just south of the signal at Legion and Pacific Coast Hwy, access this beach via a stairway located on Sleepy Hollow Lane. Pacific Edge Hotel overlooks this beach and is a popular area for the hotel guests to visit. The reef at the southern end of the beach offers excellent waves for body boarding.

Cleo Street Beach is an友谊ally family beach close to downtown at the end of Cleo Street. There’s even a shipwreck here about 200 yards offshore. Known as the Cleo Street Barge, the wreck is more than 50 years old.

St. Ann’s Beach is a spot for all ages who are into swimming. The whole area is a rock reef with one section of sandy bottom.

Thalia Street is used almost exclusively by locals who are into surfing and skimming. It is a surfing beach and is not for use by swimmers or body boarders. Swimming is permitted south of the beach (past the surf flag) at the northern end of Thalia Street beach. It is located down the stairs below Thalia Street Surf Shop.

Oak Street is north of Brooks Street and extends north past Anita Street. Mostly older locals come to this beach and locate themselves to the south. A younger set of locals gathers close to the tower. Surfing is not allowed. The entire stretch of Oak Street also has a rocky bottom with a rock reef extending out from Brooks Street.

Brooks Street is a surfing beach and is not intended for those wanting to swim or bodyboard. A good south swell can generate some long lefts that start breaking all the way out at Second Reef. The entire bottom is a rocky reef with rock exposure during low tides.

Cress Street Beach with its interesting rock formations can be tricky to find. Head down Cress Street toward the beach, then look for stairs that descend to the sand.

Mountain Street Beach is surrounded by Cress Street Beach to the north and Bluebird Beach to the south. There are many submerged rocks in the area. Although the rocks make ocean sports difficult, some local prefer this beach’s seclusion.

Bluebird Beach is located in front of the Surf & Sand Resort. The ramp that leads down to the beach is located at the corner of South Coast Highway and Bluebird Canyon. This beach is popular with guests of the hotel as well as local residents. Most of Bluebird Beach is a sandy stretch with a strong shore break wave that is popular with body surfers. There are also several small reefs on the southern end of the beach that are popular with body boarders, and swimmers.

Agate Street Beach is located just north of Pearl Street. Surfing is black balled (not allowed) between noon and 5am each day through the summer months (June 15th—September 15th).

Pearl Street Beach is a popular local spot. Enter down the stairs at the end of Pearl Street. The area is fairly rocky with reefs at the north and south ends. No, swimming, jumping or diving is permitted off Arch Rock. Earth-colored formations protect thousands of shorebirds and sea life. Surfing is prohibited.

Wood's Cove and Lovers' Cove are both accessible at this beach. The crowd is largely local families that live near this cove. This is one of the most active beaches in Laguna even though it’s fairly small in size. High tides can make this spot inaccessible.

Moss Point is a secluded cove north of Rockledge and south of Wood’s Cove. The cove is very small, and even at low tide it doesn’t hold many people. The few people who come down are locals and divers. During large swells, the cove may experience large surf and strong rip currents that makes this beach to avoid for swimmers. Access it by walking down Moss Street off South Coast Highway.

Victoria Beach in South Laguna is known for its medieval-looking tower rising from the sand that was built in 1926. It’s visible from the beach at low tide. The people who use this beach are locals who live in the area. The rock area to the north is popular for sightseers.

Christmas Cove is the northern most beach that is easily accessible from Montage Laguna Beach. The best access to the beach is by way of the ramp at the end of the Montage Resort park area. Golf Cove is just off to the left at the bottom of the ramp. The beach is a good alternative to the larger crowds at Treasure Island. This beach is a mix between sand bottom and rocky reef.

Golf Cove is located between Treasure Island and Christmas Cove. It is best accessed by the stairs that lead down from the Montage Resort, just at the beginning of the park. It can also be reached by the ramp that leads down to Christmas Cove. Middle Man Cove is the next cove south of Golf Cove. The beach is relatively protected from most surf and results in some great snorkeling and scuba diving opportunities. This beach has a rocky bottom with usually, small shorebreak type surf. The beach can become steep at times depending on the sand.

Allco Beach Park is family friendly with large sandy beaches and views of wildlife perched atop rock formations. oc-parks.com

West Street Beach carries the undocumented title as Laguna’s primary gay beach. This spacious beach on the southern end of town offers great opportunities for sunning, swimming, skinboading, and volleyball.

Thousand Steps Beach, tucked away in South Laguna, is located directly across the street from 9th Street and South Coast Highway. There is a sign and approximately 300 steps leading down to the beach. The beach stretches about seven blocks. Cliffs are to the right and the left.

Table Rock is small enough to feel private but still just big enough to stretch out a title. The beach itself is cut in half by the flat rock from which it draws its name. On calm days, it’s fun to explore this outcropping, plus enjoy the formations to the north and south. On bigger days, lifeguards will keep you off the rocks completely. Table Rock is popular with pro skiboarders and for those that love snorkeling.