



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 .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 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.

1.2 Miles To Adobe Canyon Road