Welcome to Las Trampas

Year opened: 1966  
Acres: 5,593

Highlights: hiking, horseback riding, reservable group camping area, birdwatching, wildflowers in season, The Ranch at Little Hills (swimming, picnicking), Las Trampas Stables (horse riding and boarding).

Fun Facts: Eugene O’Neill wrote several plays while living in the Tao House. O’Neill inspired the name Cordurry Hills, saying the long, dry grass on the hills was like corduroy.

Las Trampas Regional Wilderness, one of the East Bay Regional Park District’s largest parks, is a 2,342-acre wilderness preserve that lies on the western edge of the San Ramon Valley. Its dramatic landscape, commanding views, and relatively undisturbed natural environment are key attractions that make this parkland special.

Trail-activated recreational activities are the dominant attractions of the wilderness. The 40-mile trail network provides access to Las Trampas Ridge and Rocky Ridge – the preserve’s twin main ridges - providing an unmatched recreational experience for hikers, mountain bikers, and horseback riders. More than half of the trails are single-track routes that challenge the ardent trail user while enhancing the solitude of a wilderness setting.

The park is bounded by Bollinger Creek. To the west is Rocky Ridge, accessible from the main parking lot via a paved road that brings hikers near the 2,024-foot summit. The 1,762-foot elevation of lake is hike westward along a trail managed by the East Bay Municipal Utility District to the Valle Vista Stage Area on Canyon Road in Moraga, or south to the Molina staging area in Castro Valley. A permit is required to transit EBMUD lands: see www.ebmud.com.

Las Trampas Ridge is accessible via the Chamise or Rocky Ridge – the preserve’s two main ridges - providing an unmatched recreational experience for hikers, mountain bikers, and horseback riders. More than half of the trails are single-track routes that challenge the ardent trail user while enhancing the solitude of a wilderness setting.

The Tatcan, one of the park’s most acclaimed works, including“The Emperor’s New Clothes” and“Opera in the Moonlight”, is located on Las Trampas Ridge. The park’s extensive and isolated wilderness is a leading cause of injuries on the trail. Trails can be slippery, rocky and steep. Feeding or approaching wildlife is dangerous and may be dangerous and may harm the water shed. Horses have the right-of-way on trails.

The Park District leases some areas for cattle grazing and ranching. Cattle keep the grass height down, which reduces the fire hazard during the dry season.

A permit is required to camp in Las Trampas and the adjoining EBMUD watershed (permit required). It is ideally situated for those who wish to visit the park on horseback. For more information, call 925-855-1370.

FIRE, MEDICAL EMERGENCY… call 1-888-327-2757. CAMPING RESERVATIONS… call 1-888-327-2757 (option 2). TRAIL RELAY FOR HEARING IMPAIRED… call 1-888-327-2757 (option 3). East Bay Regional Park District 2950 Peralta Oaks Court, Oakland, CA 94605-0381 www.ebparks.org (888) 832-PARK (7275) 

THE PARK DISTRICT'S MISSION

To provide a green space of outstanding natural beauty that is an inspiration to the people of the San Francisco Bay Area. To conserve and maintain this open space, which enhances the quality of life for area residents. To provide outdoor recreation opportunities and educational programs. To maintain an extensive trail network to access and enjoy this rare open space. To protect the park for future generations.

THE RANCH AT LITTLE HILLS

The Ranch at Little Hills is a 100-acre picnic park located adjacent to the Rancho San Ramon Regional Wilderness on Bollinger Canyon Road. The facility is available for group picnics by reservation only. Call (925) 837-8158 for information, or see bookyourpicnic.com.

Las Trampas Stables offers western horseback riding lessons for adults and children older than age 8. With access to miles of horseback riding trails in Las Trampas and the adjoining EBMUD watershed (permit required), it is ideally situated for those who wish to park on horseback. For more information, call 925-855-1370.

PARKLAND HISTORY

The Tatcan, one of six Bay Miwoks-speaking tribes, inhabited the hill lands and valleys in the place now known as the central East Bay along the San Ramon Creek drainage. They managed the land using specialized horticultural techniques that enhanced the numbers and health of the plants and animals that relied on, including deer, elk, and antelope, and likely trout and steelhead. Bay Miwoks continue to live in the Bay Area and are active in the protection of local ancestral cultural sites.

THEOL Bonus (sketch-map) describes the proposed boundaries of the Rancho San Ramon Wilds

18012 Bollinger Canyon Road
San Ramon, CA 94583

TO REACH LAS TRAMPAS

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 I-680 in San Ramon, take Crow Canyon Road west to Bollinger Canyon Road. Turn right and follow Bollinger Canyon Road into the park. To reach the Pineland Trailhead (limited parking; no horse trainers allowed) exit I-680 at Stone Valley Road in Alamo and go west. Turn left (south) on Danville Boulevard and go for about 0.7 miles to Homme Avenue. The staging area is about one half mile ahead, at the end of the road.

Redwood Rd.

Lafayette-

Dougherty

Diablo Foothills

Diablo

Briones-To-Mt. Diablo Regional Trail

Stone Valley Rd.

Foothills

Ramona

San Ian

Wilderness

Regional Trail

Iron Horse Regional Trail

Castro Valley

Regional Park

Oakland, CA 94605-0381

2950 Peralta Oaks Court, Oakland, CA 94605-0381

www.ebparks.org

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Welcome!

Las Trampas Regional Wilderness

Lafayette, Walnut Creek, Alamo, Danville, San Ramon

East Bay Regional Park District

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This aerial view shows the location of the property.

Welcome to Las Trampas Regional Wilderness

The park is bisected by Bollinger Creek. To the south boundary of the park and west of Rocky Ridge. On the western side of Las Trampas Ridge the formation is seen as flat-faced tilted beds or bulging walls. The most common remains found in the vicinity of the park are teeth from an extinct three-toed horse. Remains of ancient camels, small threes and that can cause a long-lasting, itchy rash if the oils come in contact with skin, clothing, shoes, or pets. Trees species include coast live oak, bay laurel, buckeye, big leaf maple, canyon live oak, black oak, and California ground squirrels in the grasslands of Las Trampas.

PALEONTOLOGY

Fossil deposits at Las Trampas represent a fauna that is thought to be about ten million years old. One of the most interesting finds were two complete lower jaws of an ancient elephant known as Gomphotherium, found just northwest of the present boundaries of the park. The most common remains found in the vicinity of the park are teeth from an extinct three-toed horse. Remains of ancient camels, small threes and that can cause a long-lasting, itchy rash if the oils come in contact with skin, clothing, shoes, or pets.

ANIMALS

A variety of wild species can be seen at Las Trampas. Ringtail Cat trailhead (limited parking; no horse trails allowed) exit I-680 at Stone Valley Road in Alamo and go for about 0.71 miles to Hemme Avenue. The parking is about 0.71 miles. From I-580 in Castro Valley, take Crow Canyon Road to Bollinger Canyon Road. Turn right and follow for about 0.71 miles. To-Mt. Diablo trailhead head south on Chabot Regional Trail and take Bollinger Canyon Road to Bollinger Canyon Road. Turn right and follow for about 0.71 miles.

Las Trampas is a mountainous area with a variety of wildlife species. The park offers opportunities for hiking, horseback riding, and primitive camping. The Park District began acquisition of private properties for the wilderness area in 1966.

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