

# Las Trampas Regional Wilderness

*Elderberry/Rocky Ridge View/Devil's Hole/  
Sycamore/Rocky Ridge View Trails*

**Length:** 6.0-mile loop

**Location:** 18012 Bollinger Canyon Road, San Ramon

**Intensity:** Challenging



**Park Features:** Travel through time on this strenuous hike that offers magnificent 360 degree views of Mt. Diablo, the Tri-Valley and the San Leandro Watershed. Las Trampas is one of the most challenging hiking parks in the District, so take a park brochure from the staging area to help navigate its expansive trail network. Carry plenty of water as the park's water supply is inconsistent.

**Trail Highlights:** Shaded forest, open grassland, rock formations, and a wind cave. Markers separating Alameda and Contra Costa counties. Very steep grades; can be very muddy in rainy season, hot in summer. Equestrians are not permitted on the Sycamore Trail and should not go on Devil's Hole Trail; try a detour on Cuesta or Rocky Ridge View Trails back to the staging area when you reach this point of the route.

**Trail Directions:** From the staging area on Bollinger Canyon Rd., begin the Elderberry Trail by going through the nearby gate; follow Elderberry Trail and turn uphill at Corral Camp for a steep but pleasant climb through woodland to ridge. Make a sharp right onto Rocky Ridge View Trail and climb about 1/3 mile more to an elevation of 1,893 feet; pay attention to rock formations on the ridge, which contain remnants of prehistoric sea life; look for markers here as you hike along the Alameda and Contra Costa county line. Veer left onto Devil's Hole Trail and descend 700 feet; look for the wind cave to the left off the trail and enjoy wildflowers in the spring. After the descent but before the creek crossing, look for Sycamore Trail on your right, though the sign post is easy to miss; make the beautiful-yet-strenuous climb on this rocky trail through chaparral and unique rock formations. Make a left on Rocky Ridge View Trail and continue for 0.75 miles; then make a sharp right and continue about 0.8 miles back to parking lot.

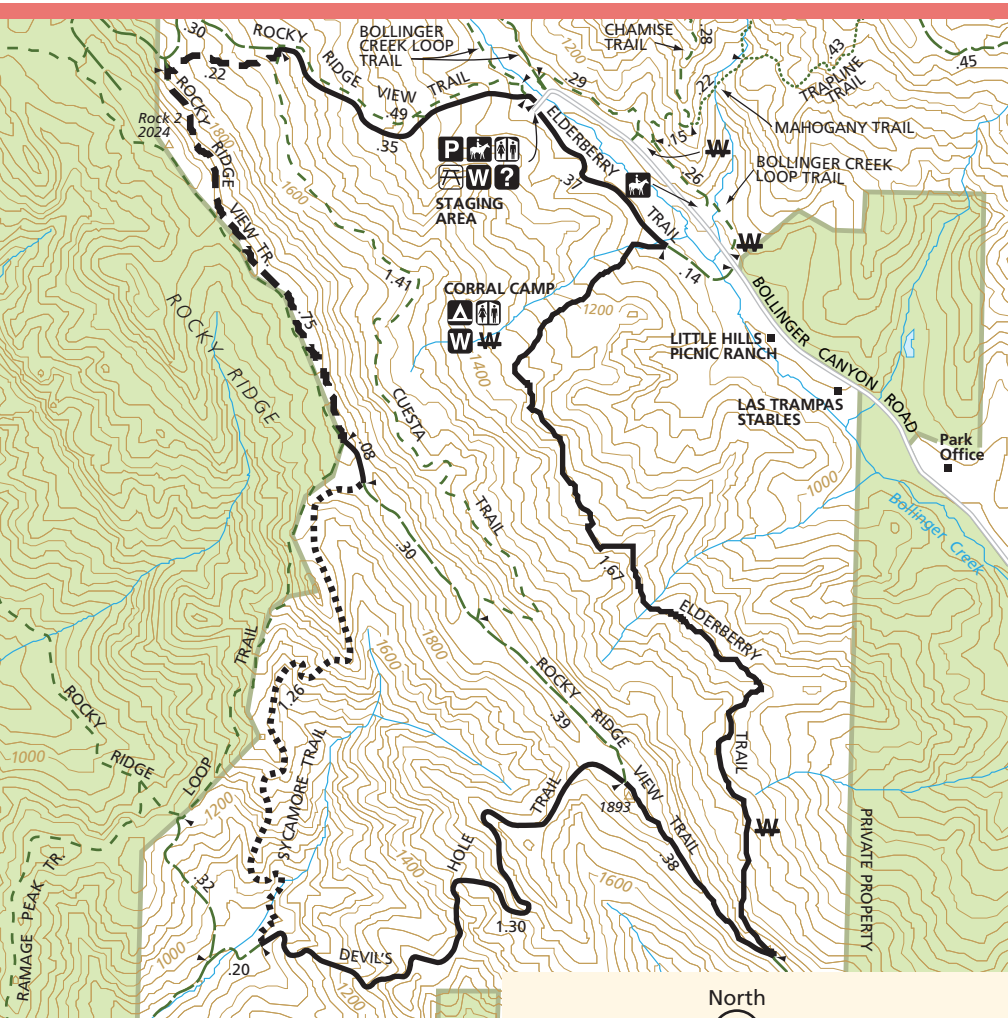
**Driving Directions:** From I-680 in San Ramon: Take Crow Canyon Rd. west to Bollinger Canyon Rd.; turn right and follow Bollinger Canyon Rd. into the park, about four miles.

**Park Hours:** 5 a.m. to 10 p.m.

**Fees:** None.

**Website:** [www.ebparcs.org/parks/las\\_trampas](http://www.ebparcs.org/parks/las_trampas)





- Featured Trail--Hiker, Horse, Bike
- - - -** Featured Trail--Hiker, Horse Trail
- .....** Featured Trail--Hiker Only Trail
- — — —** Hiker, Horse, Bicycle Trail
- - - -** Hiker, Horse Trail
- .....** Hiker Only Trail
- ↔ 28 ↔** Mileage Between Points

- |                             |                      |
|-----------------------------|----------------------|
| <b>P</b> Parking            | <b>?</b> Information |
| <b>🐎</b> Equestrian Parking | <b>⬆</b> Res. Camp   |
| <b>W</b> Drinking Water     | <b>🍷</b> Picnic      |
| <b>🚻</b> Restrooms          | <b>🐎</b> Horse Water |

**Health Tip:** Walk for 15 to 20 minutes, four to five times a week, and feel the difference in your health. Keep a daily journal of your exercise and what you eat to help you stick to a “Health Maintenance” plan.