



SAN RAMON PARKS & COMMUNITY SERVICES
Creating Community through People, Parks, Partnerships & Programs

How the Trails Challenge Works:

Hit the Trails!

Welcome to the City of San Ramon Trails Challenge, an invitation to explore the trails and do something good for your body and mind! The Trails Challenge encourages you to hike the trails featured in this guidebook anytime from June through September 2016.

The Trails Challenge is an opportunity to get comfortable on the trails and discover the health benefits of outdoor recreation. If you're already a hiker, the Trails Challenge is a great way to keep active and learn a little more about the City of San Ramon trails.

The Trails Challenge is free, designed for all fitness levels, and is a self-guided program to complete on your own schedule. You can hike on your own, with your dog, with family, with friends and with co-workers.

When you register for the Challenge, you receive a FREE Trails Challenge water bottle, while supplies last. Upon completion of the Challenge you can submit a "trails log" to srtrails@sanramon.ca.gov. Once you submit the trails log, your name will be posted on the Trails Challenge website. The first 100 to submit their trails log will receive a Trails Challenge giveaway!

The City of San Ramon includes more than 50 parks and trails with more than 140 miles of trails. The routes in this guide are our recommendations for seeing the diversity of the City of San Ramon landscapes and for experiencing hikes of varying intensity.

How to Complete the Challenge

1. Visit the Trails Challenge page at www.sanramon.ca.gov/srtrails for more information on the challenge and current list of trails.
2. Register through the San Ramon Parks & Community Services Department to receive your free Trails Challenge water bottle (while supplies last). Visit www.SanRamonRecGuide.com, Activity Number 100448.
3. Review the guidebook and complete the selected trails before September 30, 2016.
4. As soon as you finish hiking the selected trails, fill out and submit the trails log to srtrails@sanramon.ca.gov.



Hiking for Health

A growing public health concern is the lack of regular physical activity. Experts agree that adopting a walking routine is one of the simplest, most effective changes we can make to improve our health. According to the American Heart Association, walking at least 30 minutes a day can help reduce or maintain body weight, lessen the risks for diabetes, heart disease, osteoporosis and certain cancers, improve moods and feelings of well-being, and promote healthy sleep patterns.

Is hiking the same thing as walking? Yes, a hike is just a walk that takes place in a natural setting with the goal of exploring and enjoying the scenery! The San Ramon parks and trails provide safe, convenient, free - and beautiful - places to hike. Trails are available for all fitness levels throughout San Ramon.

In addition to the fundamental health advantages associated with walking, numerous studies indicate outdoor recreation can benefit us in additional ways. For example, research finds that people who exercise in nature are more likely to be satisfied with their workout and more likely to repeat it. Starting a fitness routine literally can be as enjoyable as a walk in the park!

Hiking for Parks

Becoming a regular trail user is not only good for you; it's good for your parks. When you hike the trails, you build an appreciation for the parks and the crucial role they play in healthy communities. Parks help keep our air and water clean. They provide a buffer from development and critical habitat for plants and wildlife. When you use the trails and experience the relationship between natural settings and personal and public health, you are more likely to become a steward and champion of the parks.

Hiking with Dogs

Dogs love hiking just as much as their people and well-behaved dogs on leash are allowed.

- Dogs must be on a leash.
- The leash law exists to keep trail users and dogs safe. No one likes to encounter an unfamiliar dog bounding toward them, and dogs running off leash may encounter unsafe wildlife.
- Bring water and a portable bowl for your dog and carry pet waste bags.

Hiking with Kids

Hikes are a great family activity. Children love exploring trails and feel a sense of accomplishment after a hike. For parents with infants and toddlers, the parks feature many stroller-friendly trails.

- Like any outing with children, a hike takes advance planning. Know the length of your route and whether it's suitable for your child's abilities. Start with short hikes and work up to longer outings.

- Be willing to adjust your pace to suit your child. Kids like to take lots of breaks to examine things. Take advantage of these teachable moments to talk about what you're seeing and make simple observations.
- Pack snacks, drinks, sunscreen, and appropriate clothing for the destination.

Healthy Trail Tips

- Wear the right shoes. Hiking boots aren't necessary, but a comfortable pair of athletic shoes is recommended - as are sunglasses and a hat.
- Due to San Ramon's many microclimates, dressing in layers is best. A walk that starts in cloudy, chilly weather may end under clear skies and temperatures in the 90's.
- Bring a full water bottle and drink before, during and after your hike.
- In the warm seasons, avoid hiking mid-day when temperatures are high.
- Wear sunscreen even on overcast days.
- Start out slowly and give your muscles time to warm up. Know your limits. Don't overexert.

Trail Etiquette

- Walk on the right side of the trail and be mindful of bikers and equestrians.
- Bikers yield to hikers. Bikers and hikers yield to horseback riders.
- Please don't pick flowers and plants or disturb creeks.
- Please respect others' enjoyment of the beauty and quiet of the parks.
- If you do not see trash cans along the trail, pack out your trash to the parking lot.
- Please pick up after your dog.

Poison Oak

Poison oak is abundant in some parks, and contact with the plant can cause an irritating skin rash. Fortunately, poison oak is easy to identify due to its smooth, shiny leaves that grow in threes. ("Leaves of three, leave them be.") If you come into contact with poison oak, wash your hands with soap and water and wash your clothes when you get home. Calamine lotion can relieve itching if a rash develops.



Wildlife

The wild animals most often seen from the trails are cattle, deer, turkeys, hawks, eagles, and many other bird species. You might spot animals like foxes, raccoons, coyotes, or non-venomous snakes such as garter and gopher snakes. You may rarely encounter rattlesnakes, bobcats or mountain lions.

- Be aware of the trail ahead of you and don't intentionally approach animals. If you encounter a snake, move away from it, and it likely will move away too. Don't put your hands and feet where you can't see.
- On the rare chance you see a mountain lion, make yourself appear larger by raising your arms and making noise. If hiking with a small child or small dog, pick them up. Don't run or crouch. Report sightings to the San Ramon Police Department.

Trail Levels

Easy - Easy trails are under 2 miles and relatively flat, with room to walk side by side with a companion. Good for people starting a fitness routine, families with children, or anyone interested in an easy-paced outing.

Moderate - Moderate-intensity trails are 2 to 5 miles long with uneven surfaces, varied terrain and elevation gains. You will notice some physical exertion on these trails. Many moderate-level hikes can be created by combining shorter trail loops within a park.

Strenuous - Strenuous trails are 4 miles or longer or feature steep climbs or rugged terrain. These trails are recommended for experienced hikers in good physical condition.

Trails Challenge at a Glance

Easy Trails-

Monarch Ridge/ Star Jasmine - .046 mile



Iron Horse - 1 mile within City limits



Moderate Trails

Hidden Valley - 1.43 miles



Monarch Loop - 2.56 miles



West Alamo Creek - 2.38 miles



Rolling Hills - 2.82 miles



Strenuous

Tassajara Ridge - 4.46 miles



Trail Symbols



Walk/Hike/Run - Trail open to pedestrians.



Bike - Trail open to cyclists.



Equestrians - Trail open to horseback riders.



Wheels - Paved trails; Wheelchair accessible and suitable for strollers.



Dogs - Dogs on leash are welcome.

Ready? Let's go for a hike!



Frequently Asked Questions

Q. Should I submit my trails log as soon as I'm done with the Trails Challenge or should I wait until the Trails Challenge officially ends September 30, 2016?

A. You can turn in your trails log any time before September 30, 2016. However, we encourage you to turn it in as soon as you complete all five hikes. We have limited quantities of Trails Challenge giveaways, so the sooner you submit your trails log, the greater your chances of getting your giveaway. Plus, we appreciate the feedback we receive in the trails logs as the Challenge progresses.

Q. I'd like to take the Trails Challenge with my kids. Is there a minimum age requirement? Can they register for the Challenge in order to receive the free Trails Challenge water bottle?

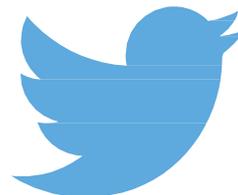
A. The Trails Challenge is open to all ages, and we encourage families to participate. Hiking is a great way to spend time together, and the Trails Challenge features plenty of easy hikes appropriate for kids. And, yes, children can register and receive a free Trails Challenge water bottle.

Q. How will you know if I really hiked the trails I list in my trails log?

A. Well, we won't know for sure, but we will take your word for it. The Trails Challenge operates on an honor system, and we hope people respect the rules because giveaways are available only while supplies last.

SHARE YOUR TRAIL STORIES & PHOTOS

#srtrails



@CityofSanRamon



San Ramon 2016 Trails Challenge

Name: _____

Complete 5 of the featured trails

Trail Name

Completion Date

1. Monarch Ridge/Star Jasmine

2. Iron Horse Trail

3. Hidden Valley

4. Monarch Loop

5. West Alamo Creek

6. Rolling Hills

7. Tassajara Ridge

Feedback & Comments:

Send To: srtrails@sanramon.ca.gov

