

2017 EDITION
with 15 New Hikes

STROLL, HIKE and TREK



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

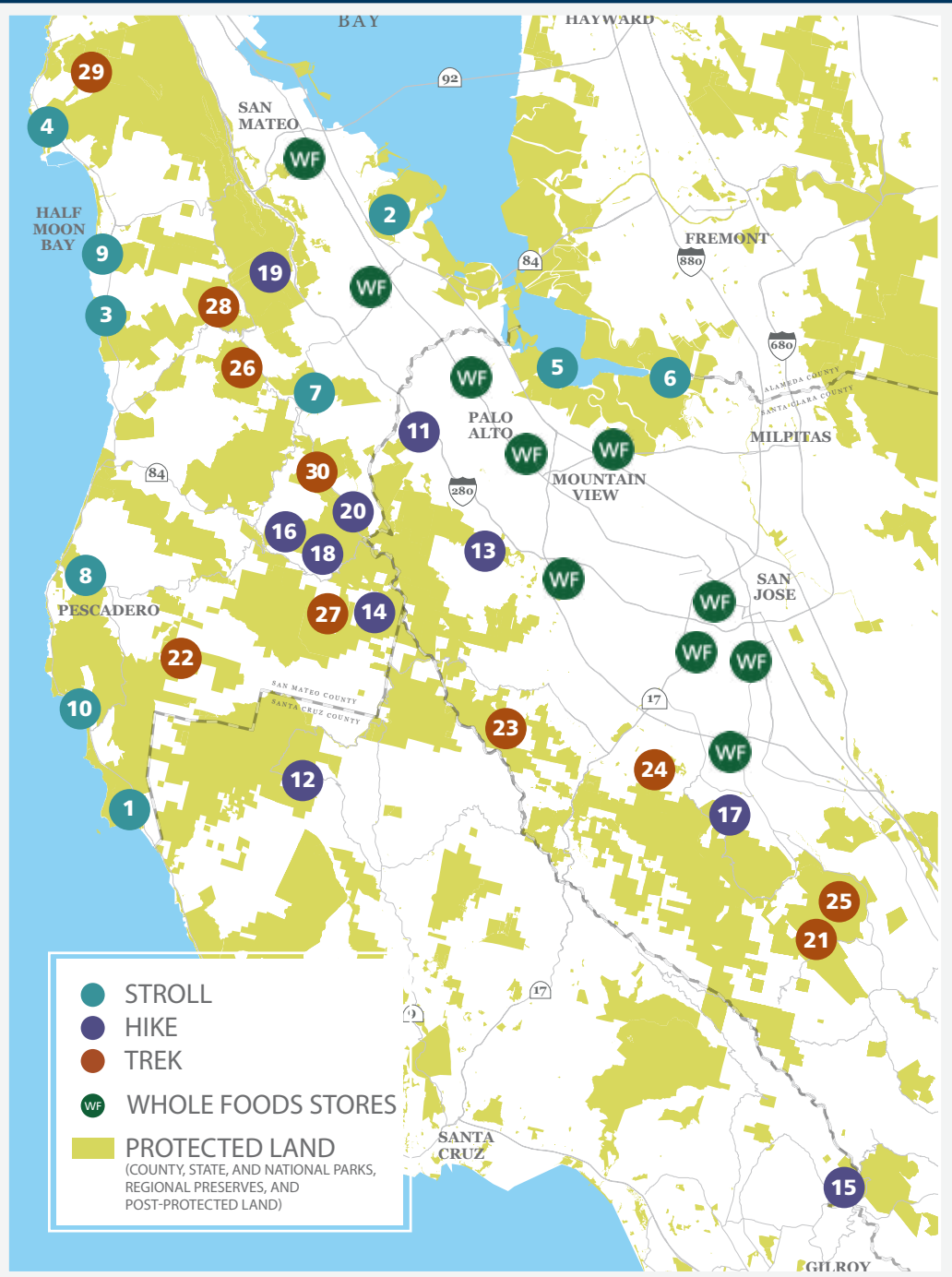


FISH



ACCESSIBLE

*This special edition of POST's hiking guide is
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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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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
MILEAGE
DETAILS
ROUTE

COWELL RANCH STATE BEACH
3.6 MILES ONE WAY
FLAT, FULLY EXPOSED
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.

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Jean Lauer Trail

Moss Beach, San Mateo County



STROLL

4

PRESERVE

PILLAR POINT BLUFF COUNTY PARK

MILEAGE

1.4 MILES

DETAILS

FLAT, FULLY EXPOSED

ROUTE

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



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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Mallard Slough Trail

San Jose, Santa Clara County



STROLL

6

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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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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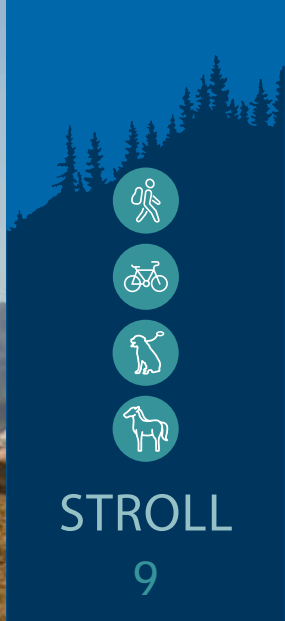
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Wavecrest Bird Trail

Half Moon Bay, San Mateo County



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



HIKE

12

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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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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Mindego Hill Trail

La Honda, San Mateo County



HIKE

16

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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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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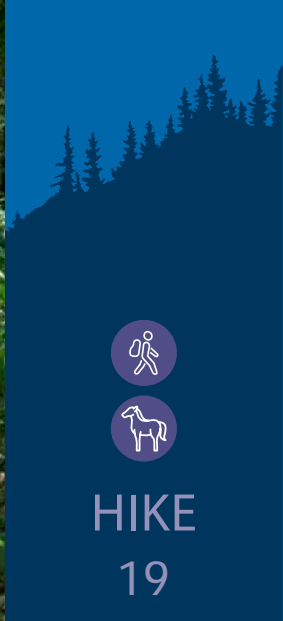
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Skyline Hike

Woodside, San Mateo County



HIKE

19

PRESERVE
MILEAGE
DETAILS
ROUTE

PHLEGER ESTATE

4.6 MILES

400' ELEVATION GAIN, MOSTLY SHADED

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



PRESERVE
MILEAGE
DETAILS
ROUTE

COAL CREEK OPEN SPACE PRESERVE
3 MILES
700' ELEVATION GAIN, MIX OF SHADE AND SUN
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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