



Sonoma
County
Regional Parks

**TRAILS
CHALLENGE**

 **sonomacounty**
DEPARTMENT OF HEALTH SERVICES



How the Hiking Challenge Works:

Hit the Trails!

Welcome to the Sonoma County Trails Challenge, an invitation to explore the Regional Parks and do something good for your body and mind! The Trails Challenge encourages you to hike five or more of the trails featured in this guidebook anytime from June through November 2014.

If you're new to the parks, the Trails Challenge is an opportunity to get comfortable on the trails and discover the health benefits of outdoor recreation. If you're already a hiker, the Trails Challenge is a great way to keep active and learn a little more about the Regional Parks.



The Trails Challenge is free, designed for all fitness levels, and is a self-guided program to complete on your schedule. You can hike on your own, with your dog, with family, with friends and with co-workers. Cyclists and equestrians are invited to take the Trails Challenge too.

When you finish the Challenge, you can submit a “trails log” to receive a FREE Trails Challenge water bottle or other gift to help you keep enjoying the trails. Plus, you'll be eligible for Regional Parks membership giveaways!

Sonoma County Regional Parks include more than 50 parks and trails on the Sonoma Coast, in the Sonoma Valley, along the Russian River and in other beautiful settings. More than 140 miles of trails lead to mountains, beaches, forests, rivers, meadows and lakes. The routes in this guide are our recommendations for seeing the diversity of Sonoma County's landscapes and for experiencing hikes of varying intensity.

How to Complete the Challenge

1. Get a free copy of the guidebook. Go to the Trails Challenge page at sonomacountyparks.org to download a digital edition. You can get a print copy at Regional Parks' main office, 2300 County Center Drive, Suite 120A, in Santa Rosa or at the staffed kiosks of Spring Lake and Ragle parks while supplies last.
2. Review the guidebook and select five hikes to complete before Nov. 30.
3. When you finish all five hikes, fill out and submit the trails log at sonomacountyparks.org.
4. Receive your Trails Challenge water bottle or other gift and be entered into drawings for park gift memberships!
5. If you're having fun, don't stop at five hikes. Pick another five trails and take the Trails Challenge again. Send us another trails log to be eligible for another gift while supplies last.



Hiking for Health

A growing public health concern is the lack of regular physical activity. In Sonoma County, health surveys indicate only 38 percent of adults engage in the recommended 150 minutes of moderate activity each week. Experts agree that adopting a walking routine is one of the simplest, most effective changes we can make to improve our health. According to the American Heart Association, walking at least 30 minutes a day can help reduce or maintain body weight, lessen the risks for diabetes, heart disease, osteoporosis and certain cancers, improve moods and feelings of well-being, and promote healthy sleep patterns.

Is hiking the same thing as walking? Yes, a hike is just a walk that takes place in a natural setting with the goal of exploring and enjoying the scenery! And the Regional Parks provide safe, convenient, free - and beautiful - places to hike. Trails are available for all fitness levels throughout Sonoma County.

In addition to the fundamental health advantages associated with walking, numerous studies indicate outdoor recreation can benefit us in additional ways. For example, research finds that people who exercise in nature are more likely to be satisfied with their workout and more likely to repeat it.

Starting a fitness routine literally can be as enjoyable as a walk in the park!

Hiking for Parks

Becoming a regular trail user is not only good for you, it's good for your parks. When you hike the trails, you build an appreciation for the parks and the crucial role they play in healthy communities. Parks preserve the natural beauty of Sonoma County. They help keep our air and water clean. They provide a buffer from development and critical habitat for plants and wildlife. When you use the trails and experience the relationship between natural settings and personal and public health, you are more likely to become a steward and champion of the parks.

Hiking with Dogs

Dogs love hiking just as much as their people, and well-behaved dogs on leash are allowed on all trails except those at Shiloh Ranch Regional Park.

- Dogs must be on a leash no longer than 6 feet. Rangers have authority to cite you if disregard the leash law. Citations require a court appearance and can result in hefty fines.
- The leash law exists to keep park users and dogs safe. No one likes to encounter an unfamiliar dog bounding toward them, and dogs running off leash may encounter wildlife or get swept into rough surf.
- Bring water and a portable bowl for your dog and carry pet waste bags.

Hiking with Kids

Hikes are a great family activity. Children love exploring trails and feel a sense of accomplishment after a hike. For parents with infants and toddlers, the parks feature many stroller-friendly trails.

- Like any outing with children, a hike takes advance planning. Know the length of your route and whether it's suitable for your child's abilities. Start with short hikes and work up to longer outings.
- Be willing to adjust your pace to suit your child. Kids like to take lots of breaks to examine things. Take advantage of these teachable moments to talk about what you're seeing and make simple observations.
- Pack snacks, drinks, and appropriate clothing for the destination.

Park Memberships

An annual membership is the easiest, most affordable way to regularly enjoy the parks. For \$69 a year - less than \$6 a month - a membership provides 12 months of parking at all Regional Parks, one night of camping, and admission to the Tolay Fall Festival for two adults and two children. Memberships are only \$39 for people 60 and older, and \$23 for people with permanent disabilities.



Healthy Trail Tips

- Wear the right shoes. Hiking boots aren't necessary, but a comfortable pair of athletic shoes is recommended - so are sunglasses and a hat.
- Due to Sonoma County's many microclimates, dressing in layers is best. A walk that starts in cloudy, chilly weather may end under clear skies and temperatures in the 80s.
- Bring a full water bottle and drink before, during and after your hike.
- Carry a map of the parks. If you don't have a print map or a downloaded version on your phone, use your phone to snap a picture of the map at the trailhead kiosk.
- In the warm seasons, avoid hiking mid-day when temperatures are high.
- Wear sunscreen, even on overcast days.
- Start out slowly and give your muscles time to warm up. Know your limits. Don't overexert.

Trail Etiquette

- Walk on the right side of the trail and be mindful of bikers and equestrians.
- Bikers yield to hikers. Bikers and hikers yield to horseback riders.
- Please don't pick flowers and plants or disturb streams and lakes.
- Please respect others' enjoyment of the beauty and quiet of the parks.
- If you do not see trash cans along the trail, pack out your trash to the parking lot.
- Please pick up after your dog.

Poison oak

Poison oak is abundant in some parks, and contact with the plant can cause an irritating skin rash. Fortunately, poison oak is easy to identify due to its smooth, shiny leaves that grow in threes. ("Leaves of three, leave them be.") If you come into contact with poison oak, wash your hands with soap and water and wash your clothes when you get home. Calamine lotion can relieve itching if a rash develops.



Wildlife

The wild animals most often seen from the trails are deer, turkeys, hawks, eagles, and many other bird species. Infrequently, you might spot animals like foxes, raccoons, coyotes, or non-venomous snakes such as garter and gopher snakes. Even more rarely you may see rattlesnakes, bobcats or mountain lions.

- Be aware of the trail ahead of you and don't intentionally approach animals. If you encounter a snake, move away from it, and it likely will move away too. Don't put your hands and feet where you can't see.
- On the rare chance you see a mountain lion, make yourself appear larger by raising your arms and making noise. If hiking with a small child or small dog, pick them up. Don't run or crouch. Report sightings to park staff.

Thank you to Sonoma County Health Services for continuing support for healthy outdoor activities.

Thanks to author Robert Stone for trail information from his book, "Day Hikes around Sonoma County - 95 Great Hikes."



Trail Symbols



Walk/Hike/Run – Trail open to pedestrians.



Bike – Trail open to cyclists.



Equestrians – Trail open to horseback riders.



Wheels – Paved trails; Wheelchair accessible and suitable for strollers.



Dogs – Dogs on leash are welcome.

Trail Levels

Easy - Easy trails are under 3 miles and relatively flat, with room to walk side by side with a companion. Good for people starting a fitness routine, families with children, or anyone interested in an easy-paced outing.

Moderate - Moderate-intensity trails are 3 to 5 miles long with uneven surfaces, varied terrain and elevation gains. You will notice some physical exertion on these trails. Many moderate-level hikes can be created by combining shorter trail loops within a park.

Strenuous – Strenuous trails are 5 miles or longer or feature steep climbs or rugged terrain. These trails are recommended for experienced hikers in good physical condition.

Trails Challenge at a Glance

Easy Trails

Crane Creek – Rohnert Park – 1.4 miles
Spring Lake – Santa Rosa – 2.3 miles
Santa Rosa Creek – Santa Rosa – 4 miles
Laguna de Santa Rosa – Seb./SR – 3.6 miles
Ragle Ranch – Sebastopol – 1.65 miles
Riverfront – Windsor – 2.18 miles
The Sea Ranch – .24 to 1.3 miles
Gualala Point – Gualala – 2 miles

Moderate Trails

Foothill – Windsor – 2.45 miles
Helen Putnam – Petaluma – 2 miles
Pinnacle Gulch – Bodega Bay – 1.29 miles
Bluff Top – The Sea Ranch – 6 miles
Sonoma Valley – Glen Ellen – 2.4 miles

Strenuous

Hood Mountain – Santa Rosa/Kenwood – 6.9 to 8.9 miles
Taylor Mountain – Santa Rosa – 3.5 miles
Shiloh Ranch – Windsor – 3.84 miles

Ready? Let's go for a hike!

Bluff Top Trail and Sea Ranch Coastal Access Trails

Highway 1, The Sea Ranch

Suggested trail:

Bluff Top Trail or any combination of the Coastal Access Trails

Trail length: .24 to 6 miles round trip

Difficulty: Easy to moderate

Elevation gain: 0 to 150 feet, depending on trail



Park notes

- The Sea Ranch is a private oceanfront community just south of Gualala with seven public access trails leading to dramatic ocean views and isolated beaches.
- Five trails -Walk On, Black Point, Pebble Beach, Stengel Beach, and Shell Beach. - cross meadows and forests to rugged beaches reached by stairs or paths.
- Bluff Top Trail runs 3 miles along the headlands from Walk on Beach Trail to Gualala Point Regional Park and is great for whale-watching November through March.
- Trailheads are interspersed along 7 miles of Highway 1 with parking lots clearly marked. Restrooms available in the lots. No drinking water.

Trail Notes (one-way distances)

- Bluff Top Trail – 3 miles - Start from either Walk on Beach Trailhead or Gualala Point Regional Park. Weave along the cliffs, curve around coves, through cypress groves and pass honeycombed sandstone formations known as tafoni.
- Walk on Beach Trail - .25 miles - Beach access from this trail has been unavailable due to erosion, but is scheduled to reopen in early July 2014. Walk on Beach also provides access to Bluff Top Trail leading to Gualala Point Park.
- Shell Beach Trail - .65 miles - Sandy cove with tide pools and sea stacks.
- Stengel Beach Trail - .12 miles - Small beach reached via a steep staircase. Look for seasonal waterfalls.
- Pebble Beach Trail - .27 miles – Small, black sand cove reached by staircase. Tide pools and driftwood.
- Black Point Trail - .25 miles – Curving, quarter-mile beach reached by steep staircase. Sandy shore ringed by cliffs.

Trail Directions

- To reach the Bluff Top Trail from Walk on Beach Trail, park in the Walk on Beach lot at 40101 Highway 1 and follow the trail west for about .25 miles to the junction of Bluff Top Trail.
- Follow the Bluff Top Trail north to Gualala Point Regional Park. When you arrive at the park, take a break at Whale Watch Point or at the beach and then return to Walk on Beach the way you came.
- This walk is 6 miles round trip and will take two to four hours depending on your pace. The length can be shortened by turning back anytime before Gualala Point.

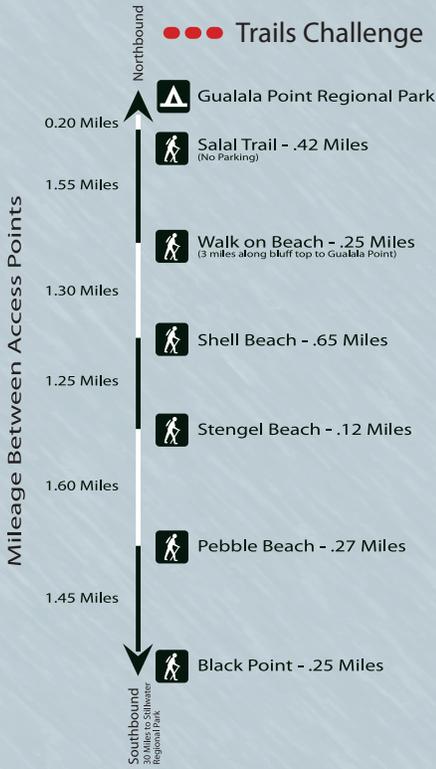
Diving Directions

- From Jenner, drive north on Highway 1. The southernmost Sea Ranch Trail – Black Point Trail – is 29 miles from Jenner
- Additional trails are located along next 7 miles of Highway 1, ending at Gualala Point Regional Park.
- Parking \$7 or free for Regional Parks members



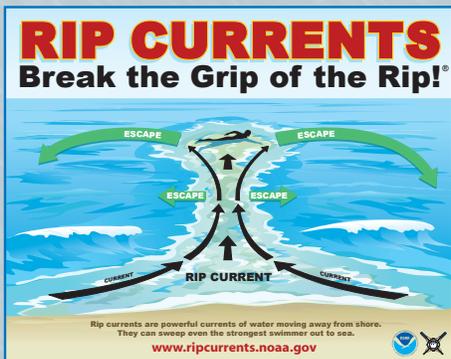
Coastal Access

North Coast Access Trails



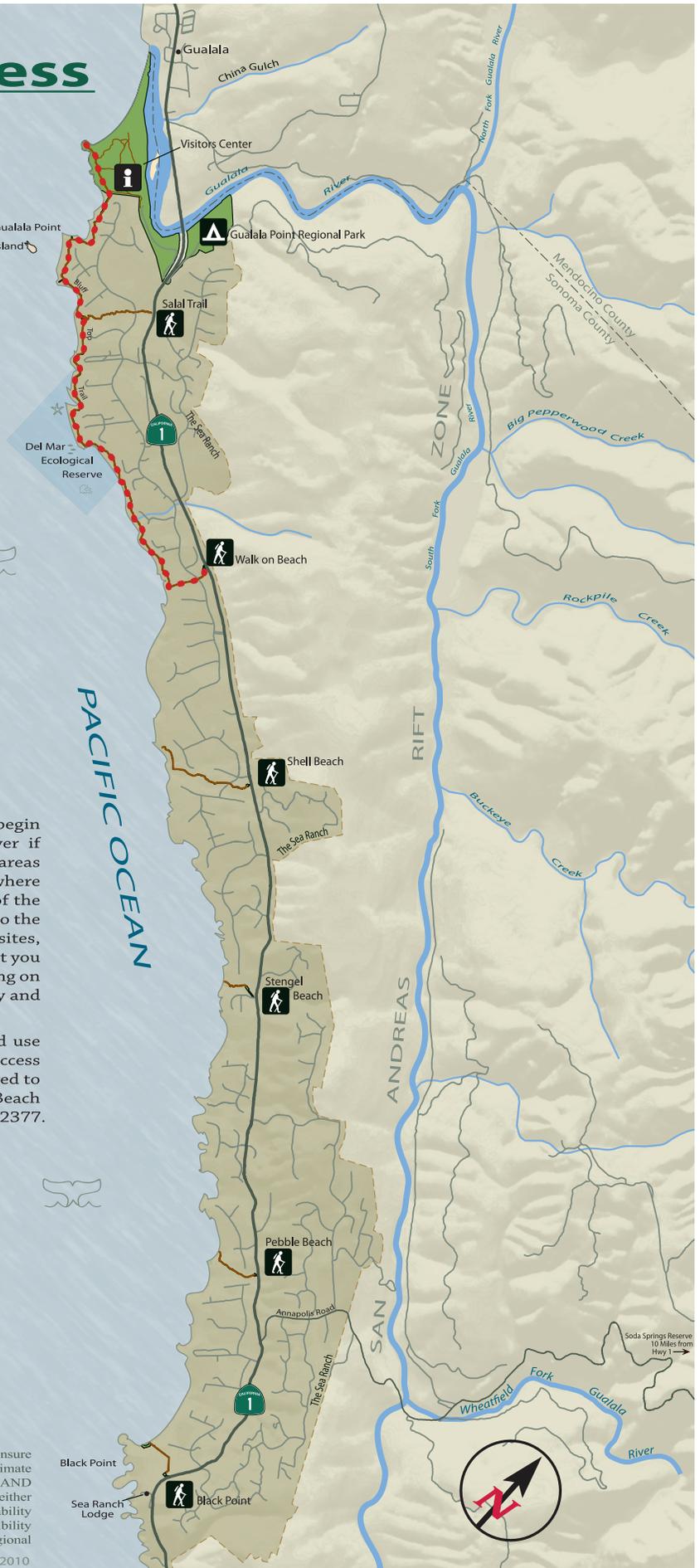
Six Sea Ranch access trails and Gualala Point Regional Park begin about 45 miles north from the mouth of the Russian River if following California State Highway One. Trailhead parking areas and restrooms are available at five of the coastal access trails where a short hike to outstanding coastal views can be found. Each of the six access trails & Gualala Point Regional Park provides access to the beaches by footpaths or staircases. Maintenance is limited at sites, so please carry out your own litter and report any problems that you may see. Visitors are urged to respect private property by staying on marked county trails. The Sea Ranch trails are private property and trespassing is illegal.

The trails are clearly marked from Highway 1. Visitors should use caution while turning off of Highway 1 to get in and out of the access trails' parking lots. RV's and vehicles with trailers are not allowed to use the parking areas. Parking is limited at Shell and Pebble Beach parking lots. For additional information, please call (707) 785-2377.



This map is provided as a guide within the park. Reasonable effort has been made to ensure the accuracy of the map and data provided. The positional accuracy of the data is approximate and not intended to represent map accuracy from a published record survey. THE MAP AND ASSOCIATED DATA ARE PROVIDED WITHOUT WARRANTY OF ANY KIND, either expressed or implied, including but not limited to, the implied warranties of merchantability and fitness for a particular purpose. For detailed and updated information about accessibility of recreational opportunities or any other park information contact Sonoma County Regional Parks at (707) 565-2041.

Map Updated 6/2010



Crane Creek Regional Park

5000 Pressley Road
Rohnert Park, CA

Suggested trail loop:

Fiddleneck Trail to North Loop Trail to Creek Trail

Loop length: 1.4 miles

Degree of difficulty: Easy

Elevation gain: 150 feet



Park Notes:

- Crane Creek features rolling grasslands and beautiful stands of oaks on 128 acres east of Rohnert Park. The creek flows through the middle of the park and is lined with willow, alder, buckeye and bay trees. Ridges offer long views of the countryside.
- Meadows are covered with beautiful displays of wild poppies each spring.
- This park also has an 18-hole disc golf course popular with Sonoma State University students.
- Benches and picnic tables are throughout park. A restroom is in the parking lot. No drinking fountain.

Trail Notes:

- Trails are mostly flat with a few moderate elevation gains to ridges with views of vineyards and farmlands.
- Creek, Buckeye and portions of Fiddleneck trails closely parallel the banks of Crane Creek. A seasonal trail loop extends to the park's southern boundary.
- Creek and Lupine trails have a gravel surface and are moderately wheelchair accessible.

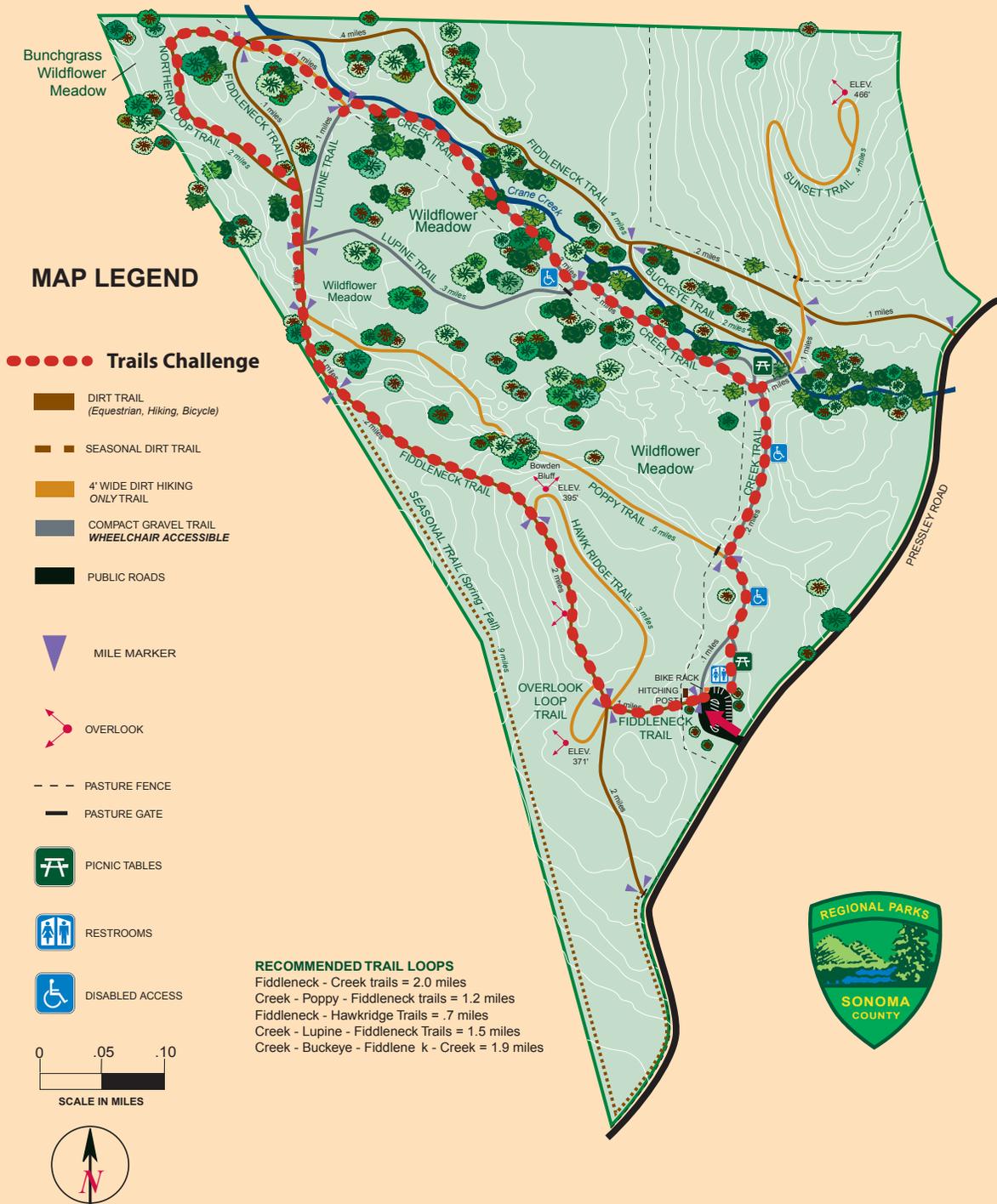
Trail Directions:

- Take the Fiddleneck Trail from the parking lot. (Pass the map kiosk to the west and head up an open, grassy slope.)
- The trail bends north and you'll follow it for .7 miles. You'll pass oaks in the meadows and have a seasonal stream on your left.
- At the junction with North Loop Trail, take North Loop to the left and continue .2 miles to Creek Trail, climbing a short grade.
- Take Creek Trail to the right and follow it into the interior of the park, paralleling Crane Creek on your left.
- Stay on Creek Trail for .9 miles to the parking lot. (Along the way, you'll pass several trail connections that will allow you to extend your hike, if you'd like.)

Driving Directions

- From Highway 101 in Rohnert Park, exit on the Rohnert Park Expressway.
- Drive 2.7 miles east to a T-junction with Petaluma Hill Road.
- Turn right and drive 1.2 miles south to Roberts Road.
- Turn left on Roberts Road and drive 1.9 miles to the park entrance on the left. (Along the way, Roberts Road becomes Pressley Road.)

Crane Creek Regional Park



Foothill Regional Park

1351 Arata Lane
Windsor

Suggested trail loop:

Westside to Oakwood to Meadow to Three Lakes

Loop length: 2.45 miles

Degree of difficulty: Moderate



Park Notes

- This 220-acre park is a former cattle ranch in the Mayacamas foothills of northeast Windsor. The landscape includes oak woodlands, sweeping views of the Santa Rosa Plain, three ponds for fishing, and beautiful spring wildflowers.
- The park is easy walking distance from several Windsor neighborhoods and popular with dog walkers, families, trail runners, mountain bikers and equestrians.
- Restroom and drinking fountain in the parking lot.

Trail Notes

- Foothill has nearly 7 miles of trails total. Terrain ranges from a strenuous climb up Alta Vista Trail from Pond C to a gentle stroll along Three Lakes Trail. Great views from Westwood and Oakwood Trails.
- This suggested loop follows the park perimeter via several connecting trails. The route winds through oak woodlands with scattered bay, madrone and buckeye trees. On the last leg, you'll pass the fishing ponds. The loop can be extended using additional trails.

Trail Directions

- From the parking lot, enter the park and take a quick left onto the Westside Trail. You will head up an incline and then follow the trail along the northern edge of the park.
- You'll reach the junction with the Oakwood Trail at .44-mile. Follow the Oakwood Trail to the left through dense woodlands and paralleling a canyon.
- At 1.49 miles you'll reach the junction with the Alta Vista Trail. Remain on the Oakwood Trail by taking the path to the right, heading into the interior of the park. There is a split-rail fence near the junction.
- After a short distance, you'll reach the Meadow Trail on your left. Take the Meadow Trail downhill to the Three Lakes Trail.
- Turn right onto Three Lakes Trail and follow it to the parking lot.

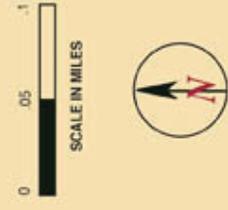
Driving Direction

- From Highway 101, exit at Arata Lane in north Windsor.
- Drive east on Arata Lane for 1.3 miles to the park entrance on your left.
- Parking \$7 or free for Regional Parks members.

Foothill Regional Park



- MAP LEGEND**
- DIRT TRAIL
(Equestrian, Hiking, Bicycle)
 - SEASONAL TRAILS
 - 4" WIDE DIRT HIKING ONLY TRAIL
 - COMPACT GRAVEL TRAIL
NO MOTORIZED VEHICLE ACCESS
 - PUBLIC ROADS
 - SERVICE ROADS
No Public Access
 - MILE MARKER
 - OVERLOOK
 - FENCE
 - GATE
 - PICNIC TABLES
 - RESTROOMS
 - PARKING LOT
 - DRINKING FOUNTAIN
 - Trails Challenge



- RECOMMENDED TRAIL LOOPS**
- Three Lakes - Oakwood - Westside = .8 ml.
 - Three Lakes - Oakwood - Westside = 2.3 ml.
 - Three Lakes - Alta Vista - to Summit (round trip) = 1.9 ml.
 - Three Lakes - Soap Plant - Meadow - Oakwood - Westside = 2.5 ml.
 - Westside - Oakwood - Three lakes = 2.4 ml.
 - Westside - Oakwood - Meadow - Three Lakes = 2.6 ml.

To Vinecrest Circle

Gualala Point Regional Park

42401 Highway 1
Gualala

Suggested trail loop:

Whale Watch Point

Loop length: 2 miles

Difficulty: Easy/moderate

Elevation gain: Flat



Park Notes

- Gualala Point is an oceanfront park bordering Mendocino County where the Gualala River meets the sea. It's just south of the town of Gualala (pronounced wa-LA-la) and immediately north of The Sea Ranch.
- This 200-acre park has a long, wide beach with interesting driftwood and access to the river estuary. Blufftop trails lead from a parking lot visitor center to the beach and around Whale Watch Point, a windswept promontory. The park also has a small campground tucked into the redwoods east of Highway 1.

Trail Notes

- The trail from the visitor center to the beach is paved and fully accessible. Grass and dirt paths branch off the main trail to border the bluffs and loop past Whale Watch Point, where you can sit and enjoy the view. A separate trail runs south and east from the visitor center and follows the river bank to the campground.

Trail Directions

- From the visitor center, start off on the paved path heading north toward the beach. The trail curves across a meadow and through a cypress forest before reaching a fork in the trail that leads to the beach.
- To extend your hike by walking on the beach, take the paved path to the right. To continue walking on the bluffs, take the paved path to the left where you'll quickly reach a restroom.
- Veer right at the restroom and follow a grass path south along the bluffs. Walk through a cypress tree tunnel to a trail junction where you will keep to the right and follow the trail around Whale Watch Point.
- Continue south, again weaving through a cypress grove and along the headlands to the northern edge of The Sea Ranch. Bear left and head inland to follow the southern edge of the meadow as you return to the visitor center.
- At the visitor center, you can add 2 miles to your hike by taking Gualala River Trail to the campground and back. Take the park road southeast past a picnic area where the trail leaves the road. You'll walk across a meadow, following the course of the river, and pass under the highway and through a distinctive forest of gnarled bay laurel to reach the campground. Return the same way.

Driving Directions

- Heading north on Highway 1, the park entrance is 7.6 miles north of The Sea Ranch Lodge.
- The entrance is clearly marked on your right and is just south of the town of Gualala and the Gualala River Bridge. After you pull into the park, drive .06 miles to the visitor center parking lot. Parking \$7 or free for Regional Parks members.

Gualala Point Regional Park



Please note:
Dogs must be on leash at all times.
No fires are allowed on beaches.

RIP CURRENTS
Break the Grip of the Rip!

Rip currents are powerful currents that flow seaward along beach shores. They are caused by the difference in water levels between the ocean and the bay. For more information, visit www.jpccurrents.noaa.gov.

Trails Challenge

- PAVED PATHWAY (ADA ACCESSIBLE)
- UNPAVED PATHWAY
- PARK BOUNDARY
- GATE
- VISTA POINT
- MAINTENANCE YARD
- VISITORS CENTER
- PARKING
- RESTROOMS
- FEE STATION
- CAMPGROUND
- DUMP STATION
- FISHING (Catch and Release)



This map is provided as a guide within the park. Reasonable effort has been made to ensure the accuracy of the map and data provided. The positional accuracy of the data is approximate and not intended to represent map accuracy from a published record survey. THE MAP AND ASSOCIATED DATA ARE PROVIDED WITHOUT WARRANTY OF ANY KIND, either expressed or implied, including but not limited to, the implied warranties of merchantability and fitness for a particular purpose. For detailed and updated information about accessibility of recreational opportunities or any other park information contact Sonoma County Regional Parks at (707) 565-2041.



Helen Putnam Regional Park

411 Chileno Valley Road
Petaluma

Suggested trail loop:

Ridge Trail to Filaree Trail to Pomo Trail to Panorama Trail

Loop length: 2 miles

Degree of difficulty: Moderate

Elevation gain: 300 feet



Park Notes

- The bucolic beauty of southern Sonoma County is on display at this compact wilderness park 2 miles southwest of downtown Petaluma. Putnam features 216 acres of grassy hillsides, oak forests, a fishing pond, and panoramic views of Petaluma to the east and the Chileno Valley to the west.
- Restrooms and drinking fountain in the parking lot.

Trail Notes

- Putnam contains nearly 6 miles of trails and is good for beginning hikers who want a bit of a challenge.
- Ridge Trail has two parallel routes between the parking lot and the fish pond. One is paved and the other is dirt.
- Filaree Trail has excellent eastern views of Petaluma and beyond. Panorama Trail has lovely views of the south county countryside.
- Fillaree and Pomo trails wind through wooded areas and provide a shaded walk on warm summer days.

Trail Directions

- From the parking lot, head south on the paved Ridge Trail. At .3 miles you'll reach the fish pond. Continue north on Ridge Trail to Filaree Trail.
- Take Filaree Trail, which bends to the south, then curves to the east. From here, you'll have beautiful views of southern Petaluma. The trail then curves to the west and connects with Pomo Trail.
- Head right on Pomo Trail and follow it .3 miles to the junction with Panorama Trail.
- Head left (south) on Panorama Trail and follow it downhill to the parking lot. Lovely views of the south county's rolling hillsides on this last leg of your hike.

Driving Directions

- From Highway 101 in Petaluma, take the East Washington Street exit toward Central Petaluma.
- Head west on E. Washington Street for 1.2 miles.
- Turn left on Howard Street and then take the third right onto Western Avenue.
- Continue west on Western Avenue for 1.7 miles.
- Turn left onto Chileno Valley Road and the park is .8 miles ahead on the left.
- Parking is \$7 or free for Regional Parks members.

Helen Putnam Regional Park

MAP LEGEND

 Trails Challenge

 DIRT TRAIL
(Equestrian, Hiking, Bicycle)

 SEASONAL DIRT TRAIL

 PUBLIC ROADS

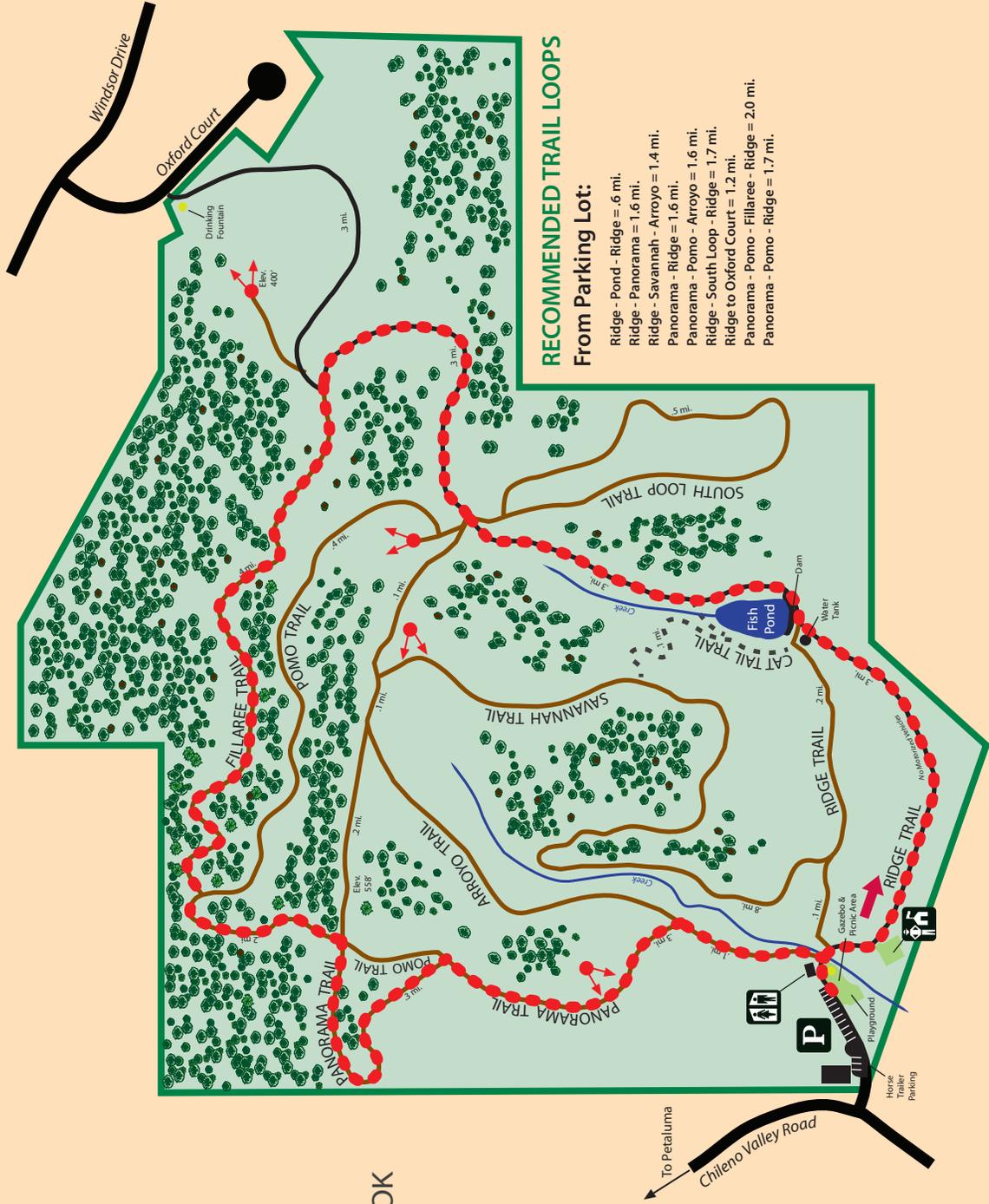
 PAVED TRAIL OVERLOOK

 RESTROOM

 PARKING

 RANGER RESIDENCE
(EMERGENCY ONLY)

 DRINKING FOUNTAIN



RECOMMENDED TRAIL LOOPS

From Parking Lot:

- Ridge - Pond - Ridge = 6 mi.
- Ridge - Panorama = 1.6 mi.
- Ridge - Savannah - Arroyo = 1.4 mi.
- Panorama - Ridge = 1.6 mi.
- Panorama - Pomo - Arroyo = 1.6 mi.
- Ridge - South Loop - Ridge = 1.7 mi.
- Ridge to Oxford Court = 1.2 mi.
- Panorama - Pomo - Fillaree - Ridge = 2.0 mi.
- Panorama - Pomo - Ridge = 1.7 mi.

Hood Mountain Regional Park Los Alamos Road entrance

3000 Los Alamos Road, Santa Rosa

Suggested trail loop:

**Up - Alder Glen Trail to Hood Mountain Trail to Summit
Trail to Gunsight Rock (4.43 miles)**

Down – Gunsight Rock to Hood Mountain Trail (4.54 miles)

Loop length: 8.97 miles round trip

Degree of difficulty – Strenuous

Elevation gain: 2,000 feet.



Park Notes

- This 1,700-acre wilderness park in the Mayacamas Mountains is on the edge of the Sonoma Valley, 5 miles east of Santa Rosa. Hood Mountain is 2,730 feet, one of the highest peaks between the Sonoma and Napa valleys, and its “Gunsight Rock” promontory offers stunning views of the valley and Bay Area landmarks.
- The park has 19 miles of trails, the only public backpacking sites in the Sonoma Valley, a unique pygmy forest, and two separate entrances about 8 miles apart - one on Los Alamos Road and one on Pythian Road.
- Restroom in the parking lot but no drinking water at Los Alamos entrance.

Trail Notes

- Hood’s trails climb through forests, over meadows and cross several creeks. Terrain is challenging, but the effort is rewarded with grand views of the Sonoma and Napa valleys. Give yourself ample time and hike with a partner.
- Hood Mountain Trail is a fire road leading to the summit. The Summit Trail is a narrow alternative to Hood Mountain Trail. Both pass through a pygmy forest of Sargent cypress and knob cone pine, some only chest high due to the serpentine soil.

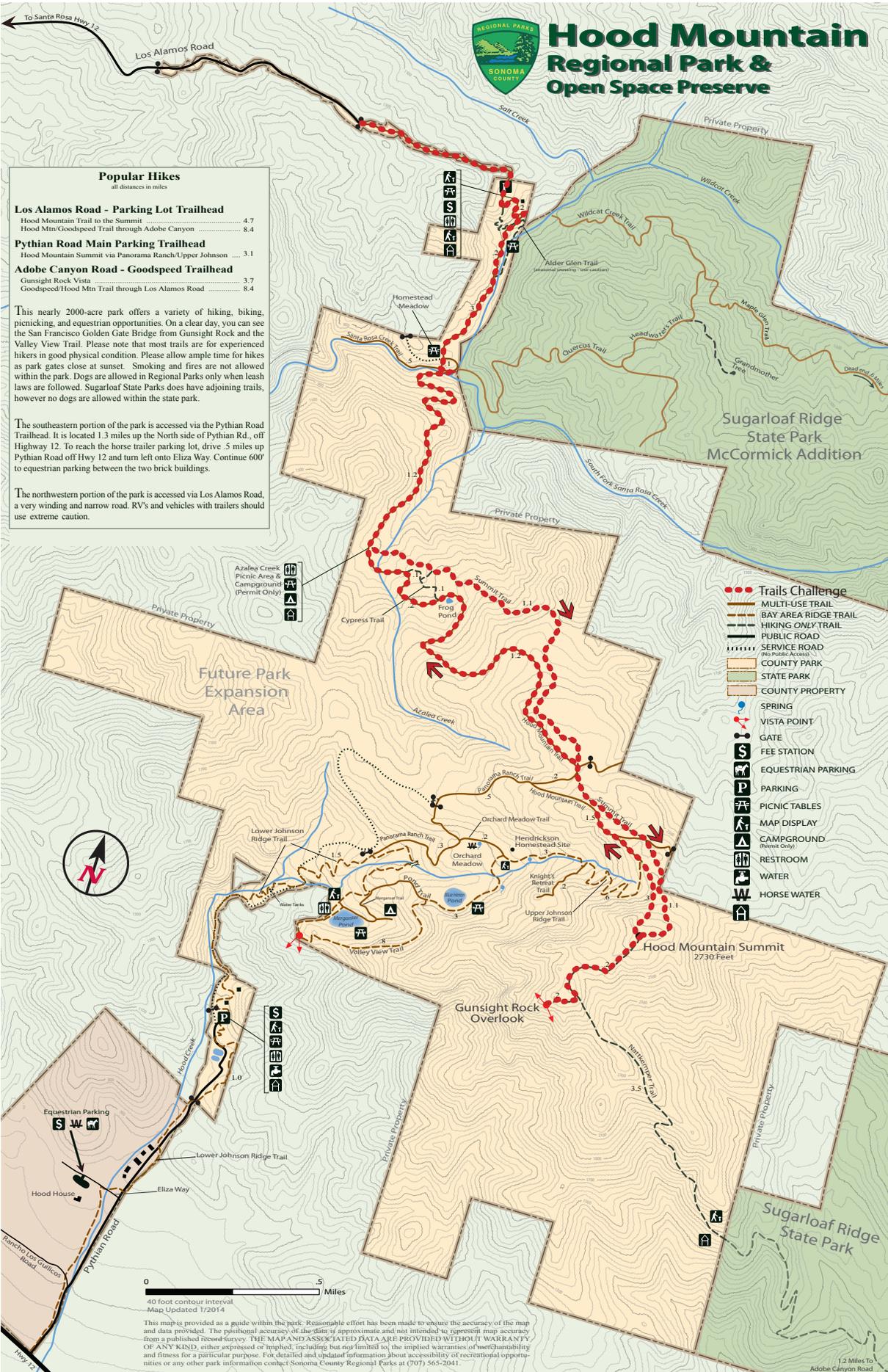
Trail Directions

- From Los Alamos Road entrance, leave the parking lot on the Alder Glen Trail, a short path that winds down to the north fork of Santa Rosa Creek and connects with Hood Mountain Trail.
- Continue on Hood Mountain Trail across Homestead Meadow to Santa Rosa Creek. Cross the creek by hopping across rocks and continue up Hood Mountain Trail to the Azalea Creek backpacking sites. (Restrooms available here, but not water.)
- Head left on the Summit Trail and continue up the mountain. At 1.5 miles, you’ll pass through the pygmy forest before ascending to the mountain’s summit.
- Due to dense foliage, the best views are beyond the summit .6 miles down the Gunsight Rock Trail. At Gunsight Rock, take a well-earned rest and enjoy spectacular views of the Sonoma Valley.
- Return via Gunsight Rock Trail to Hood Mountain Trail all the way back to the Los Alamos parking lot.

- From central Santa Rosa, drive east on Highway 12 toward Kenwood, turn left on Los Alamos Road and drive 1.5 miles to the park entrance. (Note: sections of this road are narrow and winding, and vehicles with trailers and RVs are not recommended.) Parking \$7 or free for Regional Parks members.



Hood Mountain Regional Park & Open Space Preserve



Popular Hikes

all distances in miles

- Los Alamos Road - Parking Lot Trailhead**
- Hood Mountain Trail to the Summit 4.7
 - Hood Mtn/Goodspeed Trail through Adobe Canyon 8.4
- Pythian Road Main Parking Trailhead**
- Hood Mountain Summit via Panorama Ranch/Upper Johnson 3.1
- Adobe Canyon Road - Goodspeed Trailhead**
- Gunsight Rock Vista 3.7
 - Goodspeed/Hood Mtn Trail through Los Alamos Road 8.4

This nearly 2000-acre park offers a variety of hiking, biking, picnicking, and equestrian opportunities. On a clear day, you can see the San Francisco Golden Gate Bridge from Gunsight Rock and the Valley View Trail. Please note that most trails are for experienced hikers in good physical condition. Please allow ample time for hikes as park gates close at sunset. Smoking and fires are not allowed within the park. Dogs are allowed in Regional Parks only when leash laws are followed. Sugarloaf State Parks does have adjoining trails, however no dogs are allowed within the state park.

The southeastern portion of the park is accessed via the Pythian Road Trailhead. It is located 1.3 miles up the North side of Pythian Rd., off Highway 12. To reach the horse trailer parking lot, drive 5 miles up Pythian Road off Hwy 12 and turn left onto Eliza Way. Continue 600' to equestrian parking between the two brick buildings.

The northwestern portion of the park is accessed via Los Alamos Road, a very winding and narrow road. RV's and vehicles with trailers should use extreme caution.

- Trails Challenge
- MULTI-USE TRAIL
- BAY AREA RIDGE TRAIL
- HIKING ONLY TRAIL
- PUBLIC ROAD
- SERVICE ROAD (No Public Access)
- COUNTY PARK
- STATE PARK
- COUNTY PROPERTY
- SPRING
- VISTA POINT
- GATE
- FEE STATION
- EQUESTRIAN PARKING
- PARKING
- PICNIC TABLES
- MAP DISPLAY
- CAMPGROUND (Permit Only)
- RESTROOM
- WATER
- HORSE WATER



0 0.5 1 Miles
40 foot contour interval
Map Updated 1/2014

This map is provided as a guide within the park. Reasonable effort has been made to ensure the accuracy of the map and data provided. The positional accuracy of the data is approximate and not intended to represent map accuracy of ANY KIND, either expressed or implied, including but not limited to, the implied warranties of merchantability and fitness for a particular purpose. For detailed and updated information about accessibility of recreational opportunities or any other park information contact Sonoma County Regional Parks at (707) 565-2041.

1.2 Miles To Adobe Canyon Road

Hood Mountain Regional Park

Pythian Road entrance

1450 Pythian Road, Santa Rosa

Suggested trail loop:

Up - Lower Johnson Ridge to Pond Trail to Upper Johnson Ridge Trail to Hood Mountain Trail to Gunsight Rock (3.64 miles)

Down – Gunsight Rock to Hood Mountain Trail to Panorama Ranch Trail to Lower Johnson Ridge Trail (3.26 miles)

Loop length: 6.9 miles

Degree of difficulty – Strenuous

Elevation gain: 2,000 feet



Park Notes

- This 1,700-acre wilderness park in the Mayacamas Mountains is on the edge of the Sonoma Valley, 5 miles east of Santa Rosa. Hood Mountain is 2,730 feet, one of the highest peaks between the Sonoma and Napa valleys, and its “Gunsight Rock” promontory offers stunning views of the valley and Bay Area landmarks.
- The park has 19 miles of trails, the only public backpacking sites in the Sonoma Valley, a unique pygmy forest, and two separate entrances about 8 miles apart - one on Los Alamos Road and one on Pythian Road.
- Restroom and drinking water at the Pythian parking lot.

Trail Notes

- Hood’s trails climb through forests, over meadows, and cross creeks. The terrain is challenging but the effort is rewarded with grand views of Sonoma and Napa valleys. Give yourself ample time and hike with a partner.
- Lower Johnson Ridge Trail climbs while overlooking Hood Creek Canyon. Upper Johnson Ridge Trail continues climbing the creek’s headwaters under a canopy of mixed evergreens.
- Hood Mountain Trail is a fire road leading to the summit. Panorama Ranch Trail passes through the pygmy forest as it connects to Lower Johnson Ridge Trail.

Trail Directions

- From Pythian Road entrance, leave the parking lot by heading up Lower Johnson Ridge Trail.
- Go left on the Pond Trail and pass Blue Heron Pond on your way to Upper Johnson Ridge Trail.
- Turn right on Upper Johnson and climb switchbacks and turn right on Hood Mountain Trail and follow to the summit (2,730 feet elevation.)
- Due to dense foliage, the best views are beyond the summit, .6 miles down the Gunsight Rock Trail. At Gunsight Rock, take a well-earned rest and enjoy spectacular view of the Sonoma Valley.
- Return via Gunsight Rock Trail to Hood Mountain Trail. Take Hood Mountain Trail to Panorama Ranch.
- Take Panorama Ranch to Lower Johnson Ridge and follow Lower Johnson back to the Pythian Road parking lot.

Driving Directions

- Pythian Road entrance: From central Santa Rosa, drive east on Highway 12 toward Kenwood. Turn left on Pythian Road and drive a half mile to the marked park entrance on your right. Parking \$7 or free for Regional Parks members.



Hood Mountain Regional Park & Open Space Preserve

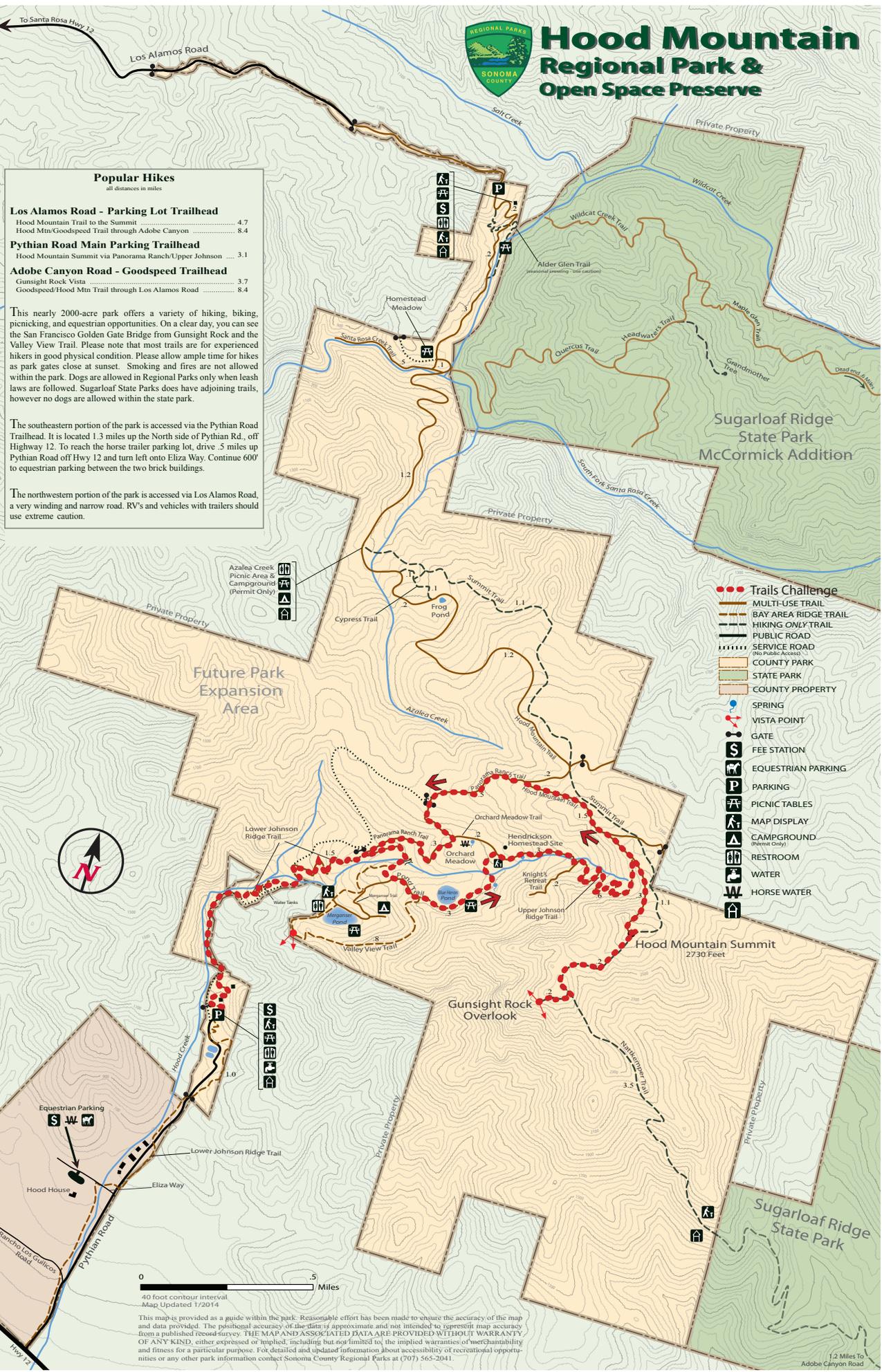
Popular Hikes
all distances in miles

Los Alamos Road - Parking Lot Trailhead	
Hood Mountain Trail to the Summit	4.7
Hood Mtn/Goodspeed Trail through Adobe Canyon	8.4
Pythian Road Main Parking Trailhead	
Hood Mountain Summit via Panorama Ranch/Upper Johnson	3.1
Adobe Canyon Road - Goodspeed Trailhead	
Gunsight Rock Vista	3.7
Goodspeed/Hood Mtn Trail through Los Alamos Road	8.4

This nearly 2000-acre park offers a variety of hiking, biking, picnicking, and equestrian opportunities. On a clear day, you can see the San Francisco Golden Gate Bridge from Gunsight Rock and the Valley View Trail. Please note that most trails are for experienced hikers in good physical condition. Please allow ample time for hikes as park gates close at sunset. Smoking and fires are not allowed within the park. Dogs are allowed in Regional Parks only when leash laws are followed. Sugarloaf State Parks does have adjoining trails, however no dogs are allowed within the state park.

The southeastern portion of the park is accessed via the Pythian Road Trailhead. It is located 1.3 miles up the North side of Pythian Rd., off Highway 12. To reach the horse trailer parking lot, drive 5 miles up Pythian Road off Hwy 12 and turn left onto Eliza Way. Continue 600' to equestrian parking between the two brick buildings.

The northwestern portion of the park is accessed via Los Alamos Road, a very winding and narrow road. RV's and vehicles with trailers should use extreme caution.



- Trails Challenge
- MULTI-USE TRAIL
- BAY AREA RIDGE TRAIL
- HIKING ONLY TRAIL
- PUBLIC ROAD
- SERVICE ROAD (No Public Access)
- COUNTY PARK
- STATE PARK
- COUNTY PROPERTY
- SPRING
- VISTA POINT
- GATE
- FEE STATION
- EQUESTRIAN PARKING
- PARKING
- PICNIC TABLES
- MAP DISPLAY
- CAMPGROUND (Permit Only)
- RESTROOM
- WATER
- HORSE WATER



0 0.5 Miles
40 foot contour interval
Map Updated 7/2014

This map is provided as a guide within the park. Reasonable effort has been made to ensure the accuracy of the map and data provided. The positional accuracy of the data is approximate and not intended to represent map accuracy of ANY KIND, either expressed or implied, including but not limited to, the implied warranties of merchantability and fitness for a particular purpose. For detailed and updated information about accessibility of recreational opportunities or any other park information contact Sonoma County Regional Parks at (707) 565-2041.

1.2 Miles To Adobe Canyon Road

Laguna de Santa Rosa Trail

6303 Highway 12, Santa Rosa

Highway 12 trailhead to Occidental Road Trail and back

Length: 3.6 miles round trip

Difficulty: Easy

Elevation gain: 36 feet



Park Notes

- The Laguna de Santa Rosa is the second-largest freshwater marsh in Northern California and serves as a critical flood basin for the Russian River. The Laguna is internationally known for its ecological significance. Its wetlands, riparian woodland and valley oak savanna are habitat for hundreds of migrating and native bird species and a diverse collection of animals and plants, including some rare or endangered.
- The Laguna de Santa Rosa Trail is just east of Sebastopol and runs east of the Laguna's main channel. The trail opened in late 2012 and is the initial phase of a larger trail network planned for the Laguna.

Trail Notes

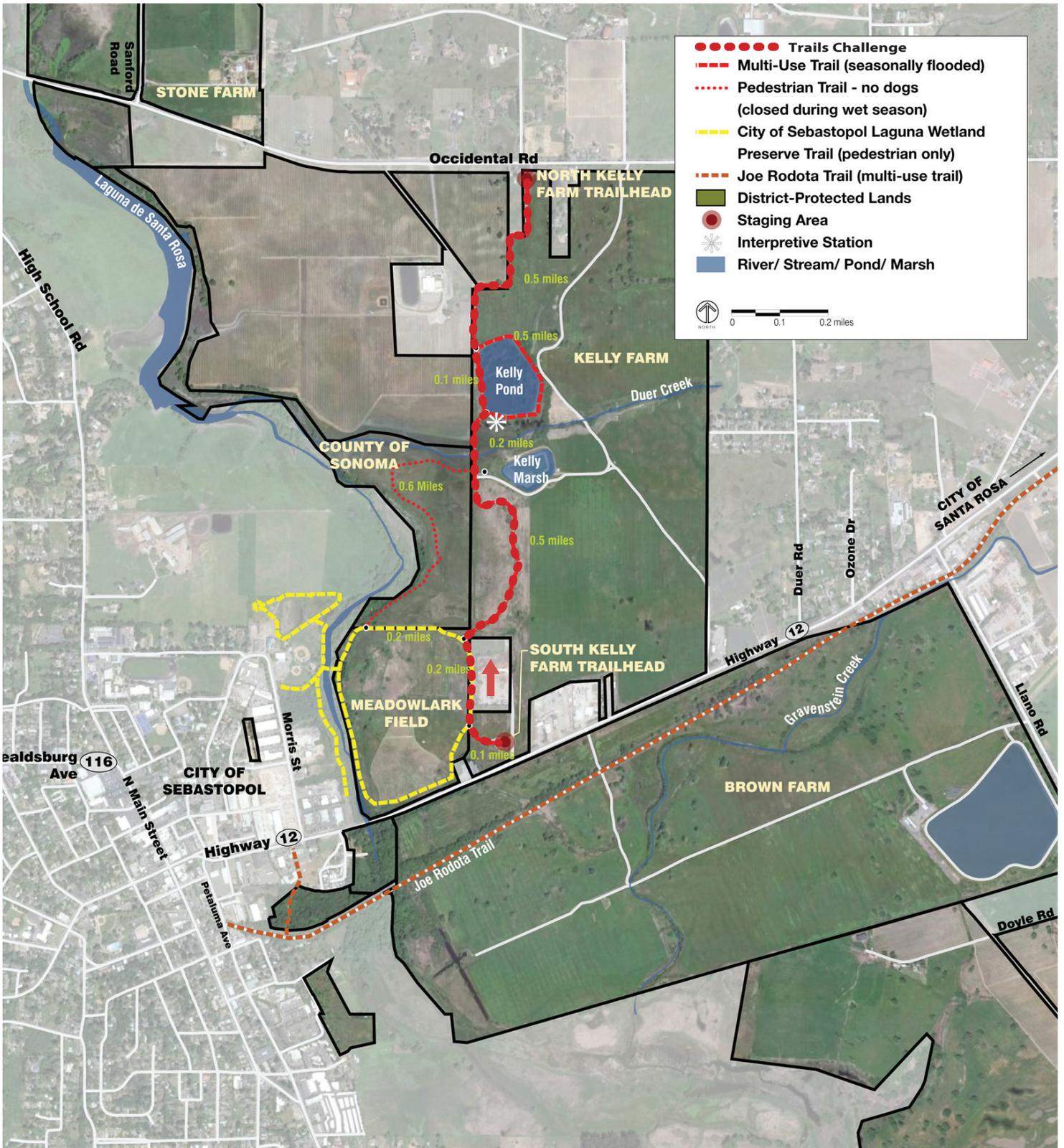
- The trail is paved with crushed stone and runs 1.8 miles between Highway 12 and Occidental Road. An unpaved .6-mile pedestrian-only segment loops off toward the riparian cover. (Sensitive habitat makes the unpaved area off-limits to dogs, horses and bicycles.) The junction with the pedestrian loop has a viewing area with benches.
- Both the Highway 12 and Occidental Road trailheads have small parking lots. The Highway 12 lot has a portable restroom. No drinking fountains.
- Hikers can connect to paths in Sebastopol's Laguna Wetlands Preserve, which provides access to the Laguna itself.

Trail Directions

- From the Highway 12 trailhead, follow the multi-use trail to the north. You'll pass Meadowlark Field on your left for .2 miles.
- Trail curves to the right and continues for .07 miles, passing Kelly Marsh on the right and arrives at an overlook area, where you can pause and take in the landscape of the Laguna and neighboring vineyards.
- Continue north on the trail for .6 miles to the Occidental Road trailhead.
- At this point, you can return the way you came, perhaps adding the pedestrian-only .6-mile loop at Kelley Marsh to your final leg.

Driving Directions

- From Santa Rosa, drive west on Highway 12 for 5.5 miles. The park entrance is clearly marked on the right side of the highway as you approach Sebastopol. No parking fee.



Pinnacle Gulch Coastal Access Trail

20600 Mockingbird Road
Bodega Bay, CA

Trailhead to beach and back

Loop length: 1.29 miles round trip
Degree of difficulty: Moderate
Elevation gain: 350 feet (on the return)



Park Notes

- This half-mile trail leads to Pinnacle Beach, a picturesque cove on Bodega Bay south of Doran Regional Park.
- Pinnacle Beach is only a quarter-mile long but is the place to go when seeking a secluded coastal experience. You likely will find only a few other people on the beach.
- The beach is dotted with interesting rocks and tide pools, and a distinctive rock formation is just off shore. The beach offers great birding and occasional whale sightings.

Trail Notes

- The unpaved trail descends a steep gulch fed by a seasonal stream and lined with cypress, wax myrtle, willows, coastal scrub, berries and other brush. Wildflowers are abundant in spring and summer. There are some steps and bridge crossings.
- At low-tide, this walk can be extended to a 3-mile loop by walking south from Pinnacle Beach to Shorttail Beach and hiking up Shorttail Gulch Trail. However, this is advisable only when the tide is out. It's also possible to walk north from Pinnacle to Doran Beach and back at low tide.
- Trailhead parking includes a restroom and drinking fountain.

Trail Directions

- From the parking lot, cross Mockingbird Road to the posted trailhead and follow the dirt path.
- You'll parallel the road for a bit before descending on short switchbacks and entering the narrow canyon that is Pinnacle Gulch.
- Follow the path to the beach. You'll cross several wooden foot bridges and some steps, including at the end of the trail where steps lead to the sand.
- Reverse your route to return to the parking lot. The walk back is a steady, gradual climb.

Driving Directions

- As you approach the south end of Bodega Bay on Highway 1, turn south on South Harbor Way into the Bodega Harbour community. The turn-off is just south of the entrance to Doran Beach Regional Park.
- Drive one block to the end of the street.
- Turn left on Heron Drive and continue .9 miles to Mockingbird Road.
- Turn left on Mockingbird Road and go .1 miles to the posted trailhead on the right. Park in the lot on the left.
- Parking is \$7 or free for Regional Parks members.



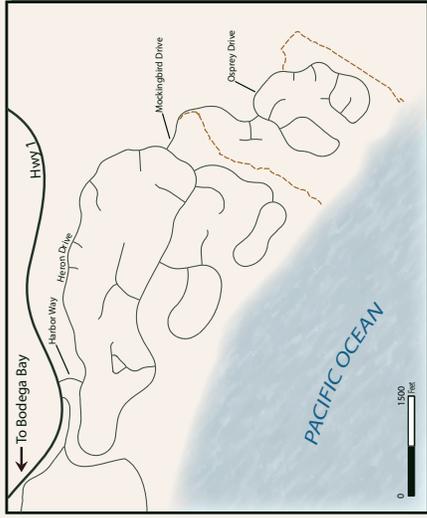
Pinnacle & Shorttail Gulch Coastal Access Trails

Trails Challenge

- ROADWAY
- TRAIL
- BEACH TRAIL
- BUILDINGS
- FEE STATION
- PARKING
- RESTROOM
- FISHING



NOTE: Check tides before hiking loop



Trail Length (in Miles)

Pinnacle Gulch	0.55
Shorttail Gulch	0.52
Beach Walk	0.40
Loop Hike	1.89

Take State Highway 1 to Bodega Bay, turn onto Harbor Way just south of downtown Bodega Bay and follow the signs to the trail-head parking.

A steep half-mile trail leads to a spectacular view of hidden coves and rock formations. Fishing is excellent but challenging. A perfect place to spend an enjoyable day for picnicking, sightseeing and relaxation.

Get a park pass and save money on the daily use fee for each vehicle. 100% of the purchase price goes back to Regional Parks to help us protect these beautiful parks for generations to come. Information about a park pass can be found at sonomacountyparks.org or call 707-565-2041.



This map is provided as a guide within the park. Reasonable effort has been made to ensure the accuracy of the map and data provided. The positional accuracy of the data is approximate and not intended to represent map accuracy from a published record survey. THE MAP AND ASSOCIATED DATA ARE PROVIDED WITHOUT WARRANTY OF ANY KIND, either expressed or implied, including but not limited to, the implied warranties of merchantability and fitness for a particular purpose. For detailed and updated information about accessibility of recreational opportunities or any other park information contact Sonoma County Regional Parks at (707) 565-2041.

Ragle Ranch Regional Park

500 Ragle Road
Sebastopol

Suggested trail loop:

Blackberry Trail

Length: 1.65 miles

Difficulty: Easy

Elevation gain: 50 feet



Park Notes

- Ragle Ranch is a 157-acre park with backcountry trails along the prime bird-watching habitat of Atascadero Creek. The park also has traditional features like a playground, baseball and soccer fields, volleyball courts, group picnic sites and an off-leash dog park. It's also the site of the Gravenstein Apple Fair each August.

Trail Notes

- Ragle has 3.5 miles of trails. This suggested hike follows Blackberry Trail around the perimeter of the park, passing through wetlands and meadows and crossing bridges over small streams and Atascadero Creek. The creek is lined with stands of willow, ash, and mature oaks.
- The hike can be extended by walking several short interior trails across the meadows. From Hilltop Trail enjoy views across the watershed toward the west county.

Trail Directions

- Follow the paved path on the west side of the park road toward the gazebo picnic area and the Veterans Memorial Grove.
- Veer left (west), leaving the paved path. Continue a short distance to the gated Blackberry Trail. Head down the hill through an old pear orchard to a bridge over a stream. (The Hilltop Trail will be on your right.)
- Cross the bridge. You will quickly come to another bridge over Atascadero Creek. Cross this bridge and continue into the wetlands, passing Thistle Trail on your right.
- Continue on Blackberry Trail, gradually gaining some elevation as you follow the perimeter of the wetland on the park's western and northern boundaries.
- You'll come to another junction with Thistle Trail. Bear left to continue on Blackberry Trail and cross another section of Atascadero Creek.
- Parallel the north side of the creek through grasslands and an oak grove. Cross another bridge and turn south. The dirt trail ends at a paved fork. The Blackberry Trail continues south to the parking lot.

Driving Directions

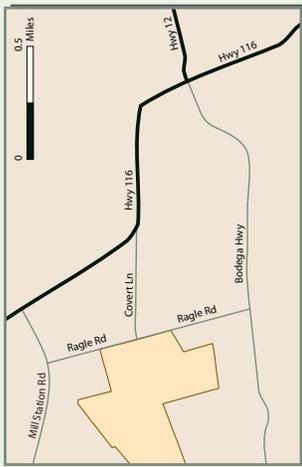
- From Santa Rosa, drive 7 miles west on Highway 12 to Ragle Road in Sebastopol. (Along the way, the highway becomes Sebastopol Road, then Bodega Avenue.)
- Turn right on Ragle Road and drive a half-mile to the park entrance on the left.
- Parking \$7 or free for Regional Parks members.



Ragle Ranch Regional Park

Trails Challenge

- ROADWAY
- PAVED TRAIL
- MULTI-USE TRAIL
- GAZEBO
- BRIDGE
- GATE
- PARKING
- RESTROOM
- FEE STATION
- EQUESTRIAN PARKING
- SPORTS FIELD NUMBER
- RANGER RESIDENCE (EMERGENCY ONLY)
- DOG PARK
- GROUP PICNIC
- WATER FOUNTAIN



Popular Trails

- Blackberry Trail 1.50
- Thistle Trail 0.25
- Hilltop Trail 0.25
- Towhee Trail 0.15

This 157 acre park has seven sports fields with facilities for soccer, softball, sand volleyball and tennis. Within the park is an outstanding grove of oak trees and several miles of trails passing along the Atascadero Creek, providing many opportunities for bird watching. Many individual and group picnic sites with attached BBQs are available for all to enjoy.

Also featured is a peace garden with a spectacular sculpture created by world-renowned artist, Masayuki Nagase. The park is also the site of the annual Gravenstein Apple Fair held in August; This popular event attracts people from all over the Western United States. For more information about the park, or to reserve Group Picnic sites, please call (707) 565-2041

This map is provided as a guide within the park. Reasonable effort has been made to ensure the accuracy of the map and data provided. The positional accuracy of the data is approximate and not intended to represent map accuracy from a published record survey. THE MAP AND ASSOCIATED DATA ARE PROVIDED WITHOUT WARRANTY OF ANY KIND, either expressed or implied, including but not limited to, the implied warranties of merchantability and fitness for a particular purpose. For detailed and updated information about accessibility of recreational opportunities or any other park information contact Sonoma County Regional Parks at (707) 565-2041.



Riverfront Regional Park

7821 Eastside Road, Windsor

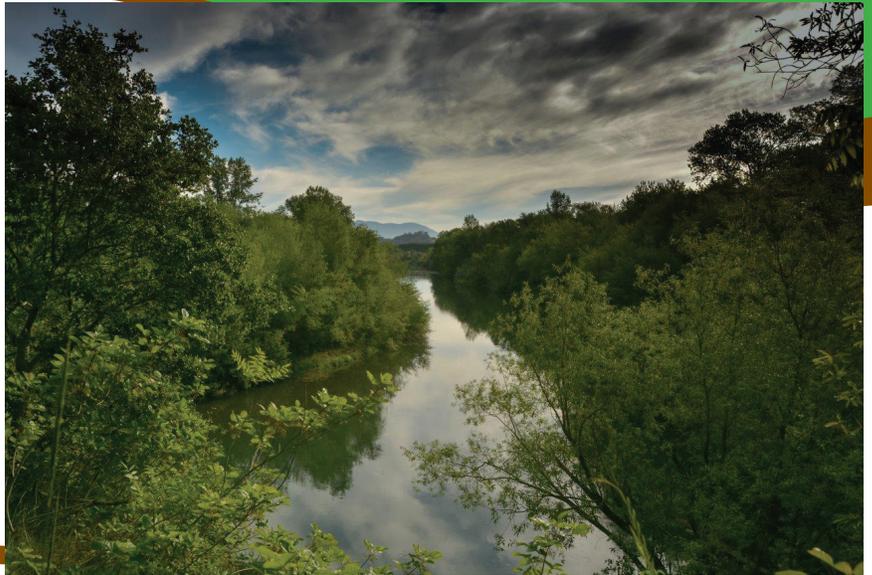
Suggested trail loop:

Lake Benoist Trail Loop

Loop length: 2.18 miles

Degree of difficulty: Easy

Elevation gain: Flat



Park Notes

- This 300-acre park is next to the Russian River, just minutes from downtown Windsor and surrounded by classic Wine Country scenery. The park is a former quarry with two mining pits reclaimed as beautiful lakes for fishing and kayaking and 1 mile of Russian River frontage, though the river is screened by dense foliage along the main trail.
- A 15-acre grove of redwoods next to the parking area includes a half-mile trail through the forest, a large picnic area, a volleyball court, and restrooms and a drinking fountain.

Trail Notes

- The Lake Trail is a 2.18-mile loop passing Lake Wilson and going around Lake Benoist. It's a wide, mostly flat trail ringed by redwoods, willows and cottonwoods.
- Look for trail spurs to the Russian River on the north side of the Lake Trail.
- The park is a rookery for great blue herons, North America's largest heron, and nests can be spotted high in the trees from January-July. You may also see egrets and green herons.

Trail Directions

- From the parking lot, walk past the trailhead kiosk and head southwest on the Lake Trail, which is a dirt road. (The redwood grove will be on your left and Lake Wilson on your right.)
- At .03-miles you'll come to a trail juncture and the east end of Lake Benoist. You can begin the loop around the lake by walking to your right (south) or your left (north.)
- At the far west side of the loop is a beautiful view across the lake and a bench where you can take a break and appreciate the scenery.
- When you've circled the lake, return to the parking lot on the dirt road (the way you came.)

Driving Directions

- From Santa Rosa, take Highway 101 north and exit at River Road. Go west on River Road. Turn right onto Trenton-Healdsburg Road. At 1.3 miles, make a slight right onto Eastside Road. Continue 1.5-miles to the clearly marked park entrance. Drive into the park for half a mile to the parking lot.
- From Windsor, drive west on Windsor River Road. Turn left onto Eastside Road and continue 1.8 miles to the park entrance on your right. Continue into the park for half a mile to the parking lot. Parking \$7 or free for Regional Parks members.



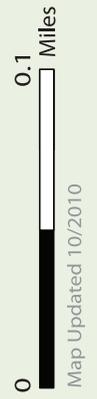
Riverfront Regional Park

Located adjacent to the Russian River, Riverfront Regional Park is just minutes from downtown Windsor. The main attractions within the park are two former gravel pits which have been reclaimed as lakes. Amenities include two day use picnicking areas, a two mile multiuse trail around Lake Benoist and a half mile long trail over Redwood Hill. Dogs are allowed in Sonoma County Regional Parks, be sure to obey all leash laws to ensure the enjoyment for all park visitors.



Trails Challenge

- NATURE TRAIL
- MULTI-USE TRAIL
- ROADWAY
- RESTROOM
- BENCH
- GARBAGE
- VOLLEYBALL
- FISHING
- BBQ PIT
- BRIDGE
- GATE
- FEE STATION
- PARKING
- PICNIC TABLES
- DRINKING FOUNTAIN
- HORSESHOES
- EQUESTRIAN SERVICES



This map is provided as a guide within the park. Reasonable effort has been made to ensure the accuracy of the map and data provided. The positional accuracy of the data is approximate and not intended to represent map accuracy from a published record survey. THE MAP AND ASSOCIATED DATA ARE PROVIDED WITHOUT WARRANTY OF ANY KIND, either expressed or implied, including but not limited to, the implied warranties of merchantability and fitness for a particular purpose. For detailed and updated information about accessibility opportunities or any other park information contact Sonoma County Regional Parks at (707) 565-2041.

Santa Rosa Creek Trail

Willowside Road to Fulton Road
Santa Rosa

Distance: 4 miles round trip

Difficulty: Moderate

Elevation gain: 40 feet



Trail Notes

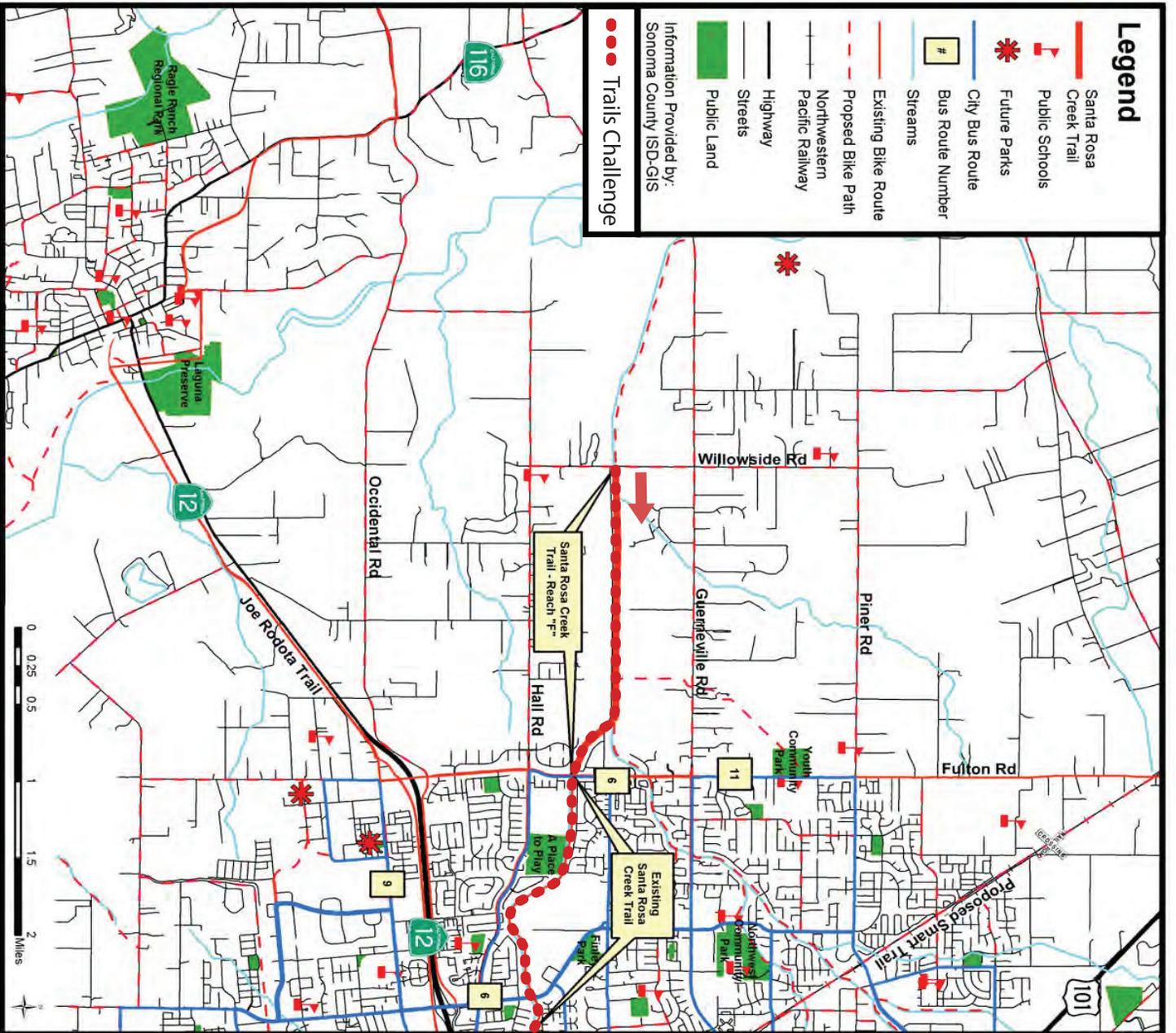
- This is a paved trail along a section of Santa Rosa Creek in west Santa Rosa. It's located on a raised road on the north side of the creek with views of the waterway, farms, vineyards, and mountains. The trail is popular with walkers, joggers, cyclists and dog walkers and is not open to motorized traffic.
- Santa Rosa Creek forms in the Mayacamas Mountains and flows through the city to the Laguna de Santa Rosa north of Sebastopol. The creek is home to a variety of birds and wildlife, including the western pond turtle, California's only native turtle and a species of special concern.
- The trail continues beyond Fulton Road as the "Prince Memorial Greenway" for another 2.8 miles to downtown Santa Rosa.

Trail Directions

- From the east side of Willowside Road, pass the trailhead post on the north side of the creek channel and follow the trail upstream (toward the east.)
- The creek corridor is lined with oak, willow and walnut trees and blackberries and other shrubs. Pass several feeder creeks from the north and cross two bridges.
- Enjoy views of the creek and its thick vegetation to the south and views of pastures, horse farms, and vineyards to the north.
- The trail bends to the north as you approach Fulton Road and parallels Piner Creek, which feeds into Santa Rosa Creek.
- Turn around at Fulton Road and follow the trail back to Willowside Road.

Driving Directions

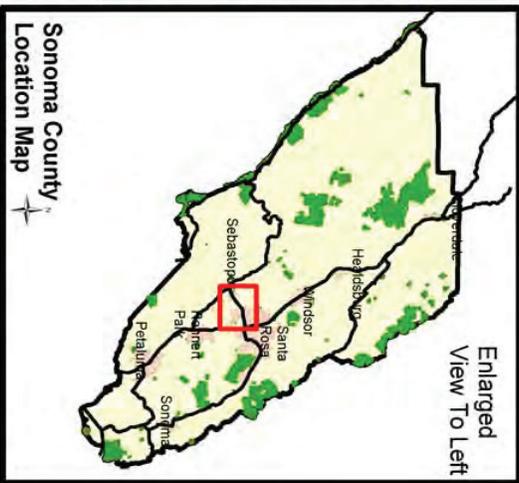
- From Highway 101 in Santa Rosa, exit on Guerneville Road and drive 4.5 miles west to Willowside Road and turn left.
- Drive .5 miles south to the trailhead on the north side of the creek.
- Park on the narrow shoulder along the road.
- No parking fee.



Santa Rosa Creek Trail Reach "F"

Site Location Map
Sonoma County Regional Parks

1/30/06



Shiloh Ranch Regional Park

5750 Faught Road, Windsor

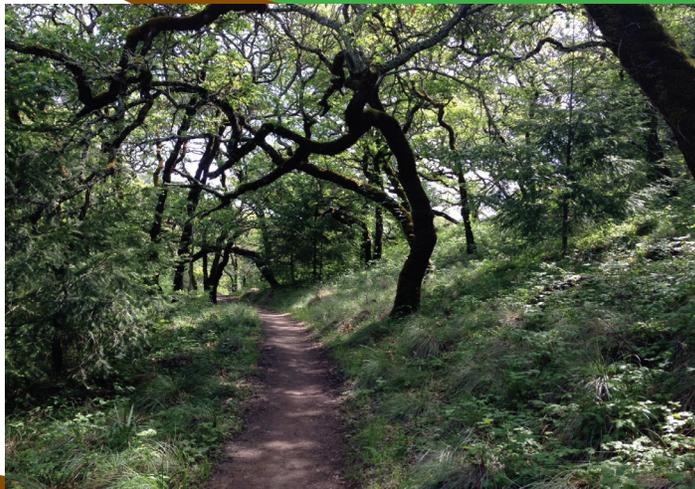
Suggested trail loop:

North Ridge Trail to Creekside Trail to Pond Trail to Mark West Creek Trail to Canyon Trail to Ridge Trail to Big Leaf Trail

Loop length: 3.84 miles

Degree of difficulty: Moderate/Strenuous

Elevation gain: 400 feet



Park Notes

- This 860-acre park is a former cattle ranch in the Mayacamas foothills of southeast Windsor. The rugged landscape includes oak woodlands, forests of mixed evergreens, canyons, rolling hills, a shaded creek, a pond, and ridges with panoramic views of the Santa Rosa Plain.
- Nearly 8 miles of trails allow hikers to create routes of varying length and intensity. Some trails are single track and some are old ranch roads, which makes Shiloh popular with equestrians. (Shiloh is the only regional park where dogs are not allowed on trails.)
- Restrooms and drinking fountains in the parking lot.

Trail Notes

- This suggested loop passes through valley oak woodlands, stands of Douglas fir and big leaf maple, open grasslands, mixed chaparral, and a creek corridor.
- Creekside Trail follows a seasonal creek in a fern-filled canyon and is a shaded walk among pines and lichen-covered oaks. Canyon Trail also passes through woodlands and features brief, steep climbs and grand views of Windsor and surrounding open space.
- Loop can be extended by 1.6 miles by walking the southern segment of Mark West Creek Trail and back.

Trail Directions

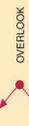
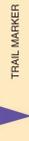
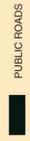
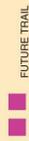
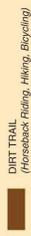
- From the parking lot, head north on the North Ridge Trail. You will quickly come to a trail junction. To stay on the Ridge Trail, follow the trail to the left, crossing a dry stream bed and passing a temporary fence.
- At .01-mile, take the Creekside Trail on your left. Follow Creekside Trail for 1 mile.
- Take the Pond Trail on your left for .03 miles.
- Take the Mark West Creek Trail on your left for .2 miles.
- At the junction with Canyon Trail, turn right onto Canyon and follow it for 1.1 miles
- Take the South Ridge Trail for .1 miles.
- Take a right onto Big Leaf Trail and follow for 1.2 miles to the parking lot.

Driving Directions

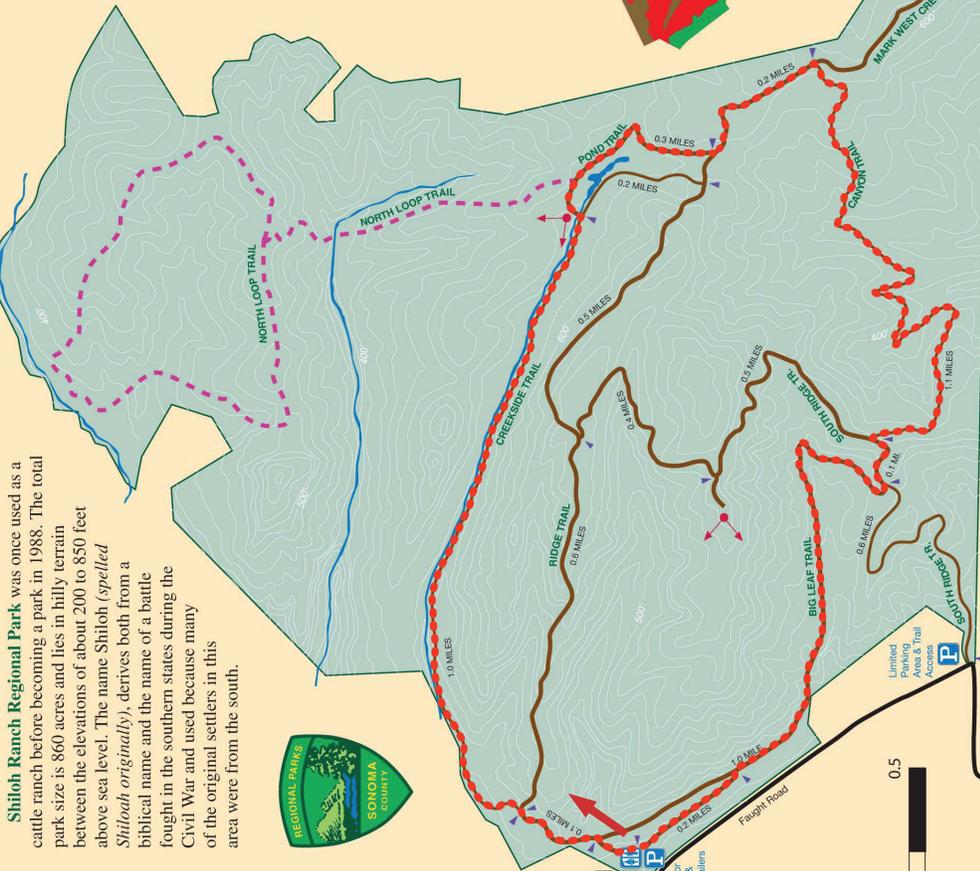
- From Highway 101, exit at Shiloh Road in south Windsor.
- Drive 1.4-miles east to the intersection with Faught Road.
- Turn right onto Faught Road.
- The park entrance is .1 mile ahead on the left.
- Parking \$7 or free for Regional Parks members.

Shiloh Ranch Regional Park

MAP LEGEND

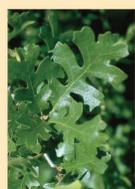


Shiloh Ranch Regional Park was once used as a cattle ranch before becoming a park in 1988. The total park size is 860 acres and lies in hilly terrain between the elevations of about 200 to 850 feet above sea level. The name Shiloh (*spelled Shiloh originally*), derives both from a biblical name and the name of a battle fought in the southern states during the Civil War and used because many of the original settlers in this area were from the south.



Shiloh Ranch Regional Park presents a diversity of landscapes from rugged canyons to sweeping vistas. The vegetation/habitat of the park consists of an open to dense mixed woodland of oaks, mixed chaparral, Douglas fir forest, chamise chaparral, and mixed evergreen forest. Species of plants include California Buckeye (*Aesculus californica*), California Bay Umbellularia (*Umbellularia californica*), Valley Oak (*Quercus lobata*), California Black Oak (*Quercus kelloggii*), Shrub Chamise (*Adenostoma fasciculatum*) Buck Brush (*Ceanothus cuneatus*), Coast Redwood (*Sequoia sempervirens*), Big-Leaf Maple (*Acer macrophyllum*), and Red Willow (*Salix lasiandra*).

The park provides habitat for the following animal species: Mule Deer, Black-Tailed Hare, Brush Rabbit, Western Gray Squirrel, Gray Fox, Coyote, Bobcat, Mourning Dove, Band-Tailed Pigeon, California Quail and numerous other bird species.



Valley Oak



California Buckeye



California Bay



Buck Brush



Shrub Chamise



Coast Redwood

Charles Weber for California Academy of Sciences
 Amy Williams for California Academy of Sciences
 Amy Williams for California Academy of Sciences
 © 2010, Wildflower, Santa Maria College

Sonoma Valley Regional Park

13630 Highway 12, Glen Ellen

Suggested Trail Loop 1:

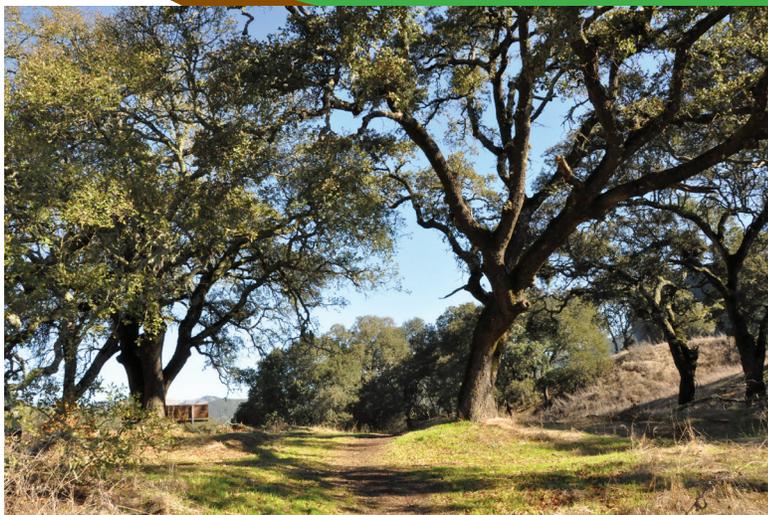
Paved Trail from Highway 12 to Arnold Drive and back- 2.4 miles round trip

Suggested Trail Loop 2:

Paved Trail from Highway 12 to Arnold Drive and return via Corridor Ridge Trail – 2.35 miles round trip

Difficulty: Loop 1 – Easy; Loop 2 – moderate

Elevation gain: 146 feet on Loop 1; 193 feet on Loop 2



Park Notes

- This park is in the heart of Sonoma Valley wine country, just south of Glen Ellen and 5 miles north of Sonoma.
- A paved 1.2-mile multi-use trail bends through magnificent mixed oak woodlands and along a meandering creek. Surrounding ridges provide a sense of quiet and seclusion. The park serves as a natural wildlife crossing due to its location at the base of Sonoma Mountain and connection to other protected open space.
- Great trail for a family hike/bike ride and picnic, especially when spring wildflowers bloom.
- Portable toilet and drinking fountain in the parking lot.

Trail Notes

- The paved trail is the suggested route for an easy-level hike. Walk to the end of the trail and return the same way for a 2.4-mile hike. (You can always shorten your walk as you'd like, depending on your fitness level.)
- Corridor Ridge Trail is an unpaved, 1.15-mile trail on the park's southern ridge. For a moderate-intensity hike, take the paved trail from Highway 12 to its terminus at Arnold Drive, then turn around and climb the Corridor Ridge Trail for your return to the parking lot.

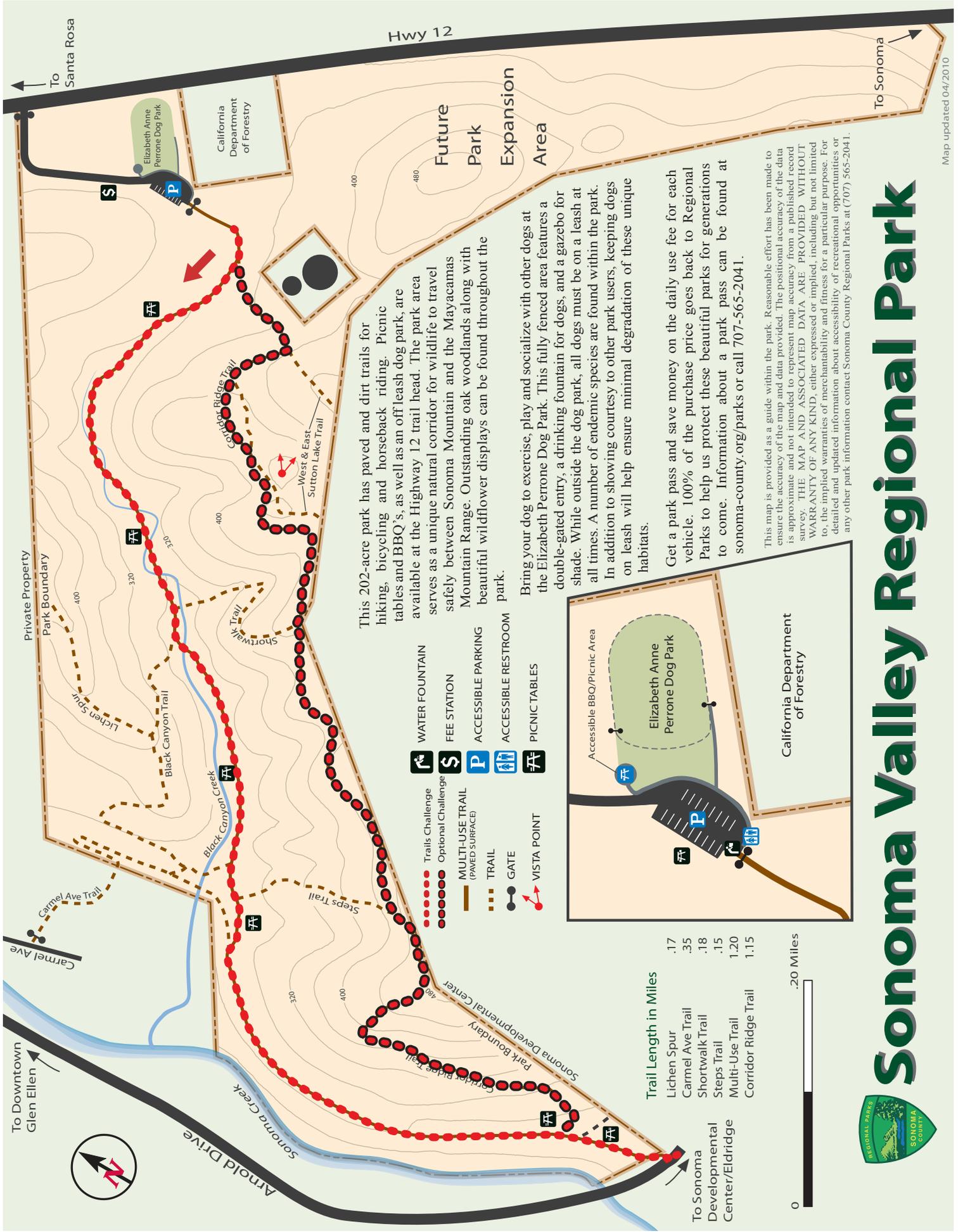
Trail Directions

Loop 1: From Highway 12 parking lot, follow the paved trail into the park. Continue 1.2 miles to its end at Arnold Drive. Turn around and return to the parking lot on the same trail.

Loop 2: From Highway 12 parking lot, follow the paved trail into the park. Continue 1.2 miles to its end at Arnold Drive. Turn around and begin back. You quickly come to Corridor Ridge Trail on your right. Take Corridor Ridge Trail up into an oak woodland. Continue along the spine of the ridge, staying to the left of a wire fence at the park boundary. The trail descends near large water tanks at the park's southeast corner to connect with the paved trail to the parking lot.

Driving Directions

- From Santa Rosa, head south on Highway 12 toward Glen Ellen.
- Continue south on the highway, past the Glen Ellen turn off at the intersection with Arnold Drive.
- Park entrance is .4 miles ahead, on the right side. Turn right and drive .2 miles to the trailhead parking lot. Parking \$7 or free for Regional Parks members.
- From Sonoma, drive north on Highway 12 for about 5 miles to the park entrance on the left. Parking \$7 or free for Regional Parks members.



This 202-acre park has paved and dirt trails for hiking, bicycling and horseback riding. Picnic tables and BBQ's, as well as an off-leash dog park, are available at the Highway 12 trail head. The park area serves as a unique natural corridor for wildlife to travel safely between Sonoma Mountain and the Mayacamas Mountain Range. Outstanding oak woodlands along with beautiful wildflower displays can be found throughout the park.

Bring your dog to exercise, play and socialize with other dogs at the Elizabeth Perrone Dog Park. This fully fenced area features a double-gated entry, a drinking fountain for dogs, and a gazebo for shade. While outside the dog park, all dogs must be on a leash at all times. A number of endemic species are found within the park. In addition to showing courtesy to other park users, keeping dogs on leash will help ensure minimal degradation of these unique habitats.

Get a park pass and save money on the daily use fee for each vehicle. 100% of the purchase price goes back to Regional Parks to help us protect these beautiful parks for generations to come. Information about a park pass can be found at sonoma-county.org/parks or call 707-565-2041.

This map is provided as a guide within the park. Reasonable effort has been made to ensure the accuracy of the map and data provided. The positional accuracy of the data is approximate and not intended to represent map accuracy from a published record survey. THE MAP AND ASSOCIATED DATA ARE PROVIDED WITHOUT WARRANTY OF ANY KIND, either expressed or implied, including but not limited to, the implied warranties of merchantability and fitness for a particular purpose. For detailed and updated information about accessibility of recreational opportunities or any other park information contact Sonoma County Regional Parks at (707) 565-2041.

Sonoma Valley Regional Park



Spring Lake Regional Park

393 Violetti Road
Santa Rosa, CA

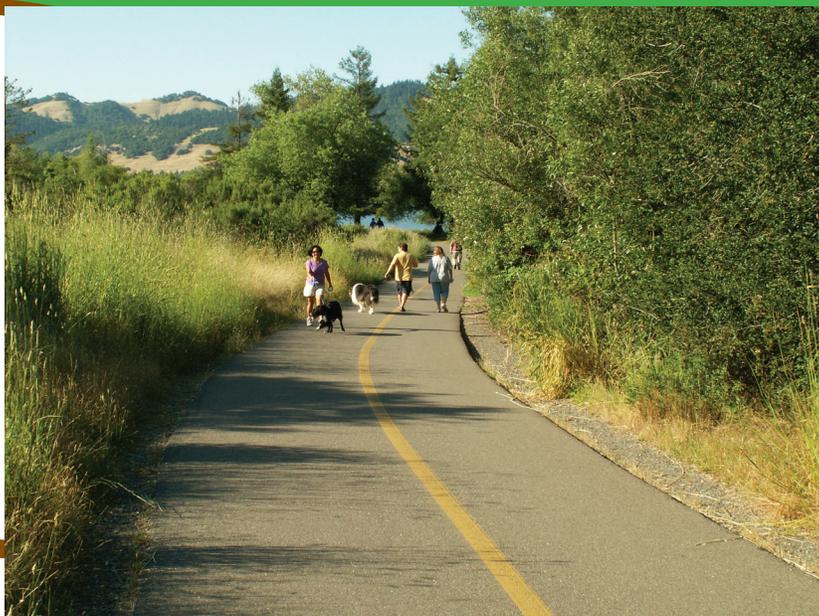
Suggested trail loop:

Paved path around the lake

Distance: 2.3 miles

Difficulty: Easy

Elevation gain: 54 feet



Park Notes

- Spring Lake is one of Sonoma County's most-visited parks. The lake at this large park in northeast Sana Rosa is actually a flood control reservoir open to paddling, sailing and fishing. The park also has a campground, spring-fed swimming lagoon, restaurant, and environmental education center open to the public Wednesdays-Sundays.
- Spring Lake connects with Annadel State Park and Howarth Park for extended hiking options.
- Despite its proximity to the city, Spring Lake is home to diverse wildlife, including river otter, deer, bobcats, turtles, beaver, muskrat, mink and many bird species.

Trail Notes

- The main trail is a 2.3-mile paved loop around the lake with views of forested hillsides. The trail is wide, with plenty of room for side-by-side walking and cycling, and is fully ADA accessible. The elevation is mostly flat, with a short climb to the top of the main dam.
- Several unpaved trails - Fishermans Trail, Pack Trail and Shady Oaks Trail - intertwine with the paved trail and offer less-traveled routes around the lake.
- Restrooms and drinking fountains are near the swimming lagoon.

Trail Directions

- Start this hike near the swimming lagoon. Head right (north) on the paved trail along the edge of the lake.
- Cross over the Santa Rosa Creek diversion channel and head uphill to the top of the main dam.
- Walk northwest across the dam.
- The trail then descends and follows the north end of the lake.
- Curve south through oak groves to a split in the trail. Stay to your left, passing water storage tanks on your right. (The right fork leads to the city of Santa Rosa's Howarth Park.)
- Weave through the Jack Rabbit Meadow picnic area and down to the boat launch.
- Follow the shoreline and curve along the south end of the lake beneath South Saddle Dam.
- Cross the Braille Trail Bridge over the Spring Creek Overflow Channel and arrive back at the swimming lagoon.

Driving Directions

- From Highway 101 and Highway 12 in Santa Rosa, drive 1.5 miles west on Highway 12 to Farmers Lane. Turn left onto Farmers Lane and drive .08 miles to Montgomery Drive.
- Turn right on Montgomery and drive for 2.7 miles to Channel Drive.
- Turn right and go 0.2 miles to Violetti Road.
- Turn right and drive to the posted park entrance on your right.
- Enter the park and drive straight ahead to the parking area near the lake and swimming lagoon.
- Parking \$7 or free for Regional Parks members

Spring Lake Park

ENVIRONMENTAL DISCOVERY CENTER
of Sonoma County

This 320-acre park features camping, fishing, picnic areas with barbecues, and four group picnic areas. Trails are available for walking, hiking, bicycling and horseback riding. The park also includes a 3-acre swimming lagoon and a 72-acre lake. Don't forget to visit the Environmental Discovery Center at Spring Lake for a wonderful educational experience for all ages. Although dogs are allowed within both Spring Lake and Howarth Park, they are not allowed at the swimming lagoon or within Annadel State Park. Please follow all dog leash laws while visiting the parks.

Get a park pass and save money on the daily use fee for each vehicle. 100% of the purchase price goes back to Regional Parks to help us protect these beautiful parks for generations to come. Information about a park pass can be found at www.sonoma-county.org/parks or call 707-565-2041.

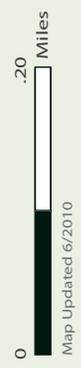


- COUNTY PARK
- OTHER PARKS
- SPRING LAKE LOOP
- HORSE LOOP (Bay Area Ridge Trail)
- ROADWAY
- MULTI-USE TRAIL
- BAY AREA RIDGE TRAIL
- BRIDGE
- GATE
- VISTA POINT
- CONCESSIONS
- ENVIRONMENTAL DISCOVERY CENTER
- Trails Challenge
- FEE STATION
- EQUESTRIAN PARKING
- CAMPGROUND
- BOAT LAUNCH
- RANGER STATION
- RESTROOM
- GROUP PICNIC AREA
- FISHING
- PARKING



Popular Trails to Explore

Spring Lake Loop	2.30 Miles
Newwanga Entry to Boat Launch	0.80
Fishermans Trail	0.47
South Dam to Jack Rabbit	0.43
Horse Loop Trail	2.60
Kerfoot Trail to Howarth Parking	0.15



This map is provided as a guide within the park. Reasonable effort has been made to ensure the accuracy of the map and data provided. The positional accuracy of the data is approximate and not intended to represent map accuracy from a published record survey. THE MAP AND ASSOCIATED DATA ARE PROVIDED WITHOUT WARRANTY OF ANY KIND, either expressed or implied, including but not limited to, the implied warranties of merchantability and fitness for a particular purpose. For detailed and updated information about accessibility of recreational opportunities or any other park information contact Sonoma County Regional Parks at (707) 565-2041.



Map Updated 6/2010

Taylor Mountain Regional Park & Open Space Preserve

Kawana Terrace
Santa Rosa, CA

Suggested trail:

Ranch Road to the summit and back

Loop length: 3.52 miles roundtrip

Degree of difficulty: Strenuous

Elevation gain: 1,100 feet



Park Notes

- This 1,100-acre park in southeast Santa Rosa was purchased by the Sonoma County Agricultural Preservation & Open Space District with funding from a voter-approved sales tax and opened by Regional Parks in 2013.
- Taylor Mountain offers panoramic views of the Santa Rosa Plain from its western flank and the Mayacamas Mountains from its summit. The land historically has been used for ranching, and cattle grazing continues within the park.
- A portable restroom is available in the parking lot. No drinking water.

Trail Notes

- The main trail is a ranch road with two routes to the mountain's mid-section, then one route to the summit. The eastern approach involves a steep climb over open grasslands. The western approach is a more gradual ascent through oaks.
- You likely will encounter cattle on your walk. Just give them a wide berth and pass by. Don't attempt to pet them.
- The park currently has 4 miles of trails, and a new trailhead on Petaluma Hill Road is expected to open in late 2014. Park plans call for the eventual development of 17 miles of trails total.

Trail Directions

- Start out on the western route by entering the trail gate to the right (south) of the large water tanks. The trail begins a moderate ascent through oak woodlands, paralleling Todd Creek. At 1 mile, you'll reach a vista point with expansive views of Santa Rosa.
- The trail then turns north to connect with the eastern route. Follow the connector trail for .3 miles, taking the spur to the right to meet the eastern route. Continue .5 miles to the summit. At this point, the ascent becomes quite steep, so pace yourself.
- When you reach the summit, take in the sights. To the west are the Santa Rosa Plain and the Coastal Range. To the east are central Santa Rosa and Rincon Valley and to the southeast is Bennett Valley. Return the way you came or opt to follow the eastern route back to the parking lot.

Driving Directions

From southbound Highway 101 in Santa Rosa, take the Hearn Avenue exit. Turn right onto Corby Avenue and then turn right onto Hearn Avenue. • Take the first left onto Santa Rosa Avenue. • Take the first right onto Kawana Springs Road. • Turn right onto Franz Kafka Avenue. • Franz Kafka turns left and becomes Kawana Terrace. • Turn right and follow to the park entrance.

From northbound Highway 101, take the exit toward Yolanda Avenue/Hearn Avenue

- Make a slight left onto Yolanda Avenue. • Turn left onto Petaluma Hill Road. • Turn right onto Kawana Springs Road
- Take the first right onto Franz Kafka Avenue. • Franz Kafka turns left and becomes Kawana Terrace. • Turn right and follow to the park entrance.

TRAIL MAP

-  Park Entrance
-  Existing Day Use Parking
-  Vista Point
-  Trail Mile Marker
-  Ranch Road (Multi-use)
-  Mowed Trail (Pedestrian Only)
-  Park Boundary
-  Trails Challenge
-  Optional Challenge

This map is for illustrative purposes only and is not intended to be a definitive property description.
Data Source: County of Sonoma ISD GIS Central
Author: Sonoma County Regional Parks (kdb)

