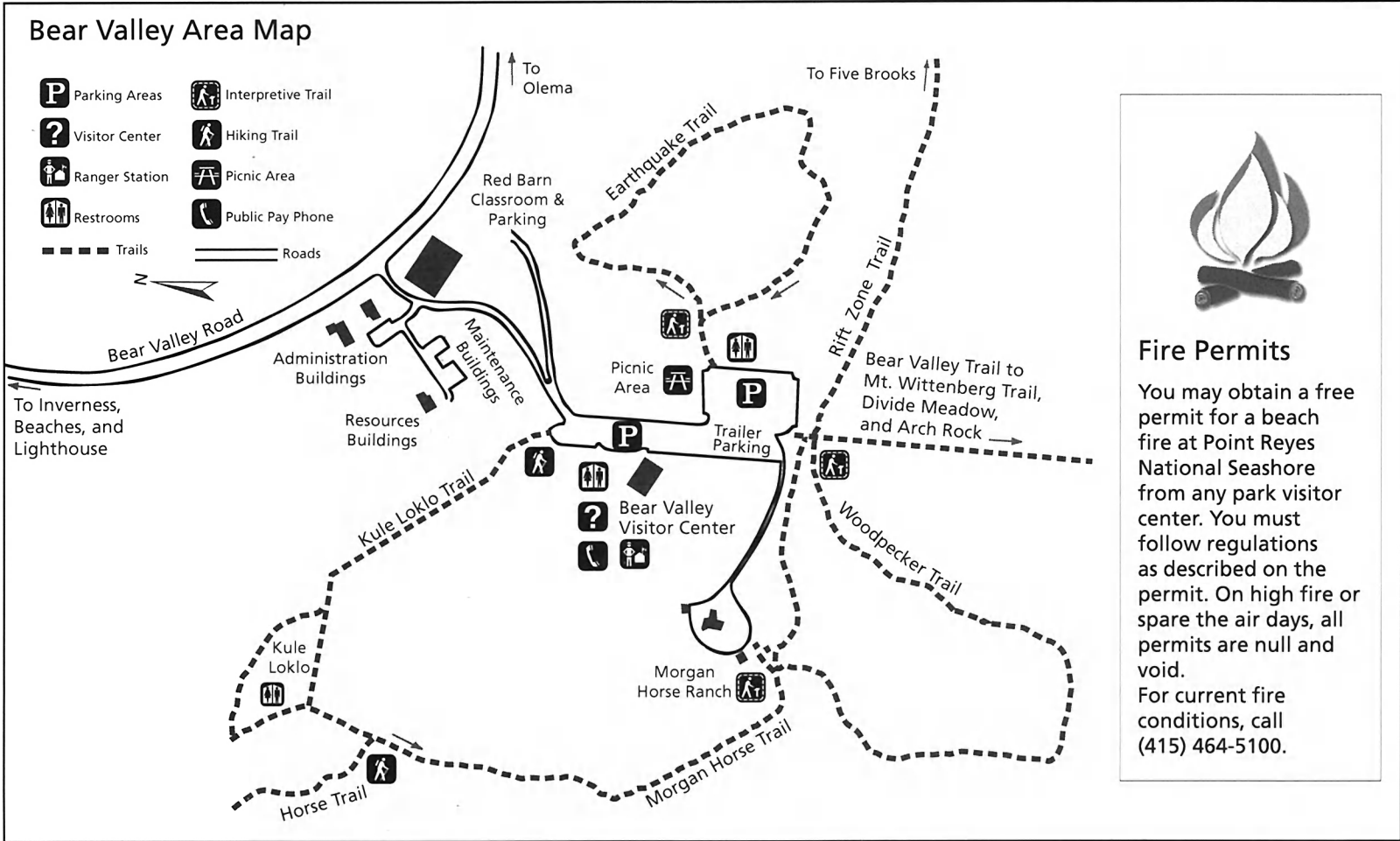




Up to 1 Hour

Trail/Trailhead	Distance (roundtrip) Time/Difficulty	Description
EARTHQUAKE TRAIL Bear Valley picnic area	0.6 mi./1 km (15 min./easy)	DISCOVER the geology of the San Andreas Fault Zone, through interpretive signs, on this paved loop. Along the trail, a fence that jumped 16 feet in 1906 earthquake helps us to imagine the earth’s power.
WOODPECKER TRAIL Bear Valley parking lot	0.7 mi./1.1 km (15 min./easy)	EXPLORE the ecology of the Bear Valley forest and meadow ecosystems with interpretive signs along a lovely, fragrant uphill stroll.
KULE LOKLO TRAIL Bear Valley parking lot	0.8 mi./1.3 km (20 min./easy)	DELVE into Coast Miwok Indian culture and history while visiting this replica Miwok village. Return on the same trail, or continue around the pasture to return via the Morgan Horse Ranch.



LIMANTOUR SPIT TRAIL Limantour Road	2 mi./3.2 km (1 hour/easy)	OBSERVE the many bird species foraging on the mudflats of Limantour Estero and on the adjacent sandy beach. Harbor seals may poke their heads up out of the water beyond the breakers.
MCCLURES BEACH TRAIL Pierce Point Road	0.8 mi./1.3 km (20 min./easy)	DESCEND steeply down a rugged ravine trail to the ocean. McClures Beach is a beautiful cove backed by rocky cliffs. Watch out for tidal fluctuations and dangerous surf.
KEHOE BEACH TRAIL Pierce Point Road	1.2 mi./1.9 km (30 min./easy)	SAUNTER along a flat trail through Kehoe Marsh to Kehoe Beach. Dogs are permitted, on leash at all times.

1 to 3 Hours

CHIMNEY ROCK TRAIL Chimney Rock parking lot	1.8 mi./2.5 km (45 min./easy)	ENJOY spectacular views of Drakes Bay, the Pacific, and, in spring, wildflowers. January through May, look for migratory gray whales from the point. Rocky cliffs drop steeply to the ocean. No beach access.
ABBOTT’S LAGOON TRAIL Pierce Point Road	2.8 mi./4.5 km (1.5 hours/easy)	ROAM through coastal scrub to impressive dunes at the lagoon, and then walk ½ mile to the beach. A birders rapture, especially in winter; in spring, wildflowers are abundant.
DIVIDE MEADOW VIA BEAR VALLEY TRAIL Bear Valley parking lot	3.2 mi./5.1 km (1.5 hours/easy)	WALK through dense, mixed Douglas fir forest along Bear Valley Creek to an open meadow. Several rough-hewn benches along the way offer resting spots in the shade.
MT. WITTENBERG AND SKY TRAIL from Limantour Road	4.3 mi./6.9 km (2 hours/strenuous)	CLIMB to a high point with ocean views, meadows, and forest. Follow Sky Trail to Horse Trail and take it to Z Ranch Trail. Take Z Ranch Trail to Mt. Wittenberg trail. Turn right on Mt. Wittenberg Trail to Sky Trail junction, turn right to return to the trailhead.
MT. WITTENBERG LOOP Bear Valley parking lot	5 mi./8 km (2.5 hours/strenuous)	ASCEND steeply for seashore views from our highest point. Follow Bear Valley Trail to Mt. Wittenberg Trail and climb to the top. Continue to the Meadow Trail junction, turn left and return via Bear Valley Trail.
COAST—LAGUNA LOOP Point Reyes Hostel/ Laguna Trail parking	5 mi./8 km (2.5 hours/moderate)	RELISH a mixture of coastal scrub, ocean views, and soaring raptors on this loop. Ascend Laguna Trail to Coast Camp, access the beach at Coast Camp or continue on Coast Trail to the road. Return via the road adjacent to the hostel to the Laguna trailhead parking lot.

Hiking Tips

- Check for current trail closures.
 - Allow a 2-mile-per-hour (3-kilometer-per-hour) pace for an average hiker, not including stops.
 - If you travel alone, tell a friend where you are going and when you expect to return, or leave your information in your glove compartment.
- When the days are short, carry a flashlight or headlamp.
 - Take plenty of water and a snack.
 - Bring appropriate clothes for sudden weather changes.
 - For tide and weather information, inquire at any visitor center, or call 415-464-5137.

	Trail/Trailhead	Distance (roundtrip) Time/Difficulty	Description
Over 4 Hours	ARCH ROCK VIA BEAR VALLEY TRAIL Bear Valley parking lot	8.2 mi./13.1 km (4 hours/strenuous)	MEANDER along a creek through Douglas fir forest to an ocean view. This pleasant, sheltered walk ends at Arch Rock, overlooking the Pacific Ocean. No beach access.
	ESTERO TRAIL TO DRAKE'S HEAD Sir Francis Drake Blvd— West of Inverness	9.4 mi./15 km (4.5 hours/moderate)	WANDER the open grasslands to sample the delights of Drakes and Limantour Esteros. Harriers and hawks hover over the grasses, while leopard sharks and bat rays seem to fly through the eel grass in the water.
	TOMALES POINT TRAIL Pierce Point Ranch	9.5 mi./15 km (4.5 hours/strenuous)	RANGE over cliffs perched between the ocean and the bay in the Tule Elk reserve. Three miles of managed trail give way to an unmaintained path to the point that is sandy and overgrown, in places, with shrubs. Long pants and sleeves are advised.
	SKY/BEAR VALLEY LOOP Bear Valley parking lot	10.5 mi./17 km (5 hours/strenuous)	ROVE through dense forest, meadows, chaparral, and coastal grasslands on this varied hike. Follow Bear Valley Trail to Mt. Wittenberg Trail and climb to Sky Trail. Turn left and travel to the junction with Coast Trail, turn left and follow signs to Arch Rock. Return via Bear Valley Trail.
	WOODWARD VALLEY LOOP Bear Valley parking lot	13 mi./21 km (6.5 hours/strenuous)	TRAVEL from forest to tidepools on this ambitious walk. Take Bear Valley Trail to Mt. Wittenberg or Meadow Trail and climb to Sky Trail. Turn left and continue to Woodward Valley Trail, turn right and follow to Coast Trail. At very low tides, Sculptured Beach provides tidepool opportunities. Follow Coast Trail to Arch Rock, rejoin Bear Valley Trail to return.
	BASS LAKE & WILDCAT BEACH Palomarin Trailhead	5 to 13 mi./8 to 21 km (3 - 7 hours/moderate to strenuous)	Pass by breathtaking ocean views, far above the surf, and stop by Bass Lake. For a longer walk, continue through Wildcat Camp to the beach and go left to view Alamere Falls. Return via Coast Trail.
	BOLINAS RIDGE TRAIL Sir Francis Drake Blvd— East of Olema	6 to 11 mi./ 10 to 17.6 km (3 - 6 hours/moderate)	Admire expansive Olema Valley views amid clusters of dense redwood forest and fragrant chaparral on a trail where you may take your dog. Retrace your steps when you are ready. Dogs must be leashed at all times.

Backpacking Routes	BEAR VALLEY TO SKY CAMP Bear Valley parking lot	2.9 mi./4.7 km. (2 hours/strenuous)	FOLLOW directions from MT. WITTENBERG LOOP to the top of Wittenberg trail and turn right onto Sky trail. Follow to Sky Camp.
	SKY TRAIL TO SKY CAMP Sky Trail parking Limantour Rd.	1.4 mi./2.3 km. (1 hour/easy)	STROLL uphill through woods with views into the Olema Valley until the turnoff into Sky Camp.
	BEAR VALLEY TO COAST CAMP Bear Valley parking lot	6 mi./9.6 km. (4 hours/strenuous)	FOLLOW directions from MT. WITTENBERG LOOP until top of Wittenberg trail to Sky trail. Take Sky Trail to Woodward Valley Trail , one of the park's most beautiful sections of trail, and turn right. At Coast Trail junction, turn right and enjoy the ocean views to Coast Camp.
	LAGUNA TRAIL TO COAST CAMP Laguna Trail parking lot	1.8 mi./2.9 km. (1 hour/easy)	ASCEND through coastal scrub to a low bluff and walk down to Coast Trail, turn left and proceed into Coast Camp.
	BEAR VALLEY TO GLEN CAMP Bear Valley parking lot	4.8 mi./7.7 km. (3 hours/moderate)	FOLLOW directions from ARCH ROCK VIA BEAR VALLEY until junction with Glen Trail. Ascend a short distance until Glen Camp Loop and turn right. Follow to Glen Camp.
	STEWART TRAIL TO GLEN CAMP VIA GREENPICKER TRAIL Five Brooks parking lot	4.8 mi./7.7 km. (3 hours/strenuous)	CLIMB the Stewart Trail to junction with Greenpicker Trail. Continue up and over Firtop, down to Glen Loop Trail, turn right and follow to Glen Camp.
	BEAR VALLEY TO WILDCAT CAMP Bear Valley parking lot	6.3 mi./10.4 km. (4 hours/strenuous)	FOLLOW directions from ARCH ROCK VIA BEAR VALLEY until junction with Glen Trail. Ascend the ridge and down to Coast Trail, turn left. Follow to Stewart Trail, turn right and walk into Wildcat Camp.
	STEWART TRAIL TO WILDCAT CAMP Five Brooks parking lot	6.1 mi./9.8 km. (4 hours/strenuous)	CLIMB the Stewart Trail and follow it all the way to Wildcat Camp.

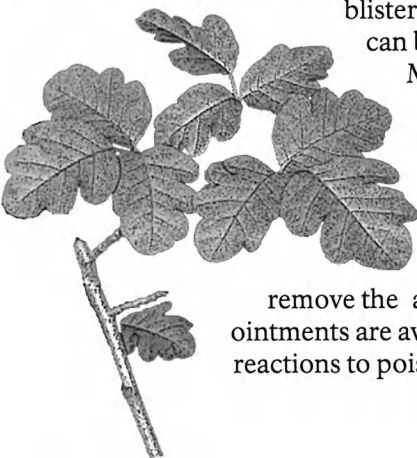
Be On the Lookout For...

Poison Oak

Toxicodendron diversilobum

Contact with any part of the poison oak plant causes a blistering rash. Generally this can be treated at home.

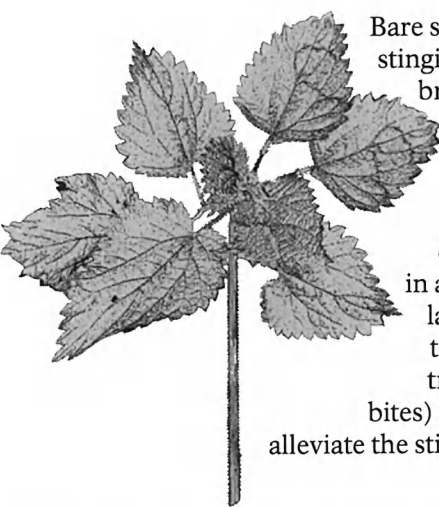
More severe cases may need to see a doctor. If you know you have had contact with poison oak, thoroughly wash the affected area as soon as possible to remove the active oils. Preventive ointments are available to help avoid reactions to poison oak.



Stinging Nettle

Urtica dioica

Bare skin brushing up against a stinging nettle plant tends to break delicate defensive hairs on the leaves and stems that protect the plant from browsing animals. This releases a trio of chemicals, usually resulting in a painful skin rash, typically lasting less than 24 hours. A topical analgesic (used to treat poison oak or bug bites) can be applied to help alleviate the sting.



Deer Ticks

actual size

Ticks that carry Lyme disease are known to occur in this area. Stay on trails and check your clothing frequently. The sooner that ticks are removed, the less the chance of transmittal of the organism that causes illness. Wearing light-colored, long pants helps you spot them; tuck your pant legs inside your socks to keep them from crawling up your legs. Always check your body completely at the end of your hike.



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