

Hiking Guide

National Park Service
U.S. Department of the Interior



Point Reyes National Seashore

TRAIL/TRAILHEAD	ROUNDRIP DISTANCE TIME/DIFFICULTY	DESCRIPTION
..... LESS THAN ONE HOUR		
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 lovely, fragrant 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 Pierce Point 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.
..... ONE TO THREE 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 Limantour 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 benches along the way offer great resting spots in the shade.
MT. WITTENBERG AND SKY TRAIL from Limantour Road	4.3 mi./6.9 km (2 hours/strenuous)	CLIMB the Sky Trail to the highest point on the Peninsula, with ocean views, meadows, and forest to Horse Trail. Turn right onto Z Ranch Trail to Mt. Wittenberg summit, and continue to Sky Trail junction, turn left and 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 to the Laguna trailhead.

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.
- Bring appropriate clothes for sudden weather changes.
- For tide and weather information, inquire at any visitor center, or call 415-464-5100.

The love of wilderness is...an expression of loyalty to the earth ... the only home we shall ever know, the only paradise we ever need—if only we had the eyes to see.
—Edward Abbey

... without wilderness the world is a cage.
—David Brower

..... **OVER FOUR 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 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 at Mesa Rd.	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)	EXPLORE with your dog expansive views of the Olema Valley, dense redwood forest, and scented chaparral. 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	1.4 mi./2.3 km. (1 hour/easy)	STROLL uphill through woods with views into the Olema Valley to 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 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 all the way to Wildcat Camp.