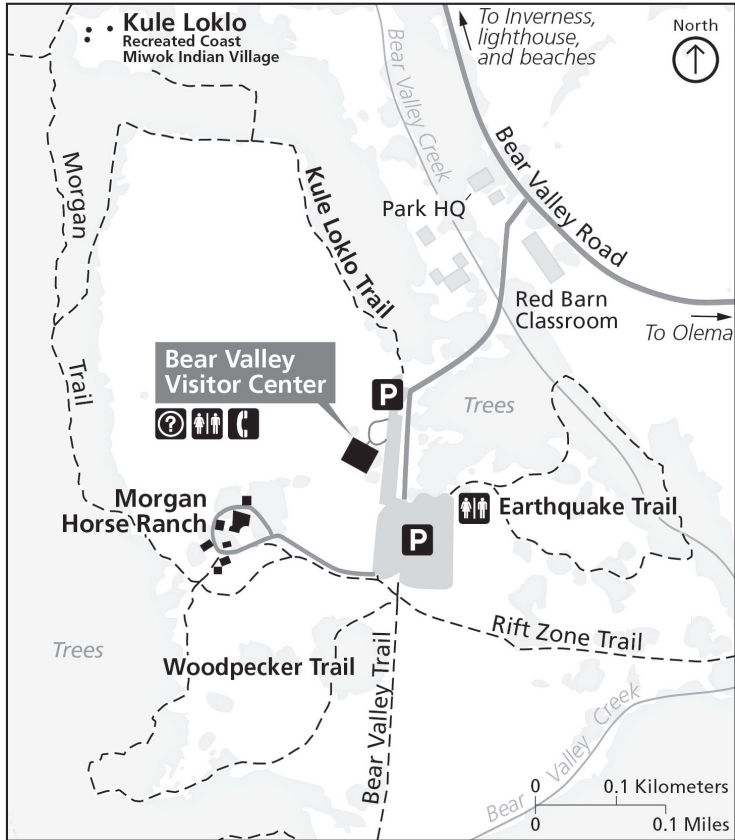




## Bear Valley Area

## Be On The Lookout For



**Poison Oak**  
*Toxicodendron diversilobum*

Contact with any part of the poison oak plant causes a blistering rash. Generally this can be treated at home. More severe cases may need to see a doctor. If you know you have had contact with poison oak, thoroughly wash the affected area and your clothing as soon as possible to remove the active oils. Preventive lotions are available to help avoid reactions to poison oak.



**Stinging Nettle**  
*Urtica dioica*

Bare skin brushing up against a stinging nettle plant tends to break delicate defensive hairs on the leaves and stems that protect the plant from browsing animals. This releases a trio of chemicals, usually resulting in a painful skin rash, typically lasting less than 24 hours. A topical analgesic (used to treat poison oak or bug bites) can be applied to help alleviate the sting.



**Deer Ticks**

Ticks that carry Lyme disease are known to occur in this area. Stay on trails and check your clothing frequently. To prevent infection, remove the ticks with their heads intact using tweezers. Wearing light-colored, long pants helps you spot them; tuck your pants legs inside your socks to keep them from crawling up the inside of your pants legs. Always check your body completely at the end of your hike.

## Fire Permits

## Hiking Tips



You may obtain a free permit for a beach fire at Point Reyes National Seashore from any park visitor center. You must follow regulations as described on the permit. On high fire days, all permits are null and void. For current fire conditions, call: 415-464-5100 x2 x1.

- Take plenty of water and snacks.
- Bring extra layers in case the weather changes
- Check for current trail conditions.
- Allow a 2-mile/hour (3-km/hour) pace for an average hiker.
- When the days are short, carry a flashlight or headlamp.

- If you hike alone, tell a friend where you are going and when you expect to return, or leave your information in your glove compartment.
- For tide and weather information, inquire at the visitor center, or call 415-464-5100.

### ONE HOUR WALKS





Trail/Trailhead	Distance (roundtrip) Time/Difficulty	Description
<b>EARTHQUAKE TRAIL</b> Bear Valley picnic area	0.6 mi./1 km (15 min./easy)	<b>DISCOVER</b> the geology of the San Andreas Fault Zone through interpretive signs on this paved loop. A fence along the trail illustrates the 16 feet (3 meters) of displacement that occurred during the 1906 earthquake.
<b>WOODPECKER TRAIL</b> Bear Valley parking lot	0.9 mi./1.4 km (15 min./easy)	<b>EXPLORE</b> the ecology of the Bear Valley forest and meadow ecosystems using a free booklet you can pick up at the visitor center. The trail is a lovely, fragrant uphill stroll in bay laurel forest.
<b>KULE LOKLO TRAIL</b> Bear Valley parking lot	0.8 mi./1.3 km (20 min/easy)	<b>DELVE</b> into Coast Miwok Indian culture and history while visiting this replica Miwok village. Return on the same trail, or continue around the pasture to return via the Morgan Horse Ranch.
<b>LIMANTOUR SPIT TRAIL</b> Limantour Road	2 mi./3.2 km (1 hour/easy)	<b>OBSERVE</b> the many bird species foraging on the mudflats of Limantour Estero and on the adjacent sandy beach. Harbor seals may poke their heads up out of the water beyond the breakers.
<b>MCCLURES BEACH TRAIL</b> Pierce Point Road	0.8 mi./1.3 km (20 min/easy)	<b>DESCEND</b> steeply through a rugged ravine trail down to the ocean. McClures Beach is a beautiful cove backed by rocky cliffs. Watch out for tidal fluctuations and dangerous surf.
<b>KEHOE BEACH TRAIL</b> Pierce Point Road	1.2 mi./1.9 km (30 min/easy)	<b>SAUNTER</b> along a flat trail through Kehoe Marsh to Kehoe Beach. Dogs are permitted only on the beach to the north of the trail. Dogs must be leashed at all times.

### ONE—THREE HOUR WALKS

<b>CHIMNEY ROCK TRAIL</b> Chimney Rock parking lot	1.8 mi./2.5 km (45 min./easy)	<b>ENJOY</b> spectacular views of Drakes Bay, the Pacific, and, in spring, wildflowers along this open coastal walk. From January through May, look for migratory gray whales from the point. Rocky cliffs drop steeply to the ocean, so stay on the trail as cliffs may be undercut. No beach access.
<b>ABBOTTS LAGOON TRAIL</b> Pierce Point Road	2.8 mi./4.5 km (1.5 hours/easy)	<b>ROAM</b> through coastal scrub to impressive dunes at the lagoon, and then walk ½ mile to the beach. A birder's rapture, especially in winter; in spring, wildflowers are abundant.
<b>DIVIDE MEADOW VIA BEAR VALLEY TRAIL</b> Bear Valley parking lot	3.2 mi./5.1 km (1.5 hours/easy)	<b>WALK</b> through dense, mixed Douglas fir forest along Bear Valley Creek to an open meadow. Several rough-hewn benches along the way offer resting spots in the shade.
<b>Mt. WITTENBERG LOOP</b> Bear Valley parking lot	5 mi./8 km (2.5 hours/strenuous)	<b>ASCEND</b> steeply through forest to our highest point. Follow Bear Valley Trail 0.2 miles to the Mt. Wittenberg Trail. Turn right and walk up to the ridge crest, then follow the trail to the junction with Meadow. Turn left and return to the Bear Valley Trail.
<b>MUDDY HOLLOW TRAIL</b> Muddy Hollow	3 mi./4.8 km (1.5 hours/easy)	<b>AMBLE</b> from Muddy Hollow to Limantour Beach along a flat trail in the Muddy Hollow drainage. This is a good trail for birdwatching, especially in winter. Arriving at Limantour parking lot, you can continue 0.2 mile to Limantour Beach or to the junction with Limantour Spit Trail.

	Trail/Trailhead	Distance (roundtrip) Time/Difficulty	Description
ONE—THREE HOUR WALKS	<b>MT. WITTENBERG AND SKY TRAIL</b> from Limantour Road	4.3 mi./6.9 km (2 hours/strenuous)	<b>CLIMB</b> to a high point with meadows and forest. Follow Sky Trail to Horse Trail and take it to Z Ranch Trail. Take Z Ranch Trail to Mt. Wittenberg trail. Turn right on Mt. Wittenberg Trail to Sky Trail junction, turn right to return to the trailhead.
	<b>COAST-LAGUNA LOOP</b> Point Reyes Hostel/ Laguna Trail parking	5 mi./8 km (2.5 hours/moderate)	<b>ENJOY</b> a mixture of coastal scrub, ocean views, and soaring raptors on this loop. Climb over a low ridge via the Laguna and Fire Lane Trails to Coast Camp, where you can access the beach. Head northwest on the Coast Trail and return to the access road by the hostel. Walk down the road to the Laguna parking lot.

	Trail/Trailhead	Distance (roundtrip) Time/Difficulty	Description
OVER THREE HOUR WALKS	<b>BEAR VALLEY TRAIL TO KELHAM BEACH</b> Bear Valley parking lot	9.5 mi./15.3 km (4 hours/strenuous)	<b>MEANDER</b> along a creek through Douglas fir forest to an ocean view. This pleasant, sheltered walk ends at the Coast Trail, where you can turn right and walk 0.7 miles to Kelham Beach. Return the same way.
	<b>ESTERO TRAIL TO DRAKE'S HEAD</b> Sir Francis Drake Blvd— West of Inverness	9.4 mi./15 km (4.5 hours/moderate)	<b>WANDER</b> the open grasslands to sample the delights of Drakes and Limantour Esteros. Harriers and hawks hover over the grasses, while leopard sharks and bat rays seem to fly through the eelgrass in the water. Be mindful of cattle grazing along the trail, and close the gates behind you.
	<b>TOMALES POINT TRAIL</b> Pierce Point Ranch	9.5 mi./15 km (4.5 hours/strenuous)	<b>RAMBLE</b> over a narrow ridge perched between the ocean and the bay in the Tule Elk Reserve. Three miles of maintained trail give way to 1.7 mile-long unmaintained path to the point that is sandy and sometimes overgrown, in places, with shrubs. Springtime flowers can be spectacular. Long pants and sleeves are advised.
	<b>SKY/BEAR VALLEY LOOP</b> Bear Valley parking lot	10.5 mi./17 km (5 hours/strenuous)	<b>ROVE</b> through dense forest, meadows, coastal scrub, and coastal grasslands on this varied hike. Follow Bear Valley Trail to Mt. Wittenberg Trail and climb to Sky Trail. Turn left and travel to the junction with Coast Trail, turn left and follow Coast Trail to Bear Valley Trail. Return via Bear Valley Trail.
	<b>WOODWARD VALLEY LOOP</b> Bear Valley parking lot	13 mi./21 km (6.5 hours/strenuous)	<b>TRAVEL</b> from forest to tidepools on this ambitious walk. Take Bear Valley Trail to Mt. Wittenberg or Meadow Trail and climb to Sky Trail. Turn left and continue to Woodward Valley Trail, turn right and follow to Coast Trail. At very low tides, Sculptured Beach provides tidepool opportunities. Follow Coast Trail to rejoin Bear Valley Trail to return.
	<b>BASS LAKE &amp; WILDCAT BEACH</b> Palomarin Trailhead	5 to 13 mi./8 to 21 km (3 - 7 hours/moderate to strenuous)	<b>PASS</b> by breathtaking ocean views, far above the surf, and stop by Bass Lake. For a longer walk, continue to Wildcat Camp to the beach. If the tide is low enough, walk one mile the south to view Alamere Falls. Return the same way.
	<b>BOLINAS RIDGE TRAIL</b> Sir Francis Drake Blvd— East of Olema	6 to 11 mi./ 10 to 17.6 km (3 - 6 hours/moderate)	<b>ADMIRE</b> the expansive Olema Valley views amid open hillsides and clusters of dense redwood forest and fragrant chaparral on a trail where you may take your dog. Retrace your steps when you are ready. Dogs must be leashed at all times.

	Trail/Trailhead	Distance (one-way) Time/Difficulty	Description
BACKPACKING ROUTES	<b>BEAR VALLEY TO SKY CAMP</b> Bear Valley parking lot	2.9 mi./4.7 km. (2 hours/strenuous)	<b>FOLLOW</b> directions from <b>MT. WITTENBERG LOOP</b> to the top of Wittenberg trail and turn right onto Sky Trail. Follow to Sky Camp.
	<b>BEAR VALLEY TO COAST CAMP</b> Bear Valley parking lot	6 mi./9.6 km. (4 hours/strenuous)	<b>FOLLOW</b> directions from <b>WOODWARD VALLEY LOOP</b> . When you reach Coast Trail from the Woodward Valley Trail, turn right and walk 0.8 miles to Coast Camp.
	<b>BEAR VALLEY TO GLEN CAMP</b> Bear Valley parking lot	4.8 mi./7.7 km. (3 hours/moderate)	<b>FOLLOW</b> <b>BEAR VALLEY TRAIL</b> to the junction with Glen Trail. Ascend 0.6 miles to Glen Camp Loop and turn left. Follow to Glen Camp.
	<b>BEAR VALLEY TO WILDCAT CAMP</b> Bear Valley parking lot	6.3 mi./10.4 km. (4 hours/strenuous)	<b>FOLLOW</b> <b>BEAR VALLEY TRAIL</b> until the junction with Glen Trail. Follow 0.6 mi. to Glen Camp Loop, and walk to the Stewart Trail. Turn right, and follow Stewart Trail into Wildcat Camp.
	 BIKE ROUTE	<b>SKY TRAIL TO SKY CAMP</b> Sky Trail/Limantour Rd.	1.4 mi./2.3 km. (1 hour/easy)
	<b>LAGUNA TRAIL TO COAST CAMP</b> Laguna Trail parking lot	1.8 mi./2.9 km. (1 hour/easy)	<b>ASCEND</b> the Laguna Trail through coastal scrub to a low ridge crest and walk down the Fire Lane Trail to Coast Trail, turn left into Coast Camp.
 BIKE ROUTE	<b>COAST TRAIL TO COAST CAMP</b> Coast Trail roadside parking	2.8 mi./4.5 km. 1.5 hours/easy)	<b>STROLL</b> past an alder forest in a wetland, out to the coastal scrub and grasslands. Walk along the coastal bluff with ocean and beach views to Coast Camp.
 BIKE ROUTE	<b>STEWART TRAIL TO GLEN CAMP</b> Five Brooks parking lot	4.8 mi./7.7 km. (3 hours/strenuous)	<b>CLIMB</b> the Stewart Trail to the junction with Glen Loop Trail, turn right and follow to Glen Camp.
 BIKE ROUTE	<b>STEWART TRAIL TO WILDCAT CAMP</b> Five Brooks parking lot	6.7 mi./9.8 km. (4 hours/strenuous)	Climb up and over the 1300-foot tall Fir Top via the Stewart Trail and all the way to Wildcat Camp.
	<b>COAST TRAIL AT PALOMARIN TO WILDCAT CAMP</b> Palomarin Parking Lot	5.5 mi./4.5 km. 3.5 hours/moderate	<b>HIKE</b> out the Coast Trail along the ocean through the coastal scrub and grasslands, then into the forest past Bass Lake. Follow the Coast Trail to the Stewart Trail, turn left and walk down to Wildcat Camp.