

SECOND EDITION



... A great way to get fit
while you connect with nature

Presented by



Chronic Disease and Injury Prevention
Public Health Department



Healthy Trails at a Glance



Santa Clara County Park	Location	Trails	Page	Total Miles	Hike/Jog	Bike	Equestrian	Skate or Blade	Stroller	Wheelchair	Dogs on Trails	Child	Fit Senior
EASY TRAILS													
Alviso Marina	Alviso	Alviso Slough Loop Trail	12	1.0 ⁴	●	● ⁶			●	●		●	●
Calero	San Jose	Figueroa Trail	14	3.0	●		●					●	●
Chitactac-Adams	Gilroy	Interpretive Trail	16	0.25	●				●	● ¹		●	●
Coyote Creek Parkway	Morgan Hill	Coyote Creek Trail: Malaguerra – Eucalyptus Rest Area	18	6.0 ⁴	●	●	●	●	●	●	●	●	●
Coyote Creek Parkway	San Jose	Coyote Creek Trail: Silver Creek – Metcalf	20	6.0 ⁴	●	●	●	●	●	●	●	●	●
Coyote Lake-Harvey Bear Ranch	Gilroy	Martin Murphy Trail	22	2.0	●	●	●	●	●	●	●	●	●
Joseph D. Grant	San Jose	Hotel/Lower Hotel	24	2.6 ⁴	●	● ⁶	●				●	● ³	●
Penitencia Creek	San Jose	Penitencia Creek Trail	26	4.4 ⁴	●	●	●	●	●	●	●	●	●
Uvas Canyon	Morgan Hill	Waterfall Loop Trail	28	1.1	●						●	●	●
Vasona ⁵	Los Gatos	Los Gatos Creek Trail: Miles Ave. – Vasona Dam	30	3.8 ⁴	●	●		●	●	●	●	●	●
MODERATE TRAILS													
Almaden Quicksilver	San Jose	Wood Road/Castillero/Mine Hill	32	4.5	●	● ⁶	●				●	● ³	●
Coyote Lake-Harvey Bear Ranch	Gilroy	Coyote Ridge/Harvey Bear/Calaveras	34	10.0	●	● ⁶	●		● ²	● ²	●	● ³	●
Ed Levin	Milpitas	Spring Valley/Los Coches Ridge	36	2.3	●		●					● ³	●
Ed Levin	Milpitas	Tularcitos/Calera Creek/Agua Caliente	38	3.4 ⁴	●	● ⁶	●				●	● ³	●
Mt. Madonna	Gilroy	Ridge/Tie Camp/Merry-Go-Round	40	3.6	●		●				●	● ³	●
Santa Teresa	San Jose	Fortini/Mine/Stile Ranch	42	2.5	●	● ⁶	●				●	● ³	●
Stevens Creek	Cupertino	Tony Look	44	5.8	●						●	● ³	●
STRENUOUS TRAILS													
Almaden Quicksilver	San Jose	Wood/Castillero/Mine Hill/Randol	46	10.8	●	● ⁶	●				●		●
Joseph D. Grant	San Jose	Dutch Flat/Canada de Pala/Hotel	48	8.4	●	● ⁶	●				●		●
Mt. Madonna	Gilroy	Merry-Go-Round/Loop/Upper Miller/Blue Springs/Blackhawk/Contour/Ridge	50	5.6	●		●				●		●
Santa Teresa	San Jose	Hidden Springs/Mine/Rocky Ridge/Coyote Peak	52	5.0	●	● ⁶	●				●	● ³	●
Upper Stevens Creek	Cupertino	Grizzly Flat/Canyon	54	4.7	●	● ⁶	●					● ³	●

Any trail can be shortened or extended and still count toward the Healthy Trails Challenge.

1 Refer to page 18 for wheelchair access constraints.

2 Wheelchairs and strollers: backcountry-style only

3 School Age (See page 7)

4 Extend your activity by continuing on the trail for a more strenuous workout.

5 Trail begins at Miles Ave and goes into Vasona Park.

6 Rough terrain; mountain bike only



Greetings —

I am thrilled to present the second edition of **Healthy Trails: Your Path to Fitness, Fun and Adventure!**

Since the launch of Healthy Trails in 2007, nearly 10,000 residents have signed up for the program. Men and women and boys and girls throughout Santa Clara County — regardless of age or ability — are excited about improving their health and fitness levels while exploring the natural beauty of our local parks. Why not get in on the fun yourself?

People often ask me why I focus so much on health and recreational issues as a County Supervisor. The main reason is that I know first-hand the profound physical and emotional benefits a person can receive from leading an active lifestyle — from warding off diseases, to improving our memory, to prolonging our lives. And Healthy Trails is a fantastic way to make your life more active.

First, it is free. In today's economy, what is better than free?

Second, there is so much to do. You can hike, bike, roll, or ride. Our parks have something for everyone.

Third, the 28 parks of the Santa Clara County Park System are some of the most beautiful places in the Bay Area. There is a lot to see: trails, rivers, lakes, wildlife, and more. It is a great way to escape the hustle and bustle of everyday urban living and get back in touch with nature.

The **Santa Clara County Parks Department** in partnership with the **Santa Clara County Public Health Department** and **Kaiser Permanente San Jose** have created the **Healthy Trails Challenge**. Over the next year, I encourage you to take the challenge and visit at least five of our wonderful local parks. This guidebook is packed with detailed information about each park and will help get you there.

I have been fortunate to have experienced many of our parks firsthand. I cannot wait to visit the rest. I know that you will enjoy them, too.

Healthy Trails to you.

Ken Yeager

President, County of Santa Clara Board of Supervisors
Supervisor, District Four

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How to Complete the HEALTHY TRAILS CHALLENGE

1 Select your trails.

Look through the Healthy Trails Guidebook and decide which trails fit your ability and interest. The hiker, bike, equestrian, etc. symbols appear on each page of the featured trail and in the *At a Glance* chart. Any trail can be shortened or extended and still count toward the Healthy Trails Challenge. These symbols identify the type of trail use suitable for that trail.

Additionally, trails are divided into three categories:

EASY (green section) ~ 1 to 2.5 miles: These trails are mostly flat, paved or packed gravel and are generally suitable for walkers, joggers, bikes, skates or rollerblades, strollers, wheelchairs, small children and dogs on leash. An Easy trail, 1 to 2.5 miles long, will take about 1-2 hours to complete. Some Easy trails are more than 2.5 miles long.

MODERATE (orange section) ~ 2 to 5 miles: These trails offer a little more challenge. An elevation gain of 200' - 1000' is common. Trail conditions may range from good to rugged. A Moderate trail can take 2 to 4 hours to complete. Trail users should be in good physical condition and be equipped with water, an energy snack and a First Aid kit.

STRENUOUS (purple section) ~ 5 miles or more: These trails are very challenging, and typically have an elevation gain of 1000' or more. Trails have dirt surface with some loose soil, fire-road width (8 ft.- 12 ft. wide), and are generally rugged and steep. Trail users should be in very good physical condition and be equipped with water, an energy snack and a First Aid kit. Strenuous trails can take 4-8 hours to complete.

2 Check trail conditions & closures

Before starting your outing, call: (408) 355-2200, press 7 and follow prompts to your chosen park for current trail conditions.

3 Log your trail

A Trails Log is provided on the front and back inside covers of the trails guidebook. Use the log to record the names of the trails and the miles you walk, run, roll or ride the trails. An evaluation form is on the reverse side of the log. We welcome your thoughts and suggestions on the Healthy Trails Program.

FILLING OUT THE TRAILS LOG

- Print your name and contact information on the log.
- Add the names of any registered family or group members completing the challenge with you.
- Print the name of the trail on the log and the trail miles.
- Add the total number of miles and record this number on the log.
- Complete the Evaluation Form on the backside of the log.
- Use a piece of paper to record your outing if you lose your log, or visit www.parkhere.org.

4 Return your completed log via:

MAIL: Santa Clara County Parks and Recreation Department
HEALTHY TRAILS PROGRAM
298 Garden Hill Drive • Los Gatos, CA 95032-7669

FAX: (408) 355-2290

or VISIT: www.parkhere.org

5 Starting and completion gifts

You will receive a special gift to encourage you in your fitness efforts when you register for the Healthy Trails Challenge. A gift will await you after you have successfully completed five (5) different trails and returned your completed Trails Log. Re-register and finish five additional trails to receive a second gift.

Didn't have a chance to participate in the first edition of Healthy Trails? Feel free to register for the first edition at any time for more trails, parks, exercise, and fun!



TRAIL SYMBOLS help you determine the right trail for you:



Walk/Hike/Jog: This trail is suitable for people walking, hiking or jogging. Wear sturdy shoes with ankle support. Bring lots of water.



Bike: Mountain bikes are permitted on all bike trails. Road bikes are appropriate only on paved trails. Paved trails are great for family biking. Reduce speed and call out when passing other trail users. Helmets are required.



Equestrian: Horses are allowed on trails with this symbol. Select trails that allow your horse to drink once every hour. Wear a helmet and sturdy boots.



Skate or Blade: Skaters, skateboarders and rollerbladers are welcome! Wear appropriate safety gear, including knee and elbow pads, helmet and closed-toe shoes. Consider pavement conditions (i.e., uneven surfaces & debris on the trail), elevation and other trail users.



Stroller: Strollers are welcome on most easy trails. Go to *Healthy Trails at a Glance* (page 2-3) for a quick check of trails suitable for strollers. Some trails are only suitable for backcountry strollers. Always walk on the right side of the trail, and be mindful of other trail users around you (bicyclists, joggers, skaters, dogs on leash, others) and be safe!



Wheelchair: This trail is a disabilities-accessible trail. Some trails are only suitable for backcountry wheelchairs (see *Healthy Trails at a Glance*, page 2-3). In all cases it is recommended that you travel with a friend. Keep warm and dry and check trail conditions before going out.



Dogs On Trail: Dogs are permitted on this trail but must be on a 6' leash. Keep dogs close when passing horses. Please be respectful of all users of the trail and control your dog at all times.



Child: Children of all ages are welcome! The degree of difficulty is minor. *Child-School Age* means the degree of difficulty is greater and this trail is more suitable to older children.



Fit Senior: Older people are welcome! On moderate and strenuous trails, the degree of difficulty (terrain, steepness of grades and surface conditions) is such that it is recommended only seniors in good physical condition use this trail.

PREPARING FOR YOUR OUTING

Follow the tips below to help ensure you and other park users have a great time and stay safe while visiting a County Park:

Always:

- Follow all park regulations
- Leave no trace of your visit. Take only photographs and leave only footprints.
- Stay on designated trails.
- Please do not disturb plants, trees, flowers, streams and lakes, or wildlife.
- Allow pets in approved areas only and keep them controlled and leashed at all times
- Be aware!
- Call 911, in case of emergency

Bring the Following:

- Your identification
- Your cell phone (For emergency help, try to make calls from hill tops)
- Your Healthy Trails Guidebook or a park map (Provided at Park bulletin boards and Ranger Stations)
- Extra water and an energy snack: fresh fruit, trail mix, granola or energy bars.
- A First Aid Kit. Include: Band-Aids of various sizes, sterile gauze pads and roller bandages, cleansing soap, non-latex gloves, tweezers, scissors, sunscreen and bug repellent.
- A whistle in case you get lost – it is easier to blow a whistle than yell.
- A flashlight and extra batteries

Safety and Health Tips

- Avoid visiting a park alone — take a friend or family member with you if you can.
- Let someone know where you are going, your trail route, and when you expect to be back.
- Headphones are not recommended. However, if you wear headphones, keep the volume low enough to be aware of your surroundings.
- Drink water before, during and after your outing.
- Use sunscreen that has an SPF 15 or higher. Wearing a hat and sunglasses with UV protection is highly recommended.
- Always stretch and warm up your muscles before starting out. Also, do a few stretches at the end of your trail outing to cool down.
- Don't try to do too much too soon. Gradually increase your time and level of trail difficulty as your body gets stronger.



- Contact your primary care physician before beginning any new fitness program.

Tips for the Trail

- Pick up and carry out garbage and pet waste and dispose in a trash receptacle. Pooper-scooper bags and trash receptacles are available along trails in high use areas.
- Be courteous and yield to others on the trail. Everyone must yield to horses (let them pass).
- Remember, parking fees are required at most County Parks. Check your Healthy Trails Guidebook, call (408) 355-2200, or visit www.parkhere.org for parking fee information.

Plant and Wildlife Tips

Please take caution as you enjoy your park visit, remembering that in a sense, we are “guests” of the countless plant and animal species in the Park system.

Wildlife

Wildlife, although inspirational to watch from a distance, should not be approached, fed, chased or harmed. Generally, if we leave them alone they will leave us alone, as they are busily engaged in the process of survival.

- Never approach, feed, chase or harm any wild animal.
- Abnormal behavior can indicate the animal is sick. Stay away and notify park staff.
- Always keep dogs leashed and small children close to you.
- If you see a mountain lion, stay away. Appear as large as possible and do not run or crouch. Report all mountain lion sightings to park staff.

Ticks

Ticks are blood-feeding parasites which cling to their hosts using dart-like anchors below their mouths. They can carry and transmit many diseases to humans. Ticks do not fly, jump or drop from trees. They climb to the tips of plants and wait for an animal or human to brush up against them.

- To avoid picking up ticks, wear long pants, long sleeves, and light colors when hiking. Stay on designated trails and avoid bushy areas.
- Always check yourself, children and pets for ticks after a hike.
- If you find a tick, remove it. Be careful not to separate the head from the body. Save the tick for identification and see your doctor if you develop a rash or believe you may have contracted Lyme Disease.



Rattlesnakes

Rattlesnakes are relatively common throughout the park system, especially in the hotter, drier rural parks. They generally will not strike unless stepped on or handled. The rattle sound is a warning of the snake's presence, not its intent to strike.

- To avoid a snake encounter, look ahead when you use the trail and avoid putting your hands or feet where you can't see.
- When encountering a rattlesnake, move away and most likely it will flee.
- If you find a rattlesnake in an unsafe area, contact park staff.

Poison Oak

Poison Oak grows abundantly throughout the park system. It can grow as a shrub or vine, scaling the heights of trees. Leaves are grouped in three and vary in color from green, yellow or red, depending on the season. The plant's oils can produce an irritating rash when it comes in contact with skin.



- Avoid contact with poison oak if you can. Remember: "Leaves of three, let them be." Wear socks, long pants, and long sleeves, and do not touch plants while out on the trail.
- Also beware: pets can transfer oils to you if they play around this plant.
- If you do come in contact with poison oak, wash immediately with soap and water, and use calamine lotion to relieve itching.
- The rash is not contagious, but if it spreads, contact your physician.

In case of emergency, call 911

Exercise with a friend. The support and companionship will help keep you going.



SANTA CLARA COUNTY PARKS featured in the Healthy Trails Program

Addresses/locations listed are for main park entrances. Specific trailhead addresses/locations for the trails featured in this guide may be found on the pages designated for each trail.

Park and Address/Location	Phone Number	On Pages:
Almaden Quicksilver <i>Hacienda Entrance</i> – Almaden Rd. at south end of New Almaden, San Jose <i>Mockingbird Hill Entrance</i> – Mockingbird Hill Lane at Almaden Rd., San Jose <i>Wood Road Entrance</i> – Hicks Rd. & Wood Rd., San Jose	408-268-3883	32, 46
Alviso Marina Mill St. & Hope St., Alviso, 95002	408-262-6980	12
Calero 23205 McKean Rd., San Jose, 95120	408-268-3883	14
Chitactac-Adams 10001 Watsonville Rd., Gilroy, 95020	408-842-2341	16
Coyote Creek Parkway (Anderson Lake County Park Office) 19245 Malaguerra Ave., Morgan Hill, 95037	408-779-3634	18
Coyote Creek Parkway (Hellyer County Park Office) 985 Hellyer Ave., San Jose, 95111	408-225-0225	20
Coyote Lake – Harvey Bear Ranch 10840 Coyote Lake Rd., Gilroy, 95020	408-842-7800	22, 34
Ed Levin 3100 Calaveras Rd., Milpitas, 95035	408-262-6980	36, 38
Joseph D. Grant 18405 Mt. Hamilton Rd., San Jose, 95140	408-274-6121	24, 48
Mt. Madonna 7850 Pole Line Rd., Watsonville, 95076	408-842-2341	40, 50
Penitencia Creek Maybury Ave. & Jackson Ave., San Jose, 95112	408-262-6980	26
Santa Teresa Bernal Rd., San Jose, 95119	408-225-0225	42, 52
Stevens Creek 11401 Stevens Canyon Rd., Cupertino, 95014	408-867-3654	44
Upper Stevens Creek 11401 Stevens Canyon Rd., Cupertino, 95014	408-867-3654	54
Uvas Canyon 8515 Croy Rd., Morgan Hill, 95037	408-779-9232	28
Vasona Lake 333 Blossom Hill Rd., Los Gatos, 95032	408-356-2729	30

For additional information about Healthy Trails or about the Santa Clara County Parks, call: 408-355-2200 or visit: www.parkhere.org.

Alviso Marina County Park

Alviso Slough Loop Trail

Trail length: **1 mile (loop)**

Degree of difficulty: **EASY**

Mill Street, Alviso, 95002 • (408) 262-6980 (Ed Levin Park Office)

No parking fee



Park Notes

- Boat launching to the San Francisco Bay is available to all watercrafts.
- Gateway to the Don Edwards San Francisco Bay National Wildlife Refuge.
- Fantastic views of the mountains surrounding the bay.

Trail Info & Highlights

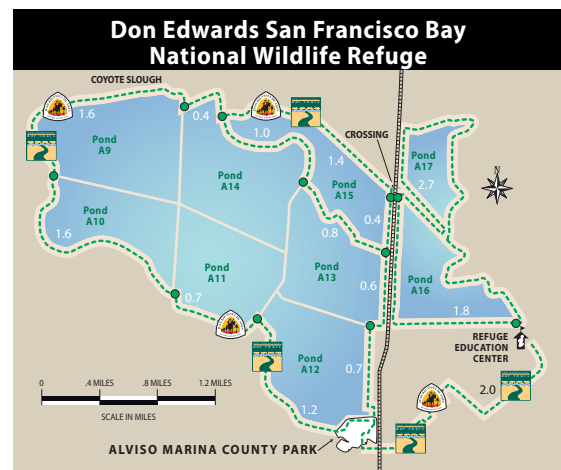
- Bird watching
- Bay views
- Interpretive signs
- Connects to the trail system of the Don Edwards Wildlife Refuge.

Trail Directions

- Park in paved parking lot.
- Proceed to trail.
- Trail loops back to parking area.

Additional Trails

You may choose to extend your hike into the Don Edwards Refuge to increase your workout.

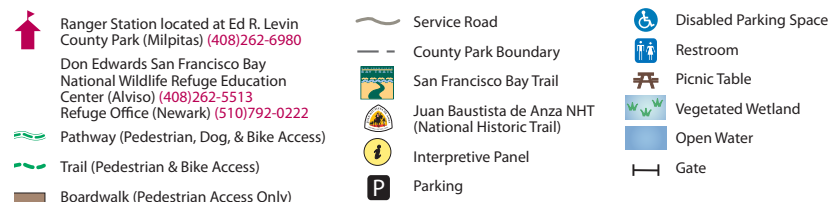


Ponds are subject to seasonal closure.

Observe all posted signs restricting access.



ALVISO MARINA COUNTY PARK



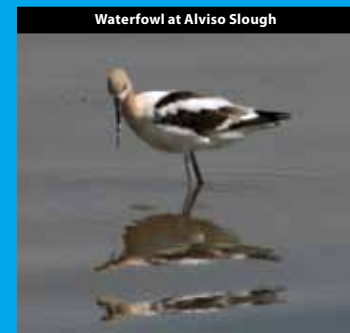
Driving Directions to the Park

From Highway 101:

- Take Hwy 237 (Mt. View-Alviso Rd.) east.
- Turn left on Gold St. (Lafayette).
- Follow left on Elizabeth St.
- Turn right on Hope St.
- Turn left on Mill St.

From Highway 880:

- Take Hwy 237 (Alviso-Milpitas Rd.) west.
- Turn right on N. First St.
- Turn right on Hope St.
- Turn left on Mill St.



Calero County Park

Figueroa Trail

Trail length: **3.0 miles (out & back)**

Degree of difficulty: **EASY**

23205 McKean Rd., San Jose, 95120 • (408) 268-3883

No parking fee (Fees apply at reservoir entrance)

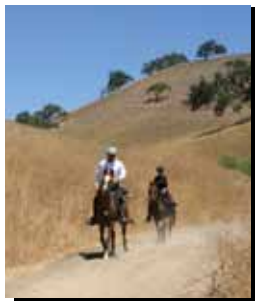


Photo: Carl Hurnik

Park Notes

- Defined by two distinct areas: the reservoir and the "back country." For boating information, visit www.parkhere.org or call (408) 355-2200.
- Offers breathtaking views of southern Santa Clara County and the surrounding Santa Cruz Mountain Range.

Trail Info & Highlights

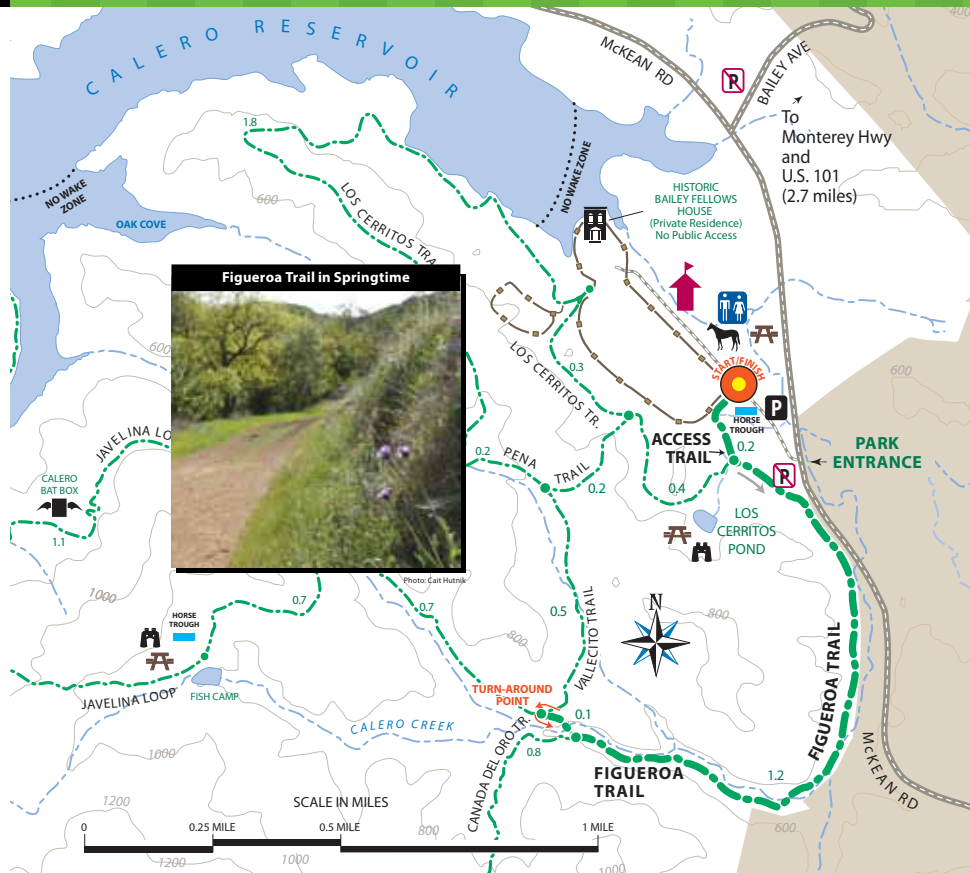
- Parking lot is a dirt lot shared by horse trailers and cars.
- Trail is out and back, 50% shade cover.
- Figueroa Trail in spring has beautiful wildflowers, and parallels seasonal creek.
- Los Cerritos Pond has observation deck and benches. Look for waterfowl, heron, raptors, turkey and golden eagles.

Trail Directions

- From parking lot, cross driveway to the trailhead gate and onto Access Trail. You will see a water trough on left as you enter.
- Access Trail is 0.2 miles to Figueroa Trail. Turn left onto Figueroa Trail.
- Proceed 1.3 miles on Figueroa Trail.
- At the intersection of Vallecito Trail, turn around and return on the same trail to the parking lot.



Aim for at least 30 to 60 minutes of moderate intensity activity on most days. You can get your exercise all at once, or spread it out during the day. The more physical activity you do, the more calories you burn and the greater the health benefit.



CALERO COUNTY PARK

- | | | |
|--|---------------------------------|---------------------------|
| Ranger Station/Visitor Center
(408) 268-3883 | No Parking | Elevation Contours (feet) |
| Open Space Authority Office
(408) 224-7476 | Picnic Area | Trail Distance (miles) |
| Boat Launch Entrance Kiosk/Information
(408) 268-5240 | Environmental Area No Wake Zone | Creek |
| Restrooms | Observation Deck | Private Property |
| Public Telephone | Two Lane Paved Road | Equestrian Staging Area |
| Parking | Two Lane Park Road | Horse Trough |
| | Hiking/Equestrian Trail | Gate |

Driving Directions to the Park

From Central San Jose:

- Take Almaden Expwy. south to Harry Rd.
- Turn right onto Harry Rd., then left onto McKean Rd.
- Pass the reservoir on your right. Park entrance is about three miles south of Harry Rd. (Caution: hairpin turn into entrance)

From Hwy. 101:

- Exit Hwy. 101 at Bailey Ave. and go west
- Take Bailey Ave. until it dead ends into McKean Rd. (3.3 miles), turning left on McKean Rd.
- Take McKean Rd. (approx. 1 mile) to park entrance on your right side. (Caution: hairpin turn into entrance)

Chitactac-Adams County Park

Interpretive Trail

Trail length: **1/4 mile (loop)**

Degree of difficulty: **EASY**

10001 Watsonville Rd., Gilroy, 95020 • (408) 842-2341 (Mt. Madonna Park Office)

No parking fee



*Trail is wheelchair-accessible to its halfway point (to stairs). Wheelchairs can go as far as Station E and back, and then go out from the opposite end (to stairs) and back.

Park Notes

- Archeological site including ancient petroglyphs, bedrock mortars and an interpretive shelter reminiscent of an Ohlone Round House.
- Site of pre-historic Native American Village and site of school from 1860s-1950s.
- Offers interpretive school and community programs.

Trail Info & Highlights

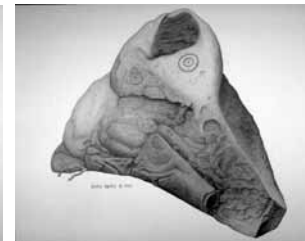
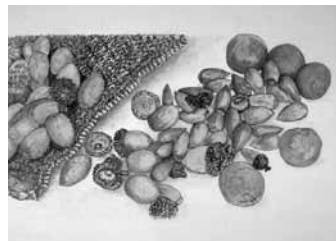
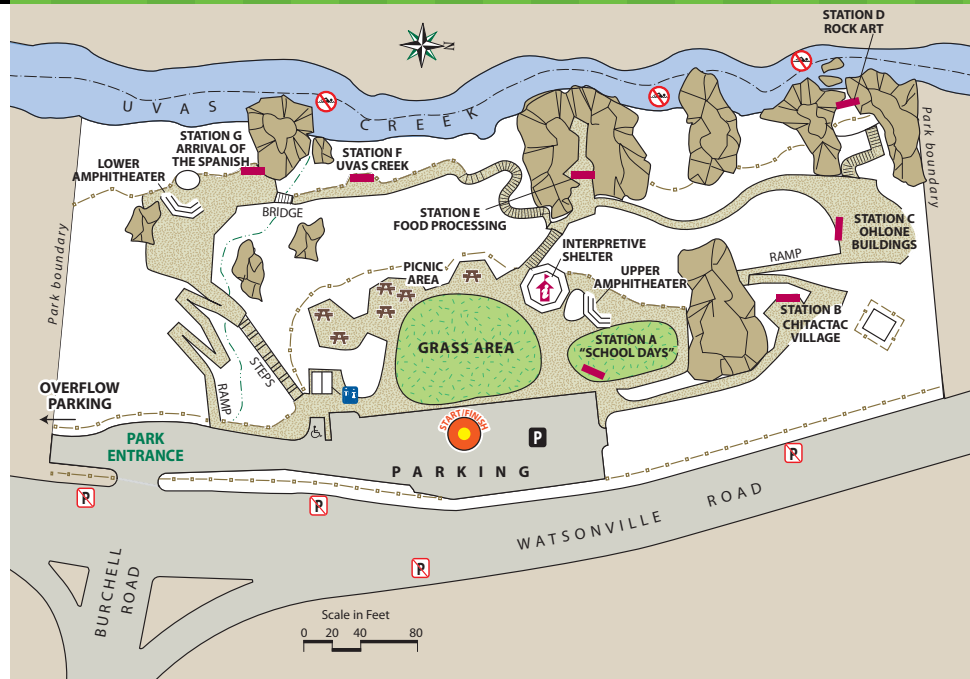
- Interpretive shelter
- Petroglyphs
- View wildlife and birds of prey
- Uvas Creek runs next to park
- Interesting rock formations with numerous bedrock mortars
- Interpretive signs on path
- Many native plants and trees
- Trail both dirt and decomposed granite

Trail Directions

- Park in paved parking lot.
- Proceed to trail.
- The interpretive trail has multiple access points.



Think about the payoffs. Exercise not only helps control weight, it is beneficial to the body and mind in a number of ways. It improves health, boosts your immune system, helps control appetite, helps you feel more energetic and relaxed, and raises your self-confidence!



CHITACTAC-ADAMS COUNTY PARK

- Visitor Center
Ranger Station located at
Mount Madonna County Park
(408) 842-2341
- Restrooms
- Picnic Area
- Parking

- No Parking
- No Swimming
- Private Property
- Interpretive Trail
- Grass Area

- Rock Outcropping
- Fence
- Interpretive Sign

Driving Directions to the Park

- Exit Hwy 101 at Tennant Ave.
- Turn left on Tennant Ave. and proceed west to Monterey Rd.
- Turn left on Monterey Rd./Monterey Hwy. and proceed 0.5 miles.
- Turn right on Watsonville Rd. and continue approximately 5.5 miles to park.
- Park entrance on the right.

Coyote Creek Parkway

Coyote Creek Trail: Malaguerra – Eucalyptus Rest Area

Trail length: **6 miles (out & back)**

Degree of difficulty: **EASY**

19245 Malaguerra Ave., Morgan Hill, 95037 • (408) 779-3634 • **No parking fee**



Park Notes

- The Coyote Creek Parkway multiple use trails offer recreational opportunities for equestrians, bicyclists, skaters, bladers and hikers and continues north past Hellyer County Park in San Jose.
- Adjacent Anderson Lake County Park is the site of Santa Clara County's largest reservoir, magnet for power boat enthusiasts, bicyclists, equestrians, picnickers, and nature lovers. (For additional boating information, please visit www.parkhere.org or call (408) 355-2200.)

Trail Info & Highlights

- Paved trail with unpaved shoulder throughout most of trail for equestrians
- Abundant wildlife, including waterfowl, migratory birds, black-tailed deer, bobcats, grey foxes, coyotes, raptors, and rare sightings of wintering bald eagles and trumpeter swans
- Great bird-watching location
- Trail travels along riparian habitat under 60% shade canopy.
- Rest areas, picnic tables and water troughs for horses

Trail Directions

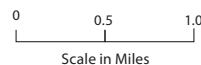
- From the Malaguerra Ave. parking lot, follow trail north to the Eucalyptus Rest Area.
- Return via same route.
- Continue your hike past the Eucalyptus Rest Area for a more strenuous workout. Trail continues 9 miles north to Hellyer County Park.

Having trouble getting started, or sticking with it? Pick one or more activities you enjoy. Regular exercise is more likely to become a healthy habit when it's fun as well as rewarding. Varying your activities can help prevent boredom.



COYOTE CREEK PARKWAY

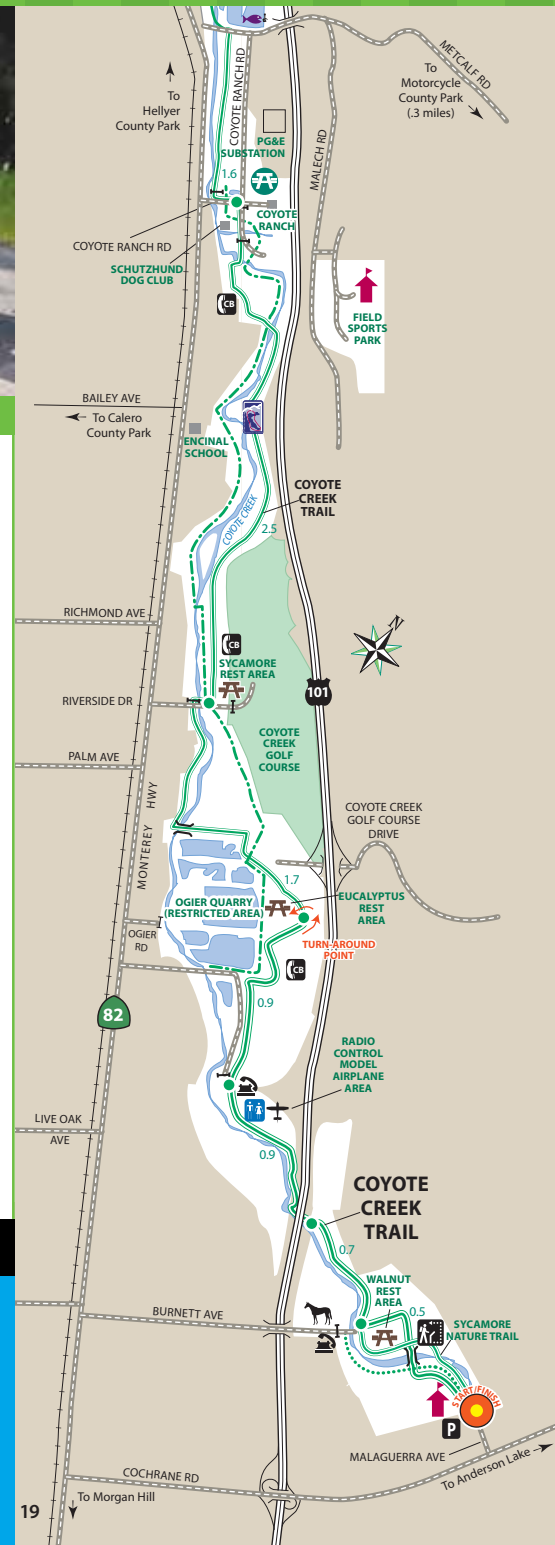
- Ranger Station/Visitor Center
Phone: (408) 779-3634
- Restrooms
- Public Telephone
- Call Box
- Parking
- Picnic Area
- Reserved Group Area
- Equestrian Staging Area
- Fishing
- Paved Road
- Paved Multiuse Trail (hike/bike/equestrian)
- Equestrian/ Hiking
- Footpath (hiking only)
- Nature Trail
- Trail Distance (miles)
- Creek
- Gate
- Private Property



Driving Directions to the Park

To the Malaguerra trailhead:

- From Hwy 101, exit at Cochrane Rd.
- Travel east on Cochrane Rd. to Malaguerra Ave.
- Turn left on Malaguerra Ave. and proceed to the dirt/gravel parking lot.



Coyote Creek Parkway

Coyote Creek Trail: Silver Creek Valley Rd.–Metcalf

Trail length: **6 miles (out & back)**

Degree of difficulty: **EASY**

Silver Creek Valley Rd. at Piercy Rd., San Jose, 95111 • (408) 225-0225

No parking fee



Park Notes

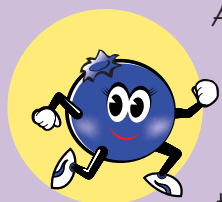
- The Coyote Creek Parkway multiple use trails offer recreational opportunities for equestrians, bicyclists, skaters, bladders and hikers and continues south to Anderson Lake County Park in Morgan Hill.
- Adjacent Hellyer County Park includes varied recreational amenities such as: group and family picnic areas, small lake for fishing, Visitor Center, dog park and an Olympic-size bicycle racing track (velodrome).

Trail Info & Highlights

- Restrooms on the trail: Silver Creek staging area, Metcalf City Park. Portable toilet at Metcalf Rd. parking lot.
- 2-lane, asphalt trail travels along riparian habitat under 60% shade canopy.
- Abundant wildlife, including waterfowl, quail, migratory birds, black-tailed deer, bobcats, grey foxes, coyotes, and raptors
- Spring and early summer wildflowers, wild blackberry, and poison oak. Majestic valley and coast live oaks, bay laurel, sycamore, willow, and buckeye trees.

Trail Directions

- Start at staging area off Silver Creek parking lot.
- Follow trail south to Metcalf Rd. parking lot.
- Return via same route.
- Extend your activity by continuing along Coyote Creek Trail in either direction for a more strenuous workout.



As you grow older, your body slows down and your metabolism — the rate at which your body burns calories — naturally decreases. Therefore, both aerobic and strengthening activities are key to losing weight and keeping it off. Amazingly enough, just taking a brisk walk will boost your metabolism and keep you burning calories for hours afterward.



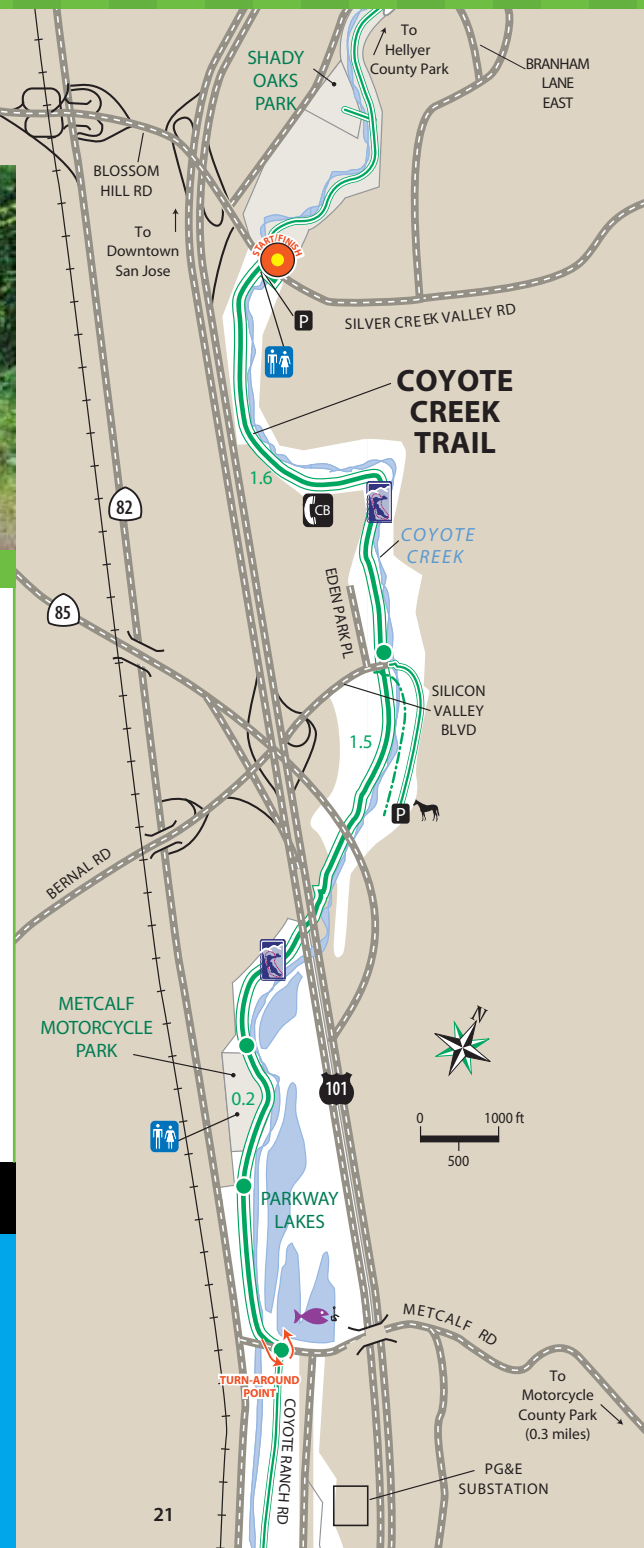
COYOTE CREEK PARKWAY

- Ranger Station at Hellyer County Park (408) 225-0225
- Restrooms
- Call Box
- Parking
- Fishing
- Two Lane Paved Road
- Two Lane Park Road
- Service Road
- Paved Multiple Use Trails (hike/bike/equestrian)
- Trail Distance (miles)
- Southern Pacific Railroad (Cal Train)
- Bay Area Ridge Trail
- Equestrian Staging Area
- Private Property
- Other Public Lands

Driving Directions to the Park

To the Silver Creek Valley Rd. trailhead:

- Driving north or south on Hwy 101, exit Silver Creek Valley Rd. (east)
- Make a U-turn at Piercy Rd. and turn into the gravel parking lot on the right.



Coyote Lake–Harvey Bear Ranch County Park

Martin Murphy Trail

Trail length: **2.0 miles (loop)**

Degree of difficulty: **EASY**

Harvey Bear Ranch Entrance, San Martin Ave., Gilroy, 95020
(408) 842-7800 • **No parking fee** (Fees apply at other entrances)



Park Notes

- Features a 635-acre lake, boat launch facilities and trails. Provides the county's only shoreline camping. For boating information, visit www.parkhere.org or call (408) 355-2200.
- Abundant hiking, biking and equestrian trails winding through oak studded canyons and on top of grassy ridge lines providing spectacular views of the South Santa Clara Valley.

Trail Info & Highlights

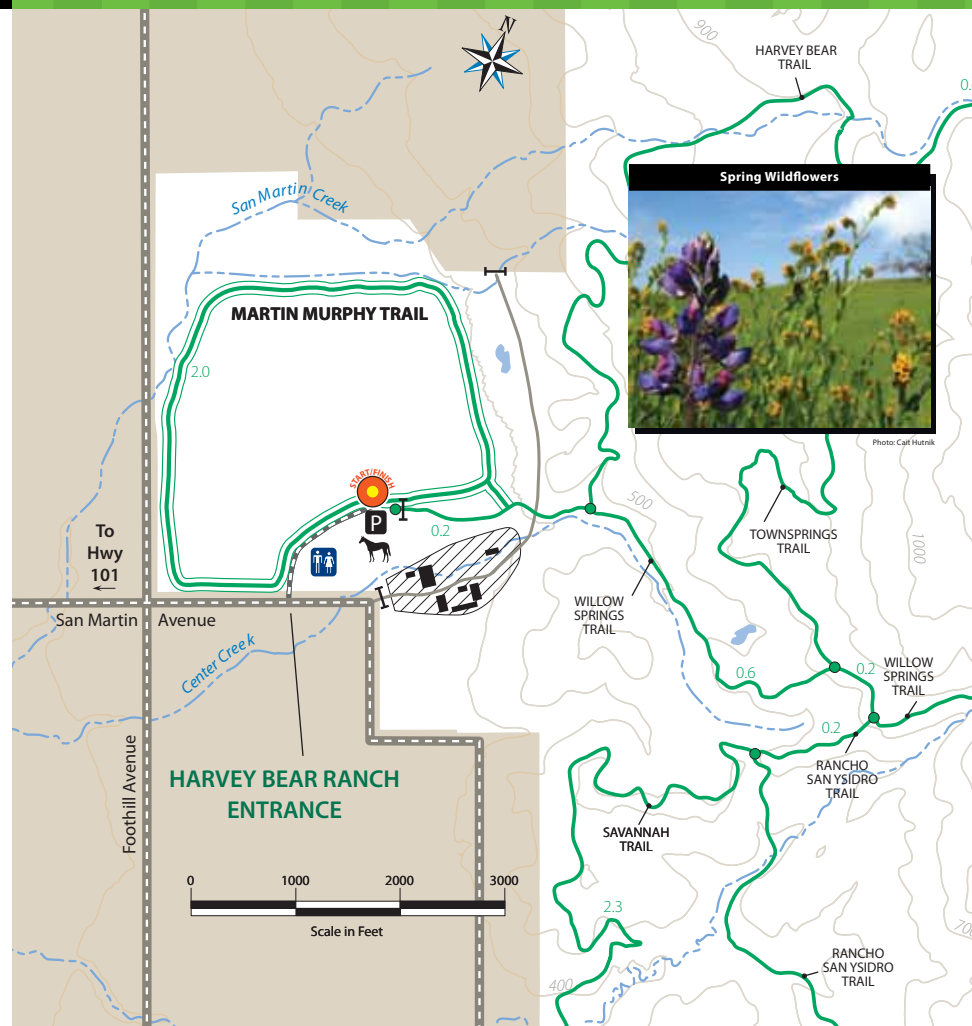
- Unshaded paved loop with gravel shoulders for horses, almost totally flat
- Wildlife viewing: Horses and cattle grazing, raptors, songbirds
- Portable toilets at parking lot, benches along the trail
- Scenic views of the hills, large open field covered with annual grasses and valley oak savannah
- Cattle are utilized for land management. Please leave cattle gates as you find them, and heed posted signs at trailhead.

Trail Directions

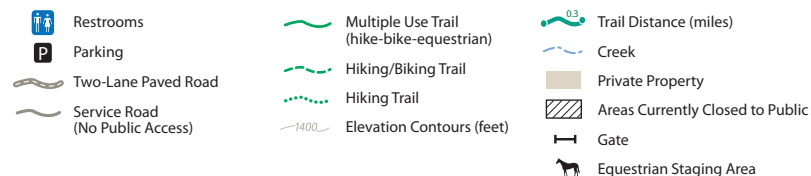
- From the Harvey Bear staging area, head for the trailhead at the mapboard.
- Follow the paved trail to the right. The trail makes a loop around the big field.



If you don't like counting calories, try counting your steps! Walking 10,000 steps a day can help you manage your weight. Use a pedometer (an easy-to-wear device that senses your body's motion) to count your steps and motivate you to increase your activity. Learn about our 10,000 Steps® Program.



COYOTE LAKE–HARVEY BEAR RANCH COUNTY PARK



Driving Directions to the Park

To the Harvey Bear Ranch entrance:

- From Hwy. 101 in Gilroy, take the San Martin Ave. exit.
- Proceed east on San Martin Ave. approximately 1.5 miles. Turn left into the park.

Joseph D. Grant County Park

Hotel/Lower Hotel Trails

Trail length: **2.6 miles (out & back)**

Degree of difficulty: **EASY**

18405 Mt. Hamilton Rd., San Jose 95140 • (408) 274-6121 • **Parking fee**



Park Notes

- The largest of Santa Clara County's regional park areas, this 9,553 acre park includes some of the County's finest open space resources, rich environmental, cultural and recreational assets.
- Offers picnicking, camping, 40 miles of trails, historic Rose Garden, and stargazing.

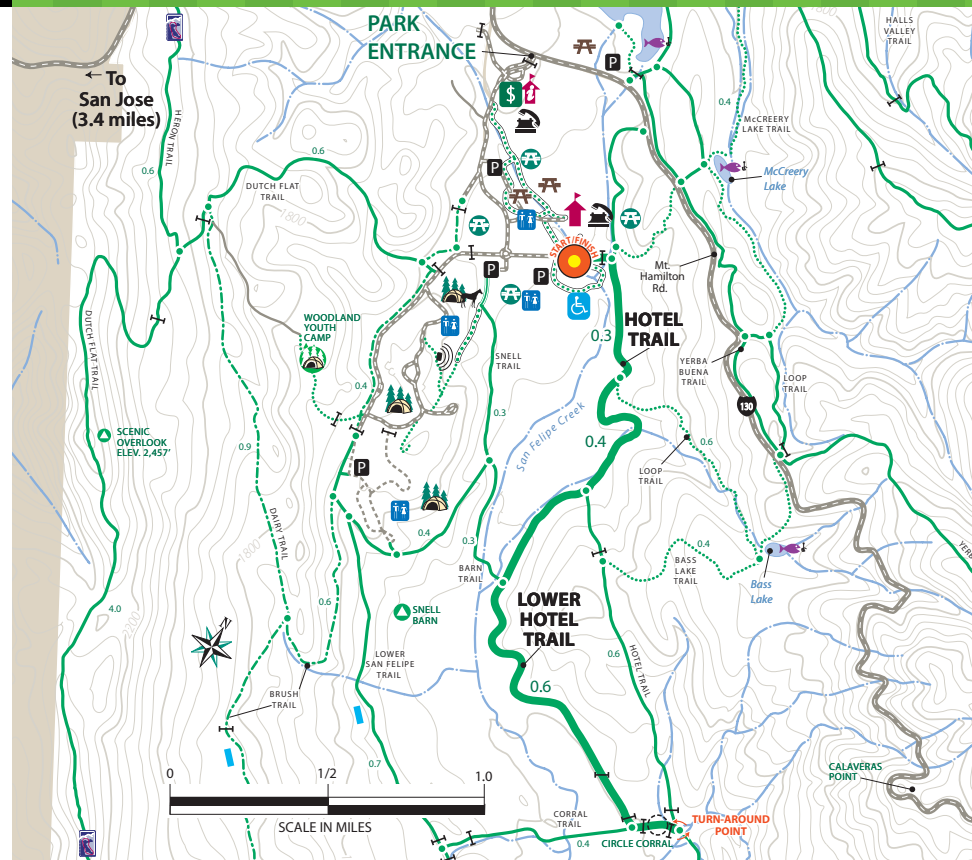
Trail Info & Highlights

- Paved parking lot
- At trailhead there are picnic tables, water fountain, restrooms, and the Park Office at the Rose Garden.
- Fire road-width trail, dirt surface, no significant shade cover.
- Trail travels near San Felipe Creek and the riparian corridor of Halls Valley.
- Across the valley you can see a permanent wetland as well as the historic Snell Barn once used by Joseph D. Grant during farming and hay operations.
- Historic corral structure at Corral Trail junction. Enjoy views and abundant wildlife.
- Some areas have cattle grazing. Be sure to leave gates as you find them, and heed posted signs at trailhead.

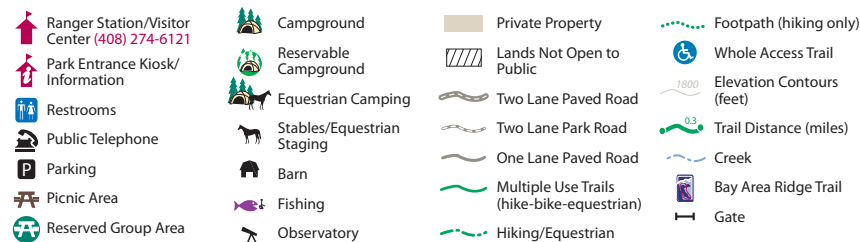


Trail Directions

- Park at the far end nearest to the Visitor Center/Ranger Office.
- Access Hotel Trail through large green gate.
- Take short access trail (approx. 0.1 mi.) to Hotel Trail. Turn right on Hotel Trail.
- Continue 0.7 mi on Hotel Trail.
- Stay to the right at the fork onto Lower Hotel Trail.
- At Corral Trail junction, turn around and head back the same way.
- To extend your activity, turn left at Corral Trail Junction and proceed 0.1 mi. to Circle Corral. Turn left onto Hotel Trail and follow it back to the short access trail back to the parking lot. This section has a slight elevation gain.

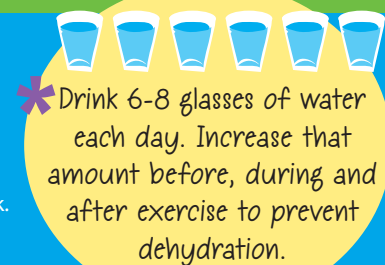


JOSEPH D. GRANT COUNTY PARK



Driving Directions to the Park

- From Hwy. 680 exit Alum Rock Ave. east toward the foothills.
- Travel 2.2 miles and turn right onto Mt. Hamilton Rd.
- Continue approximately 7.5 miles (uphill, winding road).
- Turn right into park and continue past the kiosk.
- Park towards the left side in the Stockmans parking lot at the turnaround.



Penitencia Creek County Park

Penitencia Creek Trail

Trail length: **4.4 miles (out & back)**

Degree of difficulty: **EASY**

Maybury & Jackson Ave., San Jose, 95112 • (408) 262-6980 (Ed Levin Park Office)

No parking fee



Park Notes

- This creekside park chain includes a multiuse paved trail linking city and county parks.
- Offers playgrounds, playfields and unique native plant gardens.

Trail Info & Highlights

- Street parking is available.
- Restrooms, picnic tables by the pond next to trailhead.
- Trail is paved except for short section at Girl Scouts Camp Metro.
- Trail travels along riparian habitat under 50% shade canopy.
- Trail follows Penitencia Creek the entire way.
- Fishing is allowed at creek and pond.
- There will be multiple intersections on this trail. Please follow the well-marked signs to stay on the trail.
- Watch for wildlife, including waterfowl, migratory birds, black-tailed deer, bobcats, grey foxes and raptors.
- Winter flooding can occur on trail under Highway 680 during heavy storms.

Trail Directions

- Start the trail at the northwest corner of Jackson Ave. and Mabury Ave.
- Follow the trail northwest with the pond on your left.
- Cross Jackson Ave. and continue north on the trail.
- Cross street at Capitol Expwy. Please use the Penitencia Creek's intersection to continue on the trail.
- Continue to the right passing the Wildlife Center of Silicon Valley and passing through Penitencia City Park.
- At trail's end, turn around and return by the same route.
- Extend your activity by continuing to Alum Rock Park.



Photo: Ron Horst

PENITENCIA CREEK COUNTY PARK

Ranger Station/Visitor Center
Ed R. Levin County Park
(408) 262-6980

- Restrooms
- Call Box
- Parking
- Gate
- Picnic Area
- Playground
- Point of Interest
- Fire Station
- Freeway
- Major Public Road
- Creek
- Pond
- Other Public Lands
- Private Property

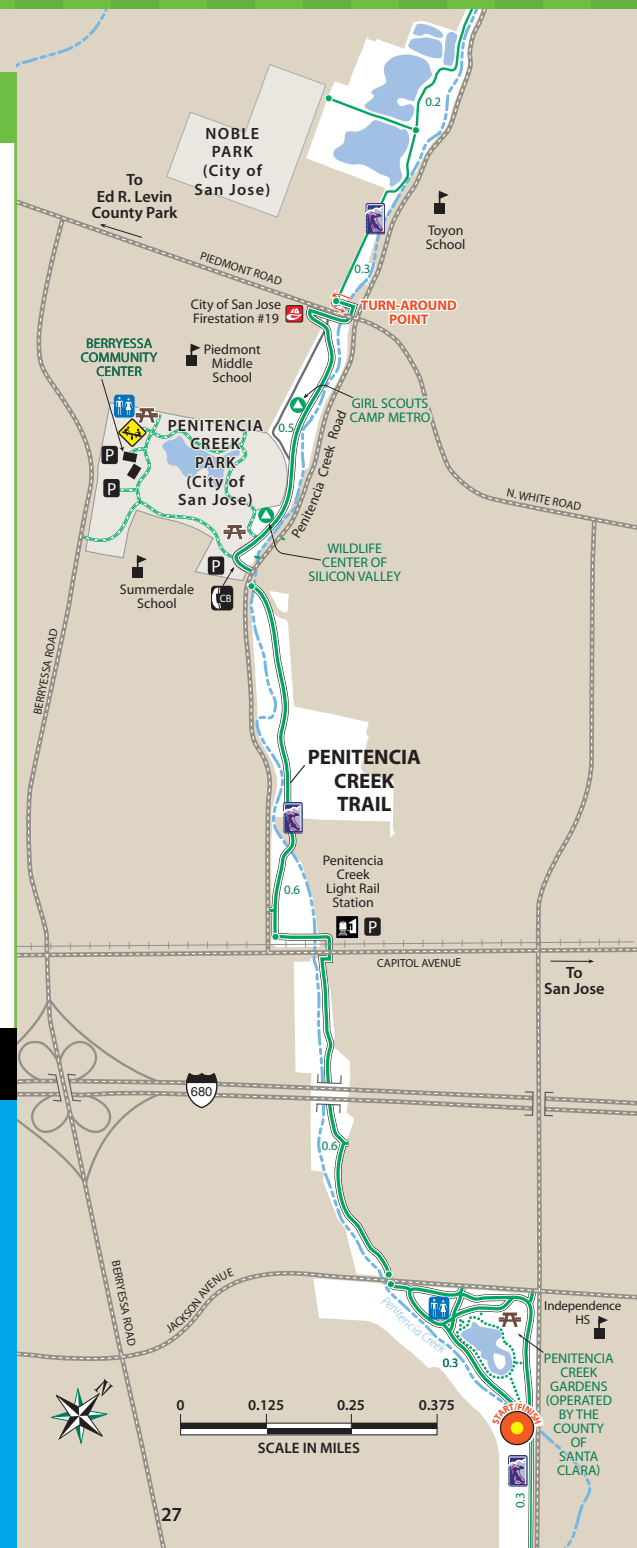
TRAIL USE

- Multiple Use Trail (hike/bike/equestrian)
- Paved Hiking/Bicycling
- Paved Hiking/Bicycling Equestrian
- Hiking
- Trail Distance (miles)
- Bay Area Ridge Trail

Driving Directions to the Park

To the Penitencia Creek Gardens and trailhead:

- From Hwy. 680, take the Berryessa Rd. exit and proceed east 0.2 miles to Capitol Ave.
- Turn right on Capitol Ave and proceed 0.8 miles to Mabury Rd.
- Turn right on to Mabury Rd. and travel west 0.5 miles to Jackson Ave.
- Park on the corner of Jackson and Mabury.



Uvas Canyon County Park

Waterfall Loop Trail

Trail length: **1.1 mile (loop)**

Degree of difficulty: **EASY**

8515 Croy Rd., Morgan Hill, 95037 • (408) 779-9232 • **Parking fee**



Park Notes

- Enjoy the cascading waterfalls and streamside trails in this lushly wooded secluded park nestled in upper Uvas Canyon.
- Offers hiking, camping and picnicking opportunities throughout most of the year.

Trail Info & Highlights

- Dirt path trail has 95% shade cover.
- Bring a camera for wonderful opportunities to take waterfall pictures during winter and spring
- Rock formations, views of Swanson Creek
- Former homestead site at Myrtle Flats
- Remnant, historic water systems in creek channel.
- Winter flooding can occur on single-track portions of the trail. Waterfalls are still accessible via fire road.

Trail Directions

- From the parking lot, take the road to the Waterfall Loop trailhead.
- Proceed west to intersection of Knobcone and Waterfall Trails, and loop back to group area.

"Fat-free" doesn't mean home-free.

Foods labeled fat-free may have more calories and harmful additives than the high-fat foods they are meant to replace. Check the ingredients on food labels to identify the amount and type of fat, calories, and nutrients per serving.



Ladybugs on a bridge rail

Photo: Ron Horii



UVAS CANYON COUNTY PARK

- | | | |
|---|---------------------|---------------------------|
| Ranger Station/Visitor Center
(408) 779-9232 | Reserved Group Area | Nature Trail |
| Restrooms | Campground | Elevation Contours (feet) |
| Public Telephone | Point of Interest | Trail Distance (miles) |
| Call Box (Emergency Only) | Amphitheater | Creek |
| Parking | Two-Lane Paved Road | Private Property |
| Picnic Area | Paved Park Road | Gate |
| | Hiking Trail | |

Driving Directions to the Park

- Exit Hwy 101 at Bailey Rd.
- Turn left on McKean Rd.
- McKean Rd. becomes Uvas Rd.
- From Uvas Rd. turn right onto Croy Rd.
- Drive 4.4 miles to Park entrance.



Los Gatos Creek Trail: Miles Ave. – Vasona Dam

Trail length: **3.8 miles (out & back)**

Degree of difficulty: **EASY**

Miles Ave. off University Ave., Los Gatos, 95032 • (408) 356-2729

No parking fee (Fees apply at Vasona County Park)



Park Notes

- Santa Clara County Park system's most popular park.
- Features family attractions such as: playground, boat and bike rentals at the lake, picnic pavilions, miniature railroad, Youth Science Institute with science and nature exhibits and classes.
- Provides outdoor concerts and movies. Entrance fees apply.

Trail Info & Highlights

- Flat, paved trail, wheelchair accessible, with 25% – 75% shade.
- Portable toilets available at trailhead.
- Restrooms, picnic tables, and drinking fountains available at Vasona Park.
- Benches are provided along the trail at regular intervals.
- Trail runs directly along Los Gatos Creek for the first part and along Vasona Lake for the second half.
- Abundant waterfowl along the creek and lake.

Trail Directions

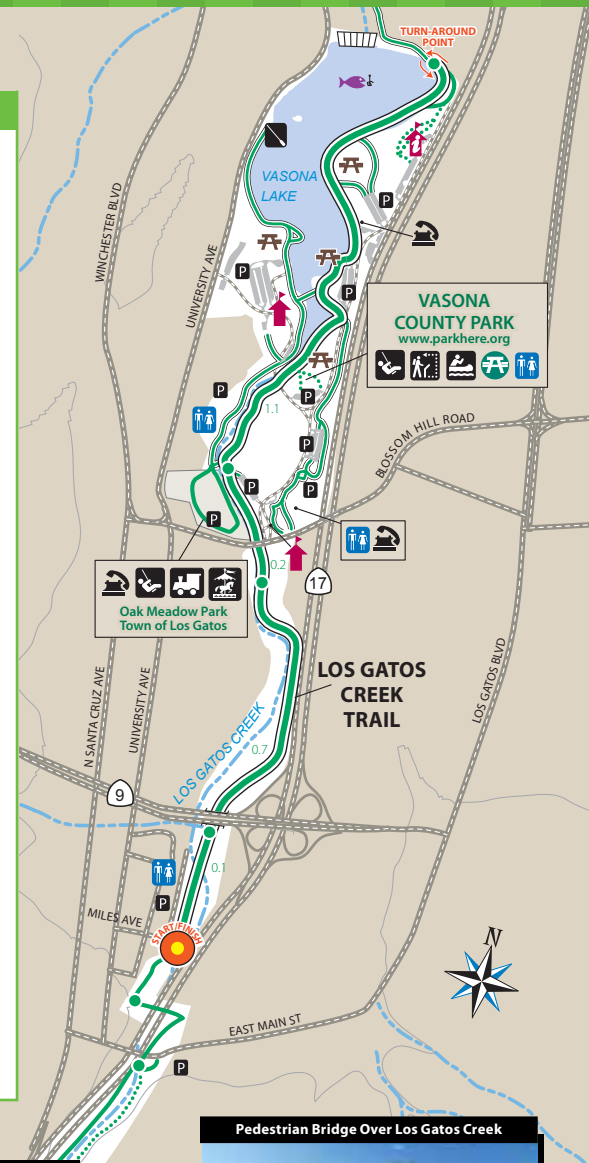
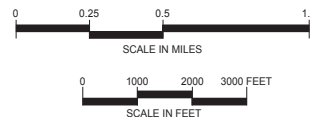
- Access the trail between the parking lot and the bridge on Miles Ave.
- Turn right onto the trail and follow the trail for 0.7 miles to the border of Vasona County Park (at underpass at Blossom Hill Rd.).
- Continue into Vasona Park, along the right side of Vasona Lake, until reaching Vasona Dam.
- Turn around at the dam and return by the same route.

Choose to extend your activity by continuing on the trail in either direction:

- Past the Vasona Dam, the Los Gatos Creek Trail continues north, running through Campbell and San Jose, and ending at Meridian Ave. in San Jose.
- South of Miles Ave. or turning left at the trailhead, the trail continues along the creek to Lexington Dam. From there, trails lead to St. Joseph Hill Open Space Preserve and Lexington County Park.

VASONA COUNTY PARK

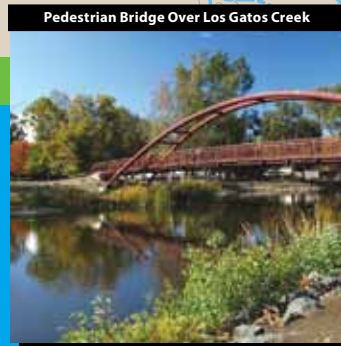
- Ranger Station
Phone: (408) 356-2729
- Restrooms
- Public Telephone
- Call Box
- Parking/Trail Access
- Information Board
- Picnic Area
- Reserved Group Area
- Boat Rentals
- Non-Motorized Boats
- Children's Playground
- Train Station
- Carousel
- Nature Trail
- Paved Road
- Paved Multiple Use Trail
(hiking/biking/skating)
- Multiple Use Trail
(hiking/biking/skating)
- Trail Distance (miles)
- Creek
- Private Property
- Other Public Lands
- Gate



Driving Directions to the Park

To trailhead at Miles Ave.:

- From Hwy. 17 take the Hwy. 9 Los Gatos Saratoga exit
- Turn left at the first light, University Ave.
- Follow the well-marked Los Gatos Creek Trail signs to the trailhead by staying on University Ave. and then turning left on Miles Ave.
- Park in the paved parking lot on Miles Ave. by the baseball field.



Almaden Quicksilver County Park

Wood Road/Castillero/Mine Hill

Trail length: **4.5 miles (partial loop)**

Degree of difficulty: **MODERATE**

Hicks/Wood Rd., San Jose • (408) 268-3883 (Calero Park Office) • **No parking fee**



(Mountain bike)

(School age)

Park Notes

- Site of over 135 years of mining activities and former home to more than 1,800 miners and their families in the 19th century.
- Remnants of the mining era still remain throughout the park.
- New Almaden Quicksilver Mining Museum nearby (21350 Almaden Rd. (408) 323-1107).



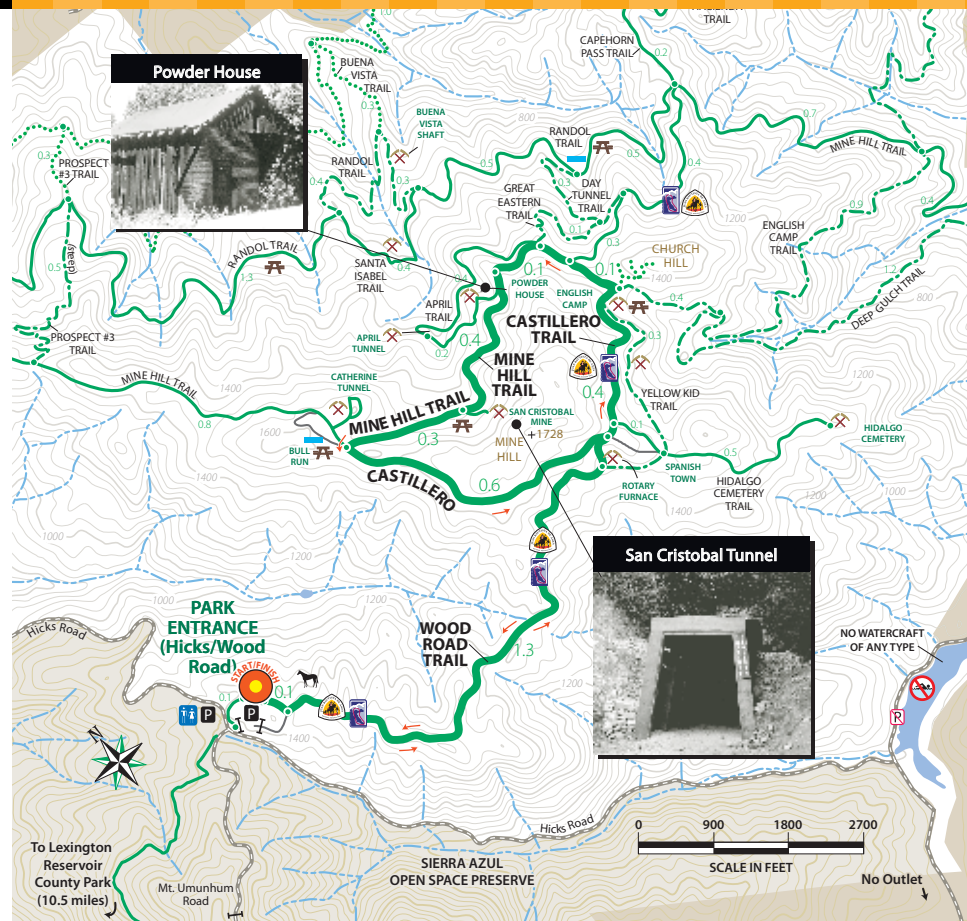
Photo: Ron Horii

Trail Info & Highlights

- Parking lot is a dirt lot shared by horse trailers and cars. Portable toilets at Sierra Azul Preserve parking lot across Hicks Rd.
- Trail is wide dirt road with some moderate and steep ascents and descents; 50% shade.
- Picnic tables at various points along trail. Water trough at second junction of Mine Hill and Castillero.
- Mixed oak woodland, California bay woodland and annual grasslands
- Historic sites on or near trail: Rotary Furnace and English Camp
- Short side trails can be taken to additional historic sites: Spanishtown, Church Hill, April Tunnel Powder House, San Cristobal Mine, and Catherine Tunnel
- First portion of trail is a section of the Bay Area Ridge Trail and the Juan Bautista de Anza Trail (National Historic Trail)

Trail Directions (Follow red arrows on map)

- From the parking lot at Hicks/Wood Rd., follow the short access trail towards Wood Road Trail.
- Turn left at Wood Road Trail and proceed 1.3 miles to the Castillero Trail.
- At the junction, remain straight on the Castillero Trail for 0.4 miles, eventually passing English Camp on your right.
- Turn left on the Mine Hill Trail and proceed for 0.9 miles.
- Turn left on the Castillero Trail and proceed for 0.9 miles.
- Turn right on the Wood Road Trail and proceed to the access road and parking lot.



ALMADEN QUICKSILVER COUNTY PARK

Ranger Station at Calero County Park Phone: (408) 268-3883	Picnic Area	Two Lane Paved Road	Elevation Contours (feet)
Visitor Center/Museum	Historic Site	Two Lane Park Road	Trail Distance (miles)
Restrooms	Equestrian Staging	Service Road	Creek
Parking	Water Trough	Multiple Use Trails (hike/bike/equestrian/horsecart)	Bay Area Ridge Trail
No Parking	Gate	Hiking/Equestrian	Juan Bautista de Anza (National Historic Trail)
No Swimming	Private Property	Footpath (hiking only)	
	Other Public Lands		
	Lands Not Open to Public		

Driving Directions to the Park

To the Hicks/ Wood Road entrance:

- From Hwy. 85 take the Camden Ave. exit south.
- Turn right on Hicks Rd. and follow for 6 miles.
- At the intersection of Wood Rd. and Hicks Rd., turn left into the staging area.



Photo: Ron Horii

Coyote Lake-Harvey Bear Ranch County Park

Coyote Ridge/Harvey Bear/Calaveras Trails

Trail length: **10.0 miles (partial loop)**

Degree of difficulty: **MODERATE**

Mendoza Ranch Entrance, Roop Rd., Gilroy, 95020 • (408) 842-7800

No parking fee (Fees apply at Coyote Lake entrance)



* Backcountry-style wheelchair or stroller only

Park Notes

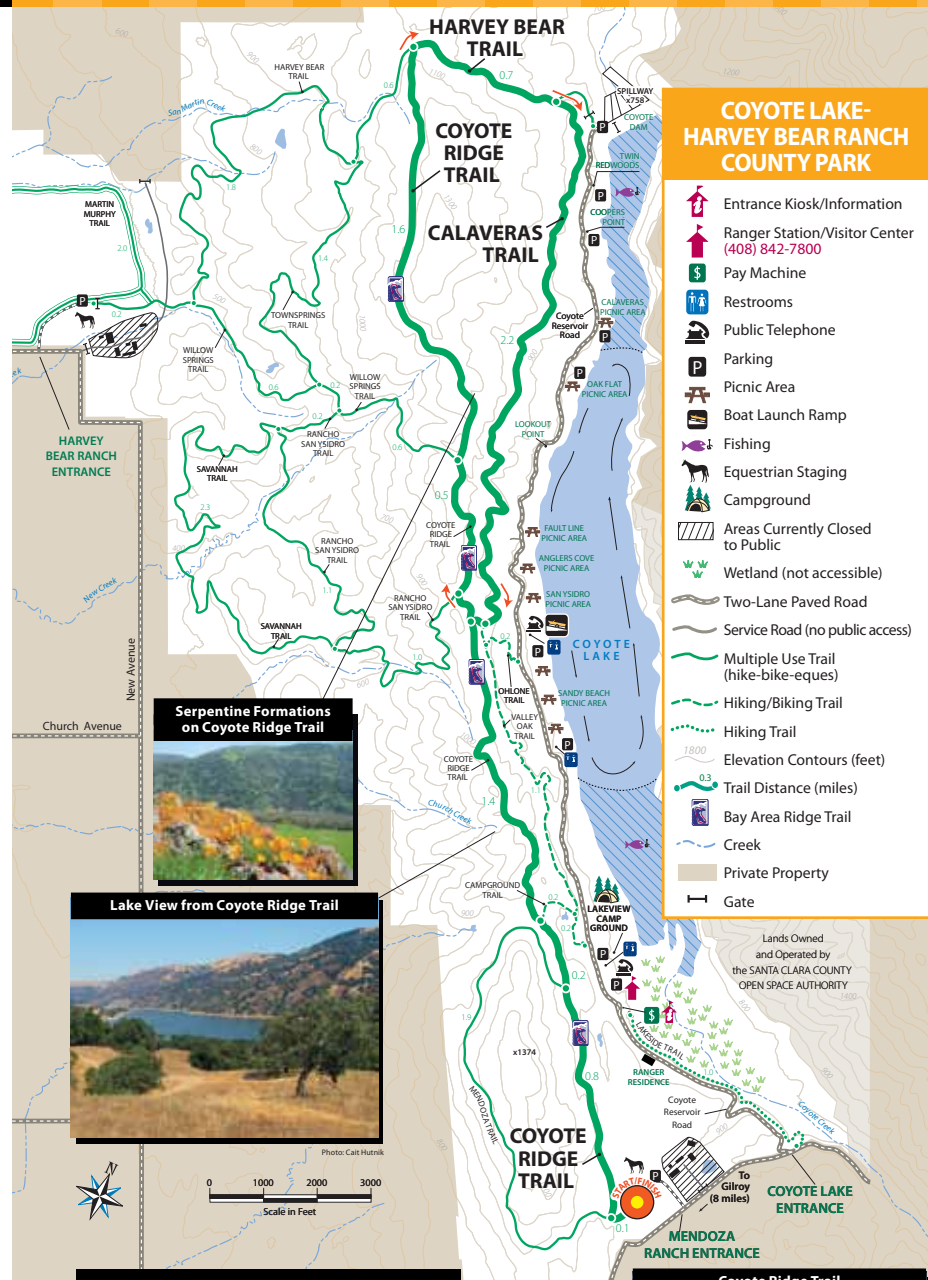
- Features a 635-acre lake, boat launch facilities and trails. Provides the county's only shoreline camping. For boating information, visit www.parkhere.org or call (408) 355-2200.
- Abundant hiking, biking and equestrian trails winding through oak studded canyons and on top of grassy ridge lines providing spectacular views of the South Santa Clara Valley.

Trail Info & Highlights

- Parking lot is gravel with portable restroom, drinking water and horse troughs.
- Dirt trail with 30% shade cover
- Trail travels near the ridge line with spectacular views of the valley to the west with views of Mt. Madonna, El Toro and Fremont Peak. Coyote Lake and Palasou Ridge are visible to the east.
- The trail passes through diverse habitats, from shaded Coast Live Oak and Blue Oak woodlands to open grasslands and valley oak savannah.
- There is abundant wildlife in the area, from black-tailed deer, western blue birds, golden eagles and coyotes to rare sightings of wintering bald eagles.
- There are spectacular wildflower displays in the spring, with a serpentine outcropping and blanket of native wildflowers near the midway point.
- Cattle are utilized for land management. Please leave cattle gates as you find them, and heed posted signs at trailhead.

Trail Directions (Follow red arrows on map)

- Take the connector trail from the staging area (0.1 mi.) and turn right on the Coyote Ridge Trail.
- Turn right onto Harvey Bear Trail.
- At the fork, stay to the right to continue on Calaveras Trail.
- At the end of the Calaveras Trail, turn left to get back onto Coyote Ridge Trail. Follow trail back to parking lot.



Spring Valley/Los Coches Ridge

Trail length: **2.3 miles (partial loop)**

Degree of difficulty: **MODERATE**

3100 Calaveras Rd., Milpitas, 95035 • (408) 262-6980 • **Parking fee**



Park Notes

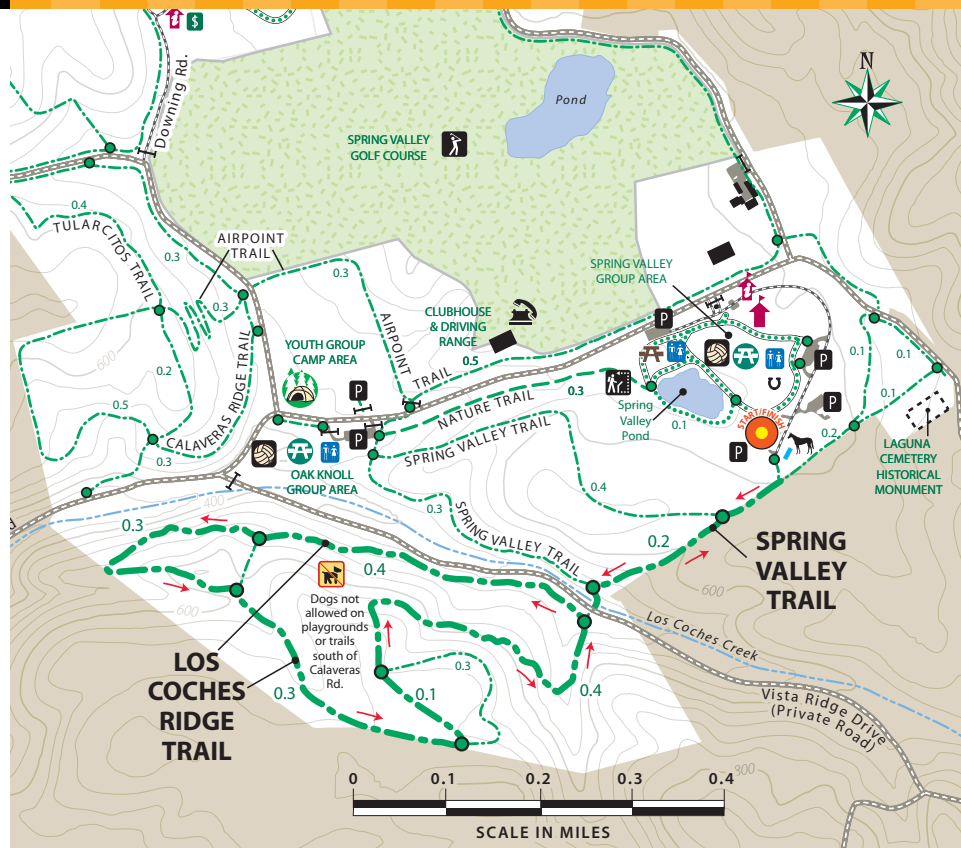
- Combines expansive lawn areas for picnicking and play with fishing sites and a complex trail system.
- Unique elements: 18-hole golf course, an expansive off-leash dog park for large and small dogs, a children's playground, hang gliding, and equestrian trail rides
- Cattle are utilized for land management in other areas of park. Please heed posted signs.

Trail Info & Highlights

- Restrooms, picnic tables, and horse trough at trailhead. Water fountains nearby.
- Some portions of this narrow trail are flat; others are steep up and down.
- Travel through annual grasslands, riparian corridors, mixed oak and California Bay woodlands.
- Vistas of bay and surrounding mountains
- Abundant wildlife: turkeys, black-tailed deer, quail, and raptors.
- Equestrian corral
- Picnic table and hitching post available halfway through the loop.

Trail Directions

- Start at the Spring Valley trailhead next to the corals and go right towards Los Coches Ridge Trail.
- Take the left fork at the first junction, approx. 0.1 mi. from the trailhead.
- Take another left at the second junction, staying on the Connector Trail for 0.1 mile.
- Cross Vista Ridge Dr.
- Proceed either left or right on the Los Coches Ridge Trail and complete loop back to the Connector Trail.
- Choose to use the Cut-off Trail to shorten your activity if desired.
- Proceed on the Connector Trail, and then the Spring Valley Trail back to the Spring Valley parking lot.



ED LEVIN COUNTY PARK

	Ranger Station/Visitor Center (408) 262-6980		Equestrian Staging Area		Two Lane Paved Road
	Entrance Kiosk		Water Trough		Two Lane Park Road
	Pay Station		Creek		Service Road
	Restrooms		Elevation Contours (feet)		Multiple Use Trail (hike/bike/equestrian)
	Public Telephone		Horseshoe Pits		Hiking / Equestrian
	Parking		Volleyball		Hiking
	Picnic Area		Gate		Paved Hiking
	Reserved Group Area		Private Property		Nature Trail
	Youth Group Camp Area		East Bay Regional Parks		Trail Distance (miles)

Driving Directions to the Park

To the Spring Valley Pond area:

- From either Hwy. 680 or Hwy. 880, take the Calaveras Rd. exit in Milpitas.
- Drive east along Calaveras Rd. towards the foothills.
- Continue along Calaveras Rd., past Downing Rd. Turn right into the park (across from the golf course).

- Turn left just past the kiosk (Visitor Center/Ranger Station will be on your right).
- Proceed to the last parking lot near the equestrian corrals.
- Paved parking and a separate dirt parking area for horse trailers are available.

Tularcitos/Calera Creek/ Agua Caliente Trails

Trail length: **3.4 miles (out and back)**

Degree of difficulty: **MODERATE**

3100 Calaveras Rd., Milpitas, 95035 • (408) 262-6980 • **Parking fee**



Photo: Carl Hutnick

Park Notes

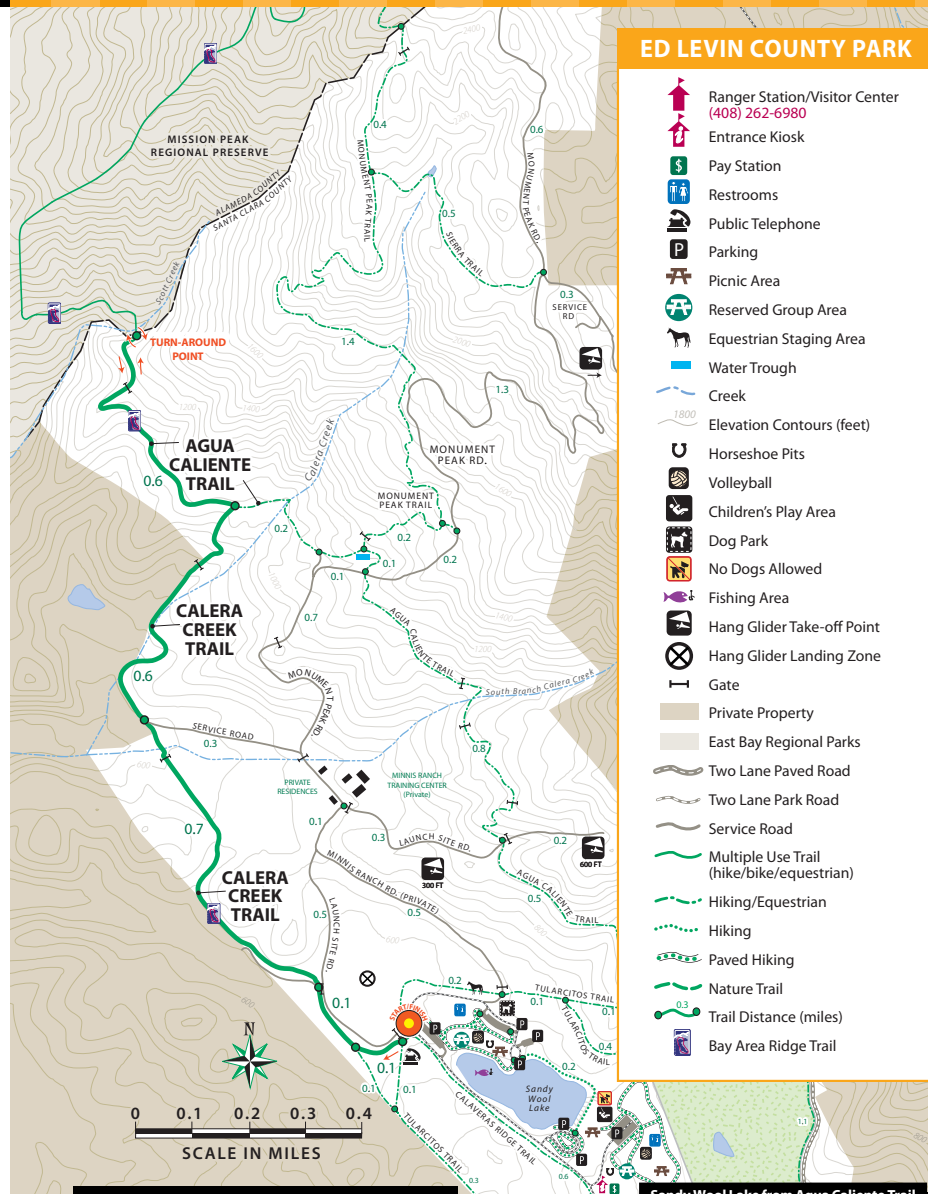
- Combines expansive lawn areas for picnicking and play with fishing sites and a complex trail system
- Unique elements: 18-hole golf course, an expansive off-leash dog park for large and small dogs, a children's playground, hang gliding, and equestrian trail rides (www.bayareaequestrians.net)

Trail Info & Highlights

- Restrooms, picnic pavilions and tables, water fountain, pay phone at trailhead.
- An old ranch road and packed-earth trails make up this portion of the Bay Area Ridge Trail Route.
- Mostly level trail through broad grasslands followed by a steep section through a narrow canyon. 10% shade cover.
- Scenic views of surrounding Monument Peak mountain chain, valley below, Bay Area beyond.
- Look for turkeys, raptors, quail, turkey vultures, and burrowing owls (keep pets close, as pets can harm this species).
- Some areas have cattle grazing. Be sure to leave gates as you find them, and heed posted signs at trailhead.

Trail Directions

- Access the Tularcitos Trail at the payphone and proceed 0.2 miles to the Calera Creek Trail. Proceed right on the Calera Creek Trail and continue for 1.5 miles to the Agua Caliente Trail. Turn left on the Agua Caliente Trail and continue for 0.5 miles.
- Turn around and return, or continue through Mission Peak Regional Preserve to extend your activity.



Driving Directions to the Park

To the Sandy Wool Lake area:

- From either Hwy. 680 or Hwy. 880, take the Calaveras Rd. exit in Milpitas.
- Drive east along Calaveras Rd. towards the foothills.
- Turn left on Downing Rd.
- Follow Downing Rd. into the park, keeping right at the intersection to reach park entrance.
- Pass Sandy Wool Lake and park in the first paved parking lot on the right.

Sandy Wool Lake from Agua Caliente Trail



Photo: John J. Jones



Maintain a balance. Combine a variety of lean proteins (chicken, fish, and lowfat and nonfat dairy products) with complex carbohydrates (vegetables, fruits, whole grains, and legumes) and plant fat (canola oil, olive oil, nuts, and seeds).

Mt. Madonna County Park

Ridge/Tie Camp/Merry-Go-Round

Trail length: **3.6 miles (loop)**

Degree of difficulty: **MODERATE** (800' elevation gain)

Sprig Day Use entrance off Hwy 152 at Blackhawk Canyon Rd, Gilroy, 95020
(408) 842-2341 • **No parking fee** (Fees apply at Pole Line Rd. entrance)



Park Notes

- One of the County's most majestic parks is dominated by the redwood forest characteristic of the Santa Cruz mountain range.
- Popular attractions are camping, extensive hiking and equestrian trails, and Miller House ruins.
- Park is higher in elevation so usually cooler than valley areas; fog can be spectacular coming over ridges. Dress in layers as temperatures vary.

Trail Info & Highlights

- Travel through diverse habitat from mixed oak to coast hardwood, redwood, serpentine, chamise and mixed chaparral. Views of Gilroy and south county.
- Trail is a loop with about 40% shade cover.
- Ridge Trail is crushed rock surface.
- Tie Camp Trail is partly single-track and features redwood trees and spectacular views, has some short steep ups and downs on loose soil.
- Rest spot on Merry-Go-Round Trail with water trough; picnic table, hitching post
- Spring wildflower displays in serpentine habitat are spectacular.

Trail Directions (Follow red arrows on map)

- Take the access trail from the equestrian turnaround to the Ridge Trail.
- Proceed on Ridge Trail for 0.6 miles.
- Turn right on Tie Camp Trail and proceed for 1.1 miles.
- Turn right on Merry-Go-Round Trail and proceed for 1.7 miles back to the Sprig Day Use Area.

Rethink that drink! Most sports drinks, juices, and "health" or "vitamin" waters contain lots of added sugar, and that means lots of extra calories. Try water instead.



MT. MADONNA COUNTY PARK

Ranger Station/Visitor Center (408) 842-2341	Picnic Area	Private Property	Nature/History Trail
Entrance Kiosk (408) 842-6761	Reserved Group Area	Lands Not Open to Public	Elevation Contours (feet)
Restrooms	Campground	Two Lane Paved Road	Trail Distance (miles)
Public Telephone	Reservable Campground	Two Lane Park Road	Bay Area Ridge Trail
Call Box	RV Campground	Service Road	Creek
Parking	Equestrian Staging	Hiking/Equestrian	Gate
		Footpath (hiking only)	Archery Range

Driving Directions to the Park

To Sprig Day Use Area:

- From Hwy 101 (to Gilroy) exit at Hwy 152 (Hecker Pass) and travel west about 8 miles.
- Pass Blackhawk Canyon Rd., and turn right into Sprig Day Use Area (dirt parking).

Santa Teresa County Park

Fortini/Mine/Stile Ranch Trails

Trail length: **2.5 mile loop**

Degree of difficulty: **MODERATE** (300' elevation gain)

Fortini Rd. at San Vicente Ave., San Jose, 95119

(408) 225-0225 (Hellyer Park Office) • **No parking fee** (Fees apply at main entrance)



Park Notes

- Spectacular views of the Almaden and Santa Clara Valleys
- 18-hole golf course, picnic areas, archery range and miles of trails for hikers, mountain bikers and equestrians
- Rich in history; interpretive tours available at the Bernal-Gulnac-Joice Ranch

Trail Info & Highlights

- Valley Vista views of Santa Teresa hills, Calero Lake and Almaden Valley
- Tree-lined trail along Santa Teresa Creek and historical stone wall fences
- Spectacular wildflower displays in spring
- Pass by checkerspot butterfly habitat and serpentine rock formations.
- Abundant black-tailed deer can be seen on the trail.

Trail Directions *(Follow red arrows on map)*

- Start at Fortini trailhead.
- Turn right at trailhead bulletin board.
- Follow the trail paralleling the private road.
- Walk 0.8 miles to trail intersection at Mine Trail.
- Turn left and walk 0.2 miles to next trail marker.
- Turn left at trail marker and proceed 1.4 miles on Stiles Ranch Trail, back to the parking lot.



Exercise what you eat. If your goal is to prevent weight gain, the balance between what you eat and the calories your body burns needs to be about equal. Anything left over gets converted to fat.



SANTA TERESA COUNTY PARK

Ranger Station located at Hellyer County Park Phone: (408) 225-0225	Volleyball	Multiple Use Trails (hiking/biking/equestrian)	Private Property
Restrooms	Equestrian Staging	Footpath (hiking only)	IBM Easement
Public Telephone	Water Trough	Elevation Contours (feet)	Areas Currently Closed to Public
Parking	Archery Range	Trail Distance (miles)	Bay Area Ridge Trail
No Parking	Horseshoe Pits	Creek	Juan Bautista De Anza (National Historic Trail)
Picnic Area	Gate	Coyote Los Alamitos Canal (Santa Clara Valley Water District)	
Reserved Group Area	Two Lane Paved Road		
	Two Lane Park Road		

Driving Directions to the Park

To Stile entrance from intersection of Almaden Expwy. and Hwy. 85:

- Take Almaden Expwy. south to the end, at Harry Rd.
- Turn right on Harry Rd.
- Turn left on McKean Rd.
- Turn left on Fortini Rd. and proceed to the end.
- Turn left at San Vicente Ave; park in the dirt parking lot on your right.

Stevens Creek County Park

Tony Look Trail

Trail length: **5.8 miles (out & back)**

Degree of difficulty: **MODERATE** (400' elevation change each way)

11401 Stevens Canyon Rd., Cupertino, 95014 • (408) 867-3654

Parking fee



Park Notes

- First county park in the Santa Clara County Park system, acquired in 1927.
- Includes a reservoir popular for fishing, picnic sites and other trails for equestrians, mountain bikers and hikers.
- Enjoy exploring the remnants of the historic Villa Maria Orchard.

Trail Info & Highlights

- No restrooms on the trail; nearest restroom is at Baytree Picnic Area
- Benches along the trail
- Be on the lookout for poison oak.
- Trail is combination of dirt roads and 3' wide dirt trails. 60% shade cover.
- Trail travels through mixed oak woodlands.
- Trail was named for Tony Look, dedicated conservationist and founding director of Sempervirens Fund, a non-profit land conservancy.
- Scenic views overlook Stevens Creek Reservoir and lush valley.
- Abundant wildlife includes seasonal waterbirds, passerines, raptors, rabbits, black-tailed deer, and bobcats.
- Great bird-watching location
- Extend your activity by continuing on Lookout Trail and accessing Fremont Older Open Space Preserve Trails.

Trail Directions

- From the Chestnut parking lot, proceed on the Stevens Creek Trail.
- At the bridge, travel along the park road and turn left on Stevens Creek/Tony Look Trail.
- Proceed on the Stevens Creek/Tony Look Trail for 2.5 miles to the Lookout Trail junction. Trail ends at a dirt road.
- Turn back on the Stevens Creek Trail and return to the Chestnut parking lot.



Bridge on Tony Look Trail



Almaden Quicksilver County Park

Wood Road/Castillero/Mine Hill/ Randol/Santa Isabel Trails

Trail length: **10.8 mile (loop)**

Degree of difficulty: **STRENUOUS** (700' elevation gain)

Hicks / Wood Rd., San Jose • (408) 268-3883 (Calero Park Office)

No parking fee



(Mountain bike)



Photo: Ron Hord

Park Notes

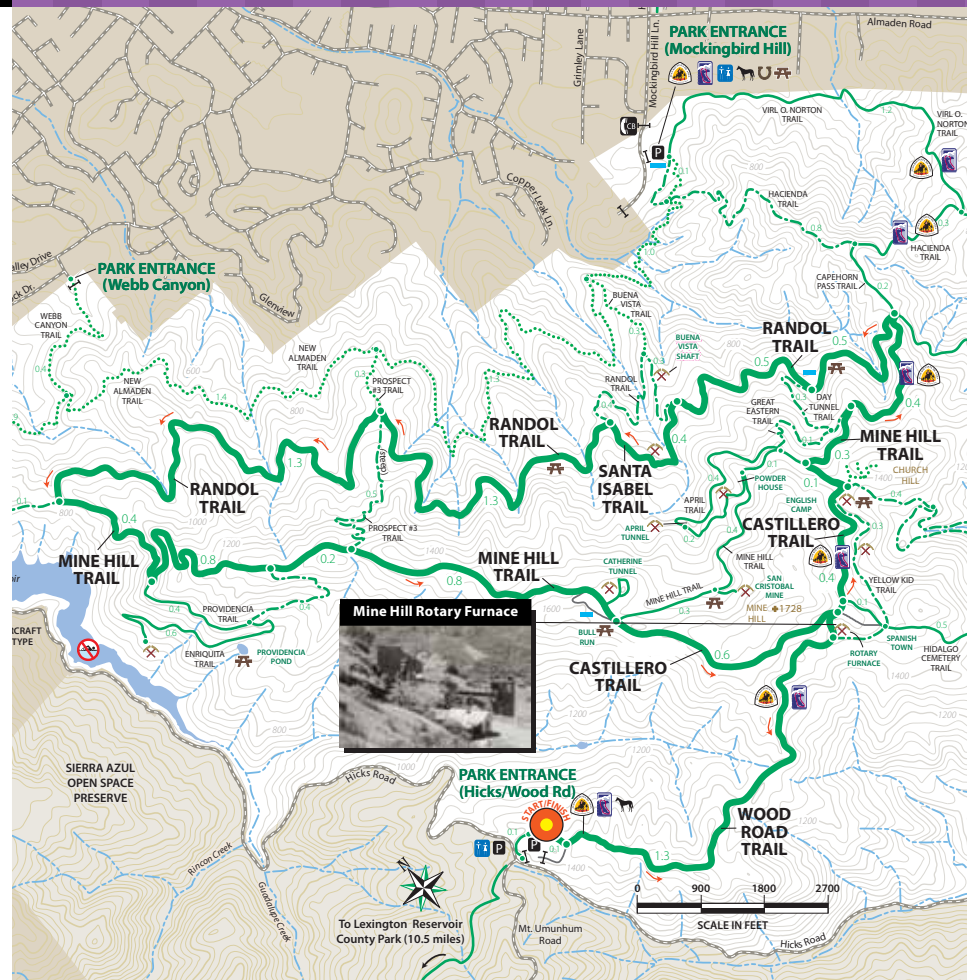
- Site of over 135 years of mining activities and former home to more than 1,800 miners and their families in the 19th century. Remnants of the mining era still remain throughout the park.
- New Almaden Quicksilver Mining Museum nearby (21350 Almaden Rd. (408) 323-1107).

Trail Info & Highlights

- Parking lot is a dirt lot shared by horse trailers and cars. Portable toilet at Sierra Azul Preserve parking lot across Hicks Rd.
- Trail is wide dirt road with moderate and steep ascents and descents; 25% shade.
- Picnic tables at various points along trail. Horse tie offs and two water troughs along trail.
- Scenic valley views
- Multiple historic mining sites on or near trail: Rotary Furnace, English Camp, Day Tunnel, Santa Isabel Shaft, and Catherine Tunnel

Trail Directions *(Follow red arrows on map)*

- From the parking lot at Wood Rd., follow the short access trail towards the Wood Road Trail.
- Turn left on the Wood Road Trail and proceed 1.3 miles to the Castillero Trail.
- Continue straight on the Castillero Trail for 0.5 miles.
- Turn right on the Mine Hill Trail and proceed for 0.7 miles.
- Make a sharp left onto the Randol Trail and continue for 1.0 mile.
- Proceed left on the Santa Isabel Trail for 0.4 miles.
- Continue straight on the Randol Trail for 2.6 miles.
- Turn left on Mine Hill Trail and proceed for 2.2 miles.
- Continue straight on the Castillero Trail for 0.6 miles.
- Turn right back onto the Wood Road Trail and proceed back the 1.3 miles to the short access trail to the Wood Road staging area.



ALMADEN QUICKSILVER COUNTY PARK

Ranger Station at Calero County Park Phone: (408) 268-3883	Picnic Area	Two Lane Paved Road	Elevation Contours (feet)
Visitor Center/Museum	Historic Site	Two Lane Park Road	Trail Distance (miles)
Restrooms	Equestrian Staging	Service Road	Creek
Parking	Water Trough	Multiple Use Trails (hike/bike/equestrian/horsecart)	Bay Area Ridge Trail
No Parking	Gate	Hiking/Equestrian	Juan Bautista de Anza (National Historic Trail)
No Swimming	Private Property	Footpath (hiking only)	
	Other Public Lands		
	Lands Not Open to Public		

Driving Directions to the Park

To the Hicks/ Wood Rd. entrance:

- From Hwy. 85 take the Camden Ave. exit south.
- Turn right on Hicks Rd. and follow for 6 miles.
- At the intersection of Wood Rd. and Hicks Rd., turn left into the staging area.

Joseph D. Grant County Park

Dutch Flat/Canada de Pala/Hotel

Trail length: **8.4 mile loop**

Degree of difficulty: **STRENUOUS** (1000' elevation gain)

18405 Mt. Hamilton Rd., San Jose, 95140 • (408) 274-6121 • **Parking fee**



(Mountain bike)

Park Notes

- The largest of Santa Clara County's regional park areas, this 9,553 acre park includes some of the County's finest open space resources, rich environmental, cultural and recreational assets.
- Offers picnicking, camping, 40 miles of trails, historic Rose Garden, and stargazing.

Trail Info & Highlights

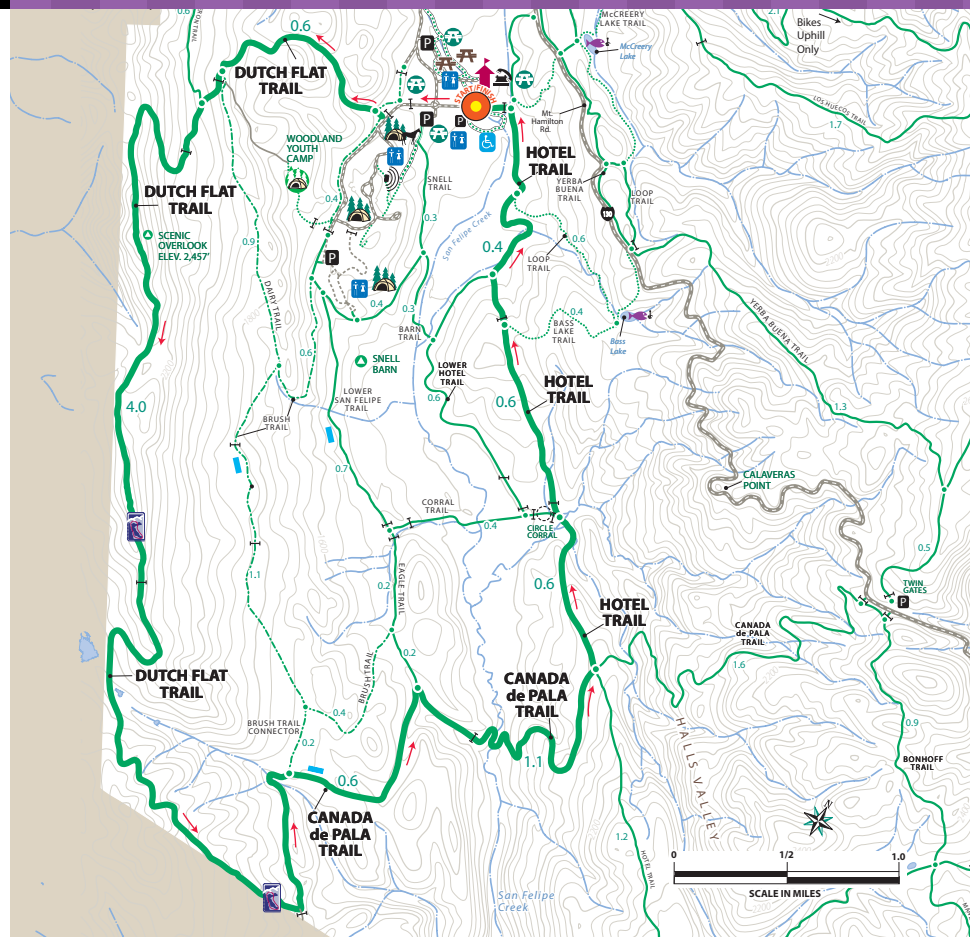
- Picnic tables, water fountain, restrooms at the trailhead
- Park Office and historic Rose Garden nearby
- Trail is fire road-width, dirt surface, with 40% shade cover. Multiple ascents and descents.
- Horse troughs along trail
- Abundant wildlife, including black-tailed deer, coyotes, squirrels, hawks, golden eagles, wild turkeys, and wild pigs.
- Some cattle grazing in areas; please leave gates as you find them and heed posted signs at trailhead.
- Scenic overlook at 2457 ft. has picnic table overlooking valley
- Spring wildflowers



Photo: Ron Hunt

Trail Directions *(Follow red arrows on map)*

- From the Stockman picnic area parking lot, proceed along the park road past the equestrian campground to the Dutch Flat Trail on your right.
- At the first junction (Dairy Trail) stay right.
- At the second junction (Heron Trail) stay left.
- Steep incline for approximately 1.5 miles to scenic overlook
- Proceed on the trail for 3.1 miles after the overlook.
- Turn right on the Canada de Pala Trail and proceed for 1.7 miles.
- Turn right at the junction with the Eagle Trail.
- Turn left at the Hotel Trail junction and proceed for 1.8 miles going straight for the remaining trail junctions to Stockman parking lot.



JOSEPH D. GRANT COUNTY PARK

Ranger Station/Visitor Center (408) 274-6121	Campground	Private Property	Footpath (hiking only)
Park Entrance Kiosk/Information	Reservable Campground	Lands Not Open to Public	Whole Access Trail
Restrooms	Equestrian Camping	Two Lane Paved Road	Elevation Contours (feet)
Public Telephone	Stables/Equestrian Staging	Two Lane Park Road	Trail Distance (miles)
Parking	Barn	One Lane Paved Road	Creek
Picnic Area	Fishing	Multiple Use Trails (hike-bike-equestrian)	Bay Area Ridge Trail
Reserved Group Area	Observatory	Hiking/Equestrian	Gate

Driving Directions to the Park

- From Hwy 680 exit Alum Rock Ave. east toward the foothills.
- Travel 2.2 miles and turn right onto Mt. Hamilton Rd.
- Continue approximately 7.5 miles (uphill, winding road).
- Turn right into park and continue past the kiosk.
- Park in any of the paved parking lots at the turnaround (Stockmans Group Area).

Mt. Madonna County Park

Merry-Go-Round/Loop/Upper Miller/Blue Springs/Blackhawk/Contour/Ridge Trails

Trail length: **5.6 mile loop**

Degree of difficulty: **STRENUOUS** (1200' elevation gain)

Sprig Day Use entrance off Hwy. 152 at Blackhawk Canyon Rd., Gilroy, 95020
(408) 842-2341 • **No parking fee** (Fees apply at Pole Line Rd. entrance)



Park Notes

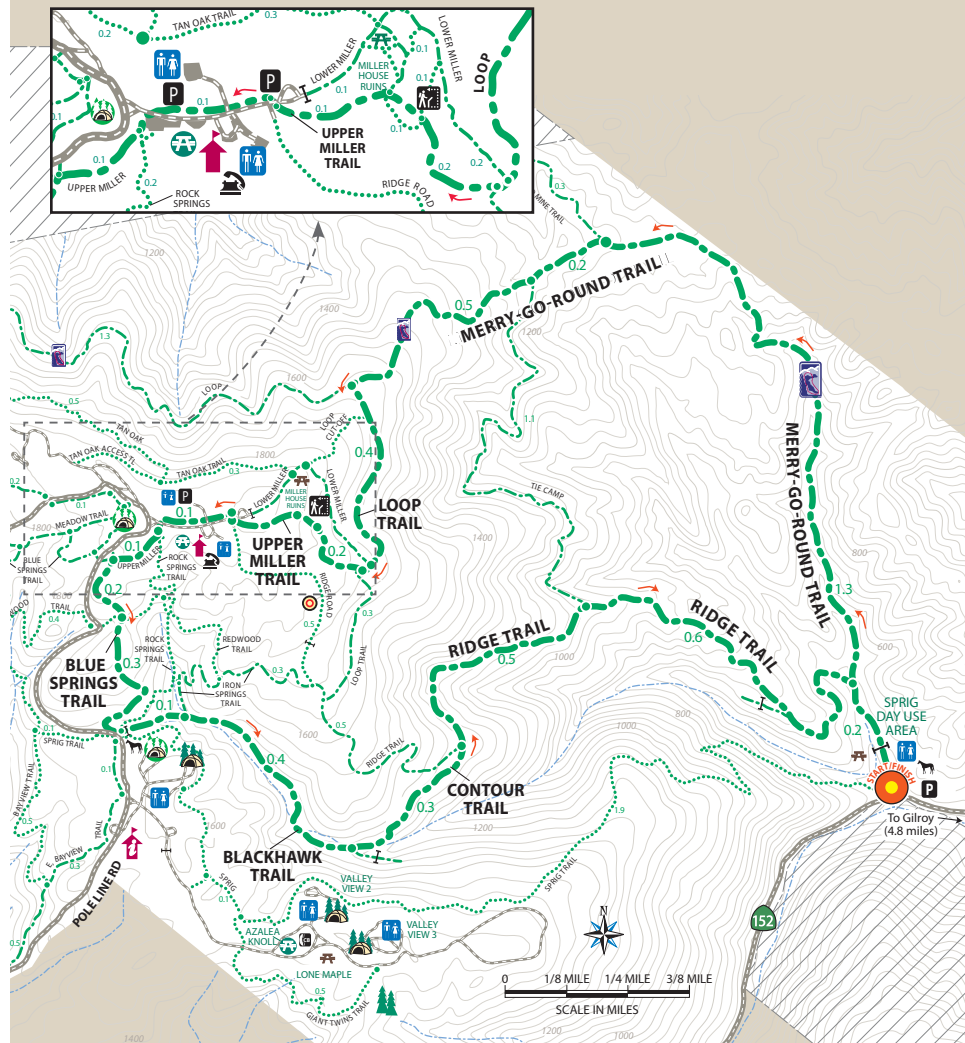
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Trail Info & Highlights

- Trail starts in oak woodland and traverses grassland, chaparral and coastal redwood forest, intermingled with madrone and tan oaks.
- Trail is mostly fire road-width, dirt surface; 30% shade cover
- Restrooms at the trailhead
- Abundant wildlife includes California quail, raptors, wild turkeys, turkey vultures, black-tailed deer, coyotes, wild pigs, golden eagles.
- Henry Miller House ruins and fountain

Trail Directions *(Follow red arrows on map)*

- From the Sprig Day Use Area parking lot, access Merry-Go-Round Trail from the back of the equestrian parking lot.
- Proceed right on the Merry-Go-Round Trail.
- Continue 1.9 miles and turn left on Loop Trail.
- Continue on Loop Trail for 0.4 miles and turn right on Upper Miller Trail.
- At the fountain follow the trail to the left; exit the trail and walk on the road down the hill past the park office and amphitheater.
- Turn left on the Upper Miller Trail for 0.1 miles.
- Turn left on to Blue Springs Trail for 0.6 miles.
- Turn left to Blackhawk Canyon Trail Junction.
- Follow Blackhawk Canyon Trail for 0.4 miles.
- Turn left on Contour Trail for 0.3 miles.
- Continue straight to the Ridge Trail for 1.1 miles (trail name changes to Ridge Trail).
- Stay right and continue to follow the access trail (not marked) back to the Sprig Day Use Area.



MT MADONNA COUNTY PARK

Ranger Station/Visitor Center (408) 842-2341	Picnic Area	Private Property	Nature/History Trail
Entrance Kiosk (408) 842-6761	Reserved Group Area	Lands Not Open to Public	Elevation Contours (feet)
Restrooms	Campground	Two Lane Paved Road	Trail Distance (miles)
Public Telephone	Reservable Campground	Two Lane Park Road	Bay Area Ridge Trail
Call Box	RV Campground	Service Road	Creek
Parking	Equestrian Staging	Hiking/Equestrian	Gate
		Footpath (hiking only)	Archery Range

Driving Directions to the Park

To Sprig Day Use Area:

- From Hwy. 101 (to Gilroy) exit at Hwy. 152 (Hecker Pass) and travel west about 8 miles.
- Pass Blackhawk Canyon Rd., and turn right into Sprig Day Use Area (dirt parking).

Santa Teresa County Park

Hidden Springs/Mine/Rocky Ridge/Coyote Peak Trails

Trail length: **5 mile loop**

Degree of difficulty: **STRENUOUS** (655' elevation gain)

Bernal Rd., San Jose, 95119 • (408) 225-0225 (Hellyer Park Office)

Parking fee



Park Notes

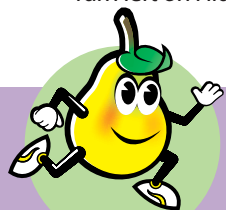
- Spectacular views of the Almaden and Santa Clara valleys.
- 18-hole golf course, picnic areas, archery range and miles of trails for hikers, mountain bikers and equestrians.
- Rich in history; interpretive tours available at the Bernal-Gulnac-Joice Ranch.

Trail Info & Highlights

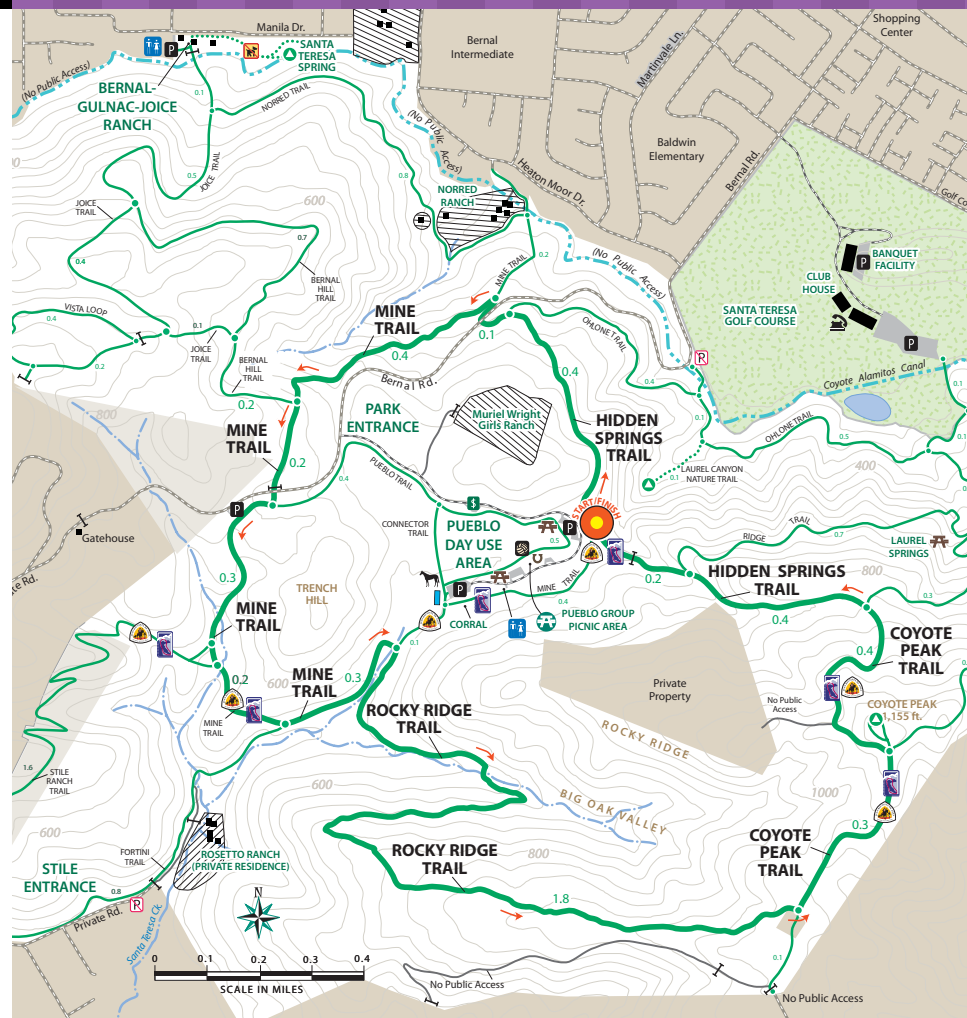
- Sun-exposed serpentine grasslands with spectacular wildflower displays during the spring months, especially in the Rocky Ridge Trail area.
- Serpentine habitat is home to over nine endangered plants and the threatened bay checkerspot butterfly.
- There are other rare species such as the California red-legged frog and California tiger salamander, as well as common wildlife such as wild turkeys, black-tailed deer, bobcats and various raptors.
- Hike near riparian corridor with coast live oak and elderberry.

Trail Directions (Follow red arrows on map)

- From the Hidden Springs parking lot, cross the street to the Hidden Springs trailhead.
- Proceed left on Hidden Springs Trail for 0.6 miles crossing Bernal Rd.
- Turn left on Mine Trail and continue for 1.3 miles (crossing Bernal Rd. again).
- Turn right on Rocky Ridge Trail and continue for 1.6 miles.
- Turn left on Coyote Peak Trail and continue for 0.7 miles.
- Turn left on Hidden Springs Trail and continue back to parking lot (0.6 miles).



Set realistic exercise goals, and reward yourself in healthy ways when you achieve them.



SANTA TERESA COUNTY PARK

Ranger Station located at Hellyer County Park (408) 225-0225	Volleyball	Multiple Use Trails (hike-bike-equestrian)	Private Property
Restrooms	Equestrian Staging	Footpath (hiking only)	IBM Easement
Public Telephone	Water Trough	Elevation Contours (feet)	Areas Currently Closed to Public
Parking	Archery Range	Trail Distance (miles)	Bay Area Ridge Trail
No Parking	Horseshoe Pits	Creek	Juan Bautista De Anza (National Historic Trail)
Picnic Area	Gate	Coyote Los Alamos Canal (Santa Clara Valley Water District)	
Reserved Group Area	Two Lane Paved Road		
	Two Lane Park Road		

Driving Directions to the Park

- From Hwy. 101, Hwy. 85 or Santa Teresa Blvd., turn west on Bernal Rd.
- Turn left into park. Park in second paved parking lot.

Upper Stevens Creek County Park

Grizzly Flat/Canyon Trails

Trail length: **4.7 miles (partial loop)**

Degree of difficulty: **STRENUOUS** (1200' elevation gain)

Hwy 35 (Skyline Blvd.), Cupertino, 95014 • (408) 867-3654

No parking fee (Fees apply at Stevens Creek County Park)



Park Notes

- A wilderness experience for visitors interested in the park's mature stands of Douglas fir and redwoods.
- Popular with mountain bicyclists and for its long hiking trails and valley vistas.
- Creek crossings are unimproved and closed when flooded. Check conditions before assessing trails during wet seasons.

Trail Info & Highlights

- Offers some technical mountain bike experience
- Single-track (3-foot in width) along Canyon Trail; fire road width the rest of the way.
- Travels through varied plant communities (including, coastal mixed hardwood, Douglas fir, California bay, mixed oak and coastal shrub communities)
- Average trail grade: 16%. Maximum trail grade: 26%
- 60% shaded canopy

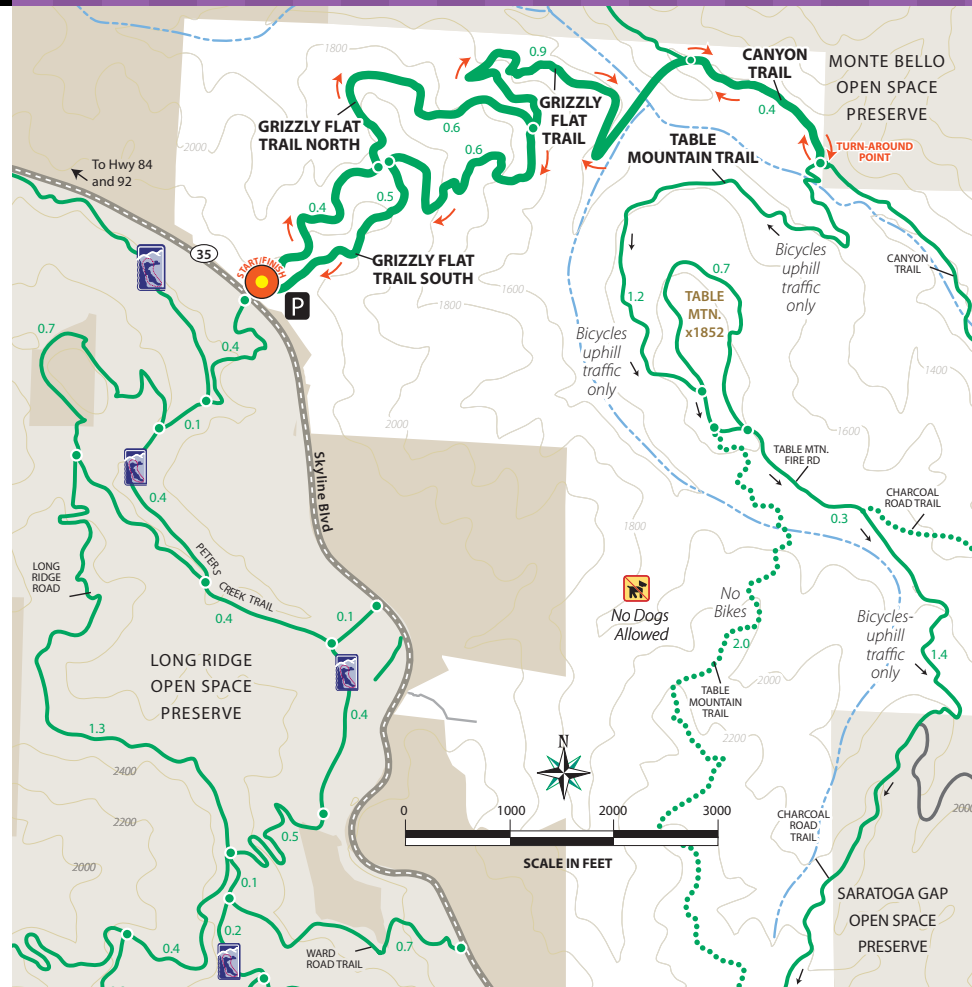
Trail Directions *(Follow red arrows on map)*

- From parking lot, take the Grizzly Flat North Trail (to the left), and travel 0.4 miles to trail intersection.
- Stay left 0.6 miles to Grizzly Flat Trail.
- Travel 0.9 miles to Canyon Trail. Turn right on Canyon Trail for 0.4 miles to the Table Mountain Trail intersection.
- From intersection of Table Mountain Trail and Canyon Trail, go back on Canyon Trail (0.4 miles) to Grizzly Flat Trail for 0.9 miles. Stay left 0.6 miles on Grizzly Flat South Trail; veer left on Grizzly Flat South Trail 0.5 miles back to parking lot.



Eat breakfast!

Starting your day with a stomach full of healthy food and not going more than 4 to 5 hours without a meal or snack helps to control your appetite throughout the day.



UPPER STEVENS CREEK COUNTY PARK



Driving Directions to the Park

From Hwy. 280:

- Exit on Page Mill Rd. and travel west to Hwy. 35 (Skyline Blvd.).
- Parking lot is located 3.0 miles south of Page Mill Rd. on Skyline Blvd. (Hwy. 35).

From Saratoga:

- Travel west on Hwy. 9 to Saratoga Gap (Hwy. 35).
- Turn right on Skyline Blvd. (Hwy. 35).
- Parking lot is located 3.2 miles north of Hwy. 9.

Healthy Trails Glossary

CHAMISE: A flowering, drought tolerant evergreen shrub native to California. Chamise grows in dense stands that cover dry, nutrient-poor soils of coastal California.

CHAPARRAL: A shrubland community found primarily in California and in the northern portion of Baja California, Mexico. It is shaped by a Mediterranean climate (mild, wet winters and hot dry summers) and wildfire. Typical chaparral community consists of densely-growing (typically too dense for human and wildlife passage) evergreen drought-resistant shrubs.

FIRE ROAD: Typically multi-use trails wide enough for four-wheeled off-road vehicles. (No vehicular access on County trails/fire roads.)

KIOSK: A booth with an open window on one side where fees are collected and/or information in the form of maps, brochures and park information are offered by an attendant.

PAR COURSE: A fitness trail consisting of a path or course equipped with obstacles or stations distributed along its length for exercising to promote good health.

PASSERINES: A bird of the order Passeriformes, which includes more than half of all bird species; sometimes known as perching birds.

RAPTORS OR BIRDS OF PREY: Birds that hunt for food primarily on the wing, using their keen senses, especially vision. They are defined as any bird that hunts other animals.

RIPARIAN HABITAT: The plant community interface between land and water. Riparian zones are significant because of their role in soil conservation, biodiversity, and the influence they have on aquatic ecosystems by supplying shelter and food for many animals and shade that is important for stream temperature regulation.

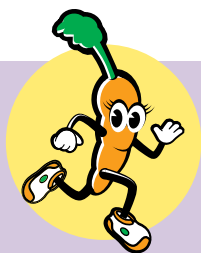
SAVANNA: A grassland ecosystem characterized by trees being sufficiently small or widely spaced so that the canopy does not close.

SERPENTINE HABITAT: Areas associated with serpentine soils, soils derived from the serpentinite mineral and ultramafic other rocks.

SINGLE-TRACK TRAIL: A native soil trail that is typically 2-5 feet in width. Use may range from single use to multiple uses.

STAGING AREA: A location where people, vehicles, and/or equipment assemble before use. Staging areas often contain restrooms, maps, sign posts and informational brochures about the trail and its features, and parking areas for vehicles and trailers.

TRAILHEAD: The trailhead is the point at which a trail starts.



Think about the payoffs. Exercise not only helps control weight, it is beneficial to the body and mind in a number of ways. It improves health, boosts your immune system, helps control appetite, helps you feel more energetic and relaxed, and raises your self-confidence!