

Livin' La Vida Local

Part I – Playtime in Clairemont

Looking to spend some quality time with your best friend in the beautiful fall San Diego weather? Lucky for us, we live in a very dog-friendly town, and we have lots of options in and around Clairemont where we can simply hang out with our dog friends. In this 2-part blog, we'll first explore places to take our dog for play and secondly, for relaxation.



Want to play? Mission Bay is a great escape and super close to Clairemont. From April 1st to October 31st, it's considered "high season" and dogs are allowed only before 9 AM and after 6 PM. We are heading into "low season" which is November 1st through March 31st, when dogs are welcome before 9 AM and after 4 PM. When you visit the Bay, remember a few important pointers:

1. Keep your dog on a leash and keep her close to you on that leash. There are LOTS of gophers tunneling their way through Mission Bay and the second your dog sees one, she may decide to dash across the path (and right into the knee of an unsuspecting runner!) Be courteous to your fellow San Diegans and make sure you are always keeping your dog close to avoid unintentionally injuring others.
2. Practice good dog-interaction etiquette. Even though you may think she's the cutest dog on earth and that every person who sees her should want to pet her, some people, believe it or not, are just NOT dog people. Some people are allergic. So keep your dog to yourself unless you have implicit permission to approach. The same can be said for interaction with other dogs. There are many dogs that were never properly socialized as puppies and, as a result, are fearful and may have aggression towards other dogs. So, again, be sure that you are diligent about making sure you have permission from other dog owners for the traditional "butt-sniffing" greeting that your dog may want to offer to their dog!
3. Pick up after your dog!!! Ever step in dog poop? Yup, we all have, and it's never a good time. Not only is it rude to not pick up your dog's waste, but it is environmentally unsafe. The EPA labels pet waste as a "non-point source pollutant", which means it is considered the same as insecticides, oil, and acid drainage. Dog waste may also contain parasites and other bacteria that can cause serious illness to humans and other dogs.



If your dog needs some off-leash time, head to the one of the following off-leash areas:

- Fiesta Island – Open 6 AM – 10 PM daily, your dog can walk the trails or splash in the saltwater. Either way, make sure you check your dog thoroughly after your Fiesta Island visit as it is usually filled with foxtails, a wily wheat-like grass that can burrow into your dog’s skin and turn into a serious infection.



- Kearny Mesa Community Park –

Open 6:30 AM – 10 PM daily, this park on Armstrong Street has a designated dog area.

- Capehart Park – Open 24/7, this Pacific Beach park on the corner of Felspar & Soledad Mountain Road offers a large dog yard and also a small dog yard. So if your pet is a bit tiny to run with the big dogs, this may be a good option.

• Dog Beach – Also open 24/7, this traditional beach at the end of Sunset Cliffs as it meets West Point Loma Boulevard in Ocean Beach can give your dog some “fetch the stick” time in the ocean.

Wherever you choose to play with your pet, make sure that she is up-to-date on her vaccines and internal/external parasite protection! If not, click [HERE](#) to make an appointment at Lifetime using our new online booking system. Have fun and stay tuned for Part II: Relaxation Time, in which we share some great food and beverage destinations for you to visit with your dog in and around the Clairemont area!