# HIKE SAN RAMON



**TRAIL LEVELS** 

anyone interested in an easy-paced outing.

terrain and elevation gains. You will notice some physical exertion on these trails. Many of well-being, and promote healthy sleep patterns. moderate-level hikes can be created by combining shorter trail loops within a park.

### **POPULAR TRAILS**

Bollinger Creek Loop Trail (unpaved)

Tassajara Ridge Trail (unpaved)

Hidden Valley Ridge/Alamo Creek/Trails Loop (unpaved)

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	

Monarch Loop Trail (paved & unpaved) Rolling Hills/Sycamore Grove/Windemere Ridge Loop (paved & unpaved) 2.69 miles West Alamo Creek Trail (paved & unpaved) Rolling Hills Trail (unpaved) Alamo Creek Trail (paved & unpaved)

Windemere Ridge Trail (paved) 1.20 miles Stream View/Redtail Hawk/Grey Fox Trails Loop (unpaved)

### HIKING FOR HEALTH & THE BENEFITS OF PRESERVATION

Easy - Easy trails are under 2 miles and relatively flat, with room to walk side by side A growing public health concern is the lack of regular physical activity. Experts agree Hikes are a great family activity and a great family activity. Experts agree Hikes are a great family activity. Experts agree Hikes are a great family activity. Experts agree Hikes are a great family act with a companion. Good for people starting a fitness routine, families with children, or that adopting a walking routine is one of the simplest, most effective changes we can accomplishment after a hike. For parents with infants and toddlers, the parks feature to open space areas as they help with weed abatement reducing fire hazards and make to improve our health. According to the American Heart Association, walking at many stroller-friendly trails. Like any outing with children, a hike takes advance planning. maintenance costs. If you encounter a herd, it is best to go around them. Do not walk least 30 minutes a day can help reduce or maintain body weight, lessen the risks for Know the length of your child's abilities. Start through the herd or between a cow and her calf. Give the cows plenty of room and a Moderate - Moderate-intensity trails are 2 to 5 miles long with uneven surfaces, varied diabetes, heart disease, osteoporosis and certain cancers, improve moods and feelings with short hikes and work up to longer outings.

In addition to the fundamental health advantages associated with walking, numerous Strenuous – Strenuous trails are 4 miles or longer, and feature steep climbs or rugged studies indicate outdoor recreation can benefit us in additional ways. For example, terrain. These trails are recommended for experienced hikers in good physical condition. 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 Fortunately, poison oak is easy to identify due to its 2.48 miles allowed. The leash law exists to keep trail users and dogs safe. No one likes to encounter smooth, shiny leaves that grow in threes. ("Leaves of an unfamiliar dog bounding toward them, and dogs running off leash may encounter three, leave them be.") If you come into contact with unsafe wildlife. Bring water and a portable bowl for your dog and carry pet waste bags. poison oak, wash your hands with soap and water and

The City of San Ramon Trails are a city-wide network of nonmotorized, 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.

athletic shoes is recommended - as are sunglasses and a hat.

Wear sunscreen even on overcast days.

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

Poison oak is abundant in some locations and contact

with the plant can cause an irritating skin rash.

• 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.

Due to San Ramon's many microclimates, dressing in layers is best. A walk that starts

Start out slowly and give your muscles time to warm up. Know you limits. Don't

San Ramon Trails contain a plethora of native California flora and fauna. Enjoy the variety

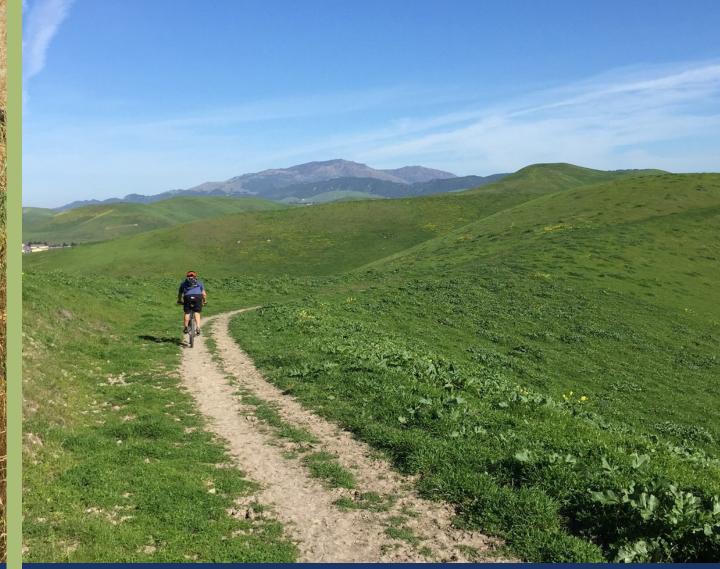
of vegetation such as: black sage, chamise, and buck brush, interspersed with toyon,

manzanita, elderberry, gooseberry, chaparral, monkeyflower, coyote bush, hollyleaf

in cloudy, chilly weather may end under clear skies and temperatures in the 90's.



## **CITY OF SAN RAMON** TRAIL MAP



## **CATTLE GRAZING AREAS**

clear escape route. If there is not an safe way to go around the herd, wave your arms and shout from a long distance to encourage the herd to move.

## Wear the right shoes. Hiking boots aren't necessary, but a comfortable pair of SAFETY AND ETIQUETTE

- Stay on the trails. Taking shortcuts can be dangerous and causes erosion.
- Most of the land adjacent to the trails is under conservation easements. These easements were established to help protect the environment with a particular emphasis help conserve native plants and animals including Burrowing Owls, Redlegged Frogs and the California Tiger Salamander.
- Trails can be uneven, proceed carefully at your own risk.
- Wildlife may be present on the trails at any time. Feeding or approaching wildlife is dangerous and illegal.
- Walk on the right side of the trail and be mindful of bikers and equestrians. • Bicycles and horses are permitted on designated trails. Horses have the right-of- **RESOURCES**
- Bicycles yield to hikers. Bikers and hikers yield to horseback riders. Keep the parks
- beautiful. Pack out what you pack in.
- Carry and drink plenty of water. Dehydration is a leading cause of injuries. Be prepared for changes in weather conditions.
- Please respect others' enjoyment of the beauty and quiet of the parks.

- Please don't pick flowers and plants or disturb creeks.
- If you do not see trash cans along the trail, pack out your trash.
- wash your clothes when you get home. Calamine lotion can relieve itching if a rash Please pick up after your dog.
  - Dogs must be kept on leash at all times while on the trails.



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 <u>srtrails@sanramon.ca.gov</u>

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



can deliver a venomous bite if provoked. Its coloration allows it to blend in with the soil, providing excellent camouflage. Rattlesnakes and gopher snakes have similar coloration, therefore rattlesnakes are often mistaken for its harmless cousin. Therefore, use caution and avoid any snake you see in the wild.

## What To Do If Bitten By A Snake

If bitten by a rattlesnake, stay calm and have someone call 9-1-1. The victim should remain calm by lying down with the affected limb lower than the heart. Wash the wound, if possible. (Rattlesnake bites are typically associated with intense, burning pain.) If you are by yourself, walk calmly to the nearest source of help. DO NOT RUN! If bitten by another kind of snake, wash the wound with soap and water or an antiseptic and seek medical attention.



**SHARE YOUR TRAIL STORIES & PHOTOS** #srtrails / @CityofSanRamon

## WILDLIFE

**HIKING WITH KIDS** 

**HEALTHY TRAIL TIPS** 

**VEGETATION** 

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.

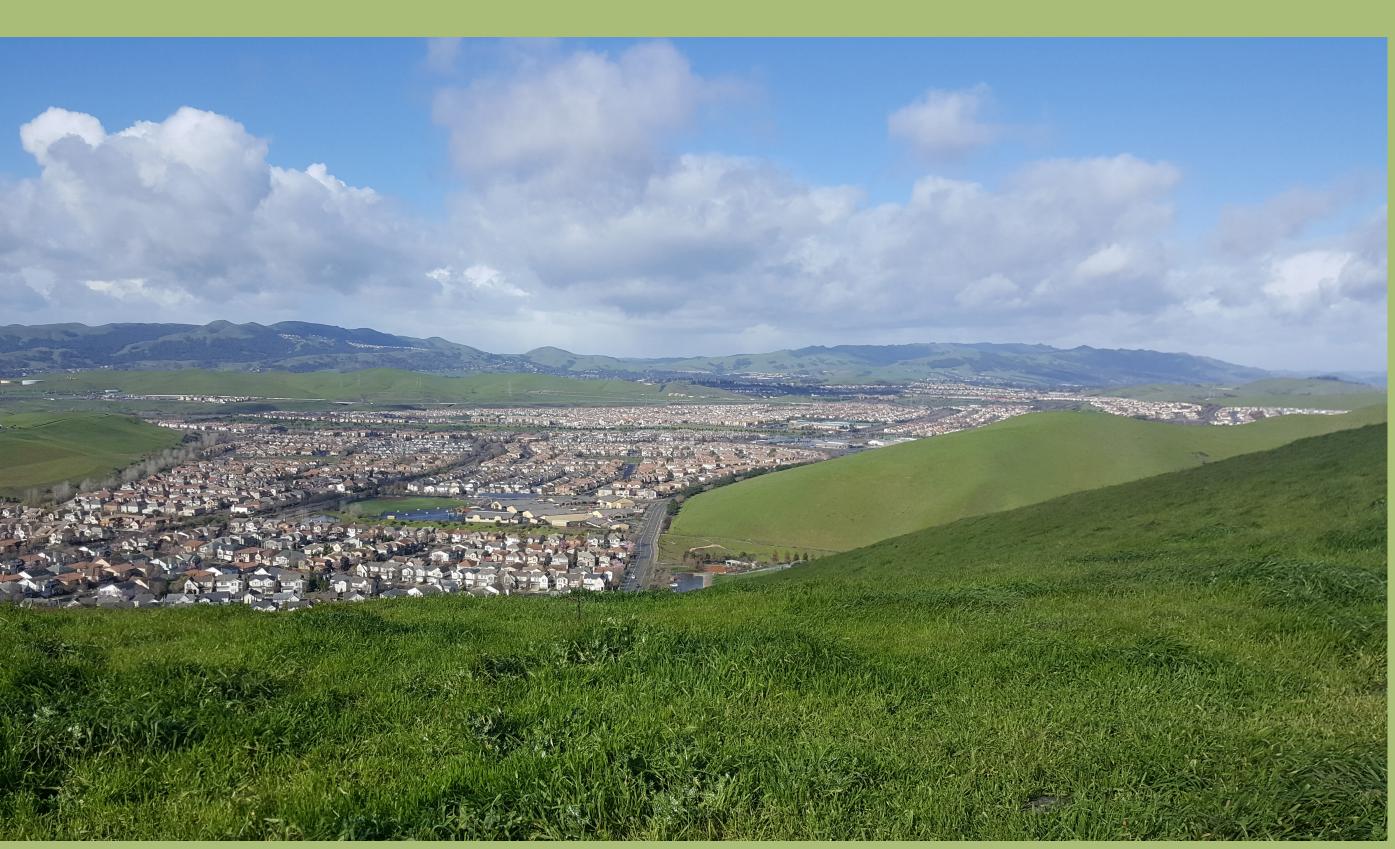
- Be aware of the trail ahead of you and don't intentionally approach animals. If you encounter a snake, move away from it, and it likely will move away too. Don't put your hands and feet where you can't see.
- On the rare chance you see a mountain lion, make yourself appear larger by raising your arms 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.

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 **SNAKES** years. Check yourself, your children, and your pets for ticks frequently and thoroughly! Although most snakes found in California are harmless, the northern pacific rattlesnake How to avoid ticks:

- 1) Wear long pants, long-sleeved shirts, and closed-toe shoes in tick country.
- 2) Tuck shirt into pants, and pants into socks.
- 3) Stay on trails! Avoid brush and grassy areas. 4) 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.



4.46 miles

CONNECTING PEOPLE, PARKS & OPEN SPACE