

## Las Trampas Wilderness Regional Preserve

<b>Location</b>	San Ramon
<b>GPS</b>	37.815858, -122.050096
<b>Phone</b>	(888-327-2757), option 3, extension 4537
<b>Miles</b>	6.2-Mile Loop
<b>Elevation Gain</b>	1,920 ft.
<b>Trails</b>	Elderberry/Rocky Ridge View/Devil's Hole/Sycamore/Rocky Ridge View
<b>Hours/Curfew</b>	8 a.m. to Sunset; varies seasonally
<b>Fees</b>	None
<b>Website</b>	ebparks.org/parks/las_trampas

### CHALLENGING HIKE

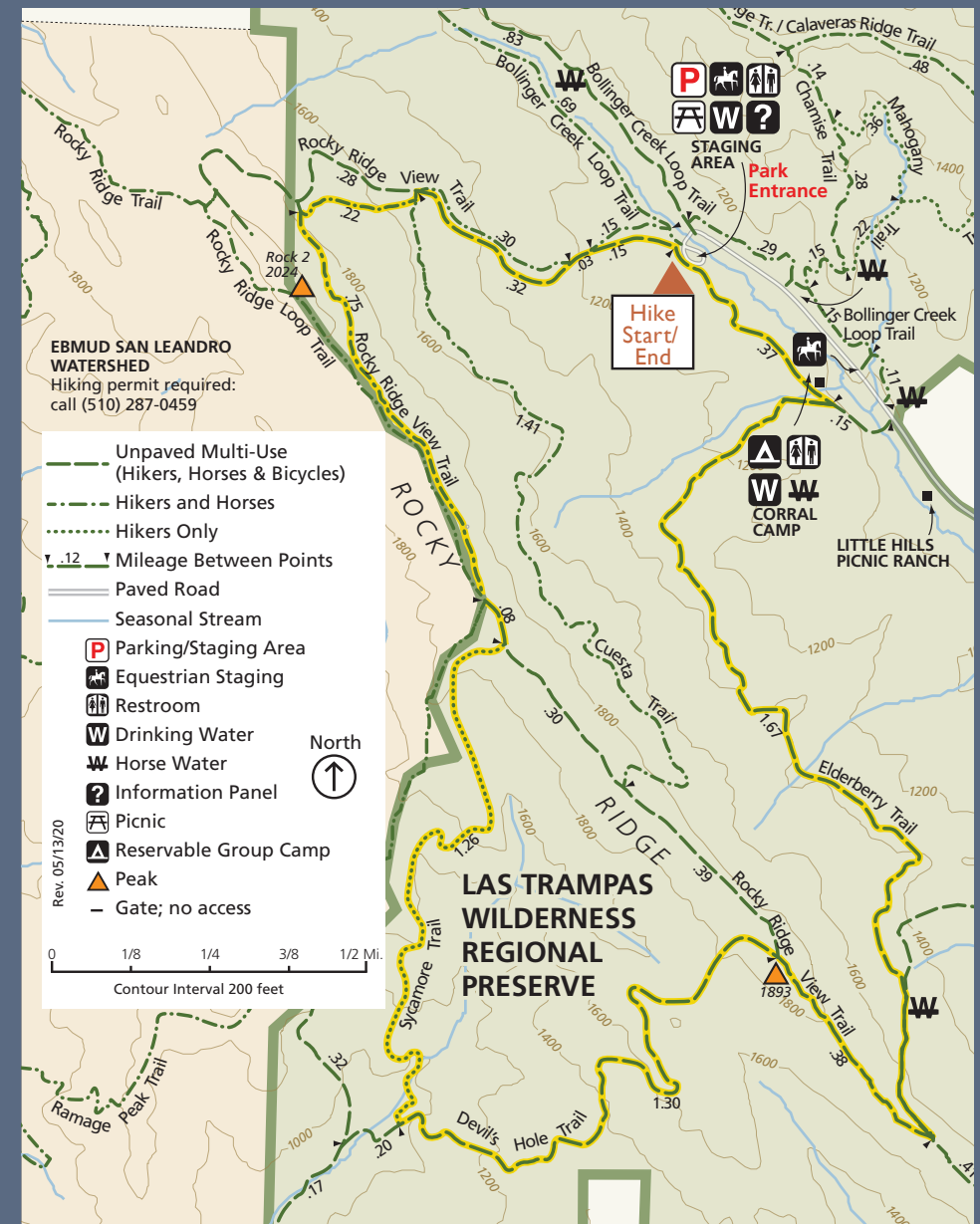


Photo: Greg Bran

**Park Features:** Las Trampas Regional Wilderness offers an expanded trail system that allows hikers to enjoy its remote and rugged areas, with a terrain that gives a feeling of privacy and an escape from modern-day tasks. Be sure to carry plenty of water; the park's water supply is inconsistent and may be unavailable at any time.

**Trail Highlights:** With a variety of shaded forest, open grassland, rock formations, and a wind cave, this route contains very steep grades throughout and can be very muddy in the rainy season. Be sure to bring the essentials to beat the heat in summer. Equestrians are not permitted on the Sycamore Trail and should not go on Devil's Hole Trail; if you are on horseback 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 right, going uphill at Corral Camp for a steep but pleasant climb through woodland to the ridge. Make a sharp right onto Rocky Ridge View Trail and climb about .38 mile more to an elevation of 1,893 feet. Pay attention to rock formations on the ridge, which contain remnants of prehistoric sea life, and 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, as the signpost is easy to miss. Make the beautiful-yet-strenuous climb on



**Driving Directions:** From I-680 in San Ramon: Take Crow Canyon Rd. west to Bollinger Canyon Rd.; and continue for .75 miles, then make a sharp right and continue about .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.