

HIKE SAN RAMON



The City of San Ramon Trails are a city-wide network of non-motorized, shared-use pathways that are used by bicyclists, walkers, hikers, runners, and other users for both recreation and transportation. San Ramon trails are a mixture of paved and unpaved surfaces. With a few exceptions, San Ramon trails are maintained by the City of San Ramon.

San Ramon trails offer an incredibly diverse range of experiences; some trails are located along streets, while others traverse beautiful natural places - canyons, riparian areas, grasslands, meadows, and rolling hills - all within the urban area of San Ramon. The system connects neighborhoods, shopping, places of employment, schools, parks, open space, and the surrounding regional open space, and allow users to combine transportation, recreation and contact with nature.



RESOURCES
If you would like this information in an alternative format, or have suggestions on how this map may be improved to help citizens use San Ramon trails; please contact srtrails@sanramon.ca.gov

Emergency	911
Police Non-Emergency	925.973.2779
San Ramon Valley Fire Protection District	925.838.6600
City of San Ramon	925.973.2500
Public Works (Trail Maintenance)	925.973.2800
East Bay Regional Park District	1.888.EBPARKS



SHARE YOUR TRAIL STORIES & PHOTOS
#srtrails / @CityofSanRamon

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, and feature steep climbs or rugged terrain. These trails are recommended for experienced hikers in good physical condition.

POPULAR TRAILS

Easy	Distance
West Alamo Creek/Redhawk Trails Loop (paved & unpaved)	1.56 miles
Tassajara Ridge Trail to Overlook (unpaved)	1.66 miles
San Ramon Cross Valley Trail (paved)	0.73 miles

Moderate	Distance
Monarch Loop Trail (paved & unpaved)	2.40 miles
Rolling Hills/Sycamore Grove/Windemere Ridge Loop (paved & unpaved)	2.69 miles
West Alamo Creek Trail (paved & unpaved)	2.38 miles
Rolling Hills Trail (unpaved)	2.82 miles
Alamo Creek Trail (paved & unpaved)	2.90 miles
Windemere Ridge Trail (paved)	1.20 miles

Strenuous	Distance
Stream View/Redtail Hawk/Grey Fox Trails Loop (unpaved)	2.48 miles
Bollinger Creek Loop Trail (unpaved)	2.70 miles
Hidden Valley Ridge/Alamo Creek/Trails Loop (unpaved)	2.95 miles
Tassajara Ridge Trail (unpaved)	4.46 miles

HIKING FOR HEALTH & THE BENEFITS OF PRESERVATION

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.

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!

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.

HIKING FOR PARKS

Regular trail use 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. 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. Parks help keep our air and water clean.

HIKING WITH DOGS

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

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.

VEGETATION

San Ramon Trails contain a plethora of native California flora and fauna. Enjoy the variety of vegetation such as: black sage, chamise, and buck brush, interspersed with toyon, manzanita, elderberry, gooseberry, chaparral, monkeyflower, coyote bush, hollyleaf red berry, deer weed, and dozens of other species. Trees you may encounter include: coast live oak, bay laurel, buckeye, big leaf maple, canyon live oak, black oak, and scrub oak.

Poison oak is abundant in some locations 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.



Poison Oak

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, 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.

Ticks

Lyme disease is an infectious disease transmitted by the bite of a tick. It may be treated and cured with early diagnosis, but if not properly treated it may persist in the body for years. Check yourself, your children, and your pets for ticks frequently and thoroughly!

How to avoid ticks:

- Wear long pants, long-sleeved shirts, and closed-toe shoes in tick country.
- Tuck shirt into pants, and pants into socks.
- Stay on trails! Avoid brush and grassy areas.
- Use insect repellent on shoes, socks, and pants.



What does a tick look like?

In California, the western black-legged tick is the major carrier of Lyme disease. The adult female is reddish-brown with black legs, about 1/8 inch long. Males are smaller and brownish-black. Both are teardrop shaped.



CONNECTING PEOPLE, PARKS & OPEN SPACE