



**Sonoma  
County  
Regional Parks**

**TRAILS  
CHALLENGE**



# How the Hiking Challenge Works:

## Let's Go Hiking!

Welcome to the Sonoma County Trails Challenge, an invitation to explore the Regional Parks and do something good for your body and mind!

Sonoma County has more than 50 Regional Parks with more than 150 miles of trails for walking, running, and biking. The Trails Challenge invites you to discover the beauty of the county and the healthy fun of outdoor recreation by hiking five or more of the trails featured in this guidebook any time from June through November.



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

When you finish all five hikes, you can turn in a brief online “trails log” at [sonomacountyparks.org](http://sonomacountyparks.org) and receive a FREE water bottle or other trails-related gift while supplies last. Children 12 and younger will get a youth-size water bottle and an official “Trails Challenge Explorer” certificate.

Finishers who also post photos of themselves doing the Trails Challenge on Regional Parks’ Facebook page will be eligible for free park memberships given away monthly July-November (#trailschallenge #sonomacounty.) We can’t wait to see and share your adventures, so please post your photos as you’re taking the Trails Challenge. (If you’d rather post a photo of a pretty view or cool image you see along the trail, that’s OK too.) Winners will be announced on Facebook.

If you took the Trails Challenge last year, you’re invited to hike again this year and enjoy new trails at North Sonoma Mountain, Sonoma Valley, Taylor Mountain and Stillwater Cove Regional Parks.

## How to Complete the Challenge

1. Download a free copy of the guidebook at [sonomacountyparks.org](http://sonomacountyparks.org). A limited number of print editions are available at Regional Parks’ office, 2300 County Center Drive, Suite 120A, in Santa Rosa, or at the staffed entry stations at Spring Lake and Ragle parks.
2. Review the guidebook and select five (or more) hikes to complete before December 1.
3. When you finish five hikes, fill out the trails log at [sonomacountyparks.org](http://sonomacountyparks.org).
4. Get your Trails Challenge water bottle or other gift in the mail. If you posted a trails selfie or other trails photo to Regional Parks’ Facebook page ([facebook.com/sonomacountyregionalparks](https://facebook.com/sonomacountyregionalparks)) you also will be eligible for park memberships given away monthly July through November.



**“The Trails Challenge was the perfect motivation to hike some trails I’ve been meaning to check out. I discovered new favorites while getting in better shape.” Laurel, Santa Rosa**

## Hiking for Health

A growing public health concern is the lack of regular physical activity. Surveys indicate only 38 percent of Sonoma County adults get 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 us lose or maintain weight, lessen the risks for diabetes, heart disease, osteoporosis and certain cancers, and improve moods and sleep.

In addition to the physical benefits of walking, getting outdoors helps us in other ways. For example, research finds that people who exercise in nature are more likely to be satisfied with their workouts and more likely to repeat them.

The Regional Parks offer safe, convenient, and beautiful settings for walks, settings like the Sonoma Coast, the Sonoma Valley, and the Russian River. Trails lead to mountains, beaches, forests, rivers, meadows and lakes, and the hikes in this guidebook are our recommendations for seeing these special landscapes.

Discovering Sonoma County and doing something good for your body and mind is as fun as a walk in the park!

## Hiking for Parks

Regular trail use is good for you *and* good for your parks. Hikers develop an appreciation for the parks and the role parks play in healthy communities. Parks preserve natural beauty. They keep our air and water clean. They provide a buffer from development and crucial habitat for plants and animals. When you use the trails and discover the relationship between nature and health, you are more likely to become a supporter of your parks.

## Hiking with Dogs

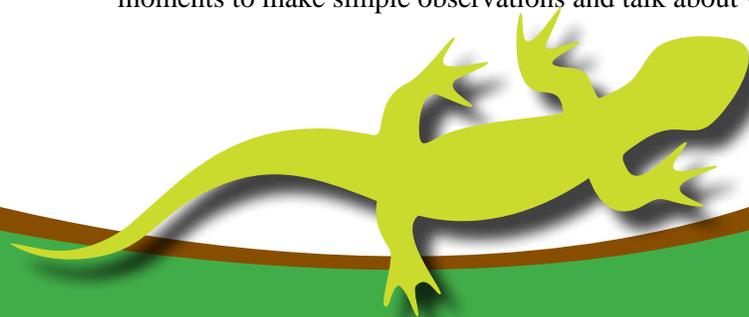
Dogs love hiking just as much as people do and are allowed on all trails except at Shiloh Ranch and North Sonoma Mountain.

- Keep your dog on a leash no longer than 6 feet. Rangers can cite dog owners who disregard the leash law, and citations require a court appearance and could result in a hefty fine.
- The leash law is intended to keep park visitors *and* dogs safe. No one likes to see an unfamiliar dog bounding toward them, and dogs running off leash could encounter wild animals or get swept into rough surf.
- When hiking, please carry water for your pet, a portable bowl, and waste bags.

## Hiking with Kids

Hikes are a wonderful family activity. Children love exploring trails and feel a sense of accomplishment after a hike. The parks include many stroller-friendly trails for parents with infants and toddlers.

- Like any outing with children, hikes take advance planning. Know the length of your route and if it’s suitable for your child’s abilities. Start with short hikes and work up to longer outings.
- Be willing to adjust your pace. Kids take lots of breaks to examine things. Take advantage of these moments to make simple observations and talk about what you’re seeing.



**“Helen Putnam Park was very pretty and had a LOT of lizards. We saw at least eight of them,” Molly, 11.**

## Parks Memberships

An annual membership is the easiest, most affordable way to regularly enjoy the Regional 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. Discounted memberships are available for seniors and people with permanent disabilities.

## Healthy Trail Tips

- Wear the appropriate shoes. Hiking boots aren't necessary, but sturdy, comfortable athletic shoes are.
- Dress in layers. Sonoma County's many microclimates mean a walk that starts in cloudy, cool weather may end with clear skies and warm temperatures.
- Bring a full water bottle. Drink before, during and after your hike.
- Carry a map of the parks. If you don't have a print or a digital map, you can use your phone to snap a picture of the map on the trailhead kiosk.
- Avoid mid-day hikes when temperatures are high.
- Wear sunscreen, even on overcast days. Bring a hat and sunglasses.
- 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.
- Pack out trash to the parking lot if there are no garbage cans along the trail.
- Please pick up after your dog.

## Poison oak

Poison oak is abundant in some parks, and can cause an irritating skin rash. Fortunately, poison oak is easy to identify with 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.



## Wildlife

The wildlife most often seen in parks are deer, lizards, turkeys, hawks, eagles, and many other bird species. Infrequently, you might see foxes, coyotes, and non-venomous garter and gopher snakes. Even more rarely, you might see a rattlesnake, bobcat, or mountain lion.

- 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 in blind spots.
- 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 parks staff.



*Thank you to Sonoma County Health Services for co-sponsoring the Trails Challenge!*

## 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 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 looking for an easy-paced outing.

**Moderate** - Moderate-intensity trails are 3 to 5 miles long with 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 (round trip mileage)

Crane Creek – Rohnert Park – 1.4 miles

Spring Lake – Santa Rosa – 2.3 miles

Ragle Ranch – Sebastopol – 1.65 miles

Riverfront – Windsor – 2.18 miles

Stillwater Cove\* - 1.2 miles

The Sea Ranch – .24 to 1.3 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 – 2.6 miles

Santa Rosa Creek - Santa Rosa - 4 miles

### Strenuous

North Sonoma Mountain\* - Santa Rosa - 7.74 miles

Hood Mountain – Santa Rosa/Kenwood – 6.9 to 8.9 miles

Shiloh Ranch – Windsor – 3.84 miles

Taylor Mountain\* – Santa Rosa – 5 to 8.2 miles

\* New for 2015

# Ready? Let's go for a hike!

“It was stunning to see the views from Hood Mountain, and I really loved visiting the headwaters of Santa Rosa Creek. It was great to discover parks I hadn't visited before,”  
Janet, Rohnert Park

## 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 a great way to check out The Sea Ranch coastline.
- Trailheads are along 7 miles of Highway 1. Parking lots are clearly marked. Restrooms 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 reopened in 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 a staircase. Tide pools and driftwood.
- Black Point Trail - .25 miles – Curving, quarter-mile beach reached by a 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 beautiful, wide 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.

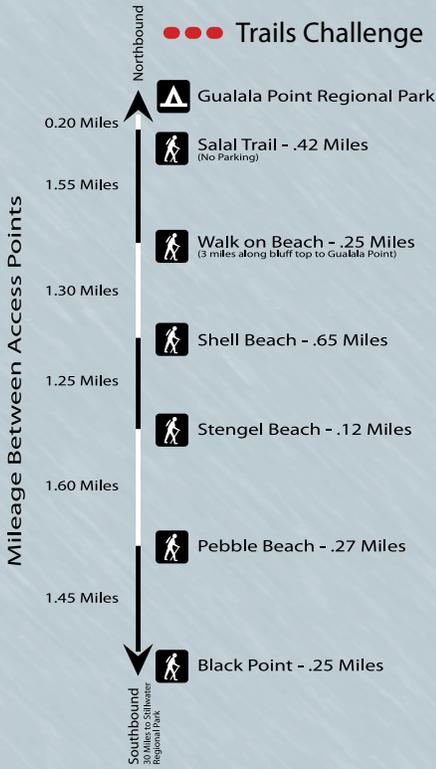
### **Diving Directions**

- 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



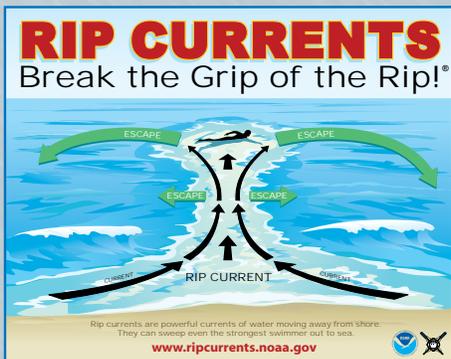
# Coastal Access

## 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) 563-2041.

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 Regional Park features rolling grasslands and beautiful oaks on 128 acres east of Rohnert Park. The namesake creek flows through the middle and is lined with willow, alder, buckeye and bay trees. Accessible ridges offer views of the countryside and Rohnert Park.
- Each spring, Crane Creek's meadows are covered with bright displays of wild poppies.
- The park has an 18-hole disc golf course popular with students from nearby Sonoma State University.
- Benches and picnic tables are located throughout the park. The parking lot has a restroom, but 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 ravel surfaces and are moderately wheelchair accessible.

### **Trail Directions:**

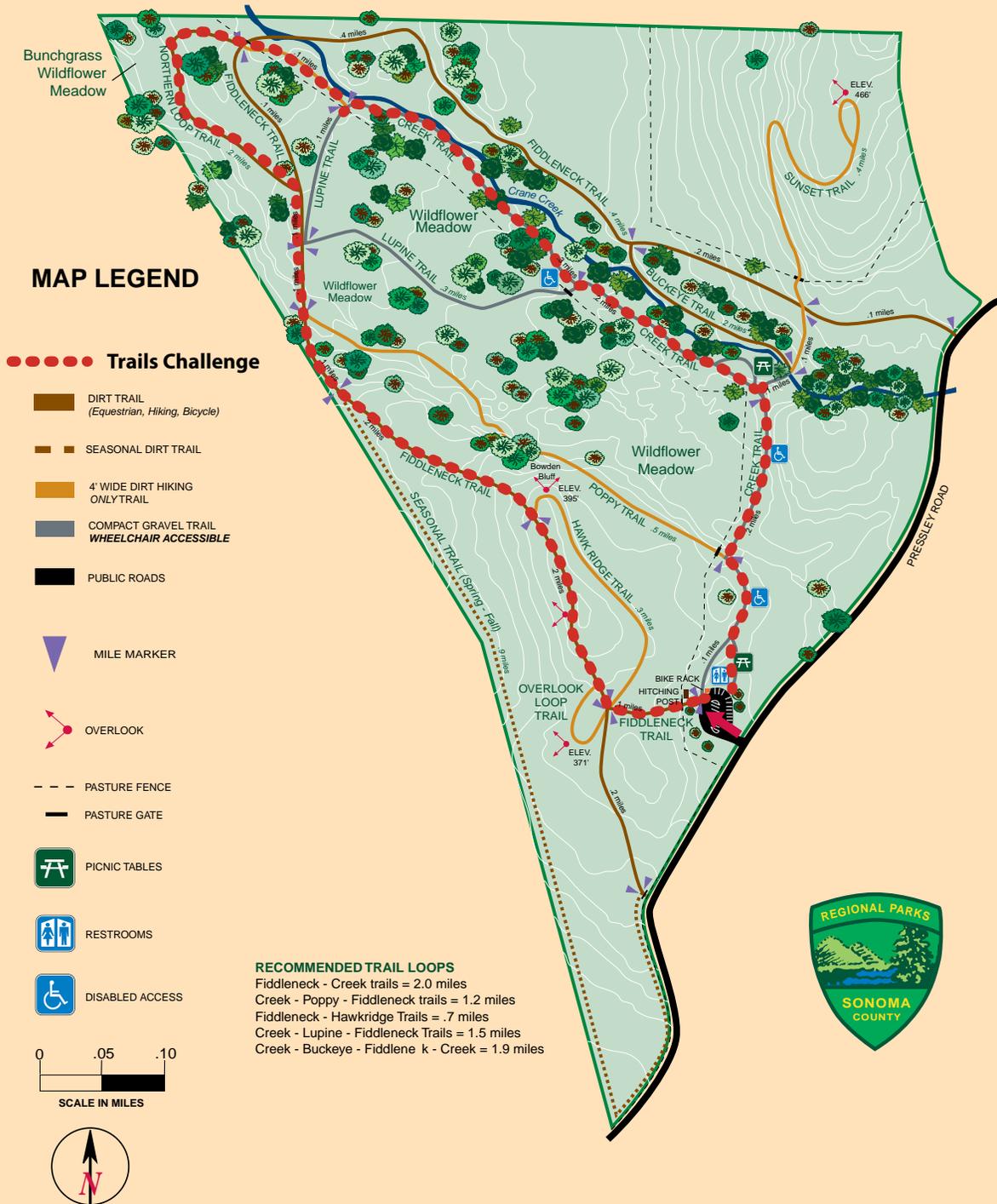
- Take the Fiddleneck Trail from the parking lot. (Pass the map kiosk to the west and head up an open, grassy slope.)
- The trail bends north and you'll follow it for .7 miles. You'll pass oaks in the meadows and have a seasonal stream on your left.
- At the junction with North Loop Trail, take North 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.

You can easily extend your hike by taking connecting trails across the interior or along the edges of the park.

## 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. (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 fishing ponds, 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. Terrain ranges from a strenuous climb up Alta Vista Trail from Pond C to a gentle stroll along Three Lakes Trail. The Westwood and Oakwood trails offer beautiful views.
- 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 on connecting, interior 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, 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 this 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 Directions**

- 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

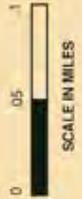


## MAP LEGEND

- 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 mi.
  - Three Lakes - Soap Plant - Oakwood - Westside = 2.3 mi.
  - Three Lakes - Alta Vista - to Summit (round trip) = 1.9 mi.
  - Three Lakes - Soap Plant - Meadow - Oakwood - Westside = 2.5 mi.
  - Westside - Oakwood - Three lakes = 2.4 mi.
  - Westside - Oakwood - Meadow - Three Lakes = 2.6 mi.



To Vinecrest Circle

## Helen Putnam Regional Park

411 Chileno Valley Road  
Petaluma

Suggested trail loop:

### Ridge Trail to Fillaree 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.
- Fillaree 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 right on the paved Ridge Trail. At .3 miles you'll reach the fish pond. Continue on the Ridge Trail, which will curve to the right and then to the left.
- At the junction of Ridge and Fillaree trails, continue on the Fillaree Trail (do not turn to the right.) From here, you will have expansive views of Petaluma. The trail winds through the woods and connects with Pomo Trail.
- Turn right on Pomo Trail and follow it .2 miles to the junction with Panorama Trail.
- Turn right on Panorama Trail and follow it downhill to the parking lot. You'll have gorgeous views of the south county's rolling hills on this last leg of your hike.

### Driving Directions

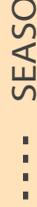
- From Highway 101 in Petaluma, take the East Washington Street exit toward Central Petaluma.
- Head west on E. Washington Street for 1.2 miles.
- Turn left on Howard Street and then take the third right onto Western Avenue.
- Continue west on Western Avenue for 1.7 miles.
- Turn left onto Chileno Valley 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

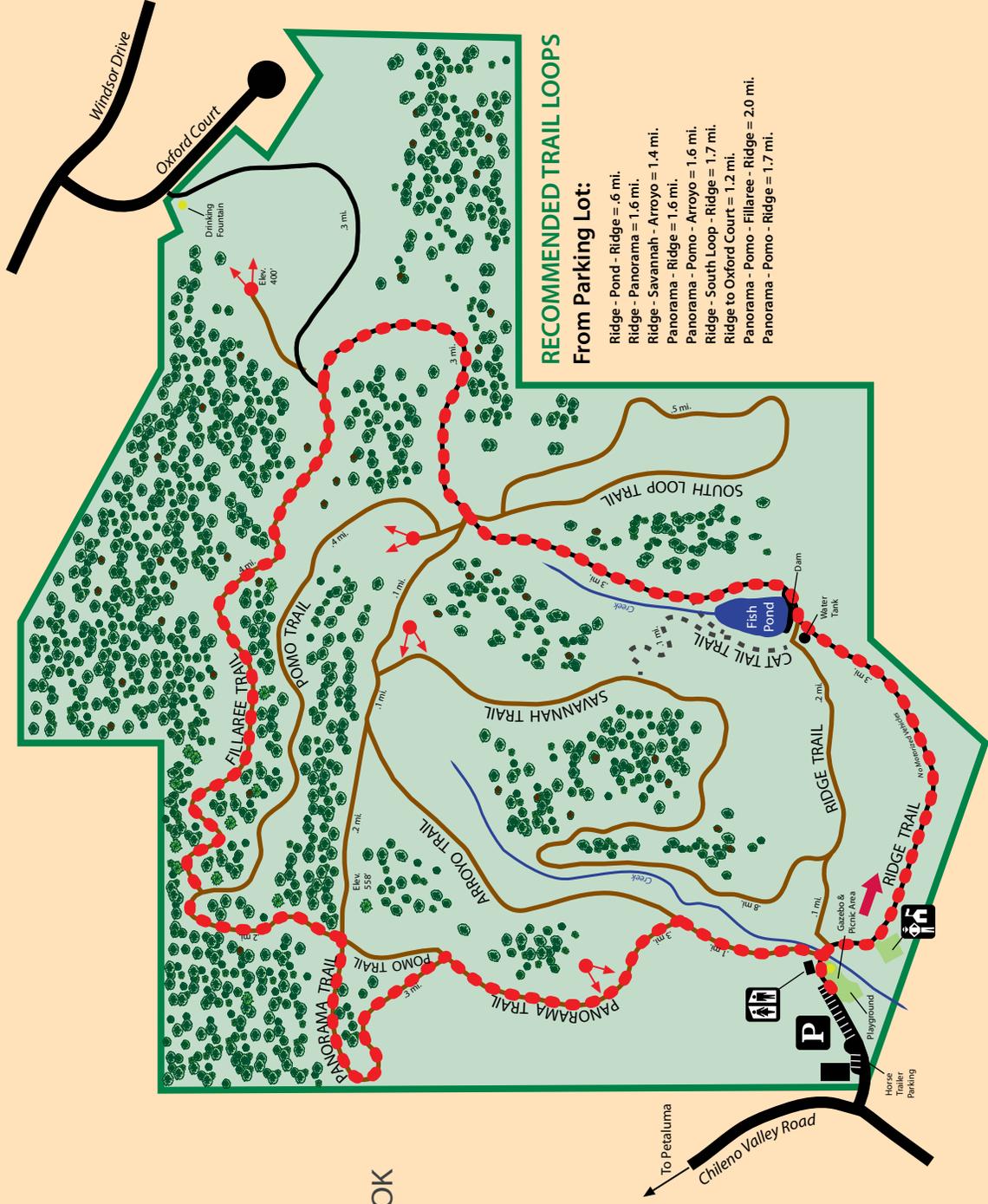
 PAVED TRAIL OVERLOOK

 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. At 2,730 feet, Hood Mountain one of the highest peaks between the Sonoma and Napa valleys. Its “Gunsight Rock” promontory offers stunning views of the Sonoma 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.
- There are restrooms in the parking lots but no drinking water.

### 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, single-track alternative to Hood Mountain Trail. (No bikes.) Both trails pass through a pygmy forest of Sargent cypress and knob cone pine, some only chest high due to the serpentine soil.

### Trail Directions

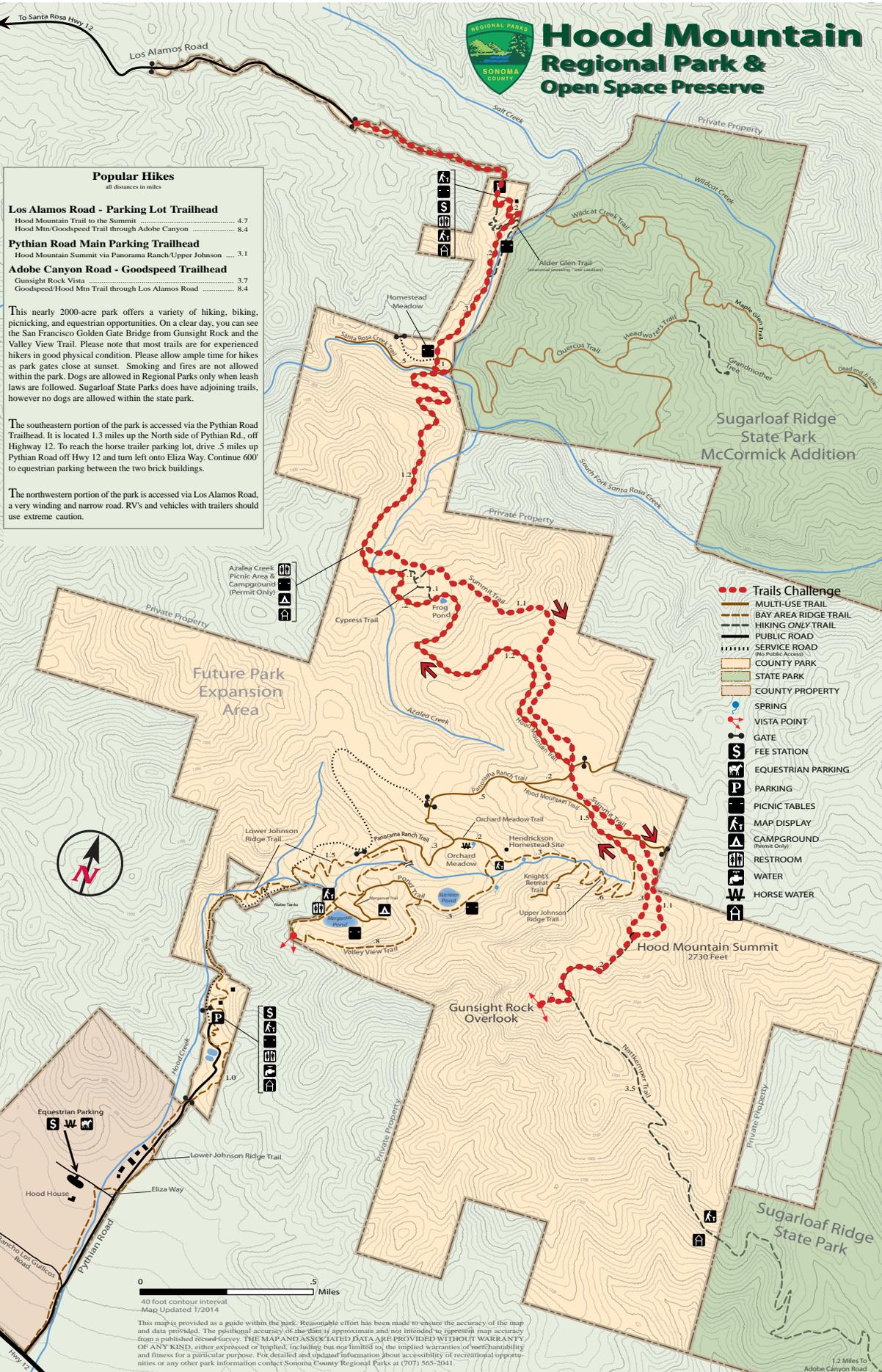
- From Los Alamos Road entrance, leave the parking lot on the Alder Glen Trail, a short path that winds down to the north fork of Santa Rosa Creek and connects with Hood Mountain Trail.
- Continue on Hood Mountain Trail across Homestead Meadow to Santa Rosa Creek. Cross the creek by hopping across rocks 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.

### Driving Directions

- From central Santa Rosa, drive east on Highway 12 toward Kenwood, turn left on Los Alamos Road and drive 5.5 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

<b>Los Alamos Road - Parking Lot Trailhead</b>	
Hood Mountain Trail to the Summit	4.7
Hood Mtn/Goodspeed Trail through Adobe Canyon	8.4
<b>Pythian Road Main Parking Trailhead</b>	
Hood Mountain Summit via Panorama Ranch/Upper Johnson	3.1
<b>Adobe Canyon Road - Goodspeed Trailhead</b>	
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 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 from a published recent 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.

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. At 2,730 feet, Hood Mountain is one of the highest peaks between the Sonoma and Napa valleys. Its “Gunsight Rock” promontory offers stunning views of the Sonoma 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.
- There are restrooms in the parking lots but no drinking water.

### 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 a pygmy forest of Sargent cypress and knob cone pine 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 1 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

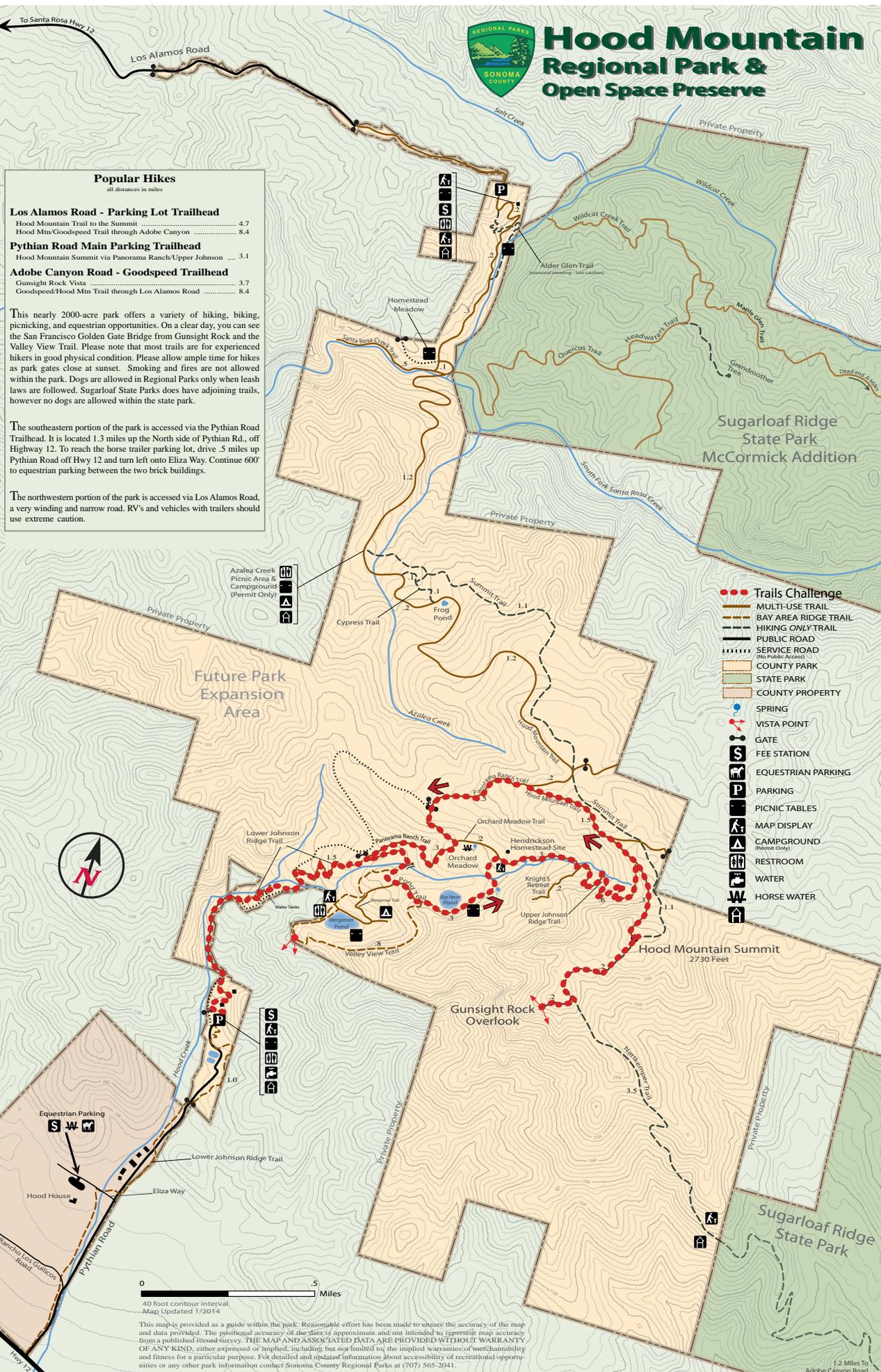
all distances in miles

<b>Los Alamos Road - Parking Lot Trailhead</b>	
Hood Mountain Trail to the Summit .....	4.7
Hood Mtn/Goodspeed Trail through Adobe Canyon .....	8.4
<b>Pythian Road Main Parking Trailhead</b>	
Hood Mountain Summit via Panorama Ranch/Upper Johnson .....	3.1
<b>Adobe Canyon Road - Goodspeed Trailhead</b>	
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



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1.2 Miles To Adobe Canyon Road

## North Sonoma Mountain Regional Park and Open Space Preserve

5297 Sonoma Mountain Road, Santa Rosa

Suggested trail:

### North Sonoma Mountain Ridge Trail

Length: 3.7 miles one way

Difficulty: Moderate/Strenuous

Elevation gain: Min. 1043 feet, Max. 2,097 feet



### Park Notes

- This 820-acre park opened in early 2015 and features a 3.7-mile Bay Area Ridge Trail connection to Jack London State Historic Park.
- With its peak rising to 2,300 feet, Sonoma Mountain is a defining feature of Sonoma County. This park provides the first public access to the mountain's north side and sweeping views of central Sonoma County and beyond.
- The park is comprised of former ranchland purchased by the voter-funded Sonoma County Agricultural Preservation & Open Space District and transferred to Regional Parks.
- The parking area has a restroom but no drinking water. Dogs are not allowed on trails. Bikes are allowed on the first 2 miles of the Ridge Trail.

### Trail Notes

- The Ridge Trail climbs to nearly 2,000 feet and connects to the western boundary of Jack London State Park.
- The trail begins near a grove of giant coast redwoods and a foot bridge over the south fork of Matanzas Creek. It crosses open fields with lower-elevation views of Bennett Peak and Bennett Valley and ascends the mountain under canopies of oaks and bay trees. Native bunchgrasses grow on the hillsides.
- At about 2 miles, the trail emerges from the woods to 1,500-foot views of the Santa Rosa Plain, Bennett Valley, Sonoma Valley, Mt. St. Helena, Hood Mountain, and Sugarloaf Ridge.
- From this overlook, the trail climbs another 1.7 miles to Jack London Park. Here, you can continue on the state park's extensive trail network or head back along the Ridge Trail, enjoying a second look at the landscape and views. (If you continue into Jack London, it is another 4 miles one way to that park's main entrance.)

### Trail Directions

- From the parking lot, follow the crushed gravel path behind the restroom. (For the Ridge Trail, do *not* follow the road above the ranger residence. That road leads to the Umbrella Tree Trail, another great hike for another day.)
- The Ridge Trail begins in a tunnel of bay trees above the south fork of Matanzas Creek.
- You'll soon see two picnic tables and a footbridge over the creek. Cross the bridge and follow the trail up the mountain to its connection with Jack London State Park.

### Driving Directions

- The park entrance is about 5 miles southeast of Santa Rosa. From Highway 101 in Santa Rosa, take Highway 12 east. Turn right on Farmers Lane, then left on Bennett Valley Road. Stay on Bennett Valley Road for just under 5 miles and turn right onto Sonoma Mountain Road. Continue on Sonoma Mountain Road beyond Pressley Road. The park entrance will be on your right. Parking is \$7 or free for Regional Parks members.

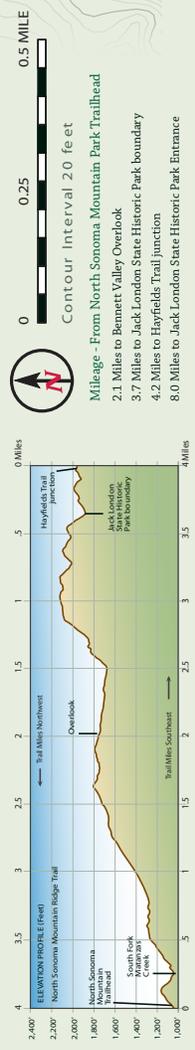
# North Sonoma Mountain Regional Park & Open Space Preserve



North Sonoma Mountain Regional Park offers gorgeous views of the Santa Rosa Plain and surrounding peaks, protects diverse plant and wildlife systems, and connects to the neighboring trail network at Jack London State Historic Park.

Sonoma Mountain contains some of the richest biodiversity in Sonoma County. For example, just within the Ridge Trail corridor, you will see coast live oak, valley oak, black oak, Coastal redwood, California buckeye, California bay, Douglas fir, madrone, flowering currant, and twinberry, just to name a few tree species. This land also is home to deer, mountain lions, bobcats, golden eagles, quail, turkeys and other wildlife.

While on the trail, please be considerate of fellow trail users and follow all park rules.



## 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

- An unpaved trail descends a steep gulch fed by a seasonal stream. There are some steps and bridge crossings on this trail. The trail is lined with cypress, wax myrtle, willows, coastal scrub and berries. Spring and summer wildflowers are abundant. In summer, it's not uncommon to see garter snakes darting into the brush.
- At low-tide, this walk can be extended to a 3-mile loop by walking south from Pinnacle Beach to Shorttail Gulch Beach and hiking up Shorttail Gulch Trail. However, we advise this 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.



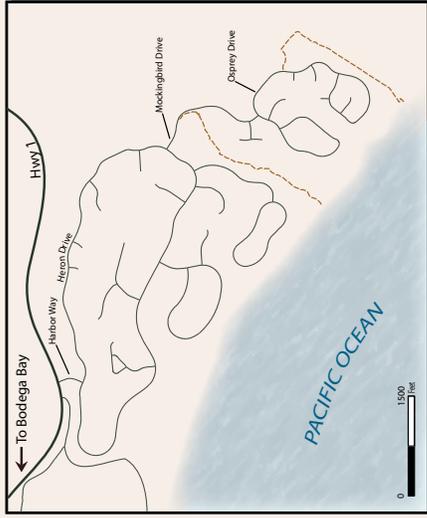
# Pinnacle & Shorttail Gulch Coastal Access Trails

## Trails Challenge

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



**NOTE: Check tides before hiking loop**



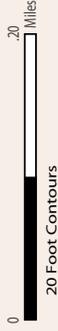
### Trail Length (in Miles)

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](http://sonomacountyparks.org) or call 707-565-2041.



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## 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 a playground, baseball and soccer fields, volleyball courts, group picnic sites and an off-leash dog park and hosts the Gravenstein Apple Fair each August.

### **Trail Notes**

- Ragle is a popular park, but many visitors may not realize it has a wild side to explore on 3.5 miles of trails. This suggested hike follows Blackberry Trail around the park's perimeter. You'll walk through wetlands and meadows and cross bridges over small streams and Atascadero Creek, which is lined with willows, ashes, and oaks.
- The hike can be extended by walking several short interior trails across the meadows. From Hilltop Trail, you can 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, 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 park.
- You'll come to another junction with Thistle Trail. Bear left to continue on Blackberry Trail and cross Atascadero Creek again.
- Continue 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

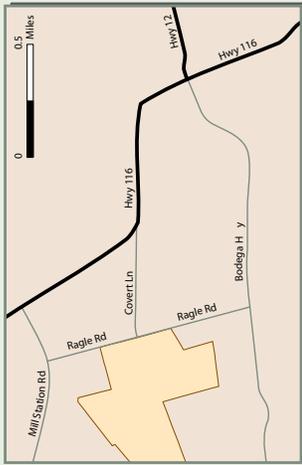
- From Santa Rosa, drive 7 miles west on Highway 12 to Ragle Road in Sebastopol. (Along the way, the highway becomes Sebastopol Road, then Bodega Avenue.)
- Turn right on Ragle Road and drive a half-mile to the park entrance on the left.
- Parking \$7 or free for Regional Parks members.



# 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

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## 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 mining pits reclaimed as beautiful lakes for fishing, canoeing, and kayaking. The park has 1 mile of Russian River frontage, though dense foliage screens the river from the trail.
- A 15-acre grove of redwoods next to the parking area includes a half-mile trail, a group 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 circling Lake Benoist. It's a wide, mostly flat, unpaved 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 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 Lake Benoist and a trail juncture. You can begin the loop around the lake by walking to your right or your left.
- At the southwest side of the loop are benches where you can take a break and enjoy beautiful views across the lake. On the west side of the loop, look for several trail spurs to the Russian River, including one leading to a small, rocky beach.
- 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 Benoit 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
- BRIDGE
- GATE
- RESTROOM
- BENCH
- GARBAGE
- VOLLEYBALL
- FISHING
- BBQ PIT
- FEE STATION
- PARKING
- PICNIC TABLES
- DRINKING FOUNTAIN
- HORSESHOES
- EQUESTRIAN SERVICES

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## 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 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 for another 2.8 miles to downtown Santa Rosa's "Prince Memorial Greenway."

### 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.



## 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 South 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.
- 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 .1-mile, take the Creekside Trail on your left. Follow Creekside Trail for 1 mile.
- Take the Pond Trail on your left for .3 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.

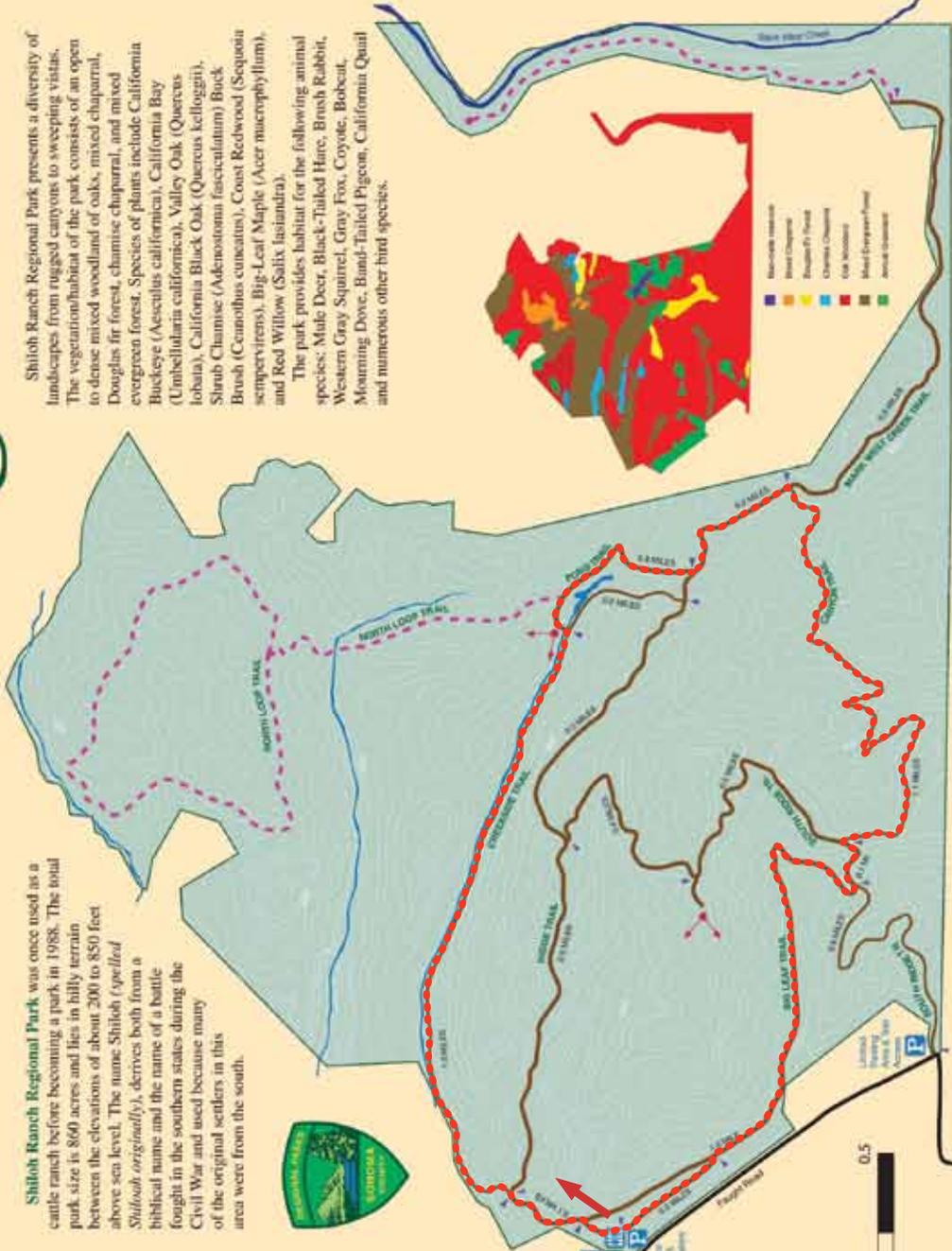
# Shiloh Ranch Regional Park

## MAP LEGEND

- EXISTING TRAIL  
Proposed trail along boundary
- FUTURE TRAIL
- PUBLIC ROAD
- CREEK
- TRAIL UNDEVELOPED
- OVERLOOK
- PICNIC TABLES
- RESTROOMS
- DISABLED ACCESS
- PARKING LOT

..... Trails Challenge

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 Umbellaria (*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 lasioandra*).

The park provides habitat for the following animal species: Male Deer, Black-Tailed Hare, Brushy 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

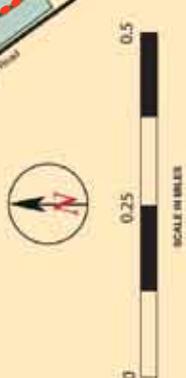


Shrub Chamise



Coast Redwood

Photos by Shiloh Ranch Regional Park. All other photos are the property of the photographer. All other photos are the property of the photographer.



## Sonoma Valley Regional Park

13630 Highway 12, Glen Ellen

Option 1:

**Valley of the Moon Trail and back**

**2.6 miles round trip**

Option 2:

**Cougar Trail to Black Canyon Creek Trail to**

**Valley of the Moon Trail**

**1.6 miles round trip**

Difficulty: Option 1 – easy; Option 2 – easy/moderate

Elevation gain: Option 1 - 146 feet; Option 2 - 208 feet



### Park Notes

- This park is in the heart of Sonoma Valley, just south of Glen Ellen and 5 miles north of Sonoma.
- A paved 1.3-mile trail curves through oak woodlands and along a creek. Surrounding ridges provide quiet and sense of seclusion. Unpaved trails climb the ridges and wind through woods. Trees shade significant sections of the trails.
- The paved trail is perfect for a family walk or ride, and tables located along the way are great picnic spots.
- A 29-acre addition to the park's north side opened in spring 2015. The new property is a crucial piece of the Sonoma Valley wildlife corridor, a collection of protected lands on which animals can travel the valley floor.
- Parking lot has a portable toilet and drinking fountain.

### Trail Notes

- **Option 1:** The paved trail, recently renamed the Valley of the Moon Trail, is the suggested route for an easy-level hike. Walk to the end and return the same way for a 2.6-mile outing.
- **Option 2:** A loop starting on the unpaved "Cougar Trail" in the park's new northern addition is the suggested route for an easy/moderate hike. The trail leads to the paved Valley of the Moon Trail for a 1.6-mile outing.

### Trail Directions

- **Option 1:** From the parking lot, follow the paved trail into the park. Continue 1.3 miles to Arnold Drive. Turn around and return to the parking lot.
- **Option 2:** From the parking lot, walk north on the driveway to a new gated trailhead and follow the gravel path up a hillside, passing old-growth oaks. Descend the trail through grasses and enjoy southern views of Sonoma Valley. You'll continue past a pond and gently climb another ridge to valley views and oaks draped in lichen. The trail narrows and leads through an open gate to Black Canyon Creek Trail. Turn left onto Black Canyon Creek and follow it to the paved Valley of the Moon Trail. Turn left on Valley of the Moon Trail to return 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.
- 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.



## 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 the center of this large park in northeast Sana Rosa is a flood control reservoir open to paddling, sailing and fishing. The park also has a campground, a spring-fed swimming lagoon, seasonal restaurant, and environmental education center open 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 full wildlife, including deer, river otter, bobcats, turtles, beavers, coyotes, muskrats, mink and a great variety of birds.

### **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. These trails are well worth exploring for a more solitary experience.
- 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](http://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



Map Updated 6/2010

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.



## Stillwater Cove Regional Park

22455 Highway 1  
(16 miles north of Jenner)

Suggested trail loop:

### Canyon Trail

Loop length: 1.2 miles

Difficulty: Easy

Elevation gain: 140 feet



### Park Notes

- Located between Fort Ross and Salt Point, this 210-acre park features a picturesque cove on the ocean, a year-round campground, a creek, and a loop trail through an impressive canyon of coast redwood, Douglas firs, ferns and riparian plants.
- Stillwater Cove is a popular park for campers and divers, yet it's one of the lesser-visited spots for Highway 1 tourists. That means you may have the beautiful Canyon Loop Trail all to yourself.
- Stillwater's forest is home to the one-room Fort Ross schoolhouse built in 1885. The schoolhouse, now unused, was moved to the park in the 1970s after having occupied three other sites nearby.

### Trail Notes

- The dominant tree here is the coast redwood, the species that includes the tallest and some of the oldest trees on Earth. The land comprising the park was logged only once, in the 1850s, so this hike is a chance to see a mature coastal forest with old-growth redwoods and Douglas firs.
- The trail follows Stockhoff Creek, where young steelhead trout and salmon live until they are large enough to swim to the ocean.
- The rare "fringed corn lily," found only on the Mendocino-Sonoma coast, grows along this trail. The lily has huge, brilliant-green leaves and blooms with delicate, six-petaled white flowers in summer and fall.

### Trail Directions

- The trail begins at the lower-end of the parking lot and quickly descends to the creek and forest. Follow the wooden bridge across the creek and follow the trail uphill.
- You will soon reach a 200-foot spur to the old schoolhouse. Take this quick side trip for a glimpse of North Coast history.
- Back on the trail, you'll descend switchbacks and then head upstream, cross the creek, and head down the other side. Here, you can extend your adventure by following the trail to Stillwater Cove's beach and tidepools.

## Driving Directions

- From Santa Rosa, take Highway 101 north to River Road. Turn left (west) on River Road (Highway 116) and follow it through Guerneville to Jenner and Highway 1. Turn right (north) on Highway 1 and drive 16 miles to the park entrance, on the right (near mile marker 36.) Parking \$7 or free for Regional Parks members.



## Taylor Mountain Regional Park & Open Space Preserve

Kawana Terrace

Santa Rosa, CA

Option 1: **Western Route to Todd Creek Trail to Western Route to Eastern Route to summit**

2.5 miles one way

Option 2: **Western Route to Todd Creek Trail to Red Tail Loop to Western Route to Eastern Route to summit** - 4.1 miles one way

Strenuous; Elevation gain: 1,100 feet



### Park Notes

- This 1,100-acre park in southeast Santa Rosa offers panoramic views of Santa Rosa from its western flank and the Mayacamas Mountains from its summit. The land historically was used for ranching, and cattle grazing continues in the park. A new Petaluma Hill Road entrance and trailhead are scheduled to open on June 13, 2015.
- Portable restrooms are available at both the Kawana Terrace and Petaluma Hill Road entrances. No drinking water.

### Trail Notes

- The park has two main routes to the mountain's mid-section (the Eastern and Western Routes), then one route to the summit (Eastern Route.) The eastern approach involves a steep climb over open grasslands. The western approach is a more gradual ascent through oaks.
- The new 1.2-mile Red Tail Trail along Petaluma Hill Road is a lovely looped hike on its own or as an extension of a longer hike via the western route.
- You likely will encounter cattle on your walk. Just give them a wide berth and pass by.

### Trail Directions

- **Option 1:** Take the Western Route to the right (south) of the large water tanks at the Kawana Terrace parking lot. At .1 miles, turn right onto Todd Creek Trail and follow it for .7 miles. Merge onto the Western Route and follow it .4 miles to expansive views of Santa Rosa. Follow the trail north for .3 miles and turn right onto a short spur to the Eastern Route. Turn right onto the Eastern Route and make the .5-mile ascent to the summit. (Quite steep, so pace yourself.) Rest at the summit and enjoy the views: Santa Rosa and Coastal Range to the west, Rincon Valley to the northeast and Bennett Valley to the southeast. Return same way or take Eastern Route all the way down.
- **Option 2:** Begin the hike as described above. After merging from the Todd Creek Trail onto the Western Route, go .1 miles and turn right onto a loop off the Western Route. Go about another .1 miles and turn right onto the Red Tail Trail connector for .2 miles. Follow it to the Red Tail loop along Petaluma Hill Road. Walk the 1.2-mile loop and return via the connector to the Western Route and continue your hike to the summit.

### Driving Directions

- **Kawana Terrace entrance:** From southbound Highway 101 in Santa Rosa, take the Hearn Avenue exit. Turn right onto Corby Avenue and right onto Hearn Avenue. • Turn left onto Santa Rosa Avenue. • Turn right onto Kawana Springs Road. • Turn right onto Franz Kafka Avenue. • Franz Kafka turns left and becomes Kawana Terrace. • Follow Kawana Terrace to the park entrance.
- **Petaluma Hill Road entrance:** From southbound Highway 101 in Santa Rosa, take the Hearn Avenue exit. Turn right onto Corby Avenue and right onto Hearn Avenue. • Turn right onto Santa Rosa Avenue. Turn left onto Yolanda Avenue. Turn right onto Petaluma Hill Road. The park entrance is .5 miles ahead on the left.



Taylor Mountain Regional Park & Open Space Preserve is a prominent Santa Rosa landmark offering panoramic views of the city and beyond. The park's 1,100 acres include sweeping grasslands, oak woodlands, and several creeks, and provide habitat for a variety of wildlife.

Recreational features include 6.4 miles of unpaved trails for hiking, biking and horseback riding and an 18-hole disc golf course. From the park's 1380-foot summit, visitors can see central Sonoma County, the Laguna de Santa Rosa, the Coast Range, the Mayacamas Range and other North Bay landmarks.

The park property was acquired by the voter-funded Sonoma County Agricultural Preservation & Open Space District and deeded to Sonoma County Regional Parks in 2013. The park currently has two entrances and trailheads on Kawana Terrace and Petaluma Hill Road. Taylor Mountain's master plan calls for the eventual development of 17 miles of trails, a children's play area, hike-in campsites, a visitor center, and other amenities as funding becomes available. The parkland was used for ranching for many years, and cattle grazing continues in the park.

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## Frequently asked questions

Q. Should I submit my trails log as soon as I'm done with the Trails Challenge or should I wait until the Trails Challenge officially ends November 30?

A. You can turn in your trails log anytime before Dec. 15. However, we encourage you to turn it in as soon as you complete all five hikes. We have limited quantities of Trails Challenge water bottles for prizes, so the sooner you submit your trails log, the greater your chances of getting your free water bottle. Plus, we appreciate the feedback we receive in the trails logs as the Challenge progresses.

Q. I'd like to take the Trails Challenge with my kids. Is there a minimum age requirement? Can they submit trails logs in order to receive the free Trails Challenge water bottle?

A. The Trails Challenge is open to all ages, and we encourage families to participate. Hiking is a great way to spend time together, and the Trails Challenge features plenty of easy hikes appropriate for kids. Children can submit a trails log and receive a free youth-size water bottle while supplies last and a special Trails Challenge explorer certificate.

Q. Can I attend a guided hike in a Trails Challenge park and count that hike toward my Trails Challenge total?

A. Yes, if you'd like to attend a guided hike at a park featured in the Trails Challenge, you're welcome to count that hike toward your Trails Challenge total. Regional Parks and our partners will offer guided hikes throughout the Trails Challenge. Check the activities calendar at [sonomacountyparks.org](http://sonomacountyparks.org).

Q. How will you know if I really hiked the trails I list in my trails log?

A. We won't know for sure, but we will trust you. The Trails Challenge operates on an honor system, and we trust people will respect the rules, especially because prizes are available only while supplies last.

### Green Hikes

- We encourage you to conserve paper by downloading the pdf of this guidebook. To download only a single pdf of a specific trail maps, use the "At a Glance" links on the right hand side of the Trails Challenge webpage. You can easily download trail pdf's to phones or tablets by using free apps like ibooks or Adobe Reader.
- If you want to print trail maps to carry with you, we encourage you to print only the pages needed. If you are taking the Trails Challenge with friends, please carpool when possible and share guidebooks or maps.

### Volunteering in the Parks

Regional Parks relies on volunteers to help build and maintain our trails network. If you enjoy the Trails Challenge and are interested in giving some time and energy to the trails system, please visit our volunteer page at [sonomacountyparks.org](http://sonomacountyparks.org). No experience is necessary to volunteer. We provide the tools and the training. Volunteering is a great way to learn new skills, gain valuable experience, make new friends and help improve your community.

# Trail Notes



# Share your trails stories and photos

#trailschallenge  
#sonomacounty



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Sonoma County Whole Foods Markets

[sonomacountyparks.org](http://sonomacountyparks.org)