Safety Tips

Every year, many dogs die hiking Mission Peak with their human companions and many humans suffer injuries. Consider these tips while hiking Mission Peak—Be Safe!

Water, Water, Water!!!
Prevent dehydration & heat stroke for you and your dog:
Bring enough water for you & your dog—at least 2 liters
Make sure your hiking buddies also have enough water.
Offer water to your dog every time you drink some!

Be Sun Smart
Wear a hat & generously reapply sunscreen.
Avoid hiking in the middle of the day during the hot summer months.
Stay hydrated!

Sturdy Footwear
Hiking boots and athletic shoes recommended!
Flip-flops, open-toe shoes, & high heels should NOT be worn.

Dog Health & Safety
Dogs depend on their owners! Be aware that dogs can overheat on strenuous trails, especially on warm summer days. Dogs are much more susceptible to heat stroke than humans.

Hike with your dog only during cool temperatures
Take rest breaks & offer water frequently
Watch for signs of fatigue, dehydration, heatstroke, and injury. Heavy panting, dry gums, weakness, & inattention are signs of heatstroke.

Protect paw pads with dog hiking boots

Other Challenging Hikes
Like the challenge of hiking at Mission Peak?
Try these hikes at other District parks!

Challenging trails are those that have significant elevation gain (1,000 feet or more), are 6 – 20 miles or more in length, trail conditions vary from good to rugged, and they generally take 4 – 8 hours to complete. These hikes are not for the faint-hearted!

Las Trampas Regional Wilderness:
Elderberry – Rocky Ridge View – Devil’s Hole – Sycamore Rocky Ridge View Trails
This strenuous hike offers magnificent 360 degree views of Mount Diablo, the Tri-Valley, and the San Leandro Watershed. Length: 6.0 mile loop

Pleasanton Ridge Regional Park:
Sycamore Grove – Woodland-Ridgeline – Thermalito Trails
This route features several different trails, crosses many distinct ecosystems, and has over 1,000 feet total elevation change. Length: 11 miles round-trip

Sunol Regional Wilderness:
Canyon View – Indian Joe Creek – Cave Rocks Road – Cerro Este Road – McCorkle Trails
This loop passes through a variety of terrain and has a significant elevation gain, promising a good workout and fantastic views of Calaveras Reservoir and Mission Peak. Length: 7.9 miles round-trip
Three “Off the Beaten Path” Trails to Try at Mission Peak Regional Preserve!

The Hidden Valley Trail from the Stanford Avenue Staging Area is a difficult three-mile hike with steep terrain and very little shade, and is very crowded. If you prefer something a little easier and less crowded, try these trails!

**PANORAMA TRAIL**
Approximately 5 miles to the Summit
ACCESS FROM OHLONE COLLEGE PARKING LOT

**PEAK TRAIL**
Approximately 3 miles to Summit
ACCESS FROM OHLONE COLLEGE PARKING LOT

**PEAK MEADOW TRAIL**
Approximately 3 miles to the Summit
ACCESS FROM STANFORD STAGING AREA

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**PARKING AT OHLONE COLLEGE**
43600 Mission Blvd., Fremont
Park in LOT G, easily accessed from Pine Street and Witherly Lane off Mission Blvd.
$2.00 fee
Monday—Friday (6am—11pm)
Saturday (7am—5pm)
Sunday & Holiday—FREE!

**PARKING AT STANFORD AVE. STAGING AREA**
Extremely limited parking area
If you park on the neighborhood streets:
PLEASE RESPECT OUR NEIGHBORS!
• Quiet Voices
• No Loud Music
• No Litter
• No Blocking of Driveways, Mailboxes, or Garbage/Recycling Bins
• Manually lock car doors
Thank you for your cooperation!!!

Park in LOT G off Pine Street & Witherly Lane