



FAMILY FUN IN SONOMA COUNTY

sonomacountyparks.org

Key Features

- Activities for the whole family
- Explore the California Outdoor Children's Bill of Rights

Overview

Three days of exploration in Sonoma County that is fun for the whole family. Base your adventures at Spring Lake Park in Santa Rosa, where you can camp under the stars while taking day trips to parks throughout the county. Each trip will fulfill at least one of the suggested activities in the California Children's Outdoor Bill of Rights—a list of experiences no child should miss.

For Sonoma County Regional Parks info: www.sonomacountyparks.org, or 707-565-2014
For info about the [California Children's Outdoor Bill of Rights](http://www.calroundtable.org/cobor.htm): www.calroundtable.org/cobor.htm

Day 1

Begin your morning with a trip to [Spring Lake Regional Park](#). Once you have your campsite set up, take some time to explore the park. Don't miss the [Environmental Discovery Center](#), where you can stop in and learn about the diverse ecology of Sonoma County. A 2.3 mile long paved trail winds its way around the lake. Keep your eyes peeled for nesting great horned owls! The park also includes a lifeguarded swimming lagoon that is open from Memorial Day to Labor Day annually. The lagoon is the site of Junior Lifeguard camps and open water swim clinics during the summer.

Grab lunch back at camp, eat at the Lakeside Grill near the swimming lagoon, or head into town with the family.

Head out to the Russian River for the afternoon. From U.S. 101 drive West on River Road to [Steelhead Beach Regional Park](#). Once at the park you may lounge on the beach or explore the riparian forest with the Osprey and Willow Trails. The trails take you past a number of tree species including big leaf maple, Oregon ash, and cottonwood that thrive in the wet sandy soils of the riverbank.

California Children's Outdoor Bill of Rights components fulfilled:

- ⇒ Camp under the stars
- ⇒ Learn to swim
- ⇒ Splash in the water

Day 2

Begin your morning hiking through the gorgeous oak woodlands encompassed by [Foothill Regional Park](#). Located near the town of Windsor, this park has an open space feel and includes three ponds as well as scenic vistas. Stroll between the lakes for a gentle walk or up the intensity by climbing up to the ridge—the view is worth it!

If you are in need of lunch there are many options to choose from in the nearby town of Windsor.

Once the group is sufficiently fueled up, make your way along Eastside Road to [Riverfront Regional Park](#). This former gravel quarry has been reclaimed and revived as a park, and now is home to the likes of Great Blue Herons, bass and songbirds. Don't miss the Redwood Hill Trail that winds up and over a small hill between the redwood grove and Lake Benoist. Riverfront is an excellent place to do some fishing with the breeze on your face and birdsong in your ears.



California Children's Outdoor Bill of Rights components fulfilled:

- ⇒ Catch a fish
- ⇒ Explore nature
- ⇒ Follow a trail

Day 3

From Santa Rosa, head east on Highway 12 to [Ragle Ranch Regional Park](#), located in Sebastopol. This park has something for everyone: children's playgrounds, hiking trails, picnic areas, fields, and an off leash dog park. Take advantage of the playing fields and volleyball courts with a quick game before lunch.

Enjoy a picnic in the park or visit the town of Sebastopol for the nearest dining options.

For the afternoon, continue your path westward to [Watson School/Running Fence Regional Park](#). The Watson School was built in 1856 and was active as a school until the late 60's. Although the interior is closed to the public, visitors are welcome to walk up to this historic building to get a close up view of a one-room schoolhouse. Adjacent to this historic building is Christo & Jeanne-Claude Running Fence Park, which commemorates a 24 mile long art installation by the park's namesake artists.

California Children's Outdoor Bill of Rights components fulfilled:

- ⇒ Play on a team
 - ⇒ Play somewhere safe
 - ⇒ Discover California's past
 - ⇒ Celebrate their heritage
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