



# Spring Lake to Trione-Annadel State Park

Sonoma County

From: Spring Lake Regional Park in Santa Rosa

To: Annadel's East Gate at Lawndale Road in Kenwood



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

## Spring Lake to Trione-Annadel State Park

**From:** Spring Lake Regional Park in Santa Rosa

**To:** Annadel's East Gate at Lawndale Road in Kenwood

**Length:** 10.8 miles one-way; car shuttle possible.

**Elevation Gain/Loss:** 1,120 feet/955 feet one-way

**Accessibility:** Hikers, equestrians, and mountain bikers

Gradually climb over grassy hillsides and through oak woodlands and conifer forests on the east side of Bennett Mountain. This is an extremely popular mountain-biking route that travels along wide, rocky service roads and singletrack trails. Pass lush Ledson Marsh and descend through a conifer forest in the park's southeast corner. The west- and south-facing slopes can be hot in summer; north- and east-facing slopes are forested. The 2017 Nuns Fire burned through most of the trail corridor except for a few miles of the northernmost section.

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](#)