

Trails Guidebook



**THINK OUTSIDE
NO BOX REQUIRED**



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 April through September.

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 local trails located in the City of San Ramon.

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. Now getting information on the featured trails included in the Trails Challenge is easier than ever with the City of San Ramon's new trails app – [Easy2Hike!](#)

Easy2Hike Mobile App

The Easy2Hike app is a free app that allows users to access essential trail information like trailhead locations, parking, elevation maps, pictures and points of interest in San Ramon, Northern California and beyond. Maps are also downloadable for offline access in areas without cellular coverage.

All seven featured trails included in the Trails Challenge are available on the Easy2Hike app, so download it today to start checking them out and get ready to hit the trails!



Trails Challenge T-Shirts

When you register for the Challenge you will receive a **FREE Trails Challenge T-Shirt** (while supplies last). Trails Challenge T-Shirts will be available for pick-up at Sports Basement (1041 Market Pl. San Ramon, CA 94583). Participants will be notified when those T-Shirts are available for pickup.

Trails Challenge Party

All participants and their guests are invited to attend a post challenge party hosted by Sports Basement. Come celebrate your participation and share stories of your time out on the trail! Food and refreshments will be provided by Sports Basement. Participants in attendance will be entered into a Live Random Prize Drawing for several Sports Basement gift cards. Challenge finishers in attendance will also be entered into a separate Live Random Prize Drawing full of great hiking gear!

When: October 3rd, 2020 from 11:30am-12:30pm

Where: Sports Basement – San Ramon (1041 Market Pl, San Ramon, CA 94583)

How to Complete the Challenge

1. Register online at www.SanRamonRecGuide.com – activity number 5518.
2. Visit the Trails Challenge website at www.SanRamon.ca.gov/SRTrails to view a current list of trails and download the [Easy2Hike mobile app](#).
3. Use the Easy2Hike mobile app for directions to the trailhead, points of interest and directions once out on the trail.
4. Complete five out of the seven featured trails before September 30th and submit your *Trails Challenge Completion Log* online at www.SanRamon.ca.gov/SRTrails > Trails Challenge > Completion Log.
5. Once your completion log is submitted, your name will be posted on the Trails Challenge website as a challenge finisher to recognize your accomplishment.

Can't Get Enough of the Outdoors?

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.

For more outdoor opportunities, including Guided Trail Hikes, Trail Cleanup Day, 4 Wheel Bob Movie Screening and a Mountain Bike Trail Ride, visit www.SanRamon.ca.gov/SRTrails.

Questions?

Contact: 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 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.



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.



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.

Hard – 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. Please prepare accordingly and bring plenty of water.

Trails Challenge Featured Trails at a Glance

Easy Trails

Annabel Trail	30 – 45 minutes	0.8 miles	    
Red Willow Trail	45 minutes – 1.0 hour	1.2 miles	    
Iron Horse Trail	1.0 – 1.5 hours	2.0 miles	    

Moderate Trails

TC: West Alamo Creek Trail	1.0 – 1.5 hours	2.2 miles	    
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Hard Trails

TC: Monarch Loop Trail	1.5 – 2.0 hours	2.3 miles	    
TC: Tassajara Ridge Trail	2.0 – 2.5 hours	3.7 miles	    
TC: Alamo Creek Trail	2.5 – 3.5 hours	5.5 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/suitable for strollers.



Dogs – Dogs on leash are welcome.

Frequently Asked Questions

Q. What is the Easy2Hike mobile app?

A. Easy2Hike is a free app that allows users to locate and view trailheads, park maps, and points of interest in San Ramon, Northern California, and beyond. Maps are downloadable for offline access without cellular data. Download it at <https://easy2hike.app.link/>.

Q. Should I submit my Completion Log as soon as I'm done with the Trails Challenge or should I wait until the Challenge officially ends September 30th?

A. You can submit your Trails Log any time before September 30th. However, we encourage you to turn it in as soon as you complete your five hikes to have your name posted on the website to recognize your accomplishment. 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?

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 easy hikes as well as challenging trails appropriate for kids.

Q. How will you know if I really hiked the trails I list in my completion 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. If you want to prove it to us, simply take pictures of your hikes along the way and post them on Instagram or Twitter and tag #srtrails.

GET SOCIAL!

SHARE YOUR TRAIL STORIES & PHOTOS USING #SRTRAILS



Instagram



twitter

@CityofSanRamon