

WELCOME TO LAS TRAMPAS

HIKING AND HORSEBACK RIDING Las Trampas Regional Wilderness offers 3,882 acres of wilderness and an expanded trail system that allows hikers, bikes and horseback riders to enjoy its remote and rugged areas. The park's size and terrain allow visitors a feeling of privacy and escape from urban hustle and bustle.

The park's main staging area lies at the end of Bollinger Canyon Road approximately four miles north of Crow Canyon Road in the San Ramon area. Other staging areas are at Hemme Avenue (no horse trailers) and Hap Magee Park in Danville (horse trailers OK)

The park is bisected by Bollinger Creek. To the west is Rocky Ridge, accessible from the parking lot via a paved road that brings hikers near the 2,024-foot summit. At the 1,760-foot elevation you can hike westward along a trail managed by the East Bay Municipal Utility District (EBMUD permit required: call 510-287-0459) to the Valle Vista Staging Area on Canyon Road in Moraga, or south to the Chabot staging area in Castro Valley.

Stone outcroppings on Rocky Ridge are beautifully sculptured by the wind and colored by many lichen species. An entire day may be spent hiking the ridge and the Devil's Hole area. Wildflowers abound in season and are especially beautiful after a rain.

Las Trampas Ridge, reached via Chamise and Bollinger Canyon trails, is east of Bollinger Creek. The view from the ridge affords the sights of the Ygnacio, San Ramon and Amador valleys, Mt. Diablo, Carquinez Strait and other distant points of interest. The Corduroy Hills Trail, skirting Eagle Peak, is for hiking only, as are the Sycamore, Mahogany and Trapline trails. Boots are recommended. Park visitors should use only signed trails that appear on the map; trails that do not appear on the map are not maintained by Regional Park staff, and some may be in a sensitive resource area.

GEOLOGY Two major Bay Area faults—the Las Trampas and Bollinger faults—account for the uplift and exposure of four well-defined geological formations. The Orinda formation holds remnants of ancient beach and shoreline; the El Sobrante formation consists of several fossil-bearing compressed rock layers; and the Pinole Tuff is of volcanic origin.

LITTLE HILLS PICNIC RANCH Adjacent to Las Trampas, this facility is available by reservation for group picnics of between 50 and 1,500 people. Facilities include a swimming pool, covered picnic areas, playfields and barbecue/picnic areas. Call (925) 462-1400 for information and reservations.

LAS TRAMPAS STABLES offers horse boarding, lessons and reservable guided trail rides, pony rides and barbecue rides. Call (925) 838-7546 for information. Inquire about group rates for three or more people.

THE O'NEILL NATIONAL HISTORIC SITE is owned and operated by the National Park Service and is open to the public by reservation. Call (925) 838-0249 for information.

VEGETATION The dominant woodland vegetation on the western and southern exposures of Las Trampas and Rocky ridges is black sage, chamise and buck brush. These are interspersed with toyon, hybrid manzanitas, elderberry, gooseberry, chaparral, currant, sticky monkeyflower, coffeeberry, coyote bush, hollyleaf red berry, deer weed and dozens of other species. There are some creek dogwood along Bollinger Creek. Please beware of poison oak, a plant that can cause a long-lasting irritating, itchy rash if the oils come in contact with skin, clothing, shoes, or pets. The shrubby or bushy plant has oak-like glossy green or reddish leaves that occur in threes (remember: *leaves of three, leave it be!*)

The dominant trees are coast live oak and bay laurel. Other species are buckeye, big leaf maple, canyon live oak, black oak and scrub oak. The latter, with its mistletoe, seems to prefer the ridgetop habitat at the end of Chamise Trail. Half a dozen fern species are found in the park and there are large areas of grassland.

BIRDS The park is a good place for birdwatching. There are many species of hawks, and golden eagles are occasionally sighted.

ANIMALS The park's abundant wildlife includes raccoons, foxes, opossums, bobcats, skunks and squirrels. Late in the day, with binoculars, you can count the deer in the hill areas adjacent to the parking lot. Be wary of rattlesnakes in the warmer months. If you see a rattlesnake, do not approach or harass it.

Las Trampas is Spanish for "The Traps" or "The Snares." According to Erwin G. Guddé's *California Place Names*, traps were once set in the hills to catch elk. Historical records indicate that antelope and mountain lions were plentiful during the last century. Sightings of the big cats have been reported in recent years.

The Park District leases some of the grassland areas for cattle grazing. Cattle keep the grass height down, which lessens the fire hazard during the dry season.

PICNICKING Near the parking lot are two picnic areas—Steelhead and Shady. Facilities are available on a first-come, first-served basis.

GROUP CAMPING The Corral Area is a reservable overnight group camp. It is especially popular with equestrian groups. For information or reservations phone (510) 636-1684.

POLICE, FIRE, MEDICAL EMERGENCY... **9-1-1**
EBRPD HEADQUARTERS.....(510) 635-0135
PICNIC/CAMPING RESERVATIONS(510) 636-1684
PARK OFFICE(925) 837-3145
WEBSITE www.ebparks.org

RESPONSIBLE TRAIL USE RULES

Violations of any of the following may result in citation:

ALL TRAIL USERS:

- Be safe, considerate and aware of your impact on the trail and other trail users.
- For everyone's safety, keep to the right. Proceed single file around blind curves.
- For your safety, headphones are not advised.
- Safety helmets are required for bicyclists under age 18. Safety helmets are recommended for all bicyclists and equestrians.
- Dogs must be on leash where posted, and under full verbal control elsewhere. Please clean up after your dog.

BICYCLES:

- Bicycles are not permitted, either walked, ridden, or carried, on trails marked "No Bicycles."
- Bicycles shall not be ridden at an unsafe speed, or greater than the posted speed limit. **Be aware of how you are perceived by other trail users.**
- Bicycles must always yield to pedestrians. Before passing, SLOW DOWN and establish verbal contact or sound a warning.
- When approaching equestrians, call out or sound a warning and STOP, whether you are seen or not. Ask for instructions on how to pass safely.

PEDESTRIANS:

- **Keep to the right** when approached by other trail users.
- Always yield to equestrians.
- Check behind and to both sides before changing course.

EQUESTRIANS:

- Keep your horse to the right or where safe when encountering other trail users.
- Communicate. Let other trail users know how to pass your horse safely.
- Please clean up after your horse in the staging area.

Trail conflicts or violations should be reported to the Trail Hotline at (510) 733-6991. For a more immediate response, call the Regional Parks Police Department at (510) 881-1833. **In case of an emergency call 9-1-1.**

TO REACH LAS TRAMPAS REGIONAL WILDERNESS:

From Castro Valley: From I-580 in Castro Valley, take Crow Canyon Road north to Bollinger Canyon Road. Turn left and follow Bollinger Canyon Road into the park.
From San Ramon: From I-680 near San Ramon, take Crow Canyon Road west to Bollinger Canyon Road. Turn right and follow Bollinger Canyon Road into the park.



East Bay Regional Park District
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<http://www.ebparks.org>