



# STROLL, HIKE and TREK



Peninsula Open  
Space Trust

POST

Preserve Open Space Close to Home

# TABLE OF CONTENTS

Click on the buttons below to jump to the first hike in each category.

STROLL .....

*Under 4 miles, mostly flat.*



HIKE .....

*Under 6 miles, with moderate elevation changes.*



TREK .....

*More than 7 miles, strenuous elevation changes.*



HIKE



DOGS ON LEASH



BIKE



CAMP



EQUESTRIAN



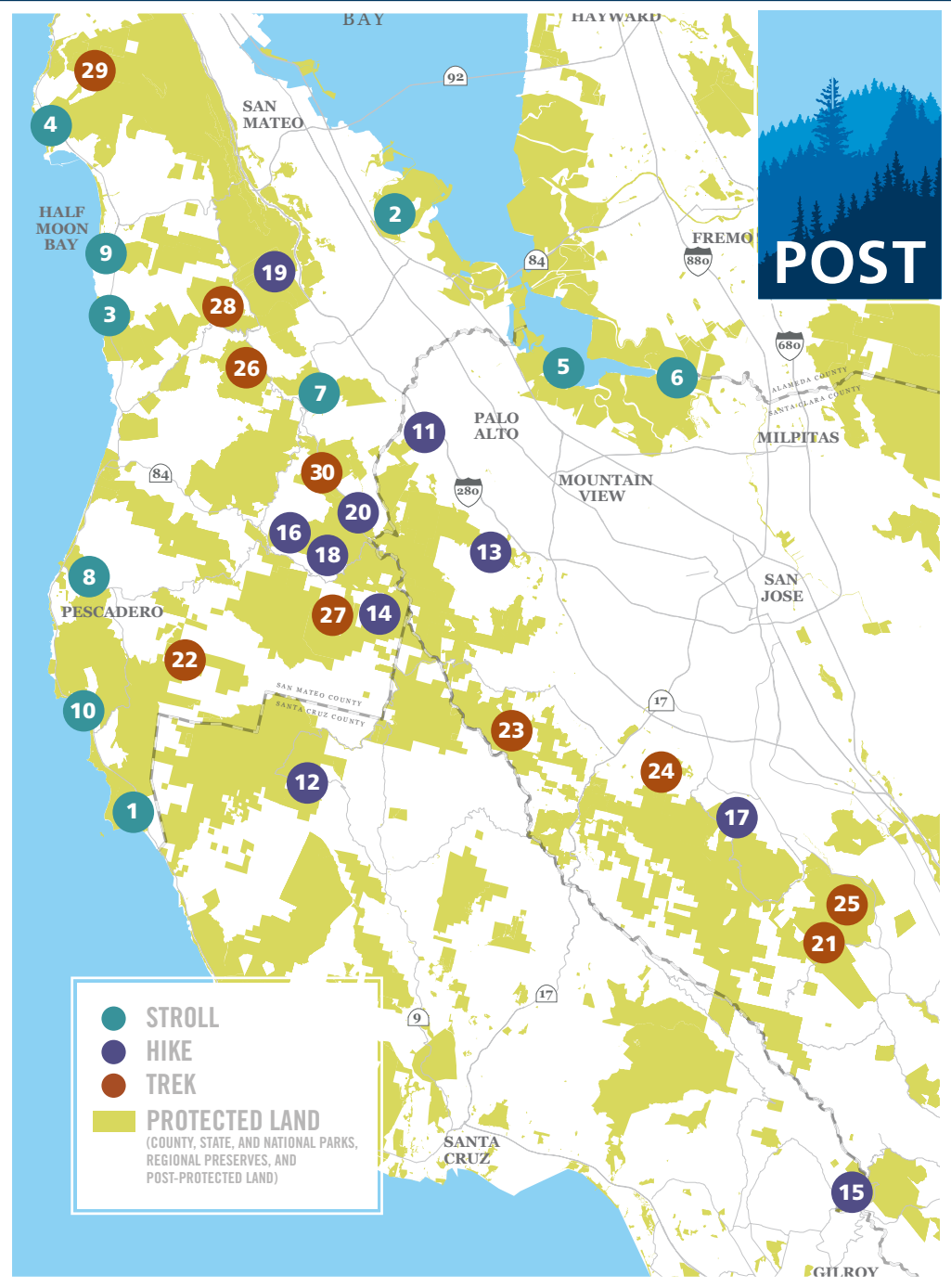
FISH



ACCESSIBLE



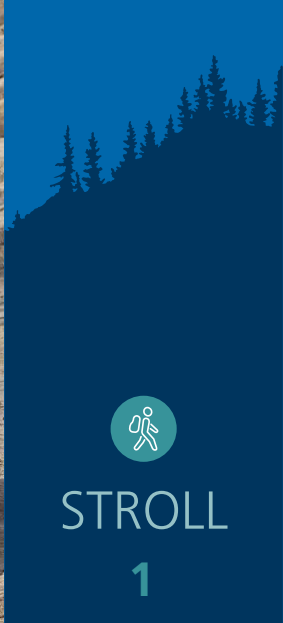
# POST





# Año Nuevo Point Trail

*Pescadero, San Mateo County*



STROLL

1

**PRESERVE**

AÑO NUEVO STATE PARK

**MILEAGE**

4 MILES

**DETAILS**

FLAT, FULLY EXPOSED

**ROUTE**

CIRCLE THE PRESERVE ON THE UPPER POND TRAIL  
AND AÑO NUEVO POINT TRAIL.

*Año Nuevo is the perfect spot to see 10,000-pound elephant seals in their natural habitat. Also look for sea lions and harbor seals.*

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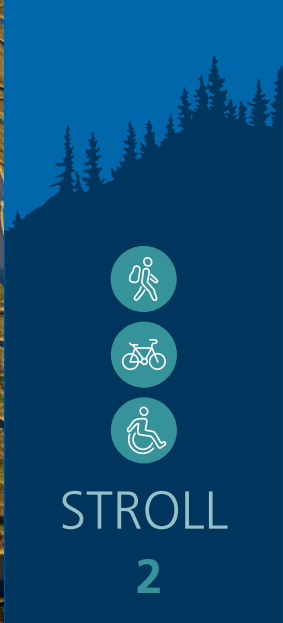
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# Bair Island

Redwood City, San Mateo County



## STROLL

### 2

**PRESERVE**  
**MILEAGE**  
**DETAILS**  
**ROUTE**

DON EDWARDS SAN FRANCISCO BAY NATIONAL WILDLIFE REFUGE

3.4 MILES

FLAT, FULLY EXPOSED

FROM THE PARKING AREA, FOLLOW THE TRAIL TO THE MIDDLE BAIR ISLAND OBSERVATION DECK. RETRACE YOUR STEPS.

*Opened in 2015, Bair Island has great views of the Bay and the adjacent wetlands. Look for large rays, leopard sharks, egrets, great blue herons and other shorebirds.*

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# Cowell-Purisima Trail

Half Moon Bay, San Mateo County



STROLL

3

**PRESERVE**

COWELL RANCH STATE BEACH

**MILEAGE**

3.6 MILES ONE WAY

**DETAILS**

FLAT, FULLY EXPOSED

**ROUTE**

TAKE THE COWELL-PURISIMA TRAIL, STARTING AT COWELL RANCH STATE BEACH.

*This section of the California Coastal Trail has it all: stunning Pacific vistas on one side, working farmland on the other, and a secluded beach at the northern end. Look for harbor seals, dolphins, hawks, pelicans, migrating whales and deer. Only open on the weekends.*

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# Jean Lauer Trail

Moss Beach, San Mateo County



**PRESERVE**  
**MILEAGE**  
**DETAILS**  
**ROUTE**

PILLAR POINT BLUFF COUNTY PARK

1.4 MILES

FLAT, FULLY EXPOSED

STARTING FROM THE PILLAR POINT BLUFF TRAILHEAD,  
TAKE THE JEAN LAUER TRAIL ACROSS THE BLUFF.

*The Jean Lauer Trail was created in memory of Jean Lauer, a former POST staffer who loved and worked on the Coastside. Watch for views of the famous surf break at Mavericks, seals, pelicans, gulls and endangered San Francisco garter snakes.*

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# Levee Trail

Mountain View, Santa Clara County



## STROLL

### 5

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

STEVENS CREEK SHORELINE NATURE STUDY AREA  
1 MILE  
FLAT, FULLY EXPOSED  
FROM THE CRITTENDEN LANE PARKING AREA, CROSS THE BRIDGE  
AND HEAD NORTH ALONG THE LEVEE TRAIL PAST THE STEVENS CREEK  
NATURE STUDY AREA. RETRACE YOUR STEPS.

*This stroll is a birder's delight. Located within the Don Edwards San Francisco Bay National Wildlife Refuge, you'll have the chance to see endangered California clapper rail, least tern or maybe even American white pelicans.*

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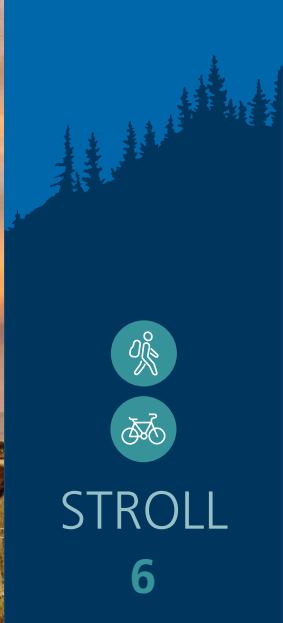
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# Mallard Slough Trail

San Jose, Santa Clara County

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

DON EDWARDS SAN FRANCISCO BAY NATIONAL WILDLIFE REFUGE  
3.3 MILES  
FLAT, FULLY EXPOSED  
FROM THE ENVIRONMENTAL EDUCATION CENTER PARKING AREA,  
TAKE THE MALLARD SLOUGH TRAIL LOOP.

*This trail takes you through fantastic bay habitat, an oasis for millions of migratory birds and endangered species. It also boasts views of the surrounding mountains.*

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# Schilling Lake Trail

Woodside, San Mateo County



STROLL

7

**PRESERVE**  
**MILEAGE**  
**DETAILS**  
**ROUTE**

THORNEWOOD OPEN SPACE PRESERVE

1.5 MILES

100' ELEVATION, SLIGHTLY EXPOSED

TAKE THE SCHILLING LAKE TRAIL TO SCHILLING LAKE.  
RETRACE YOUR STEPS.

*This stroll is great for an afterwork escape. Look for migratory birds and California slender salamanders at Schilling Lake.*

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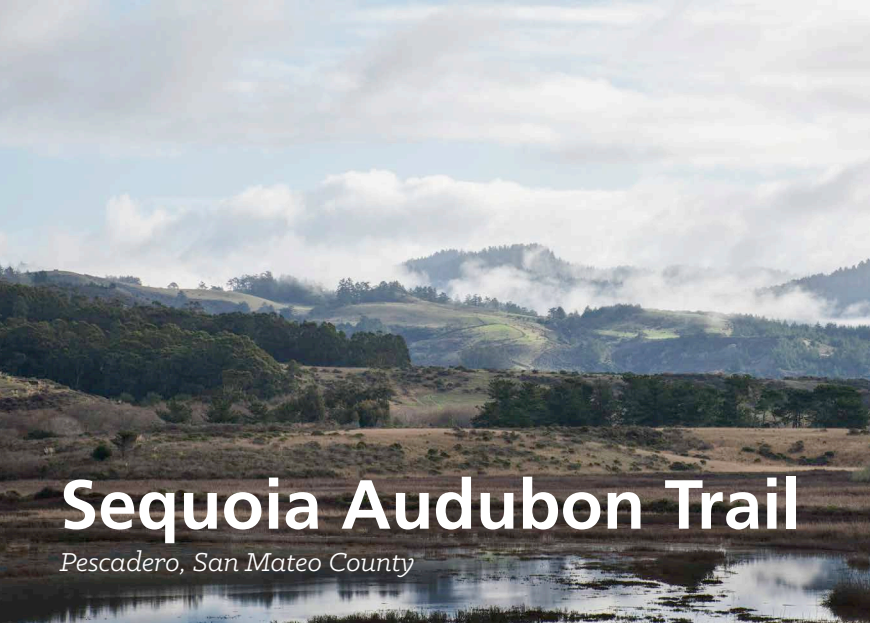
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# Sequoia Audubon Trail

*Pescadero, San Mateo County*



STROLL

8

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

PESCADERO MARSH NATURAL PRESERVE

1.5 MILES ROUND TRIP

UNEVEN, MOSTLY EXPOSED

FROM THE PARKING LOT WEST OF HWY 1, HEAD EAST ON THE SEQUOIA AUDUBON TRAIL OUT AND BACK.

*The Pescadero Marsh is full of life and this trail winds right through the middle of it. In the spring and summer, keep a lookout for migrating butterflies, great egrets and endangered California red-legged frogs.*

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# Wavecrest Bird Trail

Half Moon Bay, San Mateo County



STROLL

9

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

WAVECREST

1.5 MILES

FLAT, MOSTLY EXPOSED

FROM THE PARKING AREA NEAR THE BASEBALL FIELDS, FOLLOW THE TRAIL NORTH THEN TURN LEFT THROUGH THE TREES TOWARD THE BEACH. AT THE EDGE OF THE BLUFFS CONTINUE ONTO THE WAVECREST BIRD TRAIL. RETRACE YOUR STEPS.

*Enjoy the views and cool ocean breezes on this coastal trail. If you're lucky, you might even see great blue heron, snowy egrets and migrating whales.*

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# Wilbur's Watch

*Pescadero, San Mateo County*



STROLL

10

**PRESERVE**  
**MILEAGE**  
**DETAILS**  
**ROUTE**

PUBLIC TRAIL ON POST-OWNED CLOVERDALE COASTAL RANCHES  
2 MILES  
260' ELEVATION GAIN, FULLY EXPOSED  
START AT THE PIGEON POINT ROAD PARKING LOT AND  
FOLLOW THE TRAIL UP TO A VIEWPOINT AND BACK.

*The ocean breeze coming off the Pacific makes this a perfect summer stroll. Look for migrating whales, California poppies and views of Pigeon Point Lighthouse.*

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# Arastradero Creek Loop

Palo Alto, Santa Clara County



HIKE

11

## PRESERVE

PEARSON-ARASTRADERO PRESERVE

## MILEAGE

3.7 MILES

## DETAILS

300' ELEVATION GAIN, SHADY

## ROUTE

TAKE THE JUAN BAUTISTA DE ANZA TRAIL TO THE ARASTRADERO CREEK TRAIL, THEN TAKE THE WOODRAT TRAIL AND MEADOWLARK TRAIL BEFORE CONNECTING BACK WITH DE ANZA.

*The Pearson-Arastradero Preserve is easily accessible from Highway 280, and this hike provides a welcome break from the summer heat. Look for wildflowers, California quail, blackberries, wild roses and cottontail rabbits.*

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# Eagle Rock Trail

*Boulder Creek, Santa Cruz County*



**PRESERVE**

LITTLE BASIN REDWOODS STATE PARK

**MILEAGE**

4 MILES

**DETAILS**

1500' ELEVATION GAIN, FULLY EXPOSED

**ROUTE**

FOLLOW EAGLE ROCK TRAIL TO THE FIRE LOOKOUT AND BACK DOWN.

*This steep climb up to a fire lookout provides great views of the surrounding redwood forest. Look for red huckleberries, star lilies, mountain iris and black-tailed deer.*

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# High Meadow Trail Loop

Los Altos, Santa Clara County



HIKE

13

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

RANCHO SAN ANTONIO OPEN SPACE PRESERVE  
5.5 MILES

800' ELEVATION GAIN, MOSTLY EXPOSED  
FROM THE PERMANENTE CREEK TRAIL, TAKE THE LOWER MEADOW  
TRAIL, RIGHT ON THE HIGH MEADOW TRAIL, LEFT ONTO UPPER  
WILDCAT CANYON TRAIL. THEN RETRACE YOUR STEPS.

*This hike is great for all seasons. Enjoy wildflowers in the spring, cool canyon shade in summer and wildlife all year long.*

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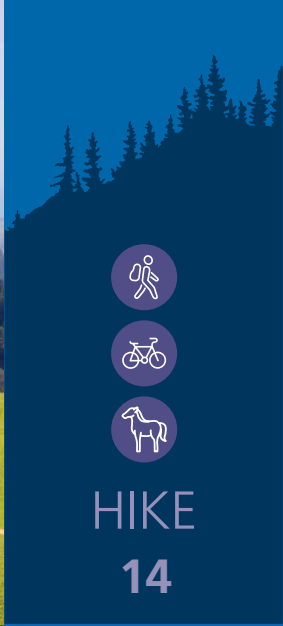
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# Long Ridge Trail

Los Gatos, Santa Clara County



HIKE

14

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

LONG RIDGE OPEN SPACE PRESERVE

4.7 MILES

500' ELEVATION, PARTIALLY EXPOSED

FROM THE PETERS CREEK TRAILHEAD, HEAD TO THE PETERS CREEK TRAIL, RIGHT ON LONG RIDGE TRAIL. CONTINUE ONTO LONG RIDGE ROAD AND THEN LEFT ONTO PETERS CREEK TRAIL. RETRACE YOUR STEPS.

*At the top of the ridgeline, this hike has sweeping views of the surrounding forests and Pacific Ocean. The wildflowers are amazing here in the spring, but it's lovely all year long.*

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# Merry-Go-Round Loop

Watsonville, Santa Clara County



HIKE

15

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

MOUNT MADONNA COUNTY PARK

4.6 MILES

1200' ELEVATION GAIN, FULLY EXPOSED

FROM THE SPRIG LAKE ENTRANCE, GO RIGHT AND CONTINUE ON THE MERRY-GO-ROUND TRAIL, LEFT ON THE LOOP TRAIL, THEN FOLLOW THE RIDGE TRAIL BACK TO THE PARKING LOT.

*Mount Madonna supports a highly diverse landscape with redwood forests, oak woodland, dense chaparral and grassy meadows. While it's pleasant anytime of year, it's best to visit in the spring when the wildflowers are in bloom.*

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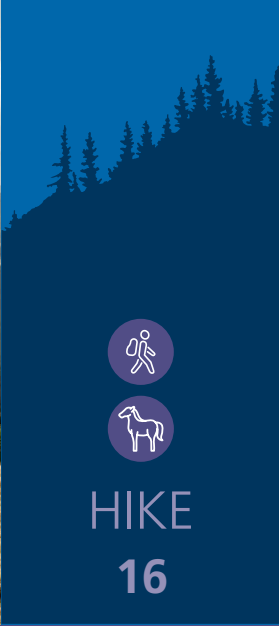
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HIKE  
16

# Mindego Hill Trail

*La Honda, San Mateo County*

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

RUSSIAN RIDGE OPEN SPACE PRESERVE  
4.6 MILES  
1300' ELEVATION GAIN, MOSTLY EXPOSED  
FROM THE AUDREY RUST COMMEMORATIVE SITE PARKING AREA,  
FOLLOW THE MINDEGO HILL TRAIL OUT AND BACK.

*As the highest point in the area, Mindego Hill has amazing 360-degree views. Look for spring wildflowers, western fence lizards, red-tailed hawks and California quail.*

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# Mockingbird Loop

New Almaden, Santa Clara County



HIKE

17

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

ALMADEN QUICKSILVER COUNTY PARK

3.9 MILES

600' ELEVATION GAIN, MOSTLY EXPOSED

FROM THE MOCKINGBIRD HILL ENTRANCE TAKE THE HACIENDA TRAIL, RIGHT ON CAPEHORN PASS TRAIL, RIGHT ON THE RANDOL TRAIL, RIGHT ON THE BUENA VISTA TRAIL, RIGHT ON THE NEW ALMADEN TRAIL AND RIGHT ON THE HACIENDA TRAIL BACK TO THE PARKING LOT.

*If you're curious about local history, this is the hike for you. This park is the site of the first mining operation in California, and also the most productive mine in state history. With over 30 miles of trails, there's lots to explore. But this loop hike is our favorite.*

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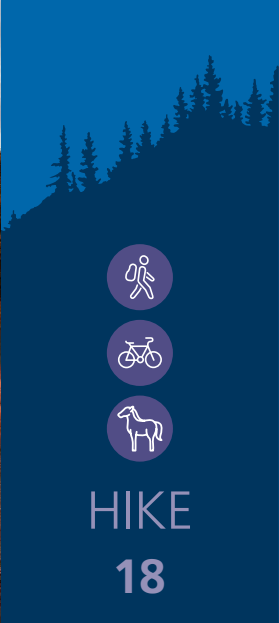
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# Ridge Trail

La Honda, San Mateo County



HIKE

18

**PRESERVE**

RUSSIAN RIDGE OPEN SPACE PRESERVE

**MILEAGE**

3.6 MILES

**DETAILS**

600' ELEVATION GAIN, MOSTLY EXPOSED

**ROUTE**

TAKE THE RIDGE TRAIL TO THE ANCIENT OAKS TRAIL, THEN THE CHARQUIN TRAIL AND RETURN ON THE RIDGE TRAIL.

*This trail follows the ridgeline and provides sweeping vistas the entire time. If you're looking for wildflowers and wildlife in the spring, this is the place to visit.*

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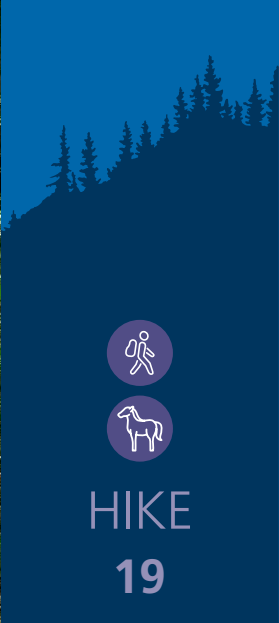
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# Skyline Hike

Woodside, San Mateo County



HIKE

19

**PRESERVE**

PHLEGER ESTATE

**MILEAGE**

4.6 MILES

**DETAILS**

400' ELEVATION GAIN, MOSTLY SHADED

**ROUTE**

TAKE THE PATH FROM THE HUDDART PARK ENTRANCE, THEN HIKE FROM THE CRYSTAL SPRINGS TRAIL TO RICHARD'S ROAD, THEN TAKE THE MIRAMONTES TRAIL. TURN AROUND AT THE JUNCTION WITH THE RAYMUNDO TRAIL.

*This scenic wooded hike offers a great combination of elevation change, length, and beauty. A downhill section flattens out to follow Union Creek as it winds through second-growth redwoods. Look for newts, banana slugs, black-tailed deer and bobcats.*

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# Waterfall Hike

Portola Valley, San Mateo County



HIKE  
20

**PRESERVE**

COAL CREEK OPEN SPACE PRESERVE

**MILEAGE**

3 MILES

**DETAILS**

700' ELEVATION GAIN, MIX OF SHADE AND SUN

**ROUTE**

FROM SKYLINE BLVD., TAKE THE MEADOW TRAIL TO ALPINE ROAD, THEN TAKE CRAZY PETE'S ROAD TO THE WATERFALL. TURN AROUND AT ALPINE AND MEADOW.

*This hike offers a lovely mix of woods and grassy patches, with an energetic stream winding through it all. Look for raccoons, skunks and blackberries along the trail.*

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# Bald Hills Loop

San Jose, Santa Clara County

TREK  
21

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

CALERO COUNTY PARK

8.4 MILES

2010' ELEVATION GAIN, EXPOSED

FOLLOW THE PEÑA TRAIL TO THE SERPENTINE LOOP TRAIL. LEFT ON THE COTTLE TRAIL. LEFT ON CHISNANTUK PEAK TRAIL AND BALD PEAKS TRAIL. LEFT ON CAÑADA DEL ORO TRAIL AND RIGHT ON VALLECITO TRAIL BACK TO THE PEÑA TRAIL AND PARKING LOT.

*Although it's only a few miles from downtown San Jose, this park feels remote and offers some of the best views in the South Bay.*

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# Canyon Rim Route

Pescadero, San Mateo County



TREK

22

## PRESERVE

BUTANO STATE PARK

## MILEAGE

11.7 MILES

## DETAILS

1700' ELEVATION GAIN, MIX OF SHADE AND SUN

## ROUTE

TAKE JACKSON FLATS TRAIL TO BUTANO FIRE ROAD, OLMO FIRE ROAD, DOE RIDGE TRAIL, GOAT HILL TRAIL, LITTLE BUTANO CREEK TRAIL AND FINALLY THE MAIN PARK ROAD.

*This hike follows the rim of a secluded canyon full of second-growth redwoods. Look for sticky monkey-flower, coast live oak and beautiful views.*

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# Indian Rock Trail

Saratoga, Santa Clara County



TREK  
23

## **PRESERVE MILEAGE DETAILS ROUTE**

SANBORN COUNTY PARK

9 MILES

1800' ELEVATION GAIN, PARTLY EXPOSED

FROM THE PARK'S HEADQUARTERS, CLIMB THE SANBORN TRAIL, RIGHT ON THE SKYLINE TRAIL AND RIGHT ON THE INDIAN ROCK TRAIL. RETRACE YOUR STEPS TO THE SKYLINE TRAIL, LEFT ON SKYLINE TRAIL, LEFT ON SANBORN TRAIL AND THEN FOLLOW THE SAN ANDREAS TRAIL BACK TO THE PARKING LOT.

*This trail takes you on a long climb to the crest of the Santa Cruz Mountains. It's worth the effort for the views at Indian Rock.*

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# Kennedy-Limekiln Area Loop

Los Gatos, Santa Clara County



TREK  
24

## PRESERVE

SIERRA AZUL OPEN SPACE PRESERVE

## MILEAGE

13.3 MILES

## DETAILS

3300' ELEVATION GAIN, MOSTLY EXPOSED

## ROUTE

TAKE THE KENNEDY TRAIL TO THE LIMEKILN TRAIL, THE PRIEST ROCK TRAIL, AND BACK TO THE KENNEDY TRAIL.

*With this much vertical gain over such rugged terrain, this challenging hike is great for serious hikers. Your hard work will be rewarded with panoramic views of the South Bay. Look for coast live oak, bay trees, redwoods, deer, bobcats and coyotes.*

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# Long Loop

South San Jose, Santa Clara County



TREK  
25

## PRESERVE

RANCHO CAÑADA DEL ORO OPEN SPACE PRESERVE

## MILEAGE

8 MILES

## DETAILS

1800' ELEVATION GAIN, FULLY EXPOSED

## ROUTE

TAKE MAYFAIR RANCH TRAIL TO LOGWALL CANYON TRAIL, BALD PEAKS TRAIL, CATAMOUNT TRAIL AND SERPENTINE LOOP.

*This hike is best in the spring when wildflowers, including California poppy, Mariposa lily, and wild iris, carpet the hillsides. Look for views of Mount Hamilton, deer, bobcats, California quail, coyotes, foxes and mountain lions.*

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# Lower Park Loop

Redwood City, San Mateo County



TREK  
26

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

EL CORTE DE MADERA OPEN SPACE PRESERVE  
9.9 MILES

2500' ELEVATION GAIN, PARTLY EXPOSED

FROM THE PARKING AREA TAKE THE NORTH LEAF TRAIL, EL CORTE DE MADERA TRAIL, RESOLUTION TRAIL, FIR TRAIL, METHUSELAH TRAIL, GIANT SALAMANDER TRAIL, TIMBERVIEW TRAIL, LAWRENCE CREEK TRAIL, VIRGINIA MILL TRAIL AND THE SOUTH LEAF TRAIL BACK TO THE PARKING AREA.

*This hike is not as complicated as it sounds and with this guide you'll know just where to go. It's well worth it to see some of the preserve's most remote locations and huge old-growth redwoods.*

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# Peters Creek Loop

*La Honda, San Mateo County*



TREK

27

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

PORTOLA REDWOODS STATE PARK

11.5 MILES

1800' ELEVATION GAIN, PARTLY EXPOSED

FROM THE PARK'S HEADQUARTERS TAKE THE SLATE CREEK TRAIL, LEFT ON THE BEAR CREEK TRAIL TO THE PETERS CREEK LOOP TRAIL. RETRACE YOUR STEPS.

*Peters Creek is home to the third largest old-growth redwood grove in the Santa Cruz Mountains. On this trek, you'll enjoy big trees, meandering creeks and slithering banana slugs. It's a great spot if you're looking for a redwood adventure.*

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# Purisima Creek and Whittemore Gulch

Half Moon Bay, San Mateo County



TREK  
28

**PRESERVE**  
**MILEAGE**  
**DETAILS**  
**ROUTE**

PURISIMA CREEK REDWOODS OPEN SPACE PRESERVE

9.1 MILES

1600' ELEVATION CHANGE, MOSTLY SHADY

TAKE THE PURISIMA CREEK TRAIL TO THE CRAIG BRITTON TRAIL, THEN THE HARKINS RIDGE TRAIL, NORTH RIDGE TRAIL AND WHITTEMORE GULCH TRAIL.

*This hike meanders through redwoods and along a creek before climbing up to a more exposed ridge and back down to another stream in a quiet forest. Look for redwoods, huckleberry shrubs, madrone, tan oak and lots of banana slugs.*

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# Spine Ridge Trail

Moss Beach, San Mateo County



TREK  
29

**PRESERVE  
MILEAGE  
DETAILS  
ROUTE**

RANCHO CORRAL DE TIERRA

8 MILES

1400' ELEVATION GAIN, EXPOSED

FROM THE PARKING AREA, CLIMB RANCH ROAD PAST THE EMBER RIDGE EQUESTRIAN CENTER. CONTINUE ONTO THE RIDGE AND FOLLOW THE SPINE TRAIL OUT AND BACK.

*This hike can take you above the fog and on a clear day you can see Pillar Point in Half Moon Bay. Keep a look out for endangered San Francisco garter snakes and whales breaching off the coast.*

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# Windy Hill

Portola Valley, San Mateo County



TREK

30

## PRESERVE

WINDY HILL OPEN SPACE PRESERVE

## MILEAGE

7.5 MILES

## DETAILS

1400' ELEVATION GAIN, SHADED CLIMB, EXPOSED DESCENT

## ROUTE

TAKE THE SPRING RIDGE TRAIL TO THE HAMM'S GULCH TRAIL, BAY AREA RIDGE TRAIL AND THE ANNIVERSARY TRAIL TO REACH THE SUMMIT. DESCEND VIA THE SPRING RIDGE TRAIL TO BETSY CROWDER TRAIL.

*This classic and popular hike provides beautiful views of the entire Peninsula from the summit of Windy Hill. Look for Mount Diablo, Mount Tamalpais and Mount Hamilton, as well as California mule deer, coyote, bobcats and raptors.*

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