

Las Trampas Wilderness Regional Preserve

CHALLENGING HIKE

Location	San Ramon
GPS	37.816014652530384, -122.04970832330416
Phone	1-888-327-2757, option 3, extension 4537
Miles	7.4-Mile Loop
Elevation Gain	2,338 feet
Trails	Bollinger Creek Loop/Chamise/ Mahogany/Trapline//Las Trampas Ridge/Sulphur Springs/Del Amigo/ Virgil Williams/Madrone/Corduroy Hills/Las Trampas Ridge
Hours/ Curfew	8 a.m. to sunset Varies Seasonally
Fees	None
Website	ebparks.org/parks/las-trampas

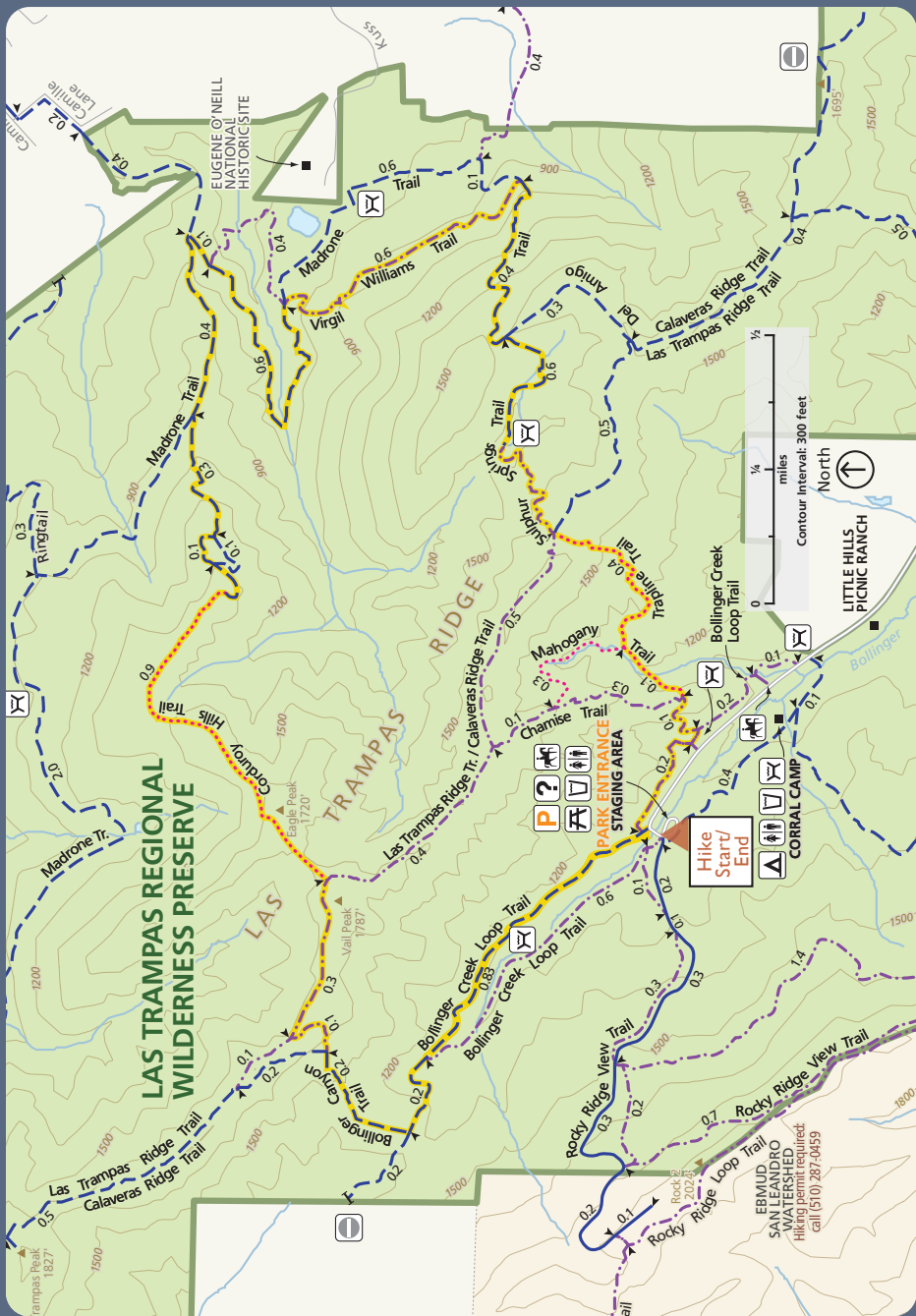


Park Features: Las Trampas is a great place to explore and get a taste of wilderness. You can choose an easy stroll closer to the staging area or more challenging hikes that lead into the woodlands, canyons and towering ridgetops. Many of the trails in the park allow bicycles and horses, but not all, due to the terrain and some fragile ecosystems. Dogs are allowed on leash and under voice control. At the staging area, there are two accessible restrooms, two accessible parking spaces, a water fountain, and a picnic area.

Trail Highlights: This route has expansive views of Mount Diablo, the Eugene O'Neill National Historic Site, and the San Ramon valley. The terrain ranges from shady creek canyons, chaparral-studded hills, oak woodlands, and the high rock outcropping of Eagle Peak. Along the Trapline Trail, fossils may be seen in the bedrock. Please

note: This route contains some very steep up and downhill sections; hiking poles and sturdy shoes are advised.

Trail Directions: At Bollinger Creek staging area go through the cattle gate near the main park entrance sign and onto Bollinger Creek Loop Trail. Go through small pedestrian gate immediately to your right. Head south on Bollinger Creek Loop Trail parallel to the paved road. Make a left onto Chamise Trail and begin climbing the switchbacks until reaching the top of the rise. Turn right here onto the smaller Mahogany Trail. You'll soon cross a bridge and go up two sets of steps. Shortly after this, bear right on Trapline Trail. Continue to the top of the ridge, cross Las Trampas Ridge Trail, and head immediately left, downhill, onto Sulphur Springs Trail, which takes you along a seasonal creek. At the bathtub water troughs the trail becomes a fire road. Stay on the road. At the trail marker at the hilltop, go left onto Del Amigo Trail and begin a steep descent. In about .4 miles, go left onto Virgil Williams Trail and through a cattle gate. After the next gate, turn left onto Madrone Trail, a wide fire road. Continue on Madrone Trail, passing another intersection with Virgil Williams Trail. Shortly after this is another trail junction; bear left here and continue on Madrone Trail, beginning another climb. In about .4 miles, turn left onto the Corduroy Hills Trail. The trail climbs steeply until you reach a fork; go right and continue climbing. Continue on the narrow Corduroy Hills Trail where the sign says "Hikers Only." Bear left where the path forks in the grassland. Near the large rock outcroppings stay right on Corduroy Hills Trail. Soon, you'll go up a set of steps and through a fence. Here, near Vail Peak, turn right onto Las Trampas Ridge Trail to begin a rocky descent. Turn left onto Bollinger Creek Loop Trail and continue downhill on the fire road. Go through a cattle gate and continue downhill on Bollinger Creek Loop Trail. Stay to the left on Bollinger Creek Loop Trail until you reach the cattle gate you started at, and the parking lot just beyond.



Driving Directions: From I-680 in San Ramon, take Crow Canyon Road west to Bollinger Canyon

Road, turn right (north) and follow it to the end and into the park.