

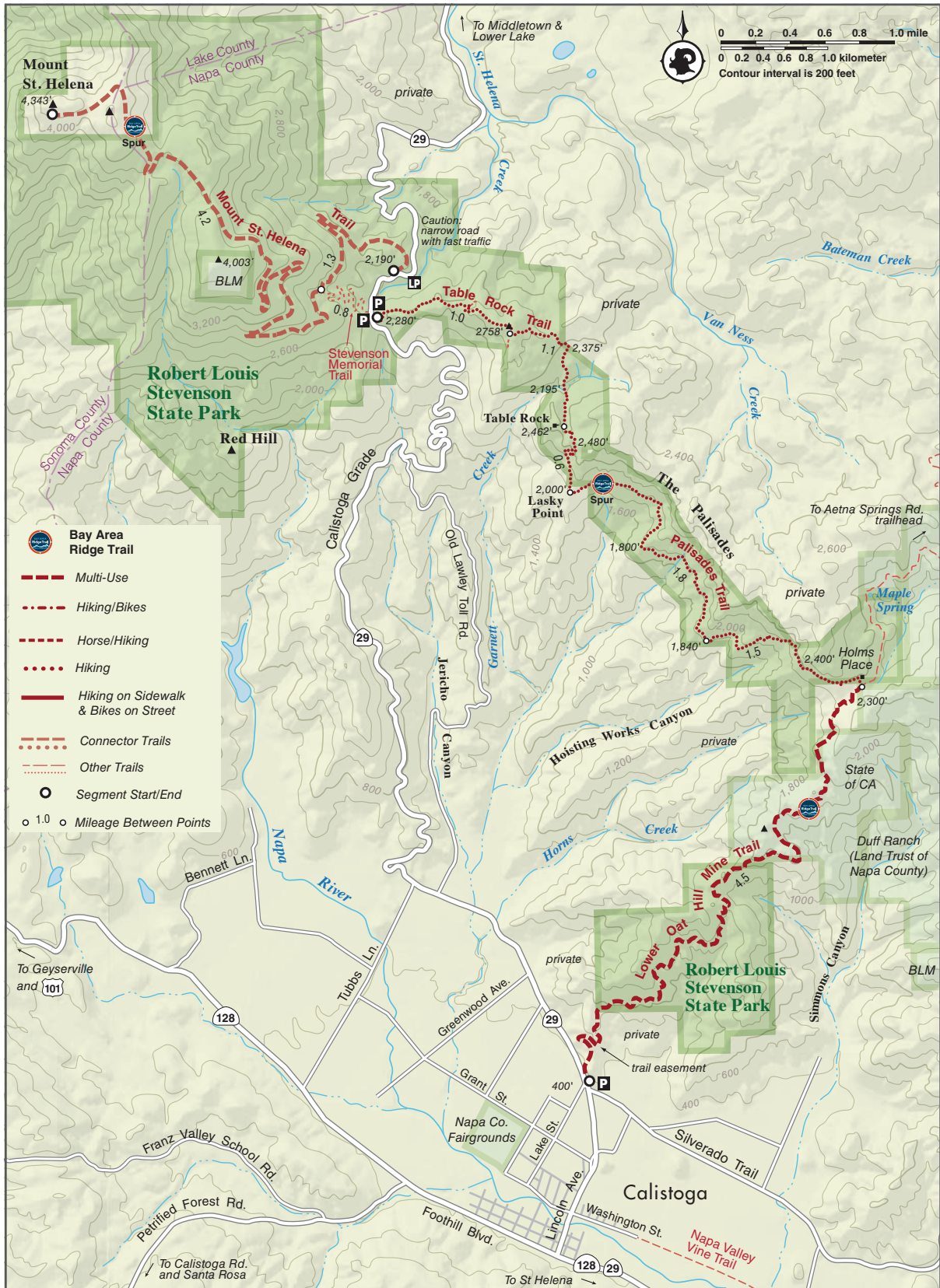


# Robert Louis Stevenson State Park: Table Rock and Palisades Spur

Napa County

From: CA 29

To: Oat Hill Mine Trail in Calistoga



Post your photos @bayarearidgetrail and see them on our website. #bayarearidgetrail

## Robert Louis Stevenson State Park: Table Rock and Palisades Spur

**From:** CA 29

**To:** Oat Hill Mine Trail in Calistoga

**Length:** 6 miles one-way (10.5 miles one way when combined with Lower Oat Hill Mine Trail; car shuttle possible)

**Elevation Gain/Loss:** 1,280 feet/1,410 feet one-way

**Accessibility:** Hikers only

This spur trail, solely used by hikers, is a challenging, often overgrown trail over steep, rocky terrain. The views are spectacular and it's a unique experience, particularly at Table Rock, to be up close to the volcanic mountains. Most trail users do a one-way trip from the CA 29 Trailhead near Mount St. Helena to the Lower Oat Hill Mine trailhead, instead of the reverse, because the 3,200-foot elevation change is far easier as a descent. Try to do this hike between April and June, when the wildflowers are blooming.

This trail description is excerpted from the 2019 Guidebook. For details on all trails, trailheads and more [buy the book](#) from Wilderness Press.

For more resources to plan your trip, visit our [Trail Tools](#) page.

LINK to buy book: <https://advkeen.co/BayAreaRidgeTrail>

LINK to Trail Tools: <https://ridgetrail.org/trail-tools/>

Post your photos [@bayarearidgetrail](#) and see them on our website. [#bayarearidgetrail](#)