

THIRD EDITION



Healthy Trails

Your path to fitness, fun and adventure

Presented by

SANTA CLARA



COUNTY PARKS



KAISER PERMANENTE®

in the community

Welcome!



Healthy Trails

Congratulations on registering for the Healthy Trails Challenge, a FREE, fun, outdoor path to getting fit and connecting with nature as you explore Santa Clara County Parks. Whether you are new to the Healthy Trails program or a past participant, we hope you will enjoy the trails featured in this 3rd edition guidebook.

Actual comments from Healthy Trails 1st and 2nd edition participants who completed their challenge:

There is NO WAY I would have ever gotten my husband to do 12 miles worth of any exercise. I still can't believe he did it!



The Trails Guidebook was an awesome invitation to explore our beautiful county; we will continue to refer to it.



I loved getting to know the parks — and my family — better. We completed every moderate trail, and all but one of the strenuous ones.



Love the Trails Guidebook!! We are in shape now and look forward to our next outing. Discovered a park in our town and had never been there till we read about it in your book.



The Healthy Trails Program helped us discover new parks.



Thanks again from two Bay Area people getting healthy and strong because of you ...



CONTENTS

Trail Symbols	1
<i>Healthy Trails at a Glance</i> Chart	2-3
How to Complete the Healthy Trails Challenge	4
Preparing for Your Outing (trail tips, health & safety, plants & wildlife, hiking with kids)	5
Featured Healthy Trails	
Easy	10
Moderate	26
Strenuous.....	40
Every Body Walk	54
Log and Evaluation Form	55-56

TRAIL SYMBOLS help determine the right trails for you:



Walk/Hike/Jog: This trail is suitable for people walking, hiking or jogging. Wear sturdy shoes with ankle support.



Bike: Bikes are allowed on trails with this symbol. Paved trails are great for road bikes and family biking. Mountain bikes are suggested for all non-paved trails. Reduce speed and call out when passing other trails users. Helmets are required.



Equestrian: Horses are allowed on trails with this symbol. Select trails that allow your horse to drink once every hour. Wear a helmet and sturdy boots.



Skate or Blade: Skaters, skateboarders and rollerbladers are welcome on paved trails. Wear appropriate safety gear, including knee and elbow pads, helmet and closed-toe shoes.



Stroller: Strollers are welcome on park trails. Go to **Healthy Trails at a Glance** (pages 2-3) for a quick check of trails suitable for strollers. Additional trails may be suitable for back-country strollers.



Wheelchair: This trail is a disabilities-accessible trail. Additional trails may be suitable for back-country wheelchairs.



Dogs On Trail: Dogs are permitted on this trail. Dogs must always be kept on a leash no longer than 6 feet. Keep dogs close and under control at all times, especially when passing others, horses and wildlife. Please pick up and properly dispose of dog waste.

HEALTHY TRAILS AT A GLANCE

Santa Clara County Park	Location	Trails
EASY TRAILS		
Coyote Creek Parkway	Morgan Hill	Coyote Creek (paved)
Coyote Lake-Harvey Bear Ranch	Gilroy	Martin Murphy (paved)
Ed Levin	Milpitas	Spring Valley (paved)
Joseph D. Grant	San Jose	Hotel/Lower Hotel/Barn/Snell
Los Gatos Creek	Los Gatos	Los Gatos Creek (paved)
Mt. Madonna	Gilroy	Blue Springs/Meadow
Santa Teresa	San Jose	Joice/Norred
Stevens Creek	Cupertino	Rim
MODERATE TRAILS		
Almaden Quicksilver	San Jose	Hacienda/Capehorn Pass/Mine Hill/Virl Norton
Calero	San Jose	Los Cerritos/Pena
Coyote Lake-Harvey Bear Ranch	Gilroy	Willow Springs/Rancho San Ysidro/Savannah
Joseph D. Grant	San Jose	Canada de Pala/Pala Seca
Mt. Madonna	Gilroy	Blue Springs/Upper Miller/Lower Miller/Loop/Merry-Go-Round/Tie Camp/Ridge/Contour/Black Hawk
Sanborn	Los Gatos	John Nicholas/Lake Ranch
Villa Montalvo	Saratoga	Lookout/Lookout Point/Redwood/Nature
STRENUOUS TRAILS		
Almaden Quicksilver	San Jose	Deep Gulch/English Camp/Mine Hill /Castillero
Calero	San Jose	Los Cerritos/Pena/Javelina Loop/Cottle/Chisnantuk Peak/Bald Peaks/Canada del Oro/Figueroa
Coyote Lake-Harvey Bear Ranch	Gilroy	Coyote Ridge/Gaviota/Rancho San Ysidro/Savannah/Willow Springs/Townsprings/Harvey Bear/Calaveras
Joseph D. Grant	San Jose	Dutch Flat/Canada de Pala/Eagle/Lower San Felipe
Los Gatos Creek	Los Gatos	Los Gatos Creek (partially paved)
Sanborn	Saratoga	Sanborn/Skyline
Santa Teresa	San Jose	Hidden Springs/Ridge/No Name/Boundary/Coyote Peak

Any trail can be shortened or extended and still count toward your Healthy Trails Challenge.

1 Alternative route for these uses. See page 22.

2 Route mostly accessible. See page 48.



Page	Total Miles	Hike/Jog	Bike	Equestrian	Skate or Blade	Stroller	Wheelchair	Dogs on Trail
10	10.0	●	●	●	●	●	●	●
12	2.0	●	●	●	●	●	●	●
14	0.5	●	●		●	●	●	●
16	2.5	●	●	●				●
18	2.6	●	●		●	●	●	●
20	1.0	●		●				●
22	1.8	●	●	●		● ¹	● ¹	●
24	1.0	●	●	●				●
26	4.5	●		●				●
28	3.5	●		●				
30	5.8	●	●	●				●
32	8.8	●	●	●				●
34	5.5	●		●				●
36	3.0	●						●
38	2.0	●						●
40	5.2	●		●				●
42	8.7	●		●				
44	13.9	●	●	●				●
46	6.7	●	●	●				●
48	12.5	●	●		● ²	● ²	● ²	●
50	6.0	●						●
52	3.0	●	●	●				●

How to Complete the **HEALTHY TRAILS CHALLENGE**

1 Select your trails.

Look through the Healthy Trails Guidebook and decide which trails fit your ability and interests. Refer to the trail symbols (hike, bike, equestrian, etc.) at the top of each featured trail page and in the **At a Glance** chart on pages 2-3 to help determine the right trails for you. Any trail can be shortened or extended and still count toward completing your Healthy Trails Challenge.

Trails are divided into three categories:

EASY (green section) ~1 to 2.5 miles: These trails are mostly flat, paved or packed gravel and are generally suitable for walkers, joggers, bikes, skates or rollerblades, strollers, wheelchairs, small children and dogs on leash. An Easy trail, 1 to 2.5 miles long, will take about 1-2 hours to complete at a leisurely pace. Some Easy trails are more than 2.5 miles long.

MODERATE (blue section) ~2 to 5 miles: These trails offer a little more challenge. An elevation gain of 200' – 1000' is common. Trail conditions may range from good to rugged. A Moderate trail can take 2 to 4 hours to complete. Trail users should be in good physical condition and be equipped with water, an energy snack and first aid kit.

STRENUOUS (red section) ~5 miles or more: These trails are very challenging and typically have an elevation gain of 1000' or more. Trails have a dirt surface with some loose soil, are fire-road width (8-12 ft. wide), and are generally rugged and steep. Trail users should be in very good physical condition and be equipped with water, an energy snack and first aid kit. Strenuous trails can take 4-8 hours to complete.

2 Check trail conditions & closures.

Before starting your outing, call (408) 355-2200, press 7 and follow prompts to your chosen park to hear messages about current trail conditions or closures.

3 Log your trails.

Use the log on page 55 to record the names of the trails and the miles you walk, run, roll or ride. When you send in your trail log, please also fill out the evaluation form on the reverse side.

4 Return your completed log via:

MAIL: Santa Clara County Parks and Recreation Department
HEALTHY TRAILS PROGRAM
298 Garden Hill Drive • Los Gatos, CA 95032-7669

FAX: (408) 355-2290 • ON-LINE: parkhere.org

5 Receive gifts for beginning and completing your challenge. You will receive a special gift to reward and encourage your fitness efforts when you register for the Healthy Trails Challenge. Receive a second gift after successfully completing five (5) different trails and returning your completed Trails Log. You may re-register and finish five additional trails to receive yet another reward!

Didn't have a chance to participate in the first or second edition of Healthy Trails? Go to parkhere.org and follow the Healthy Trails link to download a previous edition!

PREPARING FOR YOUR OUTING

Follow the tips below to help ensure you have a great time and stay safe:

Remember:

- Be aware of your abilities, your surroundings and weather conditions.
- Stay on designated, marked trails.
- Please do not disturb plants, trees, flowers, streams and lakes or wildlife.
- Walk pets in approved areas only and keep them on a 6' leash at all times.
- Smoking is not permitted in county parks, including picnic areas and parking lots.
- Pick up and carry out garbage and pet waste and dispose in a trash receptacle. Pooper-scooper bags and trash receptacles are available in high use parking areas and trailheads.
- Follow all posted park regulations.
- Be courteous and yield to others on the trail. Walk on the right side and be mindful of other trail users around you (bicyclists, joggers, skaters, dogs on leash, others). Everyone must yield to horses (let them pass).
- Parking fees are required at most County Parks. Check your Healthy Trails Guidebook, call (408) 355-2200 or check parkhere.org for parking fee information.
- Call 911 in case of emergency.



Bring the Following:

- Personal identification, such as a driver's license or ID card
- A cell phone
- Your Healthy Trails Guidebook or a park map (provided at most park trailheads and Ranger stations, also available online at parkhere.org)
- Extra water and energy snacks such as fresh fruit, trail mix, granola or energy bars
- A first aid kit including Band-Aids of various sizes, sterile gauze pads, roller bandages, cleansing soap, non-latex gloves, tweezers, scissors, sunscreen and bug repellent
- A whistle in case you get lost — it is easier to blow a whistle than to yell
- A flashlight and extra batteries

Health and Safety

- Avoid visiting a park alone. Take a friend or family member.
- Let someone know where you're going and when you expect to be back.
- If you wear headphones, keep the volume low enough to hear others and be aware of your surroundings.
- Drink water before, during and after your outing.
- Use sunscreen that has an SPF 15 or higher. Wearing a hat and sunglasses with UV protection is highly recommended.
- Stretch and warm up your muscles before starting out. Do a few stretches at the end of your hike to cool down.
- Don't try to do too much too soon. Gradually increase your time and level of trail difficulty as your body gets stronger.
- Contact your primary care physician before beginning any new fitness program.



PLANTS & WILDLIFE



Poison Oak

Poison Oak grows abundantly throughout the park system. It can grow as a shrub or vine, scaling the heights of trees. The plant's oils can produce an irritating rash after coming in contact with skin. Leaves are grouped in three and vary in

color from green, yellow or red, depending on the season. Even leafless winter stems contain the oils.

- Avoid contact with poison oak. Remember, "Leaves of three, let them be."
- Wear socks and long pants, and do not touch plants while out on the trail.
- Keep pets close — they can transfer oils to you if they play around this plant.
- If you do come in contact with poison oak, wash skin immediately with soap and water and launder your clothes when you get home.
- Use calamine lotion to relieve itching and contact your doctor if a rash spreads.

Wildlife Encounters

Deer, wild pigs, turkeys, coyotes, bobcats and even mountain lions are occasionally seen in parks. When using trails, remember that we are guests of the many wild species who live here. Generally, if we leave them alone they will leave us alone.

- Never approach, feed, chase or harm any wild animal.
- Abnormal behavior can indicate that an animal is sick. Stay away and notify park staff.
- Always keep dogs on a leash and small children close to you.
- If you see a mountain lion, stay away. Appear as large as possible and do not run or crouch. Report all mountain lion sightings and any abnormal wildlife encounters to park staff.



Coyote



● = Approximate size

Ticks & Lyme Disease

Ticks do not fly, jump or drop from trees. They climb to the tips of plants and wait for an animal or human to brush by. Lyme Disease can be transmitted to humans by the bite of an infected tick. It may be treated and cured with early diagnosis.

- To avoid picking up ticks, wear long sleeves and pants. Stay on designated trails and avoid brush and grassy areas. Check yourself, children and pets for ticks after a hike.
- If you are bitten, gently remove tick from the skin using a tissue or tweezers, taking care not to separate the head from the body. Wash the bite area with soapy water and apply antiseptic.
- Early symptoms of Lyme Disease may include a spreading rash accompanied by fever, aches and/or fatigue. Contact your doctor if you are unable to fully remove a tick or if you develop any of these symptoms.

Snakes

Snakes are relatively common throughout the park system, especially in the hotter, drier parks. Poisonous rattlesnakes and harmless gopher snakes have similar coloration, so are often mistaken for each other. A rattle-snake's sound is a warning of the snake's presence, not its intent to strike. They generally will not strike unless stepped on or handled.

- To avoid snakes, look ahead when you use the trail and avoid putting your hands or feet where you can't see.
- When encountering a snake, move away and most likely it will flee.
- If you find a rattlesnake in an area such as a restroom, playground or picnic site, contact park staff so that the snake can safely be removed and relocated.

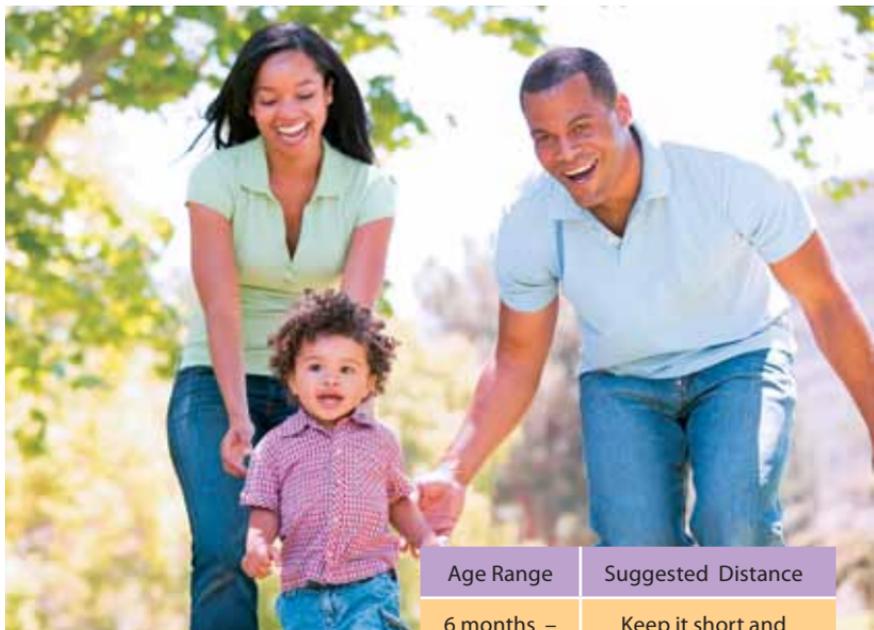
HIKING WITH KIDS



Note: Trail conditions, weather, and physical conditions are major considerations when hiking with kids. Start with shorter distances and work your way towards longer adventures.

It takes a little more planning to have successful outdoor adventures when little ones are along. Some tips to consider:

- Pack patience and flexibility. Be willing to adjust your hike to the enjoyment and pace of children, even if it means you don't reach your intended destination.
- Dress for success. Check weather conditions before you head out. Pack layers and an extra change of warm clothes in case kids



Age Range	Suggested Distance
6 months – 2 years	Keep it short and slow
3 – 6 years	1 – 3 miles, with many stops
7 – 11 years	2 – 5 miles
12 and up	Up to 7 miles

get wet. Make sure everyone has good hiking footwear and socks.

- Create a checklist of essentials. Make your own family list of must-have items such as a first aid kit, sunscreen, hats, sunglasses, bug spray, snacks, extra clothes, special walking stick, handwipes, stuffed animal, etc.
- Know what features are ahead. For starter day hikes, choose shorter trails with less elevation gain and features like lakes, ponds or waterfalls along the way. Children are fascinated with water and nature.
- Take energy stops. Snacks provide great motivation to keep kids moving on the trail and a great reason for stopping to take a rest and look around.
- Hike with a friend. As kids get older they often prefer to spend time with friends over family. Allow your child to invite a friend along.
- Give kids responsibilities. Put them in charge of water, maps, picture-taking or being the “leader.” When hiking with more than one child, make sure that everyone gets a chance to set the pace and be the leader.
- Engage kids with activities and use teachable moments. Try “I Spy” and “20 questions,” or find shapes in the clouds and nature. If you see wildlife, stop, observe and discuss. Relate what you see in nature to a child’s life and experiences.

Refer to pages 5-6 for general information on preparing for your outing.

Coyote Creek Parkway

COYOTE CREEK TRAIL

Trail length: **10.0 miles (paved, out & back)**

Degree of difficulty: **EASY**

19245 Malaguerra Ave., Morgan Hill 95037 • (408) 779-3634 • **No parking fee**



Park Notes

- Parkway's multiple use trail offers recreational opportunities for equestrians, bicyclists, skaters, rollers and hikers
- New parking areas, restrooms and visitor center at trailhead

Trail Info & Highlights

- Paved trail with unpaved shoulder for equestrians throughout most of trail
- Restrooms, water fountains, and picnic tables at trailhead
- Walnut (mile 0.5), Eucalyptus (mile 3.3), and Sycamore (mile 5.0) Rest Areas with shade and picnic tables
- Enjoy sounds of Coyote Creek flowing by on way to San Francisco Bay; watch for wildlife and listen for songs of abundant birds
- Observe model aircraft flying above while traveling past the Model Aircraft Skypark (sccmas.org for information)
- Look for waterfowl and shore birds around multiple ponds created from abandoned quarry

Trail Directions

- Start at new Visitor Center and go north on paved trail (equestrians use shoulder)
- Cross bridge over creek, staying to left as you exit bridge on the other side
- Continue north about 3 miles and cross a second bridge over Coyote Creek
- Meander through sycamore trees, carefully cross Riverside Drive and continue to Sycamore Rest Area
- Return via same route
- Feel free to shorten or lengthen your adventure — any distance will count

Health Tip

Walk 30 minutes a day, five days a week.

Choose water whenever you are thirsty.

ReTHINK
your
drink

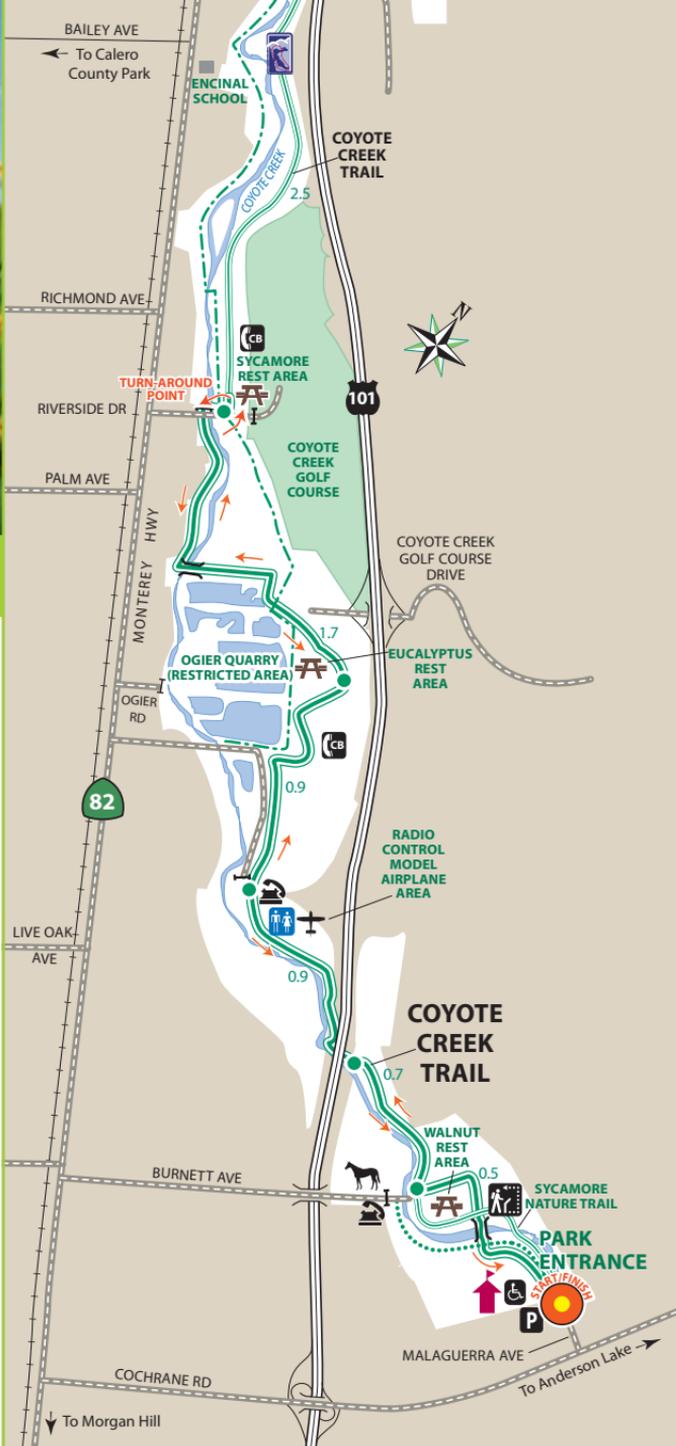




Lupin

COYOTE CREEK PARKWAY

-  Ranger Station/
Visitor Center
Phone: (408) 779-3634
-  Restrooms
-  Public Telephone
-  Call Box
-  Parking
-  Picnic Area
-  Handicap Accessible
-  Equestrian Staging Area
-  Paved Road
-  Paved Multiple Use Trail
(hike/bike/equestrian)
-  Equestrian/ Hiking
-  Footpath (hiking only)
-  Nature Trail
-  Trail Distance (miles)
0.6
-  Creek
-  Gate
-  Private Property



Driving Directions to the Park

To the trailhead on Malaguerra Ave.:

- From Hwy. 101, exit at Cochrane Rd.
- Travel east on Cochrane to Malaguerra Ave. and turn left
- Proceed to the end of Malaguerra and into the park entrance

Coyote Lake–Harvey Bear Ranch County Park

MARTIN MURPHY TRAIL

Trail length: **2.0 miles (loop)**

Degree of difficulty: **EASY**

Harvey Bear Ranch Entrance, San Martin Ave., Gilroy 95020

(408) 842-7800 • **No parking fee** (Fees apply at Coyote Lake entrance)



Park Notes

- Features a 635-acre lake, boat launch facilities and trails; provides the county's only shoreline camping; for boating information, visit parkhere.org or call (408) 355-2200
- Abundant hiking, biking and equestrian trails winding through oak studded canyons and on top of grassy ridge lines providing spectacular views of the South Santa Clara Valley

Photo: Cait Hutnik



Coyote Lake-Harvey Bear Ranch County Park

Trail Info & Highlights

- Unshaded paved loop with gravel shoulder for horses, almost totally flat
- Wildlife viewing, horses and cattle grazing, raptors, songbirds
- Portable toilets at parking lot, benches along the trail
- Scenic views of hills, large open fields covered with annual grasses and valley oaks
- Cattle utilized for land management; please leave gates as you find them and heed posted signs at trailhead

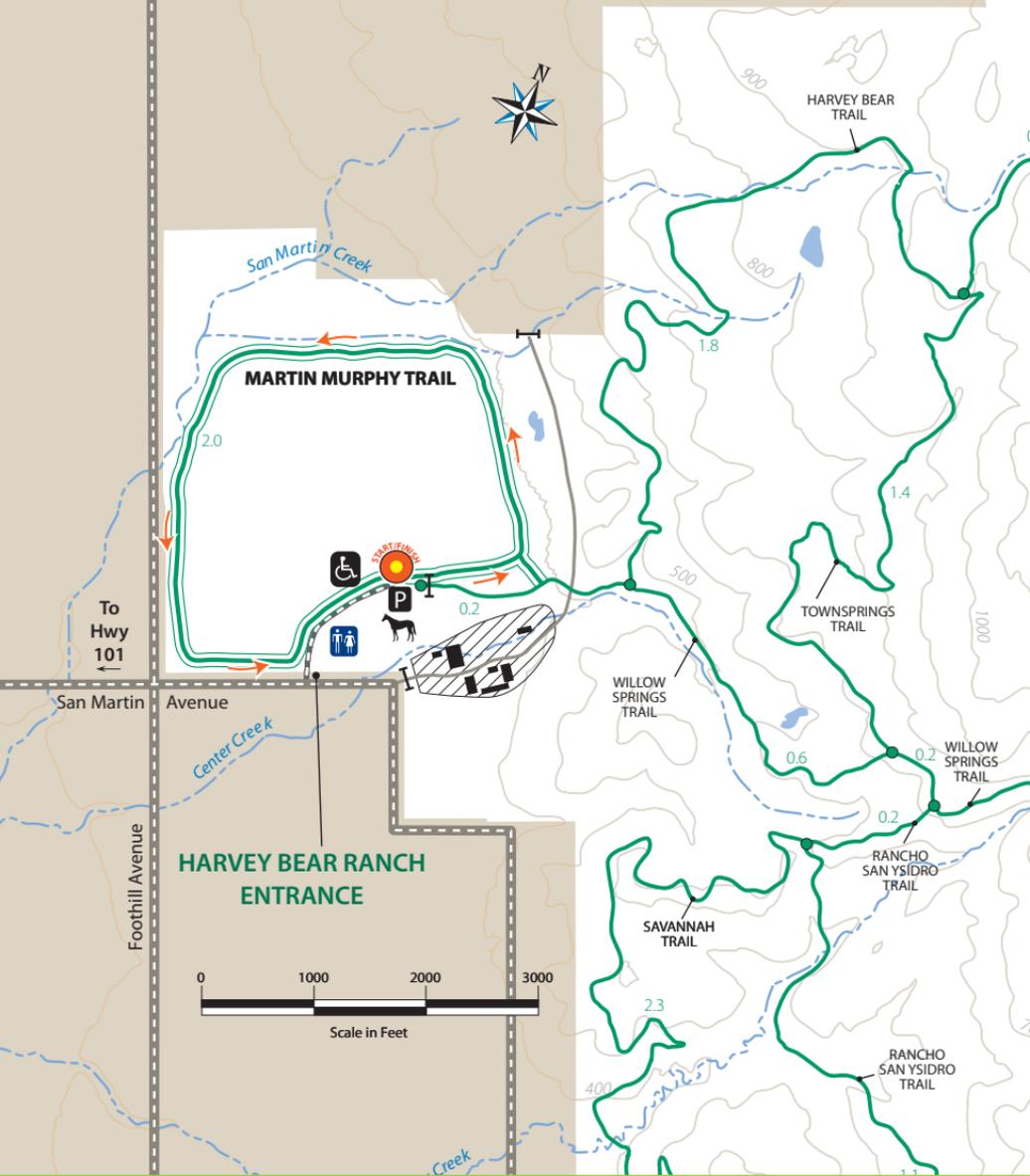
Trail Directions

- From parking lot, head for trailhead at mapboard
- Follow paved trail to right and make a loop around big field

Health Tip

Walk 30 minutes a day, five days a week.

Break up the year. Look at the months ahead as opportunities rather than a span of time. Set goals that include fun incentives, like participating in a charity walk or taking longer hikes one weekend each month.



COYOTE LAKE-HARVEY BEAR RANCH COUNTY PARK

- | | | | | | |
|------------------------------------------------------------------------------------|---------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------|
|  | Restrooms |  | Multiple Use Trail (hike-bike-equestrian) |  | Trail Distance (miles) |
|  | Parking |  | Paved Multiple Use Trail (hike-bike-equestrian) |  | Creek |
|  | Handicap Accessible |  | Hiking/Biking Trail |  | Private Property |
|  | Two-Lane Paved Road |  | Hiking Trail |  | Areas Currently Closed to Public |
|  | Service Road (No Public Access) |  | —1400— Elevation Contours (feet) |  | Gate |
| | | | |  | Equestrian Staging Area |

Driving Directions to the Park

To the Harvey Bear Ranch entrance:

- From Hwy. 101 in Gilroy, take the San Martin Ave. exit
- Proceed east on San Martin Ave. approximately 1.5 miles
- Turn left into the park (Harvey Bear Ranch Entrance)

Ed Levin County Park

SPRING VALLEY TRAIL

Trail length: **0.5 miles (paved loop)**

Degree of difficulty: **EASY**

3100 Calaveras Rd., Milpitas 95035 • (408) 262-6980 • **Parking fee**



Park Notes

- Expansive lawn areas for picnicking and play
- Unique park features include off-leash dog park for large and small dogs, children's playground, 18-hole golf course (springvalleygolfcourse.com), hang-gliding facilities, two fishing ponds

Trail Info & Highlights

- Fishing in Spring Valley Pond (youth only, under 16 years old)
- Visitor Center nearby
- Restroom and water fountains on trail
- Interpretive signs on path
- Picnic areas with shade throughout loop; no significant shade cover on trail

Trail Directions

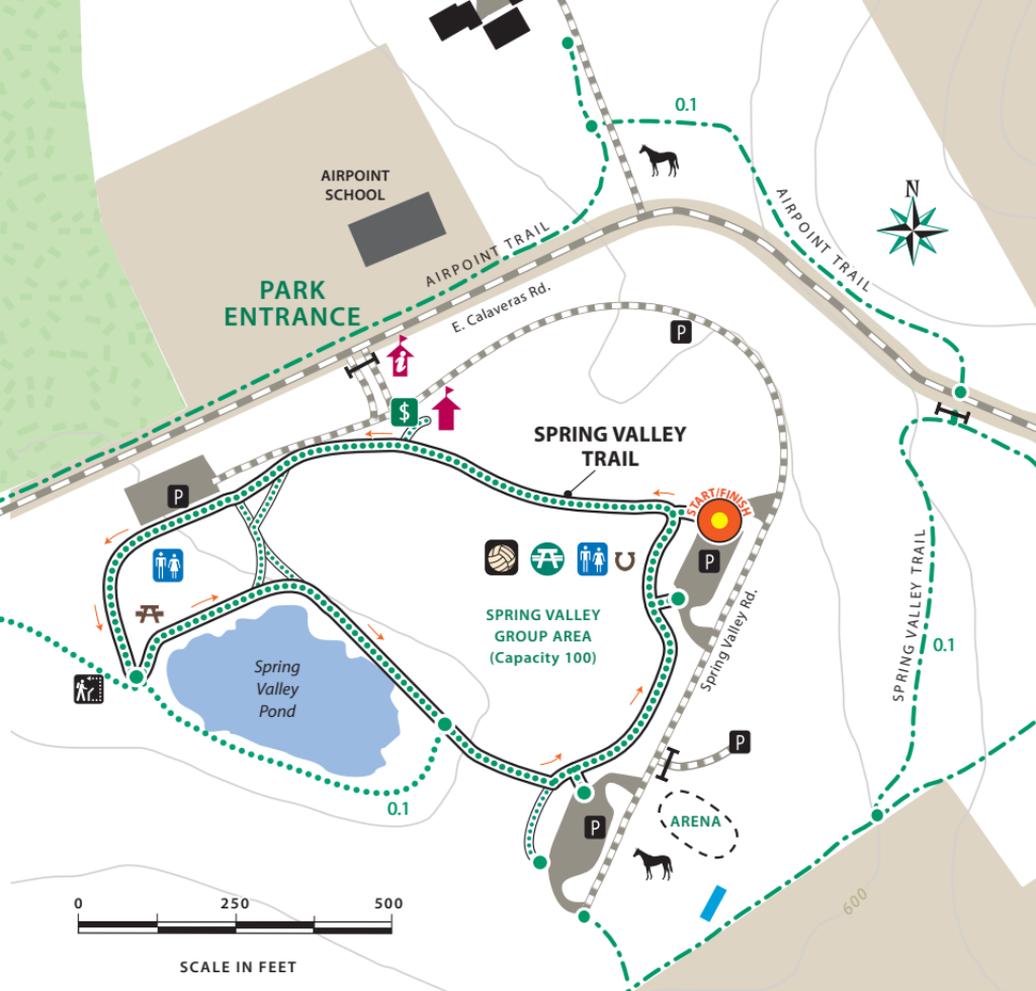
- Begin walk at parking lot
- Follow paved trail to the right; trail makes a loop around multiple picnic sites, large oak and redwood trees

Health Tip

Walk 30 minutes a day, five days a week.

Break up your walk. Mentally divide your walk into pieces. Fix your eyes on objects ahead, like a sign or a tree, and set incentives for arriving at each target.





ED LEVIN COUNTY PARK

	Ranger Station/Visitor Center (408) 262-6980		Handicap Accessible		Two Lane Paved Road
	Entrance Kiosk		Equestrian Staging Area		Two Lane Park Road
	Pay Station		Water Trough		Service Road
	Restrooms		Creek		Multiple Use Trail (hike/bike/equestrian)
	Public Telephone		Elevation Contours (feet)		Hiking / Equestrian
	Parking		Horseshoe Pits		Hiking
	Picnic Area		Volleyball		Paved Hiking
	Reserved Group Area		Gate		Nature Trail
			Private Property		Trail Distance (miles)

Driving Directions to the Park

To the Spring Valley Pond area:

- From either Hwy. 680 or Hwy. 880 in Milpitas, take Calaveras Rd. exit east and drive towards foothills
- Continue up Calaveras Rd. past Downing Rd.
- Turn right into park entrance (across from the golf course and school)
- Turn left past the kiosk (park office will be on right)
- Park in first paved parking lot on right

Joseph D. Grant County Park

HOTEL/LOWER HOTEL/BARN/SNELL TRAILS

Trail length:

2.5 miles (loop)

Degree of difficulty: **EASY**

18405 Mt. Hamilton Rd.,

San Jose 95140

(408) 274-6121

Parking fee



Snell Barn



Park Notes

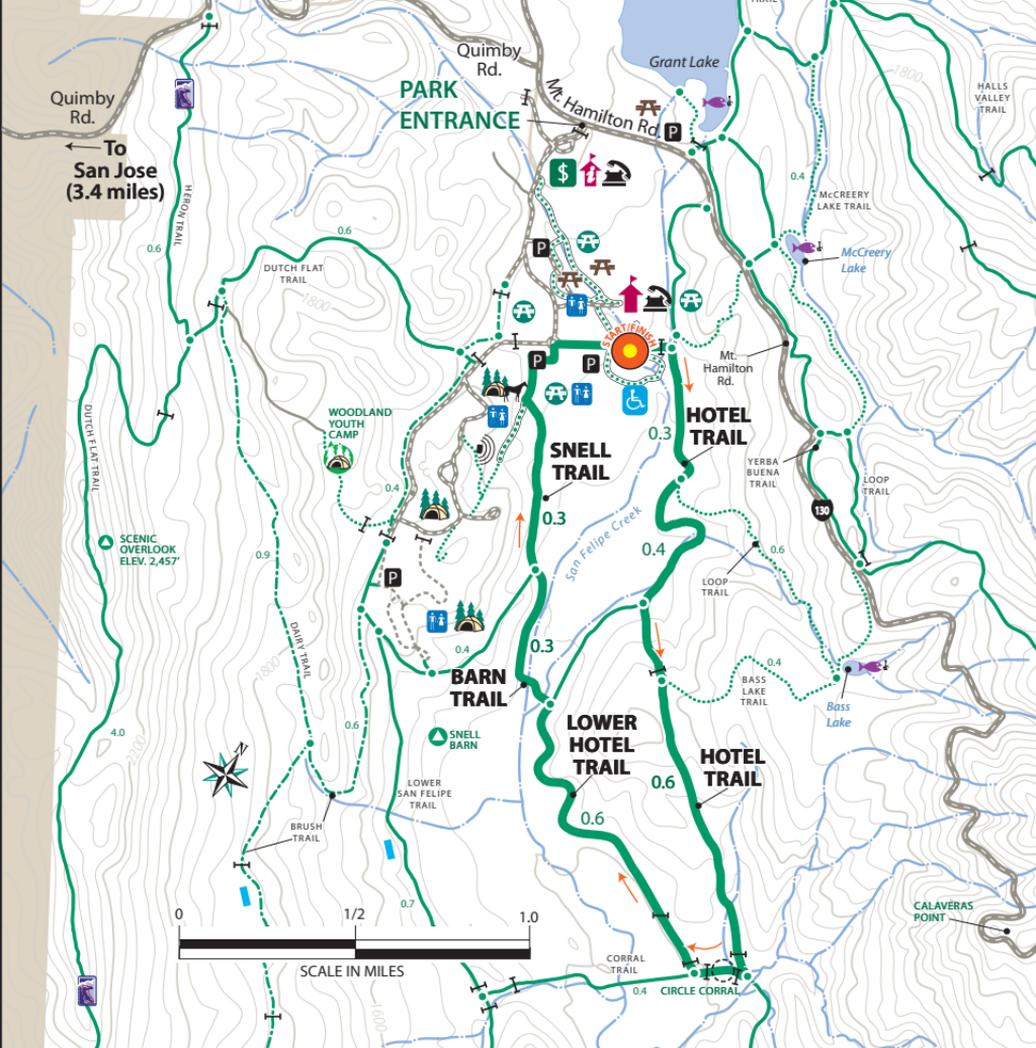
- Largest of Santa Clara County's regional park system, nearly 10,000 acres with rich diversity of natural, cultural, historic and recreational assets
- Offers 40 miles of hiking, biking, equestrian trails
- Family, group and equestrian camp sites, historic ranch buildings and rose garden

Trail Info & Highlights

- Flat, dirt trail through valley with no significant shade cover
- Picnic tables, water fountain, restrooms near trailhead; interpretive signs on trail
- Horse facilities with corral, water troughs and hitching post at trailhead
- Abundant wildlife and waterfowl within creek, grassland and wooded habitats
- Across valley see a permanent wetland and historic Snell Barn, once used by Joseph D. Grant for farming and hay operations
- Cattle utilized for land management; please leave gates as you find them and heed posted signs at trailhead

Trail Directions

- At east end of parking lot go through green gate, take short access trail to Hotel Trail
 - Turn right on Hotel Trail, go 1.4 miles
 - Turn right on Corral Trail for short distance, then right on Lower Hotel Trail for 0.6 miles
 - Veer left onto Barn Trail and across bridge, go 0.3 miles to Snell Trail
 - Follow Snell Trail to right 0.3 miles back to parking area
-



JOSEPH D. GRANT COUNTY PARK

	Ranger Station/Visitor Center (408) 274-6121		Campground		Private Property		Footpath (hiking only)
	Park Entrance Kiosk/Information		Reservable Campground		Two Lane Paved Road		Whole Access Trail
	Restrooms		Equestrian Camping		Two Lane Park Road		Elevation Contours (feet)
	Public Telephone		Stables/Equestrian Staging		One Lane Paved Road		Trail Distance (miles)
	Parking		Barn		Multiple Use Trails (hike-bike-equestrian)		Creek
	Picnic Area		Fishing		Hiking/Equestrian		Bay Area Ridge Trail
	Reserved Group Area		Pay Station		Gate		

Driving Directions to the Park

- From Hwy. 680, exit at Alum Rock Ave. east toward foothills and go 2.2 miles
- Turn right on Mt. Hamilton Rd.
- Continue approximately 7.5 miles (uphill, winding road)
- Turn right into park entrance, continue past kiosk and to far end parking lot (Stockman's)
- Park at far left end of lot

Los Gatos Creek County Park

LOS GATOS CREEK TRAIL

Trail length: **2.6 miles (paved, partial loop)**

Degree of difficulty: **EASY**

1250 Dell Ave. Campbell 95008 • (408) 356-2729 (Vasona Park Office)

Parking fee



Park Notes

- 11-mile paved Los Gatos Creek Trail passes through Lexington, Vasona and Los Gatos Creek County Parks and portions of Town of Los Gatos, City of Campbell, City of San Jose
- Recreational opportunities for walkers, joggers, bicyclists, skaters, non-motorized scooters, bladders and nature lovers
- Popular amenities within Los Gatos Creek County Park include off-leash dog park, multiple fishing ponds

Trail Info & Highlights

- Asphalt paved trail runs alongside Los Gatos Creek
- PAR course along portion of trail
- Picnic tables, restrooms, water fountains at Los Gatos Creek County Park trailhead and Campbell Park
- Benches and interpretive signs in park and along trail
- Heavy foot and bicycle traffic during early morning hours and on weekends, especially spring through fall
- Watch for wildlife such as ducks, geese, great blue herons, egrets, belted kingfishers, cormorants, grebes, raccoons, toads and turtles

Trail Directions

- From parking lot, travel north (left) on Los Gatos Creek Trail 0.2 miles towards Camden Ave. undercrossing
- Turn right onto bridge at end of undercrossing, then left to continue on trail for 1.0 miles
- Turn left at bridge toward Campbell Park
- Turn left and travel 1.4 miles back to Los Gatos Creek County Park



LOS GATOS CREEK COUNTY PARK

-  Ranger Station (Vasona)
Phone: (408) 356-2729
-  Pay Station
-  Restrooms
-  Public Telephone
-  Parking
-  Handicap Accessible
-  Picnic Area
-  Reservable Group Area
-  Off-leash Dog Park
-  Nature Trail
-  Playground
-  Fly Casting Pond
-  Fishing
-  Horseshoe Pit
-  Wildlife Viewing
-  Hiking/Equestrian/Bicycling
-  Paved Hiking/Equestrian/Bicycling
-  Park Service Road
-  Road with Bike Lane
-  Road
-  Freeway
-  Light Rail/Train Station
-  Trail Distance & Junctions (miles)
- Creek Trail Mileage Marker (On-Site)
- Creek
- Private Property



Driving Directions to the Park

From Highway 17:

- Exit Camden Ave., go west toward San Tomas Expressway
- Take Dell Ave./Camden Ave. ramp towards Sunnyoaks Ave.
- Turn slight right onto Dell Ave.
- Entrance to park is on left by pond

Mt. Madonna County Park

BLUE SPRINGS/MEADOW TRAILS

Trail length: **1.0 mile (loop)**

Degree of difficulty: **EASY**

7850 Pole Line Rd., Watsonville 95076 (408) 842-2341 • **Parking fee**



Park Notes

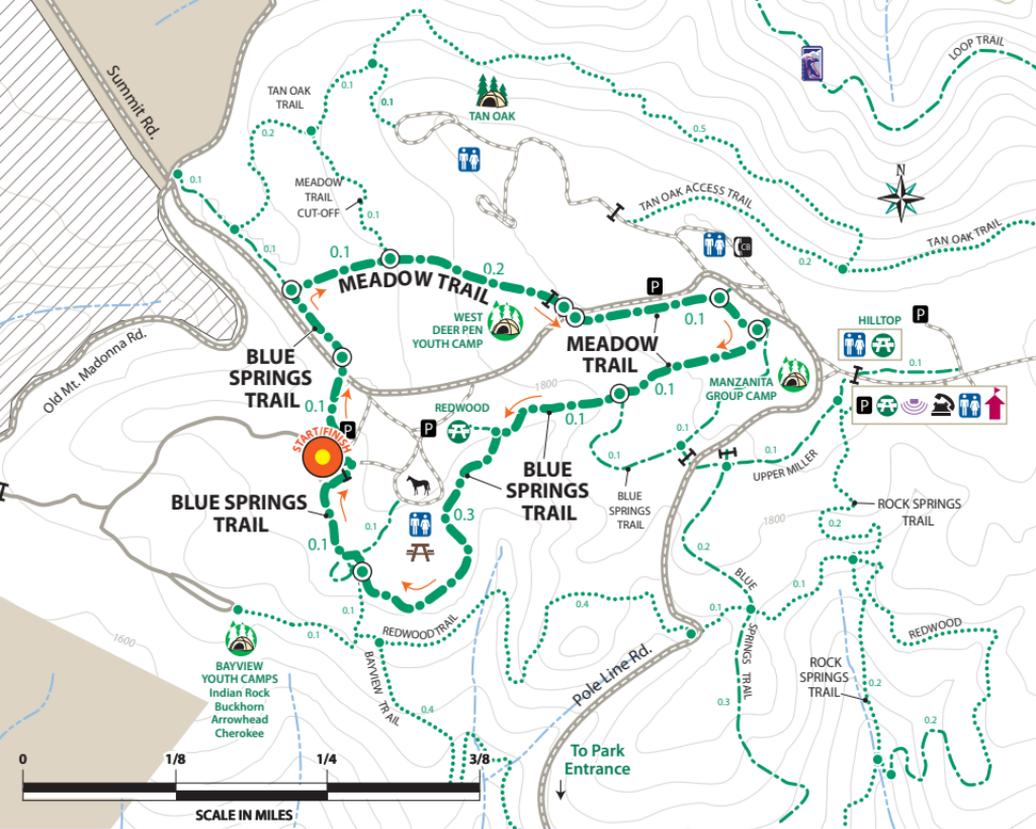
- One of the County's most majestic parks, dominated by redwood forest characteristic of Santa Cruz Mountain Range
- Offers views of south Santa Clara, Santa Cruz, Monterey Counties and Pacific Ocean
- Popular attractions include camping, extensive hiking and equestrian trails, archery, historic Miller ruins
- Park is higher in elevation, so usually cooler than valley areas; fog can be spectacular coming over ridges; dress in layers as temperatures vary

Trail Info & Highlights

- Dirt parking lot with water fountain, restroom, barbecue pits, first-come picnic sites and reserved group areas; equestrian staging at trailhead
- Non-paved dirt surface with few inclines and declines; 90% shade cover
- Diverse habitats from mixed oak to coast hardwood and redwood forests
- Abundant wildlife including California quail, raptors, wild turkeys, turkey vultures, black-tailed deer, coyotes and golden eagles
- Winter flooding may occur between Meadow and Blue Springs Trails

Trail Directions

- From parking area, pass entrance road to Youth Camp Areas, then go over bumper logs to Blue Springs Trail
- Turn right onto Blue Springs Trail and follow to Pole Line Rd.
- Carefully cross road and continue on other side 0.1 miles
- Turn right on Meadow Trail; re-cross Pole Line Rd. after passing West Deer Pen Youth Camping Area and continue on Meadow Trail (parallel to road)
- Before Manzanita Group Camp, turn right on Meadow Trail, follow downhill back to Blue Springs Trail
- Stay right at trail junction and continue on Blue Springs Trail 0.5 miles back to parking area



MT. MADONNA COUNTY PARK

	Ranger Station/Visitor Center (408) 842-2341		Parking		Lands Not Open to Public		Miller House Ruins
	Entrance Kiosk (408) 842-6761		Picnic Area		Two Lane Paved Road		Amphitheater
	Restrooms		Reserved Group Area		Two Lane Park Road		Elevation Contours (feet)
	Showers		Campground		Service Road		Bay Area Ridge Trail
	Public Telephone		Reservable Campground		Hiking/Equestrian		Creek
	Call Box		Equestrian Staging		Footpath (hiking only)		Gate
			Private Property		Trail Distance (miles)		

Driving Directions to the Park

- From Hwy. 101 in Gilroy, exit at Leavesley Rd./Hwy. 152, go west 0.7 miles
- Turn left on Monterey Rd. (Hwy. 152 W), then right on Hwy. 152 W/1st St./Hecker Pass Rd.; continue west about 8 miles up into mountains
- Turn right into park at Pole Line Rd. and uphill to pay station
- From pay station drive approx. 1 mile north, following signs for Inspiration Point/Redwood Grove
- Pass entrance to Redwood Grove, enter next driveway on left (look for Youth Camp sign)
- Park in gravel area on right (near driveway to Youth Camp Area)



Photo: Cait Hutnik

Mt. Madonna County Park

Santa Teresa County Park

JOICE/NORRED TRAILS

Trail length: **1.8 miles (out & back)**

Degree of difficulty: **EASY**

372 Manila Drive, San Jose 95119

(408) 225-0225 (Hellyer Park Office)

No Parking Fee — Street parking daily; small lot with limited availability Fridays & Saturdays



Photo: Roni Hart

Norred Trail



Park Notes

- Park amenities include first-come and reserved group picnic sites, archery range, 18-hole golf course (santateresagolf.com), miles of trails
- Bernal-Gulnac-Joice Ranch highlights living and working on a family ranch more than 100 years ago; Ranch site open daily, but buildings only open Fridays 10 a.m.–4 p.m. and Saturdays 11 a.m.–5 p.m.; tours available by reservation other days at (408) 226-5453

Trail Info & Highlights

- Picnic tables, restrooms, water fountain, interpretive signs at trailhead
- Trail is steep for first 100 yards, then mostly flat with no significant shade cover
- Outstanding views of south San Jose all the way north to San Francisco
- Serpentine habitat with endangered plant and animal species and spectacular spring wildflower displays
- * Dogs, bikes and horses allowed on park trails, but not allowed on ranch pathways except at restrooms and trailhead
- ** Wheelchair/stroller note: Park trails not suitable for wheelchairs and lightweight strollers; pathways around Ranch and Santa Teresa Spring are accessible and can be substituted for trail route

Trail Directions

- Trailhead located behind Bernal-Gulnac-Joice Ranch between barn and residence
- Proceed up Joice Trail for 0.1 miles and turn left on Norred Trail
- Go 0.8 miles to Mine Trail
- Return via same route



SANTA TERESA COUNTY PARK

 Ranger Station located at Hellyer County Park Phone: (408) 225-0225	 Handicap Accessible	 Multiple Use Trails (hiking/biking/equestrian)	 Private Property
 Restrooms	 Volleyball	 Footpath (hiking only)	 Areas Currently Closed to Public
 Public Telephone	 Equestrian Staging	 Elevation Contours (feet)	 Bay Area Ridge Trail
 Parking	 Water Trough	 Trail Distance (miles)	 Juan Bautista De Anza (National Historic Trail)
 Picnic Area	 Horseshoe Pits	 Creek	 Pay Station
 Reserved Group Area	 Gate	 Coyote Los Alamitos Canal (Santa Clara Valley Water District)	
	 Two Lane Paved Road		
	 Two Lane Park Road		
	 Service Road		

Driving Directions to the Park

- Exit Hwy. 85 at Cottle Road and go west past Kaiser Hospital
- Turn left on Santa Teresa Blvd.
- Turn right on Camino Verde
- Continue through residential area to dead end at Bernal-Gulnac-Joice Ranch entrance on Manila Drive
- Trails located behind Ranch buildings

Stevens Creek County Park

RIM TRAIL

Trail length: **1.0 mile (loop)**

Degree of difficulty: **EASY**

11401 Stevens Canyon Rd., Cupertino 95014 • (408) 867-3654 • **Parking fee**



Park Notes

- First Santa Clara County Park, acquired in 1927
- Features a non-power boating reservoir, fishing, picnic sites, archery range, trails for equestrians, mountain bikers, hikers

Trail Info & Highlights

- Short trail with partial route on a park road; yield to vehicle traffic
- Short inclines and declines; great for beginners
- No restrooms at Chestnut parking lot, but available at Baytree parking lot
- Water troughs and hitching post at trailhead
- 40 % shade cover
- Hike can be extended by continuing on Rim Trail to Stevens Creek/Tony Look, Loop or Coyote Ridge Trails

Trail Directions

- Begin Rim Trail at end of Chestnut parking lot
- Follow trail until you come to a road; cross (watch for traffic) and continue on trail
- At Y, stay to left and proceed 0.2 miles, then make a sharp left turn onto paved trail (if you continue on Rim Trail to Stevens Canyon Road junction you have gone too far and need to turn back)
- Pass red gate (Baytree parking lot is on right with a restroom) and travel along 2-way park road, passing park office on left
- Continue on road, passing old bridge and back onto Rim Trail to Chestnut parking lot

Health Tip

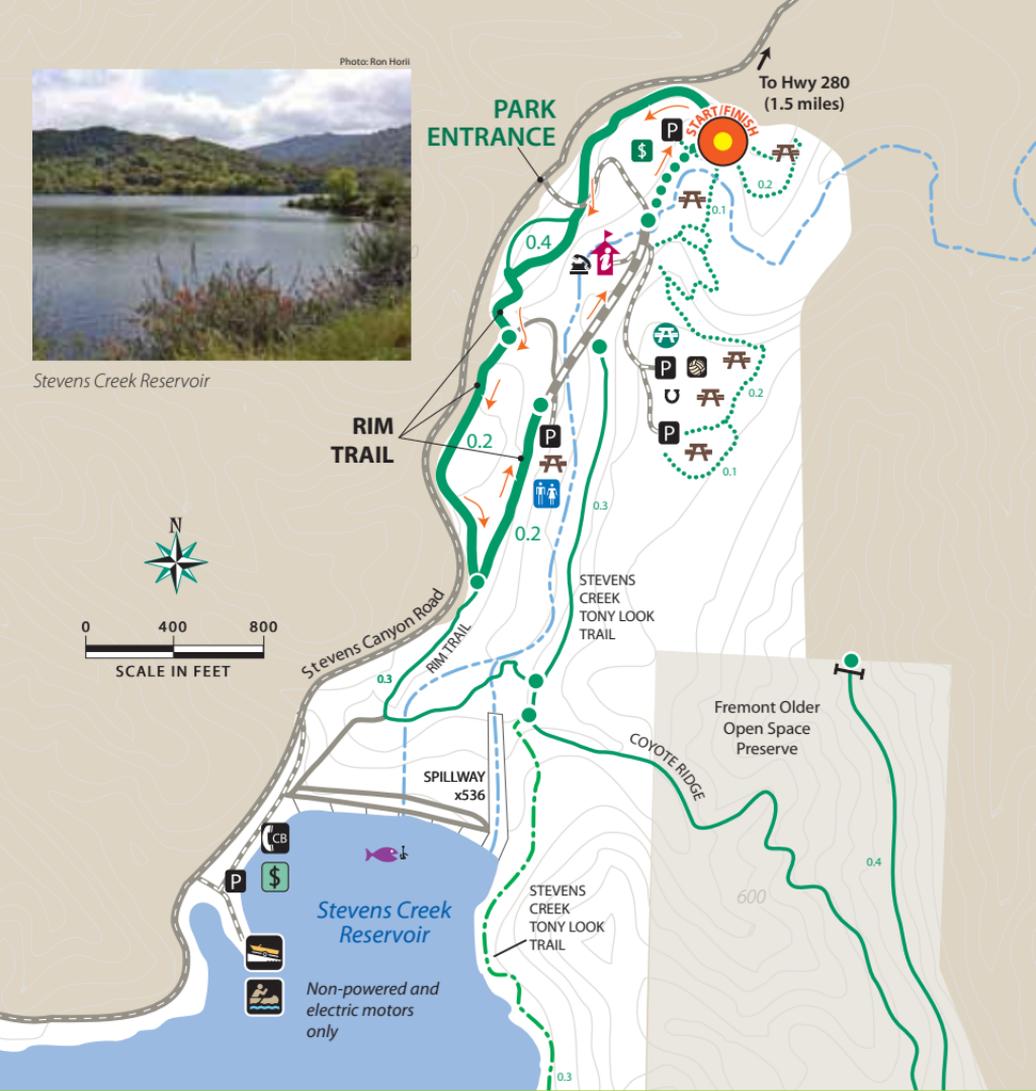
Walk 30 minutes a day, five days a week.

Keep it interesting. Consider changing when and where you walk. Look up trails you'd like to explore and set a date to hike them. Or take a new friend with you on your walk.

Photo: Ron Horil



Stevens Creek Reservoir



STEVENS CREEK COUNTY PARK

- | | | | | | |
|--|--------------------------------------------------------|--|-------------------------------------------|--|-------------------------------------------|
| | Ranger Station/Visitor Center
Phone: (408) 867-3654 | | Boat Launch | | Elevation Contours (feet) |
| | Restrooms | | Non Motorized Boating Only | | Trail Distance (miles) |
| | Public Telephone | | Gate | | Creek |
| | Call Box | | Two Lane Paved Road | | Private Property |
| | Parking | | Two Lane Park Road | | Midpeninsula Regional Open Space District |
| | Pay Station | | Service Road | | Horseshoe Pit |
| | Picnic Area | | Multiple Use Trail (hike/bike/equestrian) | | Volleyball |
| | Reserved Group Area | | Hiking/Equestrian | | |
| | Fishing | | Footpath (hiking only) | | |

Driving Directions to the Park

To Chestnut Parking Area:

- Take Hwy. 280 to Foothill Expwy. (Cupertino)
- Follow Foothill Blvd. west three miles to park entrance (Foothill Blvd. changes into Stevens Canyon Rd. as it crosses McClellan Rd.)

Almaden Quicksilver County Park

HACIENDA/CAPEHORN PASS/ MINE HILL/VIRL NORTON TRAILS

Trail length: **4.5 miles (loop)**

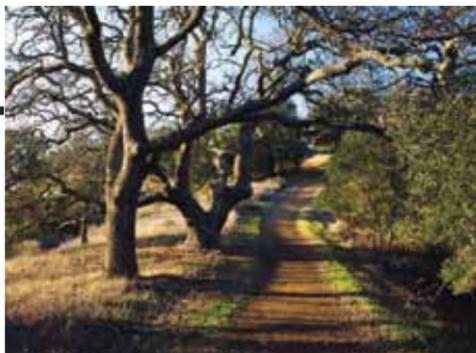
Degree of difficulty: **MODERATE** (550 ft. elevation change)

Mockingbird Hill Lane at Almaden Road, San Jose 95120

(408) 268-3883 (Calero Park Office) • **No parking fee**



Photo: Ron Horii



Hacienda Trail

Park Notes

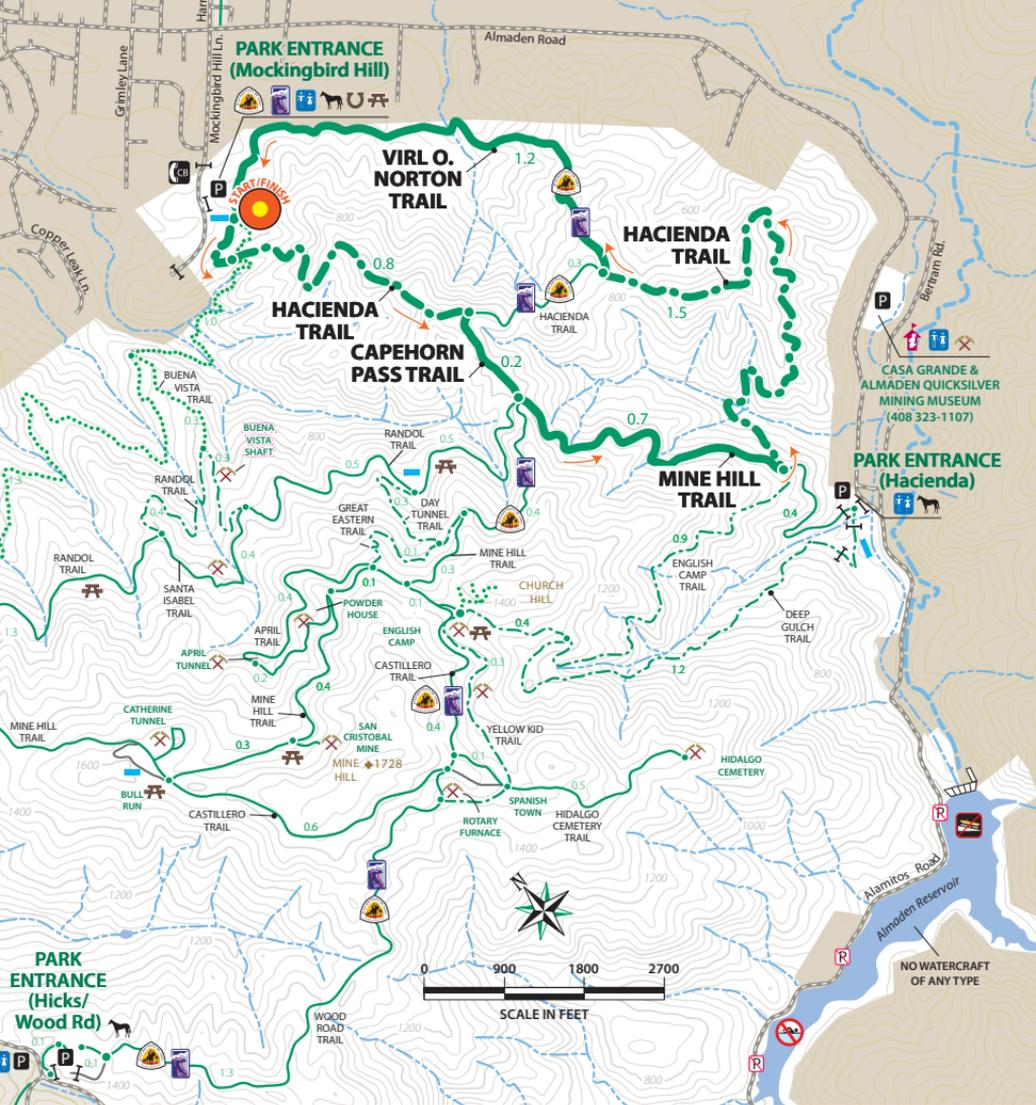
- Former site of extensive cinnabar/mercury mining activity in 18th and 19th centuries, with remnants of mining era remaining throughout park
- Extensive trail system through shaded oak, mixed woodland and grassland areas
- Nearby Casa Grande and New Almaden Quicksilver Mining Museum feature newly furnished period rooms and mining exhibits (21350 Almaden Rd., (408) 323-1107)

Trail Info & Highlights

- Travel through chaparral, oak and California bay woodland habitats with beautiful views of Almaden Valley
- Series of steep inclines and declines with 30% shade cover
- Picnic tables, restrooms, water, hitching post, horse trailer parking at trailhead
- Abundant wildlife and spring wildflowers
- Benches along trail; picnic table at Cape Horn Pass
- Viril Norton Trail (portion of Bay Area Ridge Trail) is open to bikes/horses, but most of featured trail route is hiking and equestrian only; bikers may substitute alternate route to count for Healy Trails Challenge

Trail Directions

- From parking lot, enter Hacienda Trail at right of trailhead signboard
- Proceed uphill 0.9 miles to Cape Horn Pass Trail; turn right and proceed 0.2 miles
- Turn left downhill on Mine Hill Trail and proceed 0.7 miles to Hacienda Trail
- Turn left on Hacienda Trail; go 1.5 miles to Viril Norton Trail and turn right
- Proceed 1.2 miles on Viril Norton Trail back to trailhead



ALMADEN QUICKSILVER COUNTY PARK

- | | | | |
|---------------------------------------------------------------|--------------------|------------------------------------------------------|-------------------------------------------------|
| Ranger Station at Calero County Park
Phone: (408) 268-3883 | Picnic Area | Two Lane Paved Road | 1800 Elevation Contours (feet) |
| Visitor Center/Museum | Historic Site | Two Lane Park Road | 0.3 Trail Distance (miles) |
| Restrooms | Equestrian Staging | Service Road | Creek |
| Parking | Water Trough | Multiple Use Trails (hike/bike/equestrian/horsecart) | Bay Area Ridge Trail |
| No Parking | Gate | Hiking/Equestrian | Juan Bautista de Anza (National Historic Trail) |
| No Swimming | Private Property | Footpath (hiking only) | |
| No Boating | Other Public Lands | | |

Driving Directions to the Park

To the Mockingbird Hill entrance:

- From Hwy. 85 take Almaden Expressway south 4.5 miles to Almaden Road
- Turn right on Almaden Rd. and proceed 0.5 miles to Mockingbird Hill Lane
- Turn right on Mockingbird Hill Lane and continue 0.4 miles to park entrance on left

Calero County Park

LOS CERRITOS/PENA TRAILS

Trail length: **3.5 miles (loop)**

Degree of difficulty: **MODERATE** (430 ft. elevation change)

23205 McKean Rd., San Jose 95120 • (408) 268-3883

No parking fee (Fees apply at reservoir entrance)



Photo: Ron Horii

Park Notes

- Defined by two distinct areas: the reservoir and back country; for boating information, call (408) 355-2200 or go to parkhere.org

- Trails offer breathtaking views of reservoir, south Santa Clara County, surrounding Santa Cruz Mountain Range

Los Cerritos Pond

Trail Info & Highlights

- Dirt parking shared by horse trailers and cars; water and picnic tables near trailhead
- Trail loop almost entirely in full sun with multiple inclines and declines
- Los Cerritos Trail offers sweeping views of Calero Reservoir and surrounding watershed
- Los Cerritos Pond has observation deck, benches, hitching posts for horses
- Diverse wildlife viewing of birds, mammals, reptiles; spring wildflowers in abundance

Trail Directions

- From parking lot, cross driveway to trailhead gate and onto Access Trail (water trough on left at trailhead)
- Follow Access Trail 0.2 miles to Los Cerritos Trail
- Turn right onto Los Cerritos Trail; proceed 0.4 miles to Pena Trail junction
- Turn left onto Pena Trail; proceed 0.4 miles to Los Cerritos Trail junction
- Turn right onto Los Cerritos Trail; proceed 1.8 miles on Los Cerritos Trail back to Pena junction
- Stay left on Los Cerritos and follow 0.4 miles back to Access Trail; turn left and back to parking lot

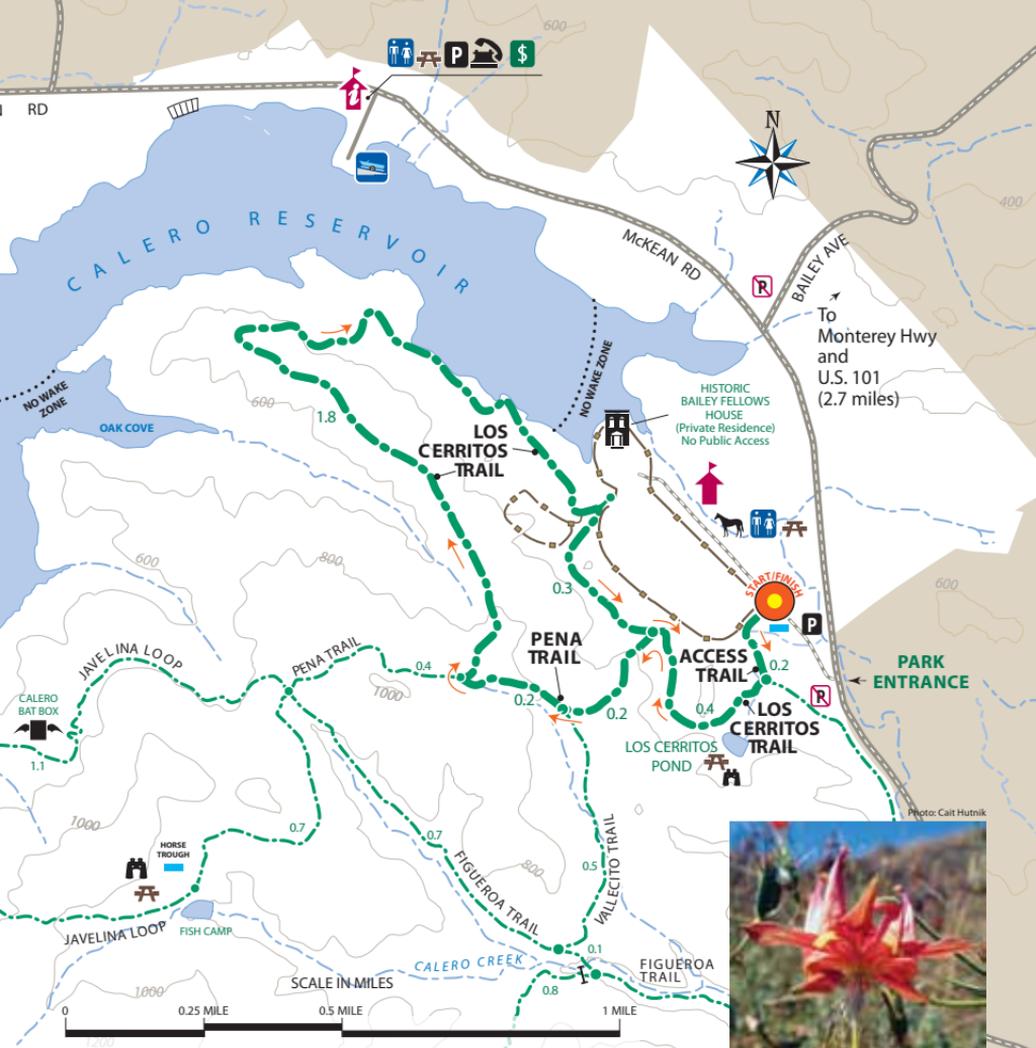


Photo: Cait Hutnick



Columbine

CALERO COUNTY PARK

- Ranger Station/
Visitor Center
(408) 268-3883
- Open Space Authority
Office
(408) 224-7476
- Boat Launch Entrance
Kiosk/Information
(408) 268-5240
- Restrooms
- Public Telephone
- Parking

- Pay Station
- No Parking
- Picnic Area
- Environmental Area
No Wake Zone
- Observation Deck
- Two Lane Paved Road
- Two Lane Park Road
- Hiking/Equestrian Trail
- 1400' Elevation Contours (feet)

- 1.1 Trail Distance (miles)
- Creek
- Private Property
- Equestrian Staging Area
- Horse Trough
- Gate
- Boat Launch

Driving Directions to the Park

- From Central San Jose:
- Take Almaden Expwy. south to Harry Rd.
 - Turn right onto Harry Rd., then left onto McKean Rd.
 - Pass reservoir entrance and continue approx. 1.5 miles to park entrance on right (Caution: hairpin turn into entrance)

- From Hwy. 101:
- Exit Hwy. 101 at Bailey Ave. and go west
 - Take Bailey Ave. until it dead ends into McKean Rd. (3.3 miles); turn left on McKean Rd.
 - Take McKean Rd. (approx. 1 mile) to park entrance on right (Caution: hairpin turn into entrance)

Coyote Lake-Harvey Bear Ranch County Park

WILLOW SPRINGS/RANCHO SAN YSIDRO/ SAVANNAH TRAILS

Trail length: **5.8 miles (loop)**
Degree of difficulty: **MODERATE**
(370 ft. elevation change)
Harvey Bear Ranch Entrance,
San Martin Ave., Gilroy 95020
(408) 842-7800 • **No parking fee**
(Fees apply at Coyote Lake entrance)

Photo: Ron Horii



Willow Springs Trail



Park Notes

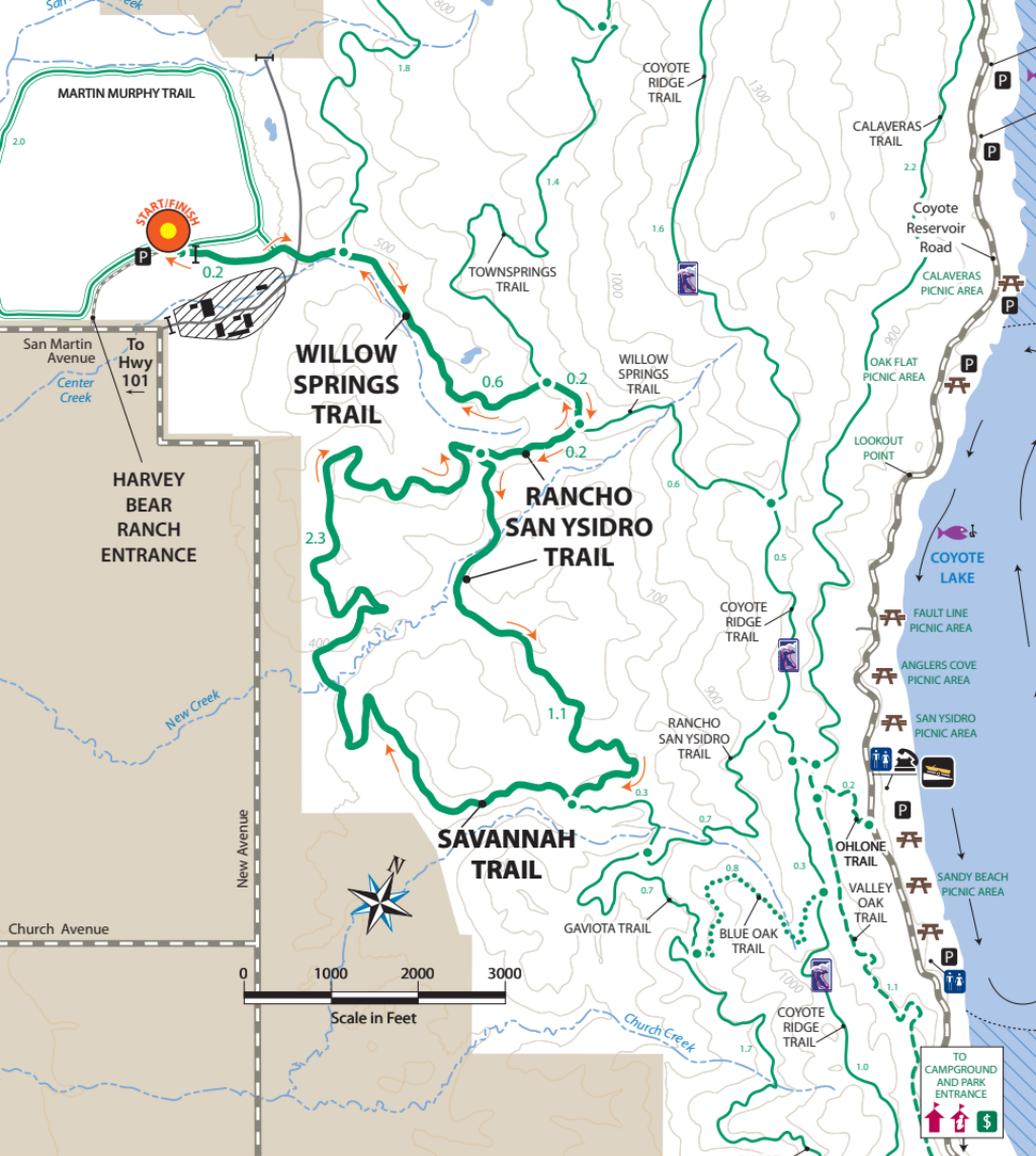
- Extensive hiking, biking and equestrian trails winding through oak-studded canyons and rocky grassland ridges with spectacular views of south Santa Clara Valley and distant Santa Cruz Mountain Range
- Adjacent Coyote Lake with boating facilities, family and RV campsites, picnic areas, visitor center

Trail Info & Highlights

- Trail route runs along lower west-facing hillsides through mostly open grasslands
- Mostly level with twists and turns, gradual inclines and declines
- Broad, unobstructed views of hills, steep valleys, tree-lined creeks, surrounding ranchlands from Morgan Hill to San Benito County
- Abundant colorful wildflowers dot rolling green hills in spring

Trail Directions

- From trailhead adjacent to parking lot, proceed 1.0 mile up Willow Springs Trail to Rancho San Ysidro Trail junction
- Turn right on San Ysidro; go 0.2 miles to first Savannah Trail junction
- Stay on Rancho San Ysidro (to left) and follow 1.3 miles to second Savannah Trail junction
- Turn right and proceed 2.3 miles along Savannah Trail back to Rancho San Ysidro Trail
- Stay left and proceed 0.2 miles up to Willow Springs Trail
- Turn left on Willow Springs Trail and follow 1.0 mile back to parking lot



COYOTE LAKE-HARVEY BEAR RANCH COUNTY PARK

- | | | | |
|--------------------------------------------------------|----------------------------------------|-----------------------------------|--------------------------------------|
| Ranger Station/Visitor Center
Phone: (408) 842-7800 | Environmental Area: 5 MPH Boating Zone | Paved Hiking/Equestrian/Bicycling | 1400 Elevation Contour (feet) |
| Entrance Kiosk/Information + Pay Machine | Boat Traffic Pattern | Paved Hiking/Bicycling | 1.1 Trail Distance (miles) |
| Pay Station | Fishing | Bay Area Ridge Trail | Creek |
| Restrooms | Picnic Area | Two Lane Paved Road | Private Property |
| Public Telephone | Hiking/Equestrian/Bicycling | Service Road (no public access) | Areas Currently Closed to the Public |
| Parking | Hiking/Bicycling | Gate | |
| Boat Launch Ramp | Hiking | | |

Driving Directions to the Park

To the Harvey Bear Ranch entrance:

- From Hwy. 101 in Gilroy, take the San Martin Ave. exit
- Proceed east on San Martin Ave. approximately 1.5 miles; turn left into the park

Joseph D. Grant County Park

CANADA DE PALA/PALA SECA TRAILS

Trail length: **8.8 miles (partial loop)**

Degree of difficulty: **MODERATE** (540 ft. elevation change)

18405 Mt. Hamilton Rd., San Jose 95140 • (408) 274-6121 • **No parking fee**

(Fees apply at main park entrance)



Park Notes: See page 16

Trail Info & Highlights

- Sweeping 360° views of open grasslands, valleys, oak-studded hills, seasonal creeks
- Portable toilets at trailhead; benches along trail
- Multiple inclines and declines, with 25% shade cover
- Great wildlife watching for deer, pigs, eagles and hawks
- Interesting rock formations; historic Pala Seca Cabin
- Cattle utilized for land management; please leave gates as you find them and heed posted signs

Trail Directions

- From Twin Gates parking lot, proceed 2.2 miles across ridge top to Pala Seca Trail
- Turn right and proceed 1.3 miles to Antler Point/Canada De Pala Trail junction
- Turn left on Canada de Pala Trail and 5.0 miles back to Twin Gates trailhead
- Alternate extension: a short detour on Antler Point Trail (Pala Seca/Canada de Pala/Antler Point intersection) provides spectacular views of the area before returning to trailhead

Health Tip

Walk 30 minutes a day, five days a week.

Make it social. Invite a friend or family member to join you. Counting on each other deepens commitment and boosts performance, so plan your treks at times and places that work for everyone.





Grant Lake

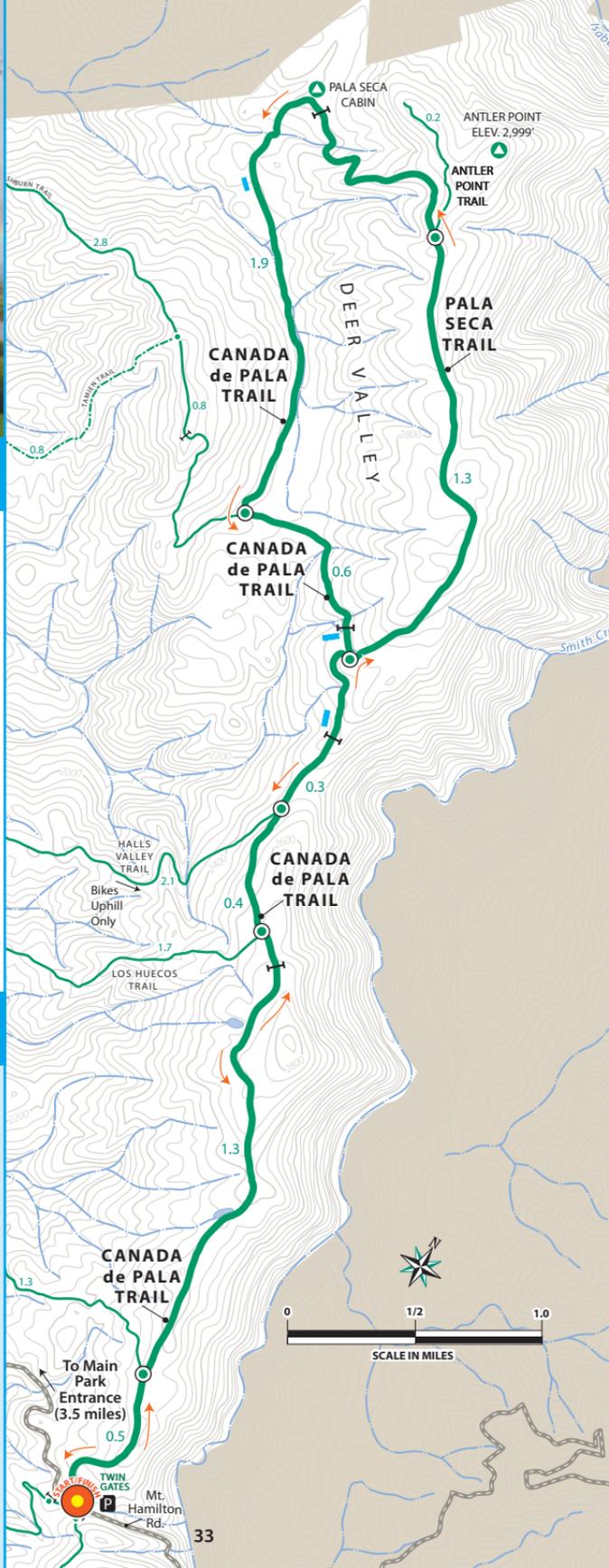
JOSEPH D. GRANT COUNTY PARK

-  Parking
-  Point of Interest
-  Paved Road
-  Service Road
-  Multiple Use Trail (hike/bike/equestrian)
-  Footpath (hiking only)
-  Trail Distance (miles)
-  Creek
-  Gate
-  Horse Trough
-  Private Property

Driving Directions to the Park

To Twin Gates:

- From Hwy. 680 in San Jose exit Alum Rock Ave. east toward foothills
- Travel 2.2 miles and turn right on Mt. Hamilton Rd.
- Continue approx. 7.5 miles (uphill, winding road)
- Pass main entrance to Grant Park and continue 3.5 miles to Twin Gates paved parking lot on left



Mt. Madonna County Park

BLUE SPRINGS/UPPER MILLER/ LOWER MILLER/ LOOP/MERRY-GO-ROUND/TIE CAMP/RIDGE/ CONTOUR/BLACK HAWK TRAILS

Trail length: **5.5 miles (loop)**

Degree of difficulty: **MODERATE** (740 ft. elevation change)

7850 Pole Line Rd., Watsonville 95076 • (408) 842-2341 • **Parking fee**



Photo: Cait Hutnik



Mt. Madonna County Park

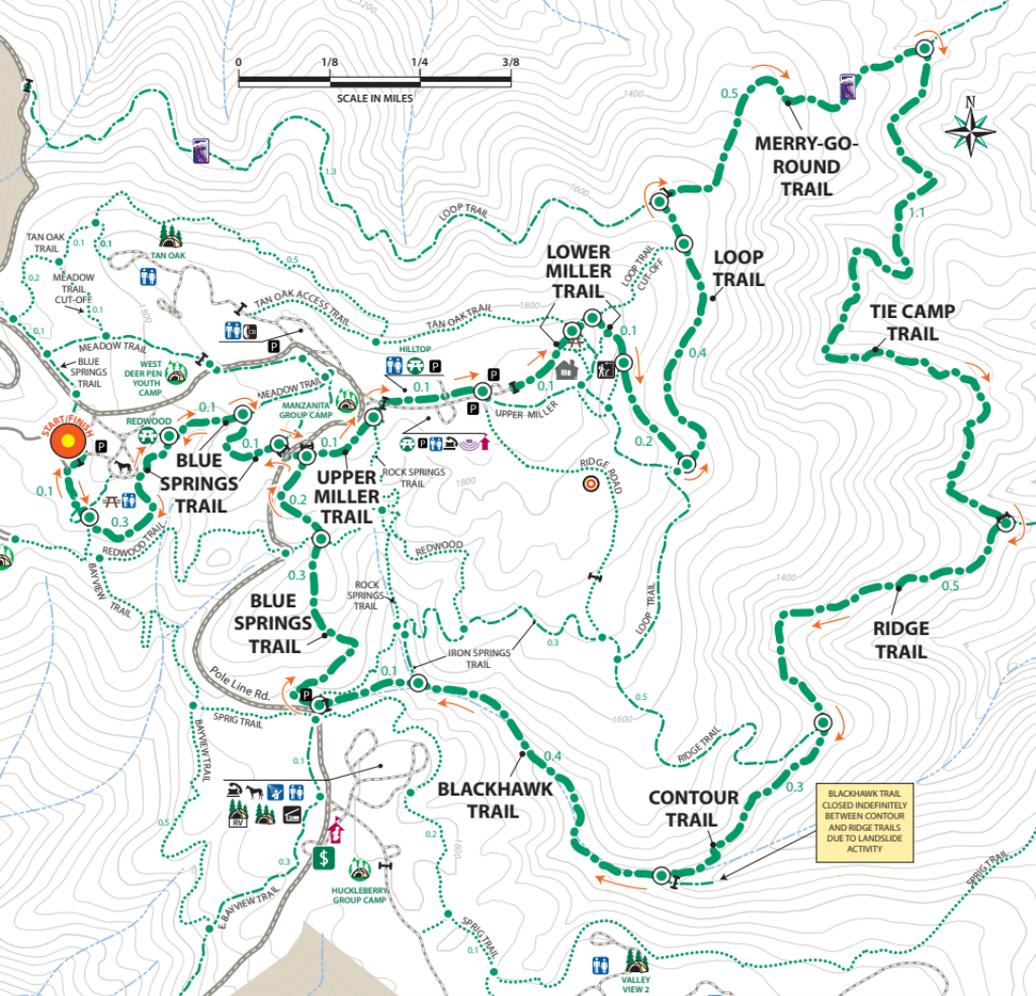
Park Notes: See page 20

Trail Info & Highlights

- Restrooms, water fountain, barbecue pits, reserved group areas, first-come picnic sites, horse trailer parking near trailhead
- Dirt trails with 70% shade cover and spectacular views
- Some single-track with short, steep inclines and declines on loose soil
- Travel through diverse habitats

Trail Directions

- From parking area, pass entrance road to Youth Camp Areas; go over bumper logs to Blue Springs Trail
- Turn left on Blue Springs Trail and follow 0.5 miles to Pole Line Rd; cross road to other side (caution, watch for traffic)
- Continue 0.1 miles to Upper Miller Trail Junction; follow Upper Miller Trail (left) for 0.25 miles, past Hilltop Group Area and onto paved road to Miller Site
- Stay to left of Miller Site and onto Lower Miller Trail for short distance to Tan Oak Trail junction
- Turn right on Lower Miller Trail, proceed 0.4 miles
- Turn left onto Loop trail for 0.5 miles towards Merry-Go-Round Trail junction
- Turn right onto Merry-Go-Round Trail, proceed 0.5 miles
- Turn right onto Tie Camp Trail, proceed 1.1 miles
- Pass gate, turn right onto Ridge Trail for 0.5 miles to Contour Trail junction
- Follow Contour Trail 0.3 miles to Blackhawk Trail
- Stay right onto Blackhawk Trail, follow 0.5 miles, pass gate
- Turn right onto Blue Springs Trail, follow 0.5 miles, turn left and cross Pole Line Rd. (caution, watch for traffic)
- Continue on Blue Springs Trail 0.6 miles back to parking lot



MT. MADONNA COUNTY PARK

	Ranger Station/Visitor Center (408) 842-2341		Picnic Area		Private Property		Amphitheater
	Entrance Kiosk (408) 842-6761		Reserved Group Area		Two Lane Paved Road		Elevation Contours (feet)
	Restrooms		Campground		Two Lane Park Road		Trail Distance (miles)
	Showers		Reservable Campground		Service Road		Bay Area Ridge Trail
	Public Telephone		RV Campground		Hiking/Equestrian		Creek
	Call Box		Yurt (Tent Cabin)		Footpath (hiking only)		Gate
	Parking		Equestrian Staging		Nature/History Trail		Archery Range
					Miller House Ruins		Pay Station

Driving Directions to the Park

- From Hwy. 101 in Gilroy, exit at Leavesley Rd./Hwy. 152, go west 0.7 miles
- Turn left on Monterey Rd. (Hwy. 152 W), then right on Hwy. 152 W/1st St./Hecker Pass Rd.; continue west about 8 miles up into mountains
- Turn right into park at Pole Line Rd. and uphill to pay station
- From pay station drive approx. 1 mile north, following signs for Inspiration Point/Redwood Grove
- Pass entrance to Redwood Grove, enter next driveway on left (look for Youth Camp sign)
- Park in gravel area on right (near driveway to Youth Camp Area)

Sanborn County Park

JOHN NICHOLAS/LAKE RANCH TRAILS

Trail length: **3.0 miles (out & back)**

Degree of difficulty: **MODERATE** (460 ft. elevation change)

Black Road, Los Gatos 95033 • (408) 867-9959

No parking fee (Fees apply at main park entrance)



Park Notes

- Lushly wooded mountain park nestled in Santa Cruz Mountains between Saratoga and Skyline Blvd.
- Offers hiking, camping, RV camping, group and family picnic sites
- Home of Sanborn Youth Science Institute (ysi-ca.org/Sanborn)

Trail Info & Highlights

- Dirt trail with 50% shade cover
- Lake Ranch Reservoir offers picnic table, fishing, excellent bird watching
- Slight trail incline to reservoir; steeper decline/incline between reservoir and Sanborn Rd.
- Travel through spectacular redwood forest
- Watch for black-tailed deer, red-tail hawks, herons, waterfowl, reptiles, amphibians

Trail Directions

- From Black Road parking area, proceed 1.4 miles on John Nicholas Trail to reservoir
- Hike 0.5 miles along reservoir
- Turn right onto Lake Ranch Trail, proceed downhill 0.6 miles to Sanborn Road trailhead (no parking)
- Return to Black Road parking lot via same route



Health Tip

Walk 30 minutes a day, five days a week.

Try walking sticks. They've been found to help individuals with physical problems, such as respiratory issues, become more active.



Lake Ranch Reservoir

SANBORN COUNTY PARK

- Parking
- No Parking
- Paved Road
- Service Road
- Equestrian/Hiking
- Footpath (hiking only)
- Paved Footpath
- Trail Distance (miles)
- Creek
- Gate
- Private Property

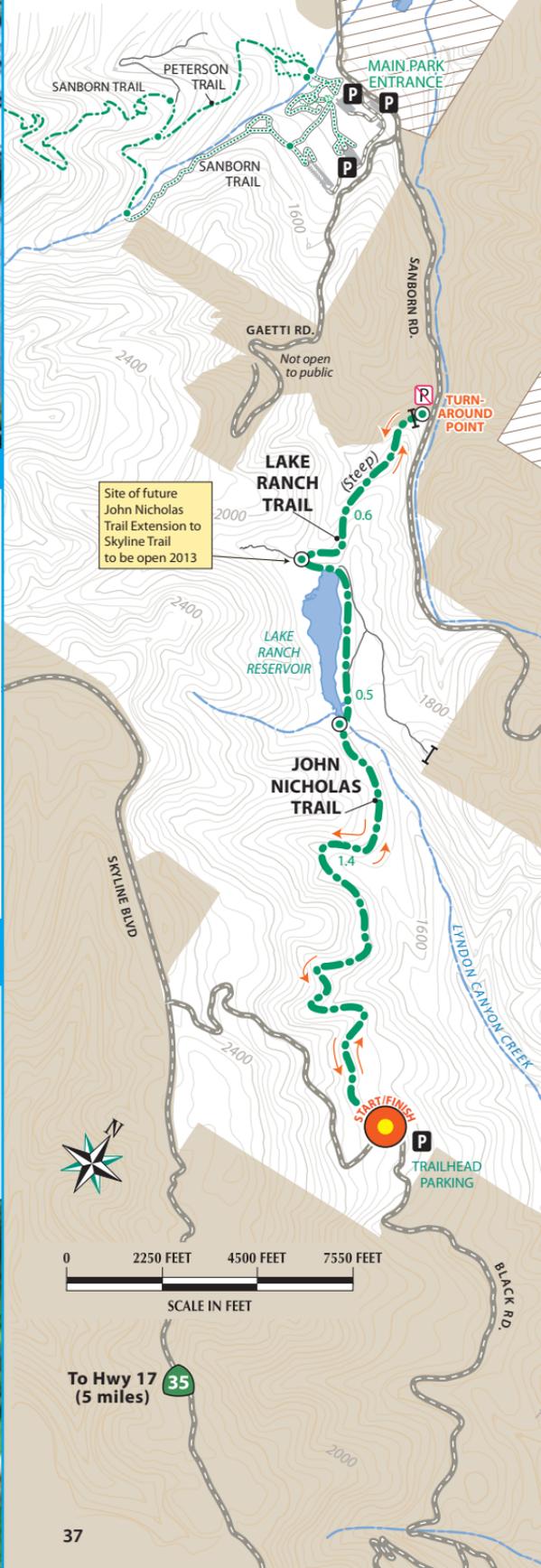
Driving Directions to the Park

To Black Rd. from Highway 17 South:

- Take the Bear Creek Road Exit
- Pass Bear Creek Road and turn left on Black Road
- Travel 3.4 miles on Black Road to trailhead on right



Wild iris at Sanborn



To Hwy 17 (5 miles)

Villa Montalvo County Park

LOOKOUT/LOOKOUT POINT/REDWOOD/NATURE TRAILS

Trail length: **2.0 miles (loop)**

Degree of difficulty: **MODERATE** (425 ft. elevation change)

15400 Montalvo Rd., Saratoga 95070 • (408)356-2729 (Vasona Park Office)

No parking fee



Park Notes

- Once the grand estate of former Senator James Phelan, this 173-acre park offers hiking trails and peaceful paths through formal gardens
- Expansive lawn area and gardens popular for outdoor weddings and events
- Miles of hiking trails behind estate and gardens
- Trails managed by County Parks; all weddings, events, concerts managed by Montalvo Arts Center (montalvoarts.org, (408) 961-5858)

Trail Info & Highlights

- Water fountain, restroom available in Parking Lot 4
- Trail is dirt, single track, mostly shaded
- Diverse habitats and majestic redwood groves
- Spectacular views of west Santa Clara Valley and south San Francisco Bay Area from Lookout Point

Trail Directions

- From Parking Lot 4, Lookout Trail starts uphill immediately
 - Continue 0.5 miles, passing Lot 3, mini pavilion and Nature Trail junction to Lookout Point Trail
 - At fork go left and up Lookout Point Trail for 0.3 miles, then back down to Lookout Trail
 - Take sharp left onto Lookout Trail and continue 0.5 miles
 - At fork keep right, over bridge and continue 0.2 miles on Lookout Trail to Redwood Trail
 - Turn right onto Redwood Trail, passing behind Villa and amphitheater
 - Take sharp left on Carriage House Trail to Nature Trail, then sharp right onto Nature Trail
 - Turn left on Lookout Trail, pass mini pavilion, Lot 3 and back to Lot 4
-

Almaden Quicksilver County Park

DEEP GULCH/ENGLISH CAMP/MINE HILL/ CASTILLERO TRAILS

Trail length: **5.2 miles (figure 8 loop)**

Degree of difficulty: **STRENUOUS** (1,100 ft. elevation change)

Almaden Rd., San Jose 95120 • (408) 268-3883 (Calero Park Office)

No parking fee



Park Notes

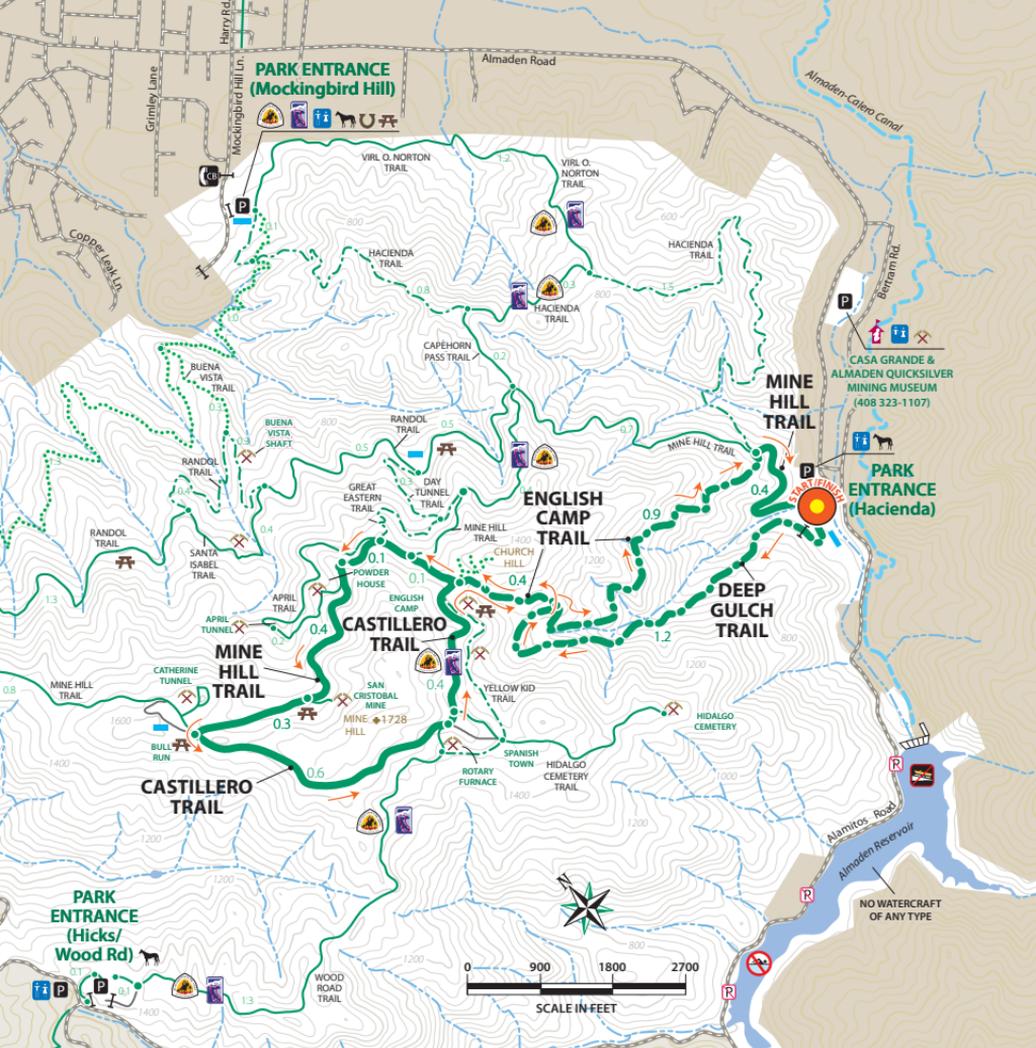
- Former site of extensive cinnabar/mercury mining activity in 18th and 19th centuries, with remnants of mining era remaining throughout park
- Extensive trail system through shaded oak, mixed woodland and grassland areas
- Nearby Casa Grande and New Almaden Quicksilver Mining Museum feature newly furnished period rooms and mining exhibits (21350 Almaden Rd., (408) 323-1107)

Trail Info & Highlights

- Dirt parking lot shared by cars and horse trailers
- Trail loop with multiple inclines and declines
- Portable restrooms at trailhead; rest areas at English Camp and along trails
- Diversity in wildlife and habitats, from mixed oak woodlands, open grasslands, serpentine, riparian
- Mine operation relics at English Camp, Rotary Furnace, San Cristobal Mine
- Scenic views of foothills and Santa Clara Valley
- Seasonal wildflowers, year-round wildlife viewing

Trail Directions

- From far southwest end of parking area, go to Deep Gulch Trailhead (behind fenced mine equipment display)
 - Take Deep Gulch Trail 1.2 miles to intersection of English Camp Trail
 - Turn left on English Camp Trail and proceed 0.5 miles to Mine Hill Trail junction
 - Turn left on Mine Hill Trail and proceed 0.9 miles to Castillero Trail junction
 - Turn left on Castillero Trail and proceed 1.0 mile back to English Camp Trail
 - Turn right on English Camp Trail and proceed 1.3 miles to Mine Hill Trail
 - Turn right on Mine Hill Trail and proceed 0.4 miles back to parking lot
-



ALMADEN QUICKSILVER COUNTY PARK

	Ranger Station at Calero County Park Phone: (408) 268-3883		Picnic Area		Two Lane Paved Road		Elevation Contours (feet)
	Visitor Center/Museum		Historic Site		Two Lane Park Road		Trail Distance (miles)
	Restrooms		Equestrian Staging		Service Road		Creek
	Parking		Water Trough		Multiple Use Trails (hike/bike/equestrian/horsecart)		Bay Area Ridge Trail
	No Parking		Gate		Hiking/Equestrian		Juan Bautista de Anza (National Historic Trail)
	No Swimming		Private Property		Footpath (hiking only)		
	No Boating		Other Public Lands				

Driving Directions to the Park

- To Hacienda Park Entrance:
- From Hwy. 85, go south onto Almaden Expwy.
 - Go 7.0 mi. on Almaden Expwy. to Almaden Rd.
 - Turn right onto Almaden Rd.
 - Drive 2.5 mi. to the park entrance and Hacienda parking lot on right



Photo: Ron Horri

English Camp

Calero County Park

LOS CERRITOS/PENA/ JAVELINA LOOP/COTTLE/ CHISNANTUCK PEAK/BALD PEAKS/CANADA DEL ORO/ FIGUEROA TRAILS

Trail length: **8.7 miles (loop)**

Degree of difficulty: **STRENUOUS** (1,025 ft. elevation change)

23205 McKean Rd., San Jose 95120 • (408) 268-3883 • **No parking fee**

(Fees apply at reservoir)



Photo: Ben Horn

Calero Bat Inn

Park Notes: See page 28

Trail Info & Highlights

- Dirt parking lot shared by horse trailers and cars; portable toilets at trailhead
- Picnic tables at trailhead, Los Cerritos Pond, Cottle Rest Site
- Fishing allowed at creeks and ponds
- Spectacular views from San Francisco to Morgan Hill; abundant wildlife
- Stop by Bat Inn on Javelina Loop Trail
- Trails have multiple inclines and declines; 60% shade cover
- Trail travels through riparian, mixed oak woodlands, bays, manzanitas and serpentine habitat

Trail Directions

- From parking lot, cross road to Access Trail (look for trailhead sign, water trough) and go 0.2 miles
- Turn right on Los Cerritos Trail, go 0.4 miles
- Turn left on Pena Trail, go 0.8 miles
- Turn right on Javelina Loop Trail, go 1.1 miles
- Turn right on Cottle Trail, proceed 0.2 miles; continue left up Cottle Trail 1.1 miles to Cottle Rest Site
- Take Chisnantuck Peak Trail for 1.0 mile to top of ridge
- Turn left on Bald Peaks Trail and proceed 1.4 miles to Canada Del Oro Trail
- Turn left and proceed down Canada Del Oro for 1.1 miles to Figueroa Trail
- Turn right on Figueroa Trail, go 1.2 miles
- Turn right on Access Trail and back to parking lot



CALERO COUNTY PARK

-  Ranger Station/
Visitor Center
(408) 268-3883
-  Open Space Authority
Office
(408) 224-7476
-  Boat Launch Entrance
Kiosk/Information
(408) 268-5240
-  Restrooms
-  Public Telephone
-  Parking
-  No Parking
-  Picnic Area
-  Environmental Area
No Wake Zone
-  Observation Deck
-  Two Lane Paved Road
-  Two Lane Park Road
-  Hiking/Equestrian Trail
-  Elevation Contours
(feet)
-  1.1 Trail Distance (miles)
-  Creek
-  Private Property
-  Equestrian Staging Area
-  Horse Trough
-  Gate
-  Pay Station

Driving Directions to the Park

From Central San Jose:

- Take Almaden Expwy. south to Harry Rd.
- Turn right onto Harry Rd., then left onto McKean Rd.
- Pass reservoir entrance and continue approx. 1.5 miles to park entrance on right (Caution: hairpin turn into entrance)

From Hwy. 101:

- Exit Hwy. 101 at Bailey Ave. and go west
- Take Bailey Ave. until it dead ends into McKean Rd. (3.3 miles); turn left on McKean Rd.
- Take McKean Rd. (approx. 1 mile) to park entrance on right (Caution: hairpin turn into entrance)

Coyote Lake-Harvey Bear Ranch County Park

COYOTE RIDGE/GAVIOTA/RANCHO SAN YSIDRO/ SAVANNAH/WILLOW SPRINGS/TOWNSPRINGS/ HARVEY BEAR/CALAVERAS TRAILS

Trail length: **13.9 miles (loop)**

Degree of difficulty: **STRENUOUS**

Mendoza Ranch Entrance, Roop Rd., Gilroy 95020 • (408) 842-7800

No parking fee (fees apply at Coyote Lake entrance)

Photo: Cait Hutnik



Coyote Lake

Park Notes: See page 30

Trail Info & Highlights

- Gravel parking lot with portable restroom, drinking water, horse trough
- Route is a mix of single track and road width with 40% shade cover
- Beautiful oak woodlands with scenic vistas; outstanding spring wildflowers
- Abundant wildlife including black-tailed deer, western blue birds, golden eagles, coyotes; occasional bald eagle sightings
- For cyclists, Gaviota Trail is a downhill roller coaster with moderate inclines and declines
- Cattle used for land management; please leave gates as you find them and heed posted signs at trailhead

Trail Directions

- From trailhead, pass through gate and proceed 0.1 miles
- Turn right on Coyote Ridge Trail, proceed 1.2 miles
- Turn left on Gaviota Trail, proceed 2.4 miles
- Turn left on Rancho San Ysidro Trail, proceed 0.3 miles to Savannah Trail
- Turn left on Savannah Trail, proceed 2.3 miles to northern junction of Rancho San Ysidro Trail
- Turn left on Rancho San Ysidro Trail, proceed 0.2 miles
- Turn left on Willow Springs Trail, proceed 0.2 miles
- Turn right on Townsprings Trail, proceed 1.4 miles
- Turn right on Harvey Bear Trail, proceed 1.1 miles to Calaveras Trail
- Turn right on Calaveras Trail, proceed 2.2 miles to Coyote Ridge Trail
- Turn left on Coyote Ridge Trail, proceed 2.5 miles back to parking lot

COYOTE LAKE-HARVEY BEAR RANCH COUNTY PARK

-  Entrance
-  Kiosk/Information
-  Ranger Station/Visitor Center
(408) 842-7800
-  Pay Station
-  Restrooms
-  Public Telephone
-  Parking
-  Picnic Area
-  Boat Launch Ramp
-  Fishing
-  Equestrian Staging
-  Campground
-  Areas Currently Closed to Public
-  Wetland (not accessible)
-  Two-Lane Paved Road
-  Service Road (no public access)
-  Multiple Use Trail (hike-bike-eques)
-  Hiking/Biking Trail
-  Hiking Trail
-  Elevation Contours (feet)
-  Trail Distance (miles)
-  Bay Area Ridge Trail
-  Creek
-  Other Public Lands
-  Private Property
-  Gate



Driving Directions to the Park

- To Mendoza Ranch entrance:
- From Hwy. 101 in Gilroy, take Leavesley Rd. exit
 - Go east on Leavesley Rd. to New Ave.
 - Turn left (north) on New Ave.; go 0.5 miles
 - Turn right (east) on Roop Rd.; go 3 miles
 - Turn left into Mendoza Ranch entrance

Joseph D. Grant County Park

DUTCH FLAT/CANADA DE PALA/EAGLE/LOWER SAN FELIPE TRAILS

Trail length: **6.7 miles (loop)**
Degree of difficulty: **STRENUOUS**
(920 ft. elevation change)
18405 Mt. Hamilton Rd., San Jose
95140 • (408) 274-6121 • **Parking fee**



Joseph D. Grant County Park

Park Notes: See page 16

Trail Info & Highlights

- Picnic tables, water fountain, restrooms near parking lot
- Oak woodland habitat with many large, old oak trees
- Abundant wildlife including turkeys, wild pigs, raptors, black-tailed deer, quail
- Portions of route include Bay Area Ridge Trail, scenic views of Santa Clara Valley
- Multiple trail inclines and declines, 5-10% shade cover
- Horse troughs along trail
- Cattle utilized for land management; please leave gates as you find them and heed posted signs at trailhead

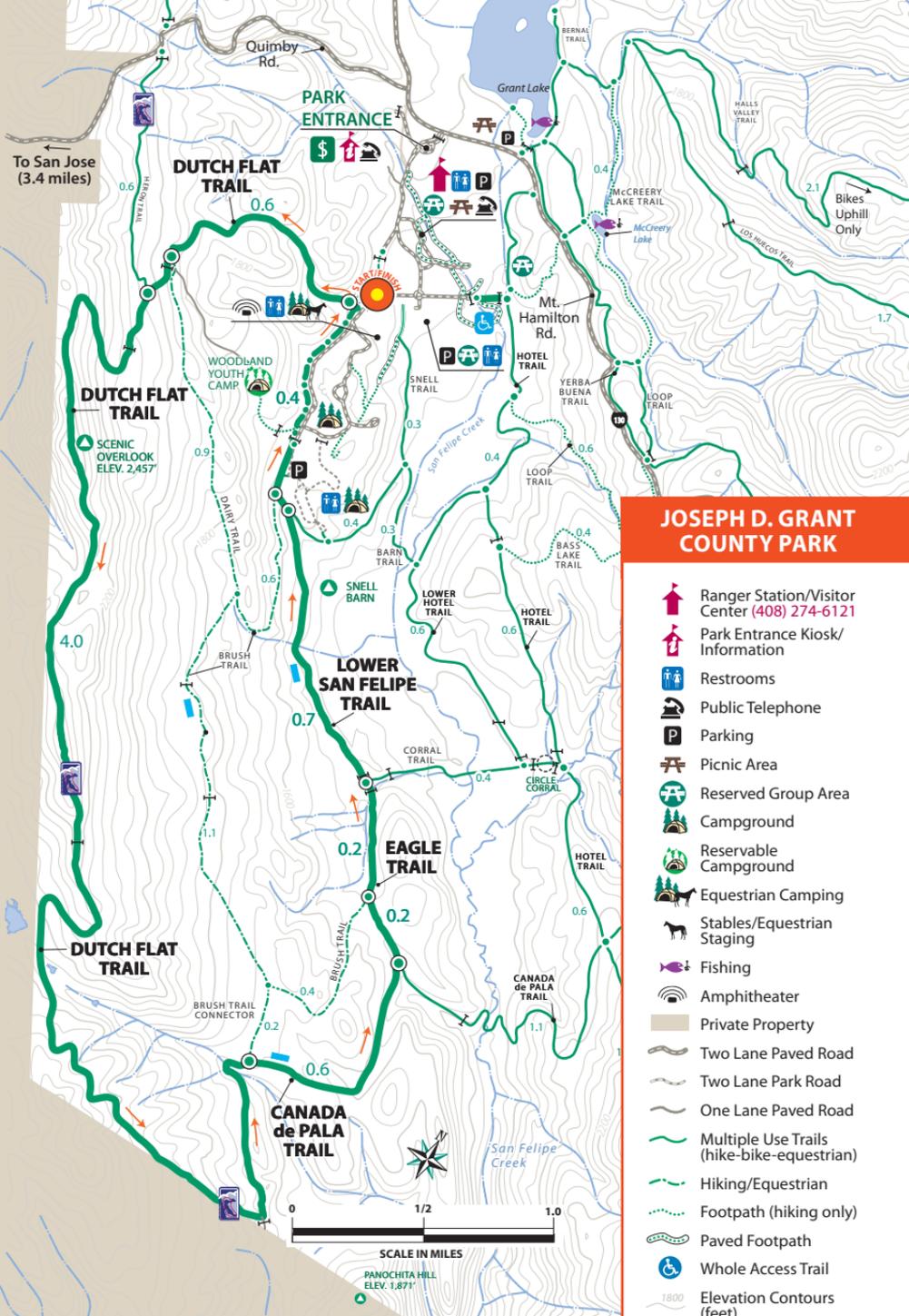
Trail Directions

- From Stockman's parking lot, walk along park road towards campground to Dutch Flat Trailhead on right of road (if you get to campground entrance on left, you've gone too far)
- Turn right on Dutch Flat Trail (look for pumphouse and gate), proceed 4.6 miles to Canada De Pala Trail
- Turn right on Canada De Pala Trail, proceed 0.6 miles to the Eagle Trail
- Turn left on Eagle Trail, proceed 0.4 miles
- Stay left onto Lower San Felipe Trail for 1.1 miles back to trailhead

Health Tip

Walk 30 minutes a day, five days a week.

Pump those arms. Whether you want to bump up intensity or increase your pace, concentrate on pumping your arms while maintaining proper upper-body position — your lower body will follow, with less risk of sacrificing form.



JOSEPH D. GRANT COUNTY PARK

-  Ranger Station/Visitor Center (408) 274-6121
-  Park Entrance Kiosk/Information
-  Restrooms
-  Public Telephone
-  Parking
-  Picnic Area
-  Reserved Group Area
-  Campground
-  Reservable Campground
-  Equestrian Camping
-  Stables/Equestrian Staging
-  Fishing
-  Amphitheater
-  Private Property
-  Two Lane Paved Road
-  Two Lane Park Road
-  One Lane Paved Road
-  Multiple Use Trails (hike-bike-equestrian)
-  Hiking/Equestrian
-  Footpath (hiking only)
-  Paved Footpath
-  Whole Access Trail
-  Elevation Contours (feet)
-  Trail Distance (miles)
-  Creek
- Bay Area Ridge Trail
- Gate
- Pay Station

Driving Directions to the Park

- From Hwy. 680, exit at Alum Rock Ave. east toward foothills and go 2.2 miles
- Turn right on Mt. Hamilton Rd.
- Continue approximately 7.5 miles (uphill, winding road)
- Turn right into park entrance, continue past kiosk and to far end parking lot (Stockman's)

Los Gatos Creek County Park

LOS GATOS CREEK TRAIL

Trail length: **12.5 miles (mostly paved, out & back)**

Degree of difficulty: **STRENUOUS** (450 ft. elevation change)

1250 Dell Ave. Campbell 95008 • (408) 356-2729 (Vasona Park Office)

Parking Fee



Park Notes

- 11-mile paved Los Gatos Creek Trail passes through Lexington, Vasona and Los Gatos Creek County Parks and portions of Town of Los Gatos, City of Campbell, City of San Jose
- Recreational opportunities for walkers, joggers, bicyclists, skaters, non-motorized scooters, bladders and nature lovers
- Off-leash dog park in Los Gatos Creek Park; fishing allowed in ponds, creeks, lakes along trail

Trail Info & Highlights

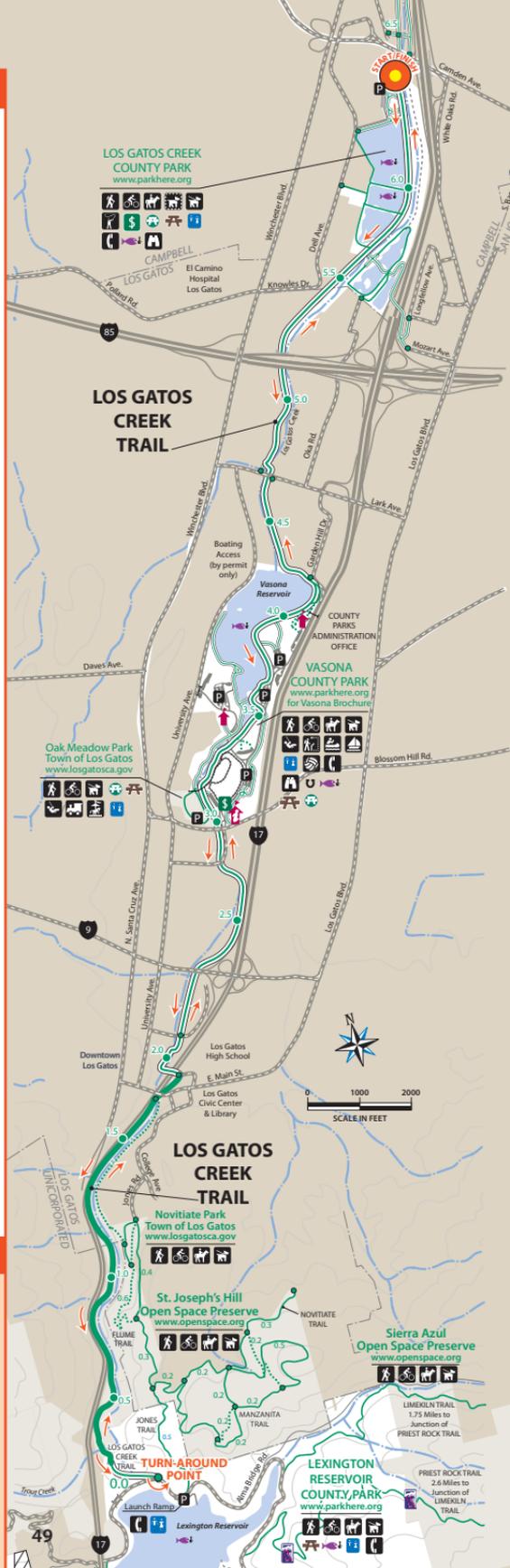
- * Mostly paved and flat (from Los Gatos Creek Park to Main Street in Los Gatos)
- Trail transitions to dirt, becomes steep south of Main Street to Lexington Reservoir
- Historic Forbes Mill Museum just off trail near Main Street
- Great for bird watching; diverse habitats, trees, waterfowl species
- Picnic sites, water, restrooms located along trail and at connecting parks
- Trail access at multiple locations, offers opportunity to shorten distance yet still count for the Healthy Trails Challenge
- Heavy trail use, especially early morning hours and weekends — use courtesy and caution around others

Trail Directions

- Start at Los Gatos Creek Park; go south towards Los Gatos about 2.5 miles to Vasona Lake
 - Continue through Vasona Park approximately 2.2 miles to Main St., Los Gatos
 - South of Main St. trail becomes dirt and steep for last 2.0 miles
 - At top of Lexington Dam return via same route 6.25 miles back to Los Gatos Creek Park
-

LOS GATOS CREEK COUNTY PARK

-  Ranger Station (Vasona)
Phone: (408) 356-2729
-  Entrance Kiosk
-  Pay Station
-  Restrooms
-  Public Telephone
-  Parking
-  Picnic Area
-  Reservable Group Area
-  Hiking Access
-  Equestrian Access
-  Bicycling Access
-  Off-leash Dog Park
-  Dog On-leash Access
-  Nature Trail
-  Playground
-  Carousel
-  Fly Casting Pond
-  Billy Jones Wildcat Railroad
-  Non-Motorized Boat Rental
-  Sailboat Rental
-  Fishing
-  Horseshoe Pit
-  Wildlife Viewing
-  Hiking/Equestrian/Bicycling
-  Paved Hiking/Equestrian/Bicycling
-  Hiking
-  Park Service Road
-  Road with Bike Lane
-  Road
-  Freeway
- Trail Distance & Junctions (miles)
- Creek Trail Mileage Marker (On-Ste)
- Creek
- Other Public Property
- Private Property
- Bay Area Ridge Trail



Driving Directions to the Park

From Highway 17:

- Exit Camden Ave., go west toward San Tomas Expressway
- Take Dell Ave./Camden Ave. ramp towards Sunnyoaks Ave.
- Turn slight right on Dell Ave.
- Entrance to park is on left by pond

Sanborn County Park

SANBORN/SKYLINE TRAILS

Trail length: **6.0 miles (out and back)**

Degree of difficulty: **STRENUOUS**

(1,530 ft. elevation change)

16055 Sanborn Rd., Saratoga 95070

(408) 867-9959 • **Parking fee**



Photo: Ron Noori

Sanborn County Park



Park Notes: See page 36

Trail Info & Highlights

- Restrooms at trailhead
- Travel through spectacular redwood forest with 85% shade cover on trails
- Cool dampness in early morning hours with slight fog (depending on time of year)
- Moss-covered boulders and interesting rock formations
- Bring binoculars to view wildlife such as red-tailed hawks, peregrine falcons

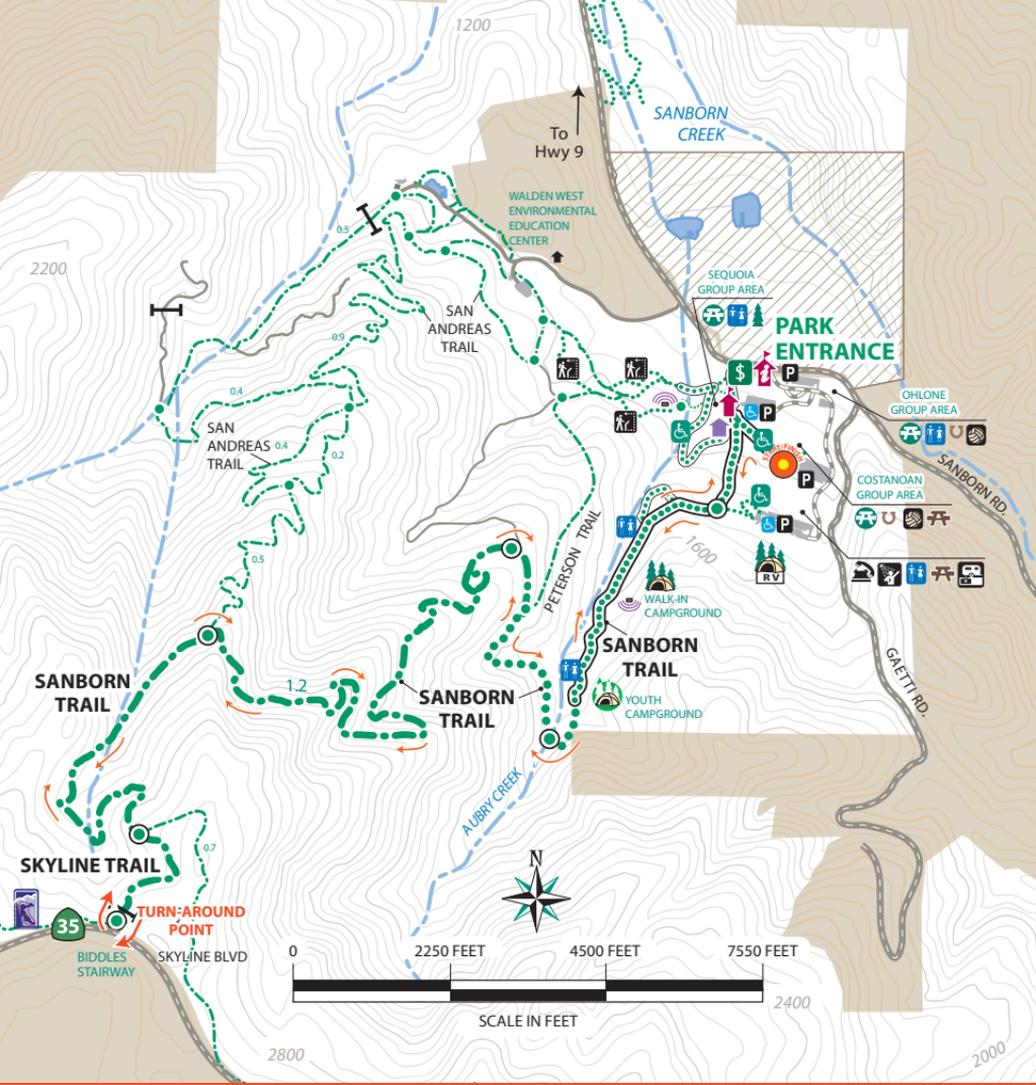
Trail Directions

- From Costanoan parking lot, follow paved path towards park office and Youth Science Institute 0.1 miles, then go left on path towards campground another 0.1 miles
- Turn right and follow Sanborn Trail 0.8 miles through campground and past Peterson Trail junction
- Continue on Sanborn Trail 1.2 miles (trail narrows, at unmarked trail split stay to left) to San Andreas Trail junction
- Stay left on Sanborn Trail for 0.6 miles to Skyline Trail junction
- Turn right on Skyline Trail, proceed 0.2 miles to Biddles Stairway and gate next to Hwy. 35
- Return to parking lot via same route down Skyline and Sanborn Trails

Health Tip

Walk 30 minutes a day, five days a week.

Tune up. Pair your walk with your favorite songs. Research has shown, music that moves us improves much of our physical function and well-being.



SANBORN COUNTY PARK

- | | | | |
|-----------------------------------------------------|--------------------------------|-------------------------------------|---------------------------|
| Ranger Station/
Visitor Center
(408) 867-9959 | RV Campground | Private Property | Nature Trail |
| Entrance Kiosk
(408) 741-5375 | Walk-in Campground | Other Parks and
Open Space | Whole Access
(paved) |
| YSI
(408) 867-6940 | Reserved Campground
(youth) | Lands Not Open to
Public | Bay Area Ridge
Trail |
| Restrooms | RV Dump Station | -1400- Elevation Contours
(feet) | Trail Distance
(miles) |
| Showers (in
restrooms) | Horseshoes | Two Lane Paved Road | Pay Station |
| Public Telephone | Volleyball | Two Lane Park Road | |
| Parking | Stage/Amphitheater | Service Road | |
| Picnic Area | Peterson Grove | Equestrian/Hiking | |
| | Gate | Footpath (hiking only) | |
| | Creek | | |

Driving Directions to the Park

- From town of Saratoga, proceed 2 miles west on Hwy. 9 (through shopping district of Saratoga)
- Turn left onto Sanborn Road
- Travel 1 mile to park entrance on right

Santa Teresa County Park

HIDDEN SPRINGS/RIDGE/NO NAME/ BOUNDARY/COYOTE PEAK

Trail length: **3.0 miles (loop)**

Degree of difficulty: **STRENUOUS** (555 ft. elevation change)

260 Bernal Rd., San Jose 95119

(408) 225-0225 (Hellyer Park Office)

Parking fee



Photo: Ron Horii

Santa Teresa County Park

Park Notes: See page 22

Trail Info & Highlights

- Restrooms, water, picnic sites near trailhead
- Very steep; challenging to hike or bike
- Serpentine habitat with endangered plants and wildlife
- Sweeping views of Almaden Valley and Bay Area from Coyote Peak (1155 ft)
- Watch for wildlife and soaring hawks
- Portions of Bay Area Ridge Trail

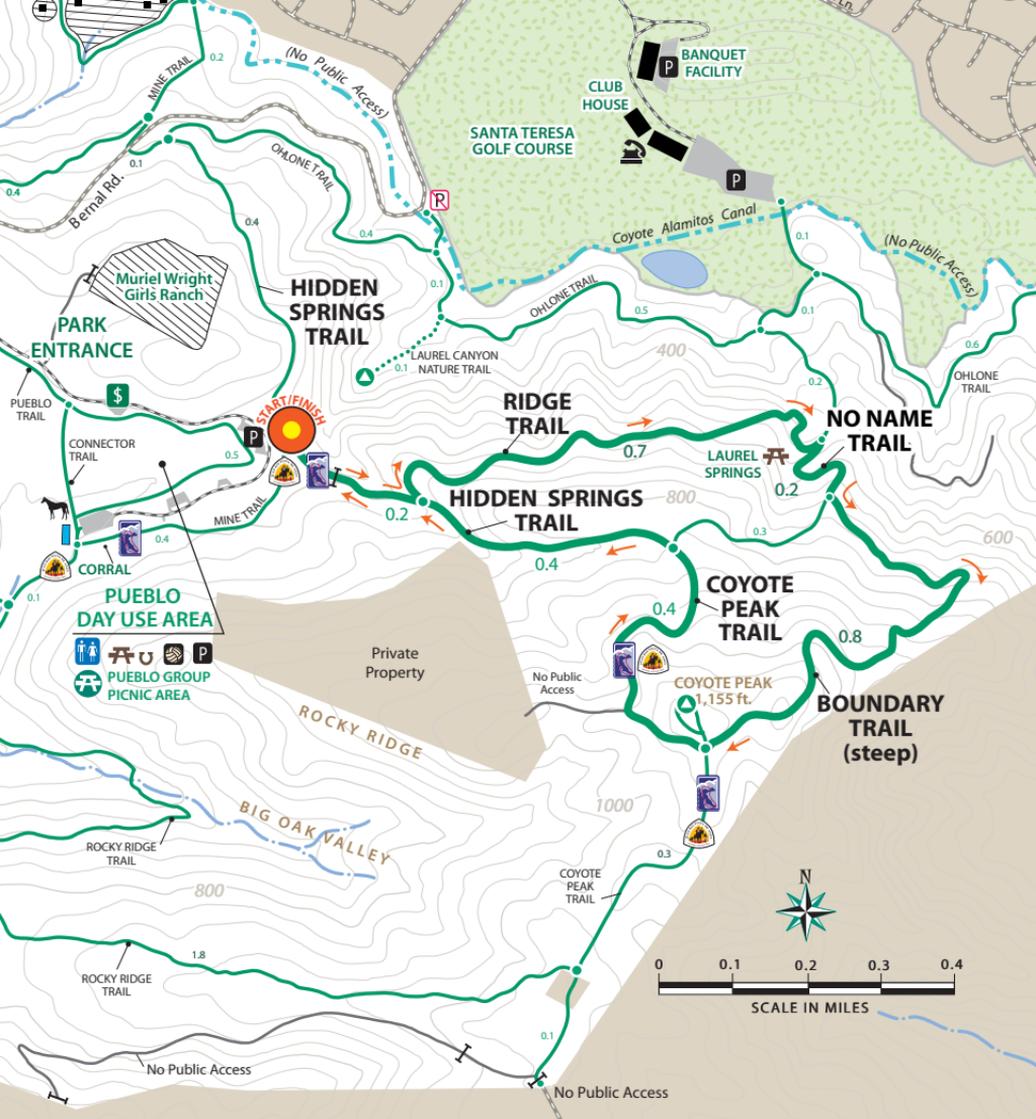
Trail Directions

- From parking lot (Hidden Springs), cross road to Hidden Springs trailhead
- Proceed up Hidden Springs Trail for 0.2 miles to Ridge Trail
- Turn left on Ridge Trail, proceed 0.7 miles to No Name Trail
- Turn right on No Name Trail, proceed 0.2 miles to Boundary Trail
- Turn left up Boundary Trail (very steep), proceed 0.8 miles to top of Coyote Peak
- Take short loop around Coyote Peak to enjoy views
- Follow Hidden Springs Trail 1.0 mile downhill to return to parking lot

Health Tip

Walk 30 minutes a day, five days a week.

Can't get to the trail? Walk anyway. Even a short saunter around the neighborhood can loosen up mind and muscles.



SANTA TERESA COUNTY PARK

- | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> Ranger Station located at Hellyer County Park
Phone: (408) 225-0225 Restrooms Public Telephone Parking No Parking Picnic Area Reserved Group Area | <ul style="list-style-type: none"> Handicap Accessible Volleyball Equestrian Staging Water Trough Horseshoe Pits Gate Two Lane Paved Road Two Lane Park Road Service Road | <ul style="list-style-type: none"> Multiple Use Trails (hiking/biking/equestrian) Footpath (hiking only) Elevation Contours (feet) Trail Distance (miles) Creek Coyote Los Alamitos Canal (Santa Clara Valley Water District) | <ul style="list-style-type: none"> Private Property IBM Easement Areas Currently Closed to Public Bay Area Ridge Trail Juan Bautista De Anza (National Historic Trail) Pay Station |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Driving Directions to the Park

- From Hwy. 101, Hwy. 85 or Santa Teresa Blvd., turn west on Bernal Rd.
- Follow Bernal Rd. past golf course and uphill to park entrance on left
- Park in second paved lot

Every Body WALK!

everybodywalk.org

Walking 30 minutes a day, five days a week is the first step toward better health.

This simple, take-charge message comes from health advocate Kaiser Permanente which sponsors *Every Body Walk!*, a public awareness project about the health benefits of walking.

Every Body Walk! is an online educational campaign aimed at getting Americans up and moving. A walking hub, www.everybodywalk.org, provides news and resources on walking, health information, walking maps, how to find walking groups, a personal pledge form to start walking, as well as a place to share stories about individual experiences with walking.

"The *Every Body Walk!* project is relevant to every American, every business, every city, every state, and every elected official. Kaiser Permanente is making the project tools available to get anyone who wants to adopt a walking program and spread the word about potentially remarkable resulting health benefits," said George Halvorson, chairman and CEO, Kaiser Permanente.

The *Every Body Walk!* campaign is powered by Kaiser Permanente. Campaign partners include the American College of Sports Medicine and their Exercise Is Medicine® global initiative.



www.everybodywalk.org



Healthy Trails

Your path to fitness, fun and adventure

Once you have finished five trails, you have completed your Healthy Trails Challenge! Fill out the log below and evaluation on the back and return to receive your completion gift.

Healthy Trails Log *Please print clearly.*

NAME

ADDRESS

CITY

STATE

ZIP

()

DAY PHONE

Number of registered family or group members completing the Challenge: _____

Names of registered family or group members completing the Challenge:

1.

TRAIL NAME

MILES

2.

TRAIL NAME

MILES

3.

TRAIL NAME

MILES

4.

TRAIL NAME

MILES

5.

TRAIL NAME

MILES

TOTAL MILES COMPLETED

You made it! Great job!!!

Questions? Call (408) 355-2268

(Over)



Healthy Trails

Your path to fitness, fun and adventure

Evaluation

Please tell us what you think of the program.

1. How did you travel the trails? (Circle any that apply)

Walk/Hike Bike Horse Skates/Blades Stroller Wheelchair Dogs on Leash

2. In what ways was the Healthy Trails program beneficial to you?

- | | |
|---------------------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Increased my physical activity level | <input type="checkbox"/> Time with family |
| <input type="checkbox"/> Weight loss | <input type="checkbox"/> Informative guidebook |
| <input type="checkbox"/> Visited new parks | <input type="checkbox"/> Health tips |
| <input type="checkbox"/> Visited parks more often | <input type="checkbox"/> Other: _____ |

3. How did you hear about the Healthy Trails program?

4. How can we improve the Healthy Trails guidebook?

5. How can we improve the Healthy Trails program?

6. Optional: Please tell us your racial/ethnic background:

- | | |
|---------------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> African American / Black | <input type="checkbox"/> Other Asian/Pacific Islander |
| <input type="checkbox"/> Caucasian / White | <input type="checkbox"/> Vietnamese |
| <input type="checkbox"/> Chinese | <input type="checkbox"/> Other |
| <input type="checkbox"/> Latino / Hispanic / Mexican American | |

7. Optional: Age(s) of participants _____

Returning Your Log & Evaluation

Fill out your log and evaluation and return via:

Mail: **Santa Clara County Parks • Healthy Trails Program**
298 Garden Hill Drive • Los Gatos, CA 95032-7669

Fax: **(408) 355-2290**

Web site: **parkhere.org** (Follow Healthy Trails links)

Now challenge yourself to finish 5 more trails!





KAISER PERMANENTE®

in the community

AT KAISER PERMANENTE our mission has not changed in nearly 70 years: to improve the health of our members and the communities we serve. Our efforts cover a wide range of community health activities, and they are all based on a long-term approach. To create changes that last, our partners need long-term commitment, and long-term support.

We coordinate funding and resources to support community partners, organizations, and agencies. Our physicians and practitioners contribute their time and expertise. We conduct educational programs, and we share our research findings and clinical guidelines with our partners and the public.

We're providing care and coverage for people with low incomes; lending a hand to community health care facilities; making it easier for community residents to make healthier choices — like taking a walk in the park.

Through Kaiser Permanente in the Community, we're helping to build healthier lives, stronger communities, and better conditions in the neighborhoods in which we all live.



We believe in a healthy future.

kp.org

KAISER PERMANENTE



thrive

Santa Clara County Parks



-  County Parks
-  Other Public Parks and Open Space of Regional Significance
-  Park Connector Trails
-  Major Rivers and Creeks

SANTA CLARA COUNTY PARKS



Santa Clara County Parks and Recreation Department
 298 Garden Hill Drive, Los Gatos, CA 95032-7669 • Phone: (408) 355-2200
 Fax: (408) 355-2290 • Reservations: (408) 355-2201
parkhere.org

