

PHYSICAL ACTIVITY RESOURCES | NUTRITION RESOURCES | INTERNET RESOURCES

*Network for a Healthy California*

# Be Active Resource Directory

*Inyo County*



*The Network for a Healthy California—  
Desert Sierra Region*



# Be Active Resource Directory

9-2011

• Inyo County •

- A directory including **free & low cost** physical activity, nutrition & health assistance resources

It is our hope that this resource directory will prove to be a valuable tool for families in discovering activities that are free or reasonably priced; for professionals in promoting affordable referrals for their low-income clients; and the community at large who are dedicated to promoting health and wellness for all adults, children and youth. Most of the community resources are specific to physical activity and nutrition services; however, some provide other health services. The directory may be downloaded for free at <http://www.sbcounty.gov/eatwell>.

For more information, or to inquire how you can have your resource listed in the Be Active Resource Directory, please contact:

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This material was produced by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).

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# Physical Activity Resources



# Inyo County: Physical Activity Resources

Program/ Organization	Description	Target Population	Cost
<b>AMUSEMENT PARKS / INDOOR RECREATION</b>			
<b>BASEBALL</b>			
<b>Bishop Little League</b> P.O. Box 1815 Bishop, 93515 Angela Riesen (760) 937-0060	Baseball, T-ball	All	Prices Vary
<b>BOATING</b>			
<b>Diaz Lake Campground</b> 3 miles south of Lone Pine on U.S. Highway 395, 93545 (760) 876-5656 Email: <a href="mailto:diazlake@inyocounty.us">diazlake@inyocounty.us</a>	80-acre lake. Swimming, fishing, tackle shop, water skiing, picnicking, boating, grills, fire rings, tables, flush restrooms, well water, some water hook-ups, play equipment, 200 spaces. No shower facilities.	All	Prices vary, reservations suggested.
<b>Twin Lakes</b> Hwy 420 on Twin Lakes Road near the north end of the town of Bridgeport, 93517	Hiking, camping, fishing, boating.	All	FREE
<b>BOWLING</b>			
<b>Back Alley Bowling</b> 649 N Main St. Bishop, 93514 (760) 873-5777	Bowling	All	Prices Vary
<b>CAMPING</b>			
<b>Baker Creek Campground</b> Via U.S. 395, just north of the Town of Big Pine, turn west on Baker Creek Road, one-mile to campground, 93513 <b>Inyo County Parks &amp; Recreation</b> (760) 873-5577	Vault toilets, stream fishing, well water, tables, grills, fire ring, 70 camp spaces. No shower facilities, no hook-ups.	All	Prices Vary. Senior discounts available.
<b>Brown's Town Campground (concessionaire operated)</b> 1-mile south of the City of Bishop on Highway 395, next door to the Bishop Golf Course, 93514 <b>(760) 873-8522</b>	Flush restrooms, showers, piped water, tables, grills, 100 camp spaces, water and electrical hook-ups, laundry facilities and cable available at some campsites.	All	Prices Vary
<b>Diaz Lake Campground</b> 3 miles south of Lone Pine on U.S. Highway 395, 93545 (760) 876-5656 Email: <a href="mailto:diazlake@inyocounty.us">diazlake@inyocounty.us</a>	80-acre lake. Swimming, fishing, tackle shop, water skiing, picnicking, boating, grills, fire rings, tables, flush restrooms, well water, some water hook-ups, play equipment, 200 spaces. No shower facilities.	All	Prices vary, reservations suggested.

<b>Glacier View Campground (concessionaire operated)</b> Located one-half mile north of the Community of Big Pine, CA on Highway 395, 93513 <b>Concessionaire – (760) 872-6911 or (760) 873-8522</b>	Showers, campsites with water and electrical hook-ups. No dump station available.	All	Prices Vary
<b>Independence Creek Campground</b> Via U.S. 395, turn west in Independence on Market Street, 1-mile to campground, 93526 <b>Inyo County Parks &amp; Recreation (760) 873-5577</b>	Vault toilets, stream, table, grills, potable water, fire rings, 25 camp spaces. No shower facilities. No hook-ups.	All	Prices vary. Senior discounts available.
<b>Millpond Campground (concessionaire operated)</b> Via U.S. 395, 6 miles NW of Bishop same entrance as Millpond Recreation Area. Turn South on Ed Powers Road from Highway 395, turn west on Sawmill Road, to Park entrance, 93514 <b>Concessionaire – (760) 937-6775</b>	Showers, electric and water hook-ups, flush toilets, concession stand.	All	Prices Vary Senior discounts available.
<b>Portagee Joe Campground</b> Via U.S. 395, turn west in Lone Pine on Whitney Portal Road, 1-mile to Tuttle Creek Road, turn south to campground entrance. <b>Inyo County Parks &amp; Recreation (760) 873-5577</b> Lone Pine, 93545	Vault toilets, tables, grills, potable water, fire rings, stream, 15 camp spaces. No shower facilities.	All	Prices vary. Senior discounts available.
<b>Pleasant Valley Campground</b> Via U.S. 395, 6 miles NW of Bishop. Turn north on Pleasant Valley Road. 1-mile to campground, 93514 <b>Inyo County Parks &amp; Recreation (760) 873-5577</b>	Vault toilets, tables, grills, fire rings, potable water. Year round fishing in the Owens River, 200 camp spaces. No shower facilities, no hook-ups.	All	Prices Vary
<b>Taboose Creek Campground</b> Via U.S. 395, 14-miles north of Independence, turn west on Taboose Creek Road, 2-miles to campground, 93635 <b>Inyo County Parks &amp; Recreation (760) 873-5577</b>	Vault toilets, stream, well water, tables, grills, fire rings, stream fishing, 50 camp spaces. No shower facilities, no hook-ups.	All	Prices Vary. Senior discounts available.
<b>Tecopa Hot Springs Campground (concessionaire operated)</b> 400 Tecopa Hot Springs Road, 92389 <b>Concessionaire - (760) 852-4481</b> <a href="http://www.clm-services.com">www.clm-services.com</a>	Restroom facilities, showers, two bathhouses with separate enclosed men's and women's hot mineral pools, a small invalid pool, play equipment and a community center. 200 campsites, some electrical hookups. Rock hounds will enjoy looking for amethysts, opals and petrified wood in the nearby area.	All	Prices Vary

<b>Tinnemaha Campground</b> Via U.S. 395, 19-miles north of Independence, turn west on Fish Springs Road, one-half mile to Tinnemaha Road, turn west 2-miles to campground, 93526 <b>Inyo County Parks &amp; Recreation</b> (760) 873-5577	Vault toilets, stream, grills, fire rings, tables, stream fishing, 55 camp spaces. No shower facilities, no potable water, no hook-ups.	All	Prices Vary. Senior discounts available.
<b>Twin Lakes</b> Hwy 420 on Twin Lakes Road near the north end of the town of Bridgeport, 93517	Hiking, camping, fishing, boating.	All	FREE
<b>COLLABORATIVE</b>			
<b>Desert Sierra Health Network (DSHN)</b> 351 N. Mountain View, San Bernardino, 92408 909-387-6320 or 951-358-5880 <a href="http://www.sbcounty.gov/eatwell">http://www.sbcounty.gov/eatwell</a>	A collaborative of local organizations, schools, government agencies and businesses promoting health and fitness to residents of the Desert Sierra Region	Adults	FREE
<b>COMMUNITY CENTERS</b>			
<b>Big Pine Senior Center/Big Pine Town Hall</b> 150 Dewey Street, Big Pine, 93513 (760) 938-2345	Variety of classes	Seniors	Prices Vary
<b>Bishop Senior Center</b> 506 Park Avenue, Bishop, 93514 (760) 873-5240	Lunch served Monday – Friday at 12pm.	Seniors	Small donation suggested.
<b>Independence Senior Center American Legion Hall</b> Edwards Street, Independence, 93526 (760) 878-0396	Variety of classes- Open Fridays only.	Seniors	Prices Vary
<b>Tecopa Senior Center Hurlbutt-Rock Community Hall</b> 405 Tecopa Hot Springs Road Tecopa, 92389 (760) 852-4264	Variety of classes including exercise and dance classes. Senior meal program served Monday-Friday.	Seniors	Prices Vary, Donation suggested
<b>DANCE</b>			
<b>EQUESTRIAN</b>			
<b>Millpond Equestrian Center</b> Sawmill Road, Bishop, 93514 (760) 873-6037	Horseback riding – training & lessons	All	Prices Vary
<b>FITNESS/SPORTS CLUB</b>			
<b>Bishop Fitness Center</b> 192 E Pine St. Bishop, 93514 (760) 872-1059	Full service gym	All ages	Discounts available for Seniors and students.



<b>Curves</b> 1180 N. Main St. Bishop, 93514 (760) 872-8783	Circuit training fitness classes for women.	Women	Prices Vary
<b>Sierra Mountain Center</b> 174 W. Line Street, Bishop, 93514 (760) 873-8526 <a href="http://www.sierramountaincenter.com">www.sierramountaincenter.com</a>	Rock climbing, summer mountaineering, waterfall ice climbing, backcountry skiing, guide training, summer and winter instruction and custom guiding.	All	Prices Vary
<b>GOLF/MINIATURE</b>			
<b>Bishop Country Club</b> 1-mile south of Bishop on Hwy 395, 1200 S. Hwy 395 Bishop, 93514 (760) 873-5828 <a href="http://www.bishopcountryclub.com">www.bishopcountryclub.com</a> or email at <a href="mailto:info@bischopecountryclub.com">info@bischopecountryclub.com</a>	Golf, bar and restaurant	All	Prices Vary
<b>Furnace Creek Inn &amp; Ranch Resort</b> 328 Greenland Blvd. Death Valley 92328 (760) 786-2345 <a href="http://www.furnacecreekresort.com">www.furnacecreekresort.com</a>	Swimming, tennis, walking, jogging, hiking, guided trail horse-back rides, gym, golf, carriage rides, hay wagon rides, pilates and yoga classes.	All	Prices Vary; Discounts available for senior citizens, military personnel and AAA members.
<b>Mt. Whitney Golf Club</b> 2559 S. Main St., Lone Pine, 93545 (760) 876-5795	Golf	All	Prices Vary
<b>HIKING</b>			
<b>Alabama Hills Arch Nature Trail Walk, BLM</b> Pacu Lane, Ste 100, Bishop, 93514 (760) 872-5000 <a href="http://www.blm.gov/ca/st/en/fo/bishop.html">www.blm.gov/ca/st/en/fo/bishop.html</a>	Hiking	All	FREE
<b>Big Pine Canyon</b> 15-miles south of Bishop, 93513	Hiking	All	FREE
<b>Bishop Creek</b> West of Bishop. Follow West Line Street (Hwy. 168 West) up Bishop Creek Canyon, 93514	Hiking	All	FREE
<b>Bodie</b> A few minutes north of Conway Summit, 93517	Hiking	All	FREE
<b>Buttermilk Country</b> West of Bishop. Along Hwy 168, 93514	Hiking	All	FREE
<b>City of Bishop</b> Travel east toward the Owens River 93514	Hiking	All	FREE



<b>Convict Lake</b> 6 miles south of Mammoth Lakes off Hwy 395, 93546	Hiking	All	FREE
<b>Conway Summit</b> Continue north on Hwy 395 to Conway Summit, 93517	Hiking	All	FREE
<b>Green Creek</b> 5-miles south of Bridgeport located between Conway Summit and the community of Bridgeport, 93517	Hiking	All	FREE
<b>Inyo County Outdoor Science School</b> Sugar Loaf Road in Big Pine (760)878-2426 <a href="http://www.inyo.k12.ca.us">www.inyo.k12.ca.us</a>	Outdoor science camp education including camping and hiking activities.	Youth; grades K-12	Prices vary.
<b>June Lake Loop</b> 20-miles north of Mammoth Lakes off Hwy 395, 93529	Hiking, fishing, boating	All	FREE
<b>Lee Vining Canyon</b> 35 miles north of Mammoth Lakes. Take 395 to the Tioga Pass/Yosemite National Park turnoff, 93541	Hiking, tufa towers, bird watching	All	FREE
<b>Lower Rock Creek</b> The "Old Road" just north of Bishop on Hwy 395, 93514	Hiking	All	FREE
<b>Lundy Canyon</b> 45 miles north of Mammoth Lakes. Travel north on Hwy 395, 93541	Hiking, fishing	All	FREE
<b>Mammoth Lakes</b> Follow Main Street to Lake Mary Road and continue 2 miles, 93546	Fishing, hiking, boating	All	FREE
<b>McGee Creek Canyon</b> 10 miles-south of Mammoth Lakes off Hwy 395, 93546	Hiking	All	FREE
<b>Rock Creek Canyon</b> 30 miles north of Bishop off Hwy 395, 93514	Hiking	All	FREE
<b>Round Valley</b> 9-miles north of Bishop, 93514	Hiking	All	FREE
<b>Twin Lakes</b> Twin Lakes Road begins near the north end of the town of Bridgeport, 93517	Hiking, camping, fishing, boating.	All	FREE

<b>Virginia Lakes</b> Continue north on Hwy 395 past the turnoff to Lundy Lake to Conway Summit, 93541	Hiking, fishing	All	FREE
<b>MARTIAL ARTS</b>			
<b>NATURE CENTER/HIKING</b>			
<b>Ancient Bristlecone Pine Forest</b> 26-miles east of Big Pine off State Hwy 168, 93513 <b>White Mountain Ranger Station</b> 798 N. Main Street, Bishop (760) 873-2500	Fishing, camping, biking, backpacking, off Hwy drives, pack trips, bird watching	All	FREE
<b>PARKS AND RECREATION CENTERS</b>			
<b>Inyo County Parks &amp; Recreation</b> 163 May St., Bishop, 93514 (760) 873-5577 <a href="http://www.inyocountycamping.com/">http://www.inyocountycamping.com/</a>	Parks and campgrounds	All	Prices vary
<b>Inyo County Parks &amp; Recreation</b> Cottonwood Plaza, Suite 3G 785 N Main Street Bishop, 93514 (760) 873-5577	Parks and campground	All	Prices Vary

<b>Inyo County Parks open free to the public from dawn to dusk upon availability</b>			
<b>Alabama Hills Recreation Park</b> – In Mount Langley, off of Ranger Station Road, 93545 <b>Big Pine Triangle County Park</b> – In Big Pine, off the 168 Freeway, 93513 <b>Bishop City Park</b> – In Bishop, off of Park Ave, 93514 <b>California Bighorn Sheep Zoological Area</b> – In Kearsarge Park off of N Oak Creek Rd, 93526 <b>Death Valley National Park</b> – In Tucki Wash, off the 190, 92328 <b>Dehy Park</b> – In Independence, on N Edwards St, 93526 <b>Diaz Lake Recreation Area</b> – In Lone Pine, off 395 toward Bishop/Adelanto, 93545 <b>Independence Park</b> – U.S. 395 Independence, CA, 93526 <b>Izaak Walton Park</b> – In Bishop, off of W Line Street, 93514 <b>Last Chance Meadow Research Natural Area</b> – In Cirque Peak, on Horseshoe Meadows Rd, 93549 <b>Manzanar National Historic Site</b> – In Manzanar, off 395 toward Bishop/Adelanto, 93526 <b>Mendenhall Park</b> - In Big Pine, off of Baker Creek Road, 93513 <b>Millpond Recreation Area</b> – Bishop Off the 395, Turn south on Ed Powers Road, turn west on Sawmill, 93514 <b>Merritt Park</b> – Manzanar, off the 395 toward Bishop/Adelanto, 93526 <b>North Park</b> – Manzanar, off the 395 toward Bishop/Adelanto, 93526 <b>Owens Lake Silver Lead Furnace Historical Marker</b> – Dolomite, off of CA 136, 93545 <b>Spainhower Park (formerly Lone Pine Park)</b> – Lone Pine, CA, 93545 <b>Starlite Park</b> – Apollo Rd. Bishop, 93514 <b>Tecopa Hot Springs County Park</b> – Tecopa, on Dawn Loop, 92389 <b>TriCounty Fairgrounds</b> – In Bishop, on Wye Rd, 93514			
<b>RECREATIONAL ACTIVITIES</b>			
Inyo County includes Big Pine, Bishop, Death Valley, Independence and Lone Pine Visit county website for detailed information on the various recreational activities available. <a href="http://www.TheOtherSideOfTheSierra.com">www.TheOtherSideOfTheSierra.com</a>			

<b>Ancient Bristlecone Pine Forest</b> 26-miles east of Big Pine off State Hwy 168, 93513 White Mountain Ranger Station (760) 873-2500	Fishing, camping, biking, backpacking, off hwy drives, pack trips, bird watching.	All	Prices Vary
<b>Bishop Area Chamber of Commerce and Visitors bureau</b> 690 N. Main Street, Bishop 93514 (760) 873-8405 (888) 395-3952 <a href="http://www.BishopVisitor.com">www.BishopVisitor.com</a>	Information on fishing, camping, golfing, pack trips, horseback riding, sightseeing, photography, hiking, rock climbing, bouldering, snowshoeing, cross country skiing, wild life viewing, RVing.	All	Prices Vary
<b>Death Valley Chamber of Commerce</b> PO Box 157, Shashone, Ca 92384 (760) 852-4524 <a href="http://www.deathvalleychamber.com">www.deathvalleychamber.com</a>	Information on biking, bird watching, camping, children's playgrounds, golfing, hiking, horseback riding, hot springs soak, interpreted trails, motor touring, off road vehicles, parasailing, photography, rock hounding, star parties, swimming, tennis and wildflower / wildlife viewing. Free Visitors guide available for download.	All	Prices Vary
<b>Independence Chamber of Commerce</b> PO Box 397, Independence 93526 (760) 876-4444 <a href="http://www.independence-ca.com">www.independence-ca.com</a>	Community calendar, attractions, annual events and activities. Information on fishing, camping, climbing, hiking, mountain biking, exploring, off road vehicles, hunting, rock hounding, bird watching, photography, cross country skiing and snowshoeing.	All	Prices Vary
<b>Lone Pine Chamber of Commerce</b> 120 S. Main Street, PO Box 749, Lone Pine <a href="http://www.lonepinechamber.org">www.lonepinechamber.org</a>	Information for biking, birding, camping, fishing, golfing, hand gliding, hiking, hiking Mt. Whitney, horseback riding, mountaineering, off highway, photography and art and rock climbing.	All	Prices Vary
<b>SKATING</b>			
<b>SWIMMING</b>			
<b>Diaz Lake Campground</b> 3 miles south of Lone Pine on U.S. 395, 93545 (760) 876-5656 Email: <a href="mailto:diazlake@inyocounty.us">diazlake@inyocounty.us</a>	80-acre lake. Swimming, fishing, water skiing, picnicking, boating, grills, fire rings, tables, flush restrooms, well water, some water hook-ups, play equipment, 200 spaces. No shower facilities.	All	Prices vary, reservations required.
<b>WALKING/CLUBS</b>			
<b>YOGA</b>			
<b>Prana Flow Yoga at Slow Motion Pilates Studio</b> Main Street, Bishop, 93514 Contact Kelly at (760) 937-3937 <a href="http://www.sierrashanti.com">www.sierrashanti.com</a>	Prana flow yoga.	All	Prices Vary

<b>Furnace Creek Inn &amp; Ranch Resort</b> 328 Greenland Blvd. Death Valley, CA 92328 (760) 786-2345 <a href="http://www.furnacecreekresort.com">www.furnacecreekresort.com</a>	Yoga and Pilates classes (offered mid-October through mid-May), swimming, tennis, walking, jogging, hiking, guided trail horse-back rides, gym, golf, carriage rides and hay wagon rides.	All	Prices Vary
<b>YOUTH/ADULT SPORTS ORGANIZATION</b>			
<b>Bishop Little League</b> P.O. Box 1815 Bishop, 93515	Baseball, T-ball	Youth	Prices Vary



## Nutrition Resources



# Inyo County: Nutrition & Assistance Resources

Program/ Organization	Description	Target Population	Cost
<b>CERTIFIED FARMERS' MARKET</b>			
<b>Eastern Sierra CFM</b> US Highway 395 & Sierra St. Bishop, 93514 (760) 873-1038	Open air, Jul-Oct, Saturday, 9AM-Noon	All	Free
<b>FOOD ASSISTANCE</b>			
<b>Inyo County CalFresh (formerly Food Stamp Program): Bishop</b> 920 North Main St, Bishop, 93514 (760) 872-1394	Supplemental food coupons for low-income residents of Inyo County	Low Income families	Free
<b>Inyo County CalFresh (formerly Food Stamp Program): Lone Pine</b> 380 N. Mt. Whitney Dr. Lone Pine, 93545 (760) 876-5545	Supplemental food coupons for low-income residents of Inyo County	Low Income families	Free
<b>Inyo County CalFresh (formerly Food Stamp Program): Tecopa</b> 401 Hot Springs Road Tecopa, 92389 (760) 852-4141	Supplemental food coupons for low-income residents of Inyo County	Low Income families	Free
<b>ASSISTANCE HOTLINES</b>			
<b>HEALTH ASSISTANCE</b>			
<b>Inland Agency-Desert Sierra Regional Contractors</b> Covering San Bernardino, Riverside & Inyo Counties 1-800-511-2300 <a href="http://www.inlandagency.org">http://www.inlandagency.org</a>	Breast health referral service for women. Medicare education and assistance for Senior citizens.	Low income women and Senior citizens.	Free
<b>NUTRITION AND PHYSICAL ACTIVITY EDUCATION</b>			
<b>Network for a Healthy California—African American Campaign</b> 351 N. Mountain View, San Bernardino, 92408 (909) 387-6320 or (951) 358-5880 <a href="http://www.sbcounty.gov/eatwell">http://www.sbcounty.gov/eatwell</a>	Nutrition and physical activity education for programs serving low income adult African Americans residents of San Bernardino, Riverside and Inyo Counties	Low-income adult African Americans residents	Free
<b>Network for a Healthy California—Latino Campaign</b> 351 N. Mountain View, San Bernardino, 92408 (909) 387-6320 or (951) 358-5880 <a href="http://www.sbcounty.gov/eatwell">http://www.sbcounty.gov/eatwell</a>	Nutrition and physical activity education for programs serving low-income Spanish speaking residents of San Bernardino, Riverside and Inyo Counties	Low -income adult Latino residents	Free

<b>Network for a Healthy California— Children's Power Play Campaign</b> 351 N. Mountain View, San Bernardino, 92408 (909) 387-6320 or (951) 358-5880 <a href="http://www.sbcounty.gov/eatwell">http://www.sbcounty.gov/eatwell</a>	Nutrition and physical activity education for elementary schools, after-school programs and community youth organizations serving low-income 9-11 year olds of San Bernardino, Riverside and Inyo Counties	Low-income 9-10-11 year olds	Free
<b>WIC OFFICES</b>			
<b>Inyo County WIC Program</b> 568 W. Line St., Bishop 93514  Statham Hall 138 Jackson St., Lone Pine 93545  (760) 872-1885	Supplemental Nutrition Program that provides nutritious foods, nutrition counseling, and referrals to health care and social services. Call; an appointment will be made at the clinic nearest you.	Low-income pregnant, postpartum and breastfeeding women, infants and children up to age 5 who are at nutritional risk.	Free