Helen Putnam Regional Park is a compact open space park featuring beautiful oak savanna, grasslands, and ridges with panoramic views of the Petaluma Valley to the east and the Chileno Valley to the west. A 6-mile trail system lets hikers, bicyclists and equestrians explore the landscape on routes of varying difficulty and length. The main section of the Bay Area Ridge Trail is paved, providing a multiuse access through the park.

The predominate oak species at Helen Putnam is the coast live oak, though mature black oaks are also found. The park provides habitat for deer, bobcat, quail, raptors, and a variety of other wildlife and birds. A fishing pond contains bluegill and bass, and a picnic area, playground, and gazebo are available at the Chileno Valley Road entrance. Dogs on leash are welcome on all trails.