



# Go Outside & Play!

*Challenge yourself to visit five trails this spring while supporting the parks you love*



## ABOUT THE CHALLENGE

**MARCH 25 - MAY 28**

Join the annual Spring Trails Challenge and get outside to explore new parks and trails while supporting our work!

Every spring, we host the Spring Trails Challenge to help everyone *Go Outside and Play* and enjoy our parks. It's the perfect time of year for exploration here in Napa County with wildflower blooms, green hillsides, and clear days for outstanding views.

Our Spring Trails Challenge Guide has a selection of trails with options for every ability level and interest. There are no fees or mandatory fundraising to participate - join us for this fun annual event!



**NAPA COUNTY REGIONAL PARK &  
OPEN SPACE DISTRICT**

### HOW IT WORKS

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Register for the Challenge

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Select 5 Trails From the Guide

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Explore the Trails & Take Photos

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Fundraise to Support the Parks  
*(Optional)*

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Let Us Know You Completed  
the Challenge to Win Prizes

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# EASY AS 1-2-3

How the Challenge Works



## Step 1

### Register for the Spring Trails Challenge

Click the orange "Start Fundraising" button at the top of the [STC event page](#) and complete the quick registration.

Fundraising is not mandatory to join the trails challenge, but all participants should register.

## Step 2

### Choose your Trails

Once you're registered, check out the the Spring Trails Challenge Guide below and choose your trails.

Select any 5 trails listed in the Spring Trails Challenge Guide. We'll also send emails with trail suggestions as the challenge is happening.



## Step 3

### Share your Adventures!

Photograph yourself and your friends hiking, biking, running, or horseback riding on each trail that you've selected. By sharing your photos you can help motivate others to "go outside and play" and showcase the beautiful trails in Napa County!

Upload your photos to Facebook/Instagram & use the hashtags:  
#NOSD #SpringTrailsChallenge

Don't Forget to Tag Us!

[@NapaOpenSpace](#) on Facebook

[@ncrposd](#) on Instagram

# GIVE BACK

Support the Parks & Trails You Love

## BONUS - Step 4

### Raise Funds

You can help raise funds for the parks you love while you're enjoying the Spring Trails Challenge. This can be a fun way to help spread the word about your local parks and trails and get our community involved in supporting the Napa Open Space District's work. We rely on the support of donors and grants for funding to keep parks accessible to everyone, maintain trails, teach environmental educational programs, lead community hikes, and provide activities (like the trails challenge!)

You don't have to fundraise to participate in the Spring Trails Challenge - but your donations maintain and improve trails and we'd love your help!

All funds raised through the Spring Trails Challenge feed into our [ReLeaf Napa Fund](#) to help the District continue to manage and expand our regional parks and trails. ***All participants in the challenge that raise \$100 or more will receive an official 2022 Spring Trails Challenge T-Shirt!***

## BONUS - Step 5

### Join Us for a Program or Event

- 2nd Saturday Trail Volunteer Project, April 8th
- Wildflower Hike, April 15th
- Earth Day Napa Event, April 23rd
- Bale Mill Pancake Breakfast, May 6th
- 2nd Saturday Trail Volunteer Project, May 13th
- Napa River with the RCD, May 20th

See More Programs & Activities at [napaoutdoors.org](http://napaoutdoors.org).



# TRAIL OPTIONS

Select 5 Trails to Complete the Challenge

<input type="checkbox"/> River and Bay Trail	Wetlands Edge Park	American Canyon
<input type="checkbox"/> Ridge Trail	Suscol Headwaters Park	Napa
<input type="checkbox"/> Thatcher Rim Rock	Skyline Wilderness Park	Napa
<input type="checkbox"/> MC Trail Redux	Moore Creek Park	Saint Helena
<input type="checkbox"/> Old Man's Beard Trail	Moore Creek Park	Saint Helena
<input type="checkbox"/> Heartbreak Hill	PUC Forest	Angwin
<input type="checkbox"/> History Trail	Bale Grist Mill SHP	Saint Helena
<input type="checkbox"/> Vineyard Trail	Bothe-Napa Valley SP	Calistoga
<input type="checkbox"/> Oat Hill Mine Trail	Oat Hill Mine Trail	Calistoga
<input type="checkbox"/> Table Rock Trail	Robert Louis Stevenson SP	Calistoga



## Accessibility & Customizing the Challenge

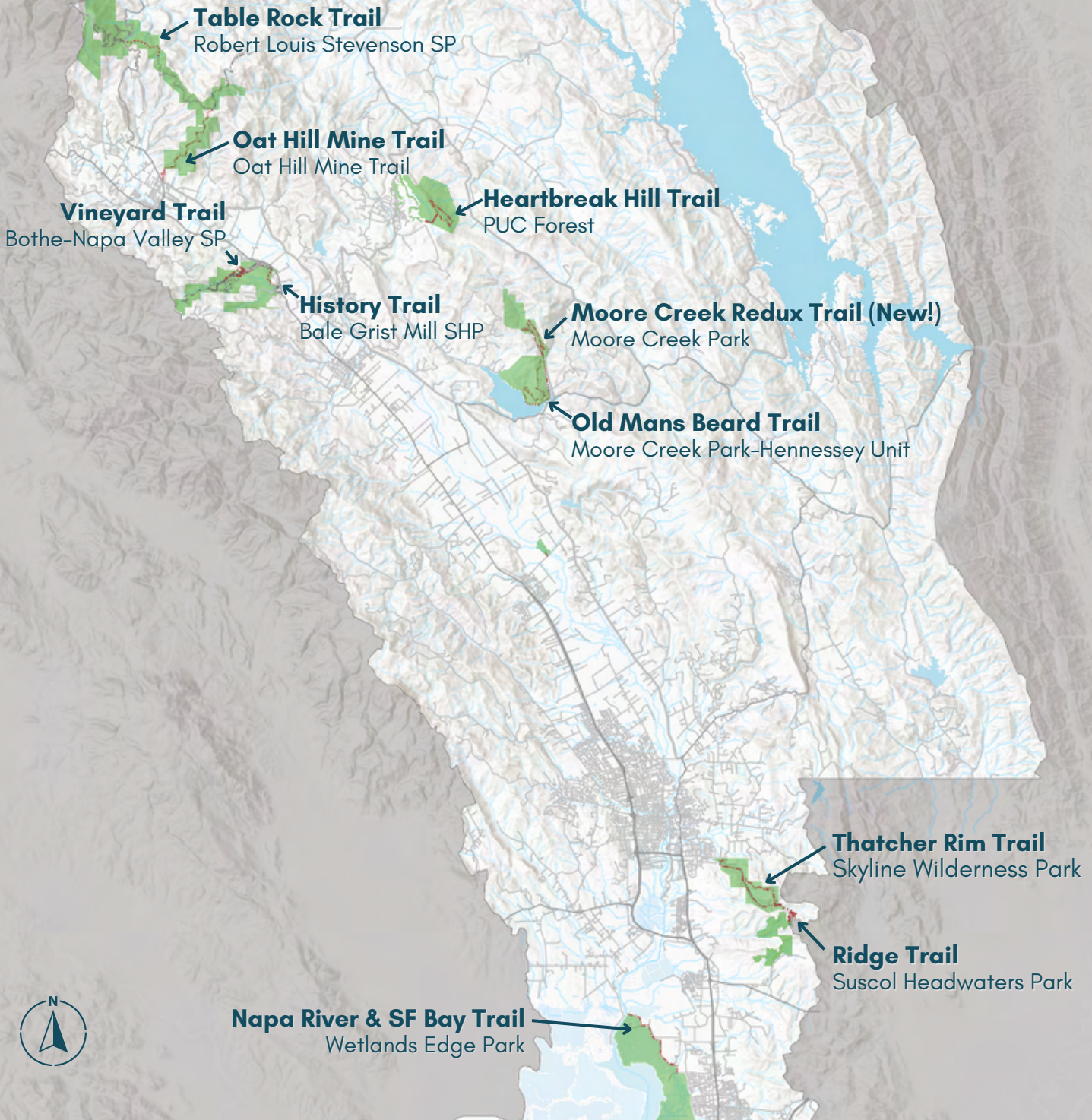
Explore Trails That fit your Needs and Interests

The trails challenge encourages you to explore new parks and trails, but our list of trails in the guide may not fit the needs of everyone. Napa County offers trails for various mobility levels and dog-friendly options. We are happy to help you create a trails list that meets your specific accessibility needs.

To receive a personalized list of trails for the challenge, please email us at [info@napaoutdoors.org](mailto:info@napaoutdoors.org).

# TRAIL OPTIONS - MAP

Select 5 Trails to Complete the Challenge



# TRAILS 101

Preparing for the Challenge



## Here are a few reminders before you start the challenge:

### Bring plenty of water.

Most parks do not provide access to clean drinking water, so bring enough water for you and your dog.

### Plan your outing.

Download or print maps ahead of time in case of no cell service. Get updates on the current trail status and park/trail closures at [www.napaoutdoors.org](http://www.napaoutdoors.org).

### Wear sturdy shoes and appropriate clothing.

Check weather forecasts and always pack layers.

### Pack it in, pack it out!

Keep the trails clean by taking all trash out with you, including dog waste bags

### Stay on trails.

Going off trails is not only damaging to the environment, but it can also expose you to risks such as, poison oak and ticks.

### Be aware of others using the trails.



And, As Always, Have Fun!



## TRAIL GUIDE LEGEND

LOOKOUT	ACCESSIBLE	PARKING
TRAILHEAD MAP	DOG FRIENDLY	AVERAGE GRADE
HIKING	PAY STATION	ELEVATION GAIN
MOUNTAIN BIKING	WATER AVAILABLE	TRAIL MARKERS
EQUINE TRAILS	ROCK LABRYNTH	LENGTH OF TRAIL (Suggested Route)
RESTROOMS		



# NAPA RIVER & SF BAY TRAIL

Wetlands Edge Park

## Suggested Trail Route - Out & Back

WETLANDS EDGE TRAIL → NAPA RIVER & SF BAY TRAIL ⇌

The Napa River and Bay Trail provides great views of the wetlands and constructed ponds, as well as public access to the Napa River. The Napa River and Bay Trail is a segment of the San Francisco Bay Trail.



**6° AVERAGE SLOPE**



**59 FOOT ELEVATION GAIN**



**6.25 MILES**

(Suggested Route)



The waters, wetlands, and uplands you see along the trail are part of an interconnected watershed system that drains into the San Francisco Bay. Before the 1850's, the San Francisco Bay had edges with extensive, mile-wide tidal marshes. By the 1950's, nearly 85% of these marshlands had been diked or filled. The low-lying flood plains found in American Canyon include mudflats, tidal and seasonal wetlands, former salt ponds, riparian corridors, and lands reclaimed for agriculture and development.

The wetlands is home to many animals, including species of birds, mammals, insects, reptiles, and fish. We ask that you respect these beautiful creatures by enjoying and observing them from afar.

We also ask that you keep dogs leashed at all times so that they do not disturb the wildlife or our other wetlands visitors.



# RIDGE TRAIL

Suscol Headwaters Park

## Trail Extension - Out & Back from Skyline Trail

### RIDGE TRAIL

Suscol Headwaters Park is one of our newest public parks and one of our favorites because of the absolutely stunning views from the peak. This 709 acre park is located just south of Skyline Wilderness Park and is currently only accessible through a gate at the top of Skyline's trails. The journey up to Suscol Headwaters is well worth the effort, with sweeping views of the San Pablo Bay, San Francisco, all of the peaks in the Bay Area, and on clear days, the Sierra Nevadas. Wildflowers abound in the wide open grassy hillsides here, and there are picturesque outcroppings of volcanic rocks dotting the grasslands near the peak.

From the gate in Skyline Wilderness Park at the top of the Napa Solano Ridge Trail loop, this is a short walk up to the open expanse of Suscol Headwaters Park. A trip up the hill to The Prominence is definitely recommended - and if you follow the trail alongside the peak, you can continue for another 1/2 mile to a different viewshed looking south.





# THATCHER RIM ROCK TRAIL

Skyline Wilderness Park

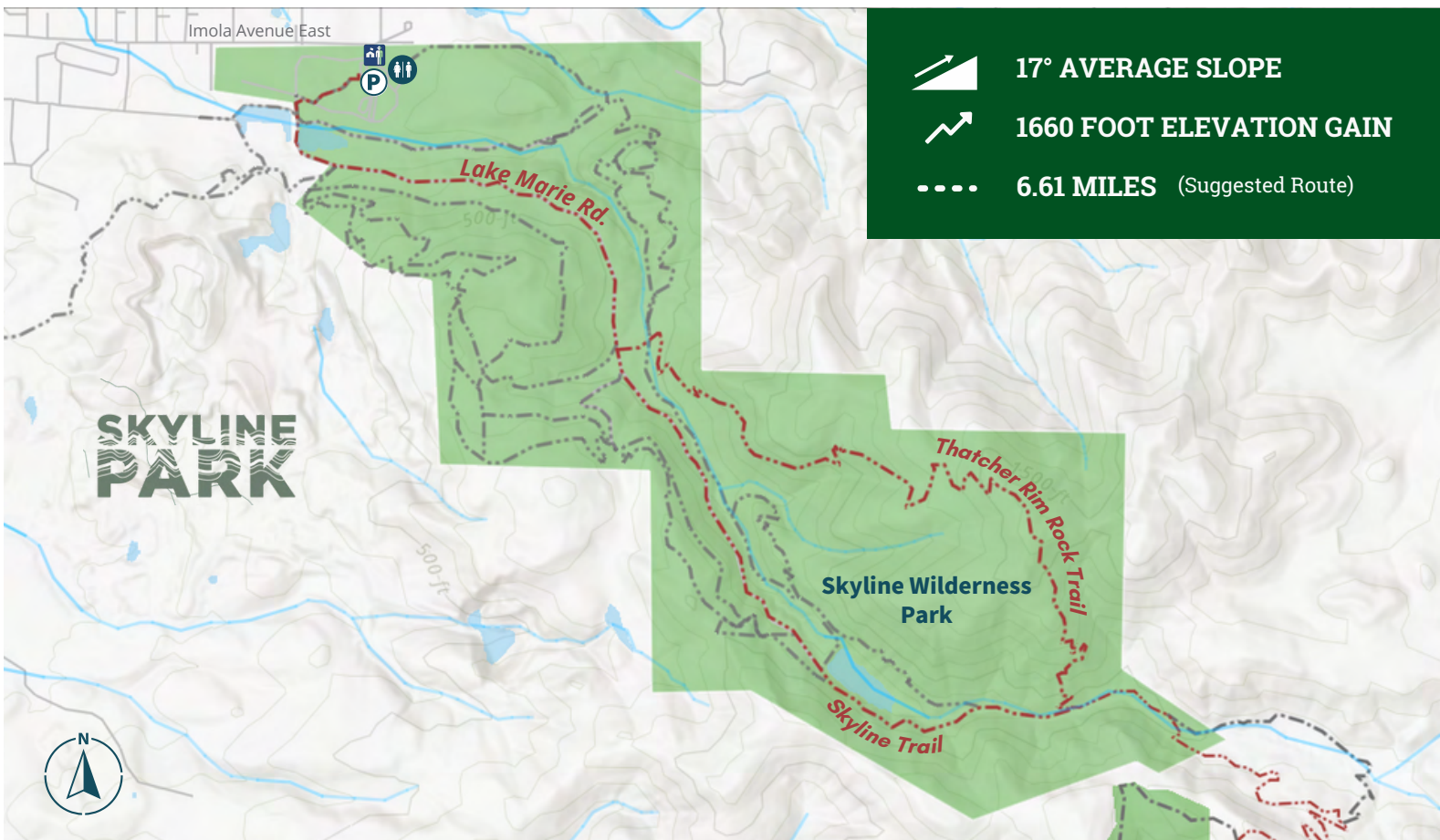
## Suggested Trail Route

LAKE MARIE ROAD → THATCHER RIM ROCK TRAIL → SKYLINE TRAIL → LAKE MARIE ROAD

It's always a great day to be out enjoying Skyline Wilderness Park and this challenge option has the added bonus of adding on Suscol Headwaters Park if you'd like some extra mileage and a 2 for 1 challenge day!

Thatcher Rim Rock is one of the more challenging trails in the park, but you'll be rewarded with great views on the way up, as well as the beautiful view over the back side of the peak.

If you'd like to add on to this adventure, see the Ridge Trail for notes about the Suscol Headwaters extension. There are entrance fees for Skyline Wilderness Park, as well as restrooms and water at the parking lot/trailhead. See [www.skylinepark.org](http://www.skylinepark.org) for trail maps and park details.



# OLD MANS BEARD TRAIL

Moore Creek Park - Hennessey Unit

## Suggested Trail Route - Loop

SHORELINE TRAIL → WHISKEY RIDGE TRAIL → CONN PEAK TRAIL → OLD MANS BEARD TRAIL → SHORELINE TRAIL



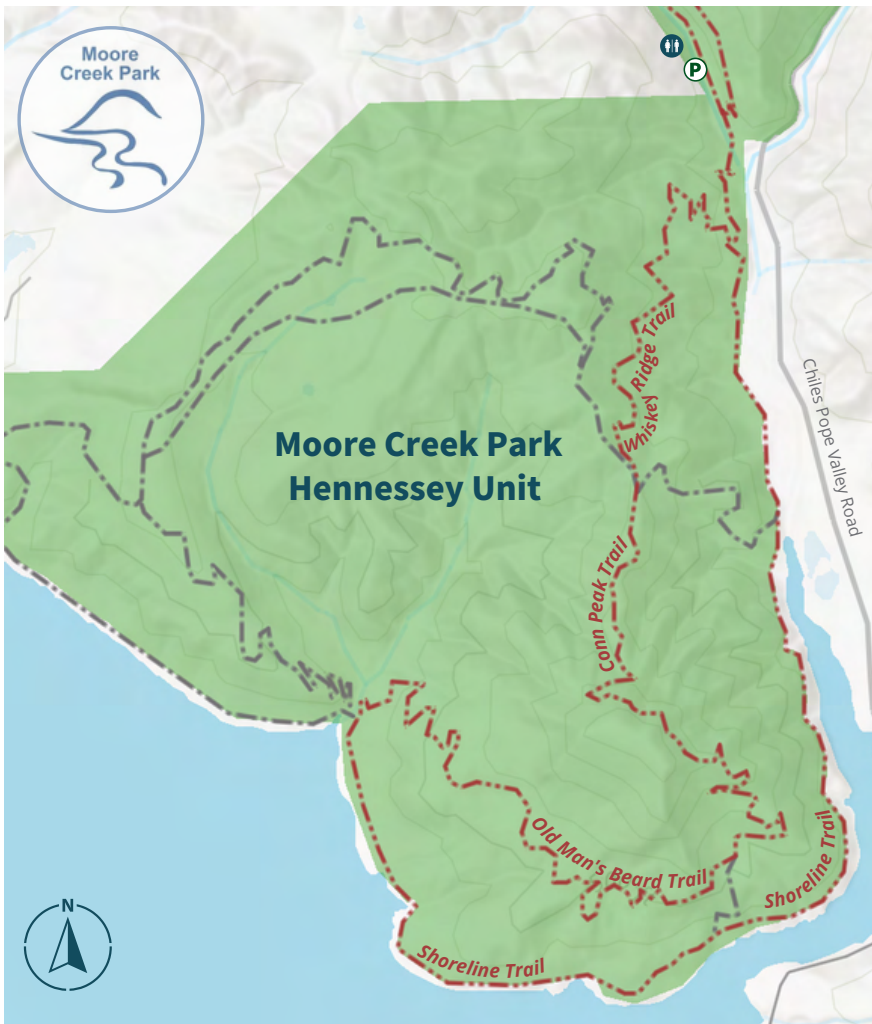
**16° AVERAGE SLOPE**



**938 FOOT ELEVATION GAIN**



**7.05 MILES** (Suggested Route)



The Hennessey Unit of Moore Creek Park is a local favorite and offers up stunning views over Lake Hennessey and a California oak grassland ecosystem that looks like it's straight out of a magazine photo shoot.

There's some elevation gain on this route, but the trip up Whiskey Ridge is well switchbacked and has a nice gentle feel as you make your way up the ridge. Conn Peak is the perfect place to take a mid-hike break and enjoy the view for a bit before heading back down the trail and exploring the Old Mans Beard Trail. The walk back along the Shoreline Trails is mostly level and a beautiful way to end the hike with lakeside views.

This park unit is thoroughly enjoyed by mountain bikers and is dog friendly (on leash).

The Hennessey Unit of Moore Creek Park borders Lake Hennessey, a source of drinking water for the City of Napa, a haven for many different species of birds and wildlife, and a favorite summertime place to enjoy the lake from a kayak or shore.

Please keep dogs on leash and do not come into contact with the water in Lake Hennessey.





# REDUX TRAIL

Moore Creek Park

## Suggested Trail Route - Loop


MOORE CREEK FIRE ROAD → REDUX TRAIL → MOORE CREEK FIRE ROAD → VALENTINE VISTA TRAIL

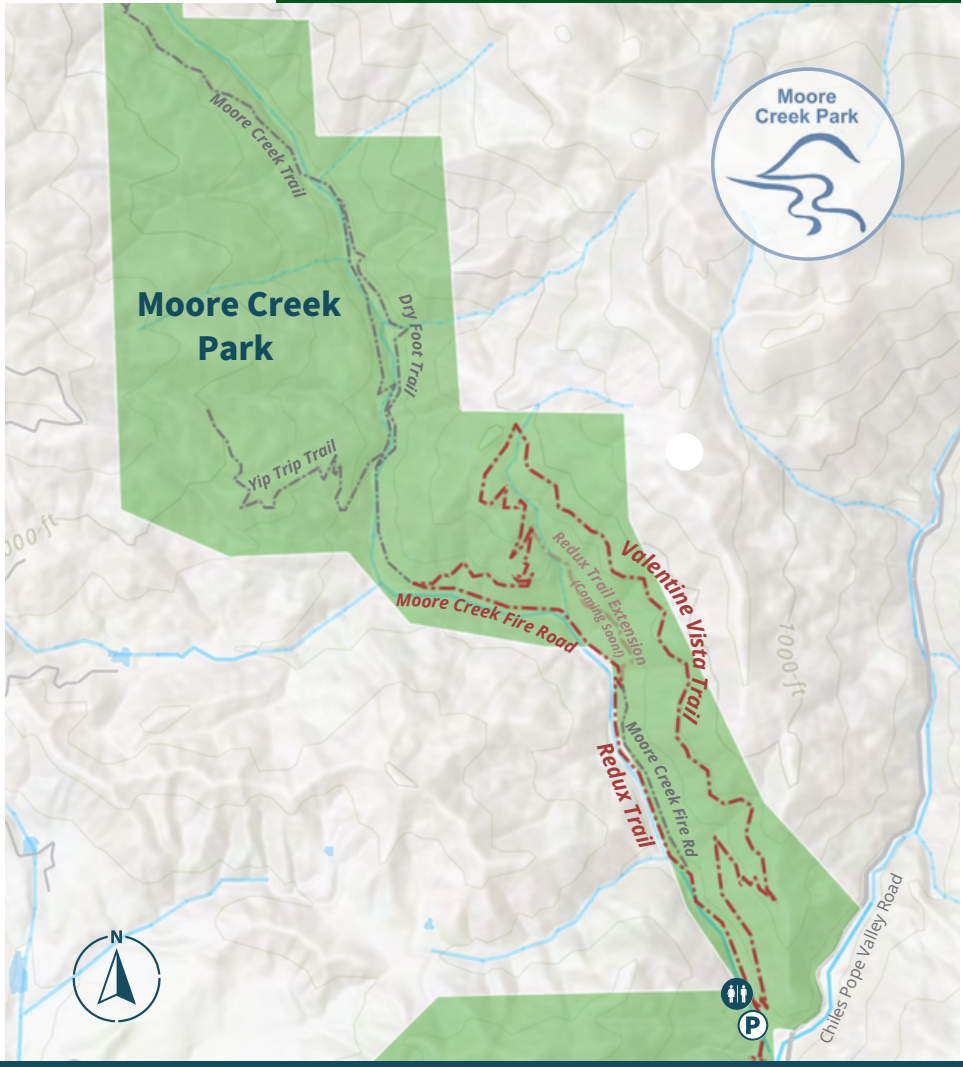
We've got even more trails at Moore Creek Park (with even more to come soon) thanks to our friends at the Redwood Trails Alliance!

Enjoy an exploration of the original Moore Creek Unit of the park and start off with the newest of several trails that will be added to the park soon. From the parking lot, you'll head up the Moore Creek Fire Road until the junction with the new Moore Creek Trail Redux (starts off on your left hand side), where you'll get rewarded with a great new trail and a different view of the creek.

Once you come back up to the fire road, you'll continue for a short distance and then head uphill onto Valentine Vista Trail for a great loop back to the parking lot. Valentine Vista has gotten a (well deserved) reputation for wildflowers during springtime and you're almost sure to be treated to massive displays of color. Once the poppies start blooming, keep your eye on this trail for an orange display that's almost too good to be true.

Dogs are not allowed on the Moore Creek Unit of the park.

-  25° AVERAGE SLOPE
-  690 FOOT ELEVATION GAIN
-  4.17 MILES (Suggested Route)



# HEARTBREAK HILL

PUC Demonstration & Experimental Forest

## Suggested Route - Loop

MAIN STREET TRAIL → MIDWAY TRAIL → HEARTBREAK HILL TRAIL → RIDGE TRAIL → MAIN STREET TRAIL

The Pacific Union College Experimental and Demonstration Forest is a protected forest located in Angwin that offers public access to several dog-friendly and multi-use trails. Visitors can enjoy shaded trails, dense stands of trees, moss-covered rock grottoes, open grassy meadows, and an incredible view over Pope Valley from Inspiration Point (Just a short jaunt from the suggested route from trail marker #6. There are no services or water at trailheads, so we recommend checking the PUC Forest webpage for parking and trail rules and downloading the trail map before going.



**11° AVERAGE SLOPE**

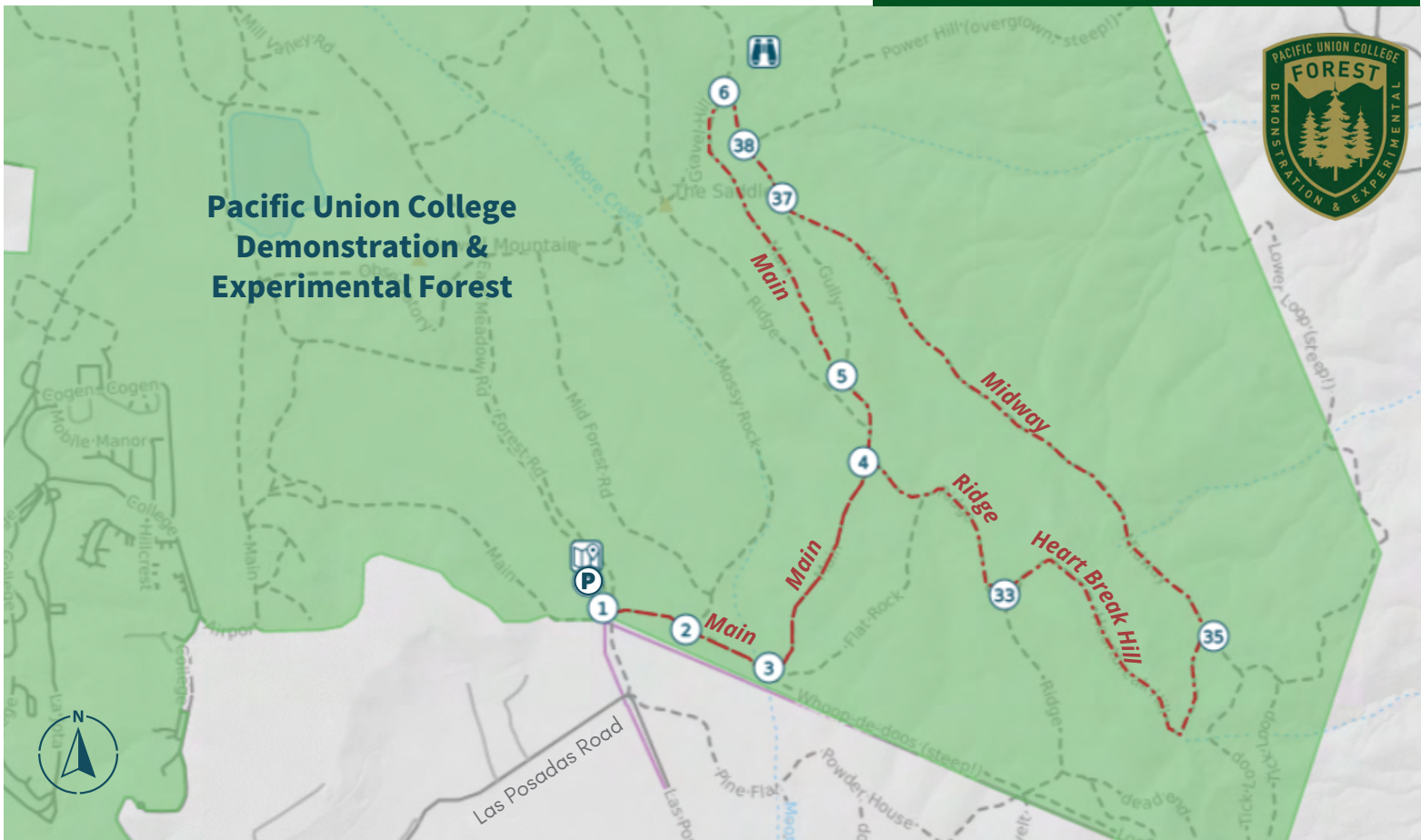


**565 FOOT ELEVATION GAIN**



**3.67 MILES**

(Suggested Route)



# HISTORY TRAIL

Bale Grist Mill State Historic Park



## Single Trail Out & Back

### HISTORY TRAIL

Take a walk through history on this connector trail between the Bale Grist Mill and Bothe-Napa Valley State Park.

Bale Grist Mill Historic State Park offers a peek into the pioneer era of California's history and is one of only a handful of mills of its kind still operational in the United States. Built-in 1846, the mill was a central part of life in rural Napa County in the late 1800s.

The History Trail is a 2.4-mile round-trip single-track trail that connects the Bale Mill to Bothe-Napa Valley State Park. Points of interest along the trail are the Pioneer Cemetery and White Church, the first church in Napa Valley, named for founding minister Asa White. The trail is moderate, and mostly easygoing with a few slightly more challenging segments.

This is an easy/moderate hike and winds through forests and clearings along Mill Creek. Entrance to this trail can be from either the Bale Grist Mill or Bothe Napa Valley State Park parking lots. Knock out two hikes in one outing by combining this with the Vineyard Trail at Bothe-Napa Valley State Park!



10° AVERAGE SLOPE



497 FOOT ELEVATION GAIN



2.40 MILES (Round Trip)



# VINEYARD TRAIL

Bothe-Napa Valley State Park

## Suggested Trail Route



**11° AVERAGE SLOPE**



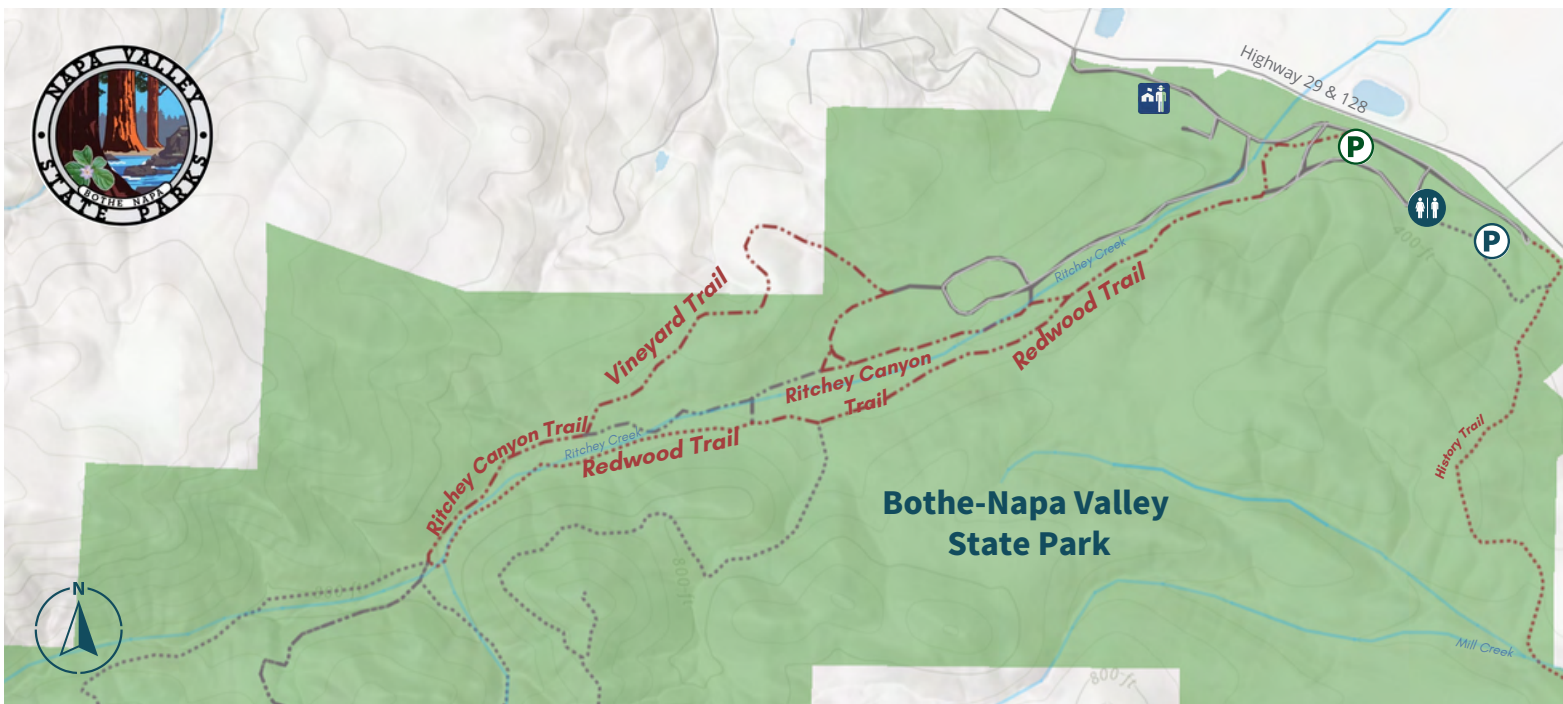
**452 FOOT ELEVATION GAIN**



**3.32 MILES** (Suggested Route)

To reach the Vineyard Trail, park at the Redwood Trailhead Parking lot and hike up the Redwood trail for approximately 1.4 miles. You will see various plant communities along the trail, including larger Redwood trees and trillium flowers near the Ritchey Creek. At the Ritchey canyon trail junction, cross the creek and take the Vineyard trail junction lined with manzanita trees and wildflowers, such as Warriors Plume and Henderson's Shooting Stars.

Connect back to Ritchey Canyon Trail near the campground and hike over to the Hitchcock site. Alfred Hitchcock, his wife Martha and their daughter, Lillie Hitchcock Coit, entertained San Francisco society at Lonely and helped popularize the sunny valley as a summer getaway from the city. A renovation project is in the beginning planning stages to transform the building into a youth outdoor education center and event space.



# OAT HILL MINE TRAIL

Oat Hill Mine Park

## Single Trail - Out & Back

OAT HILL MINE TRAIL



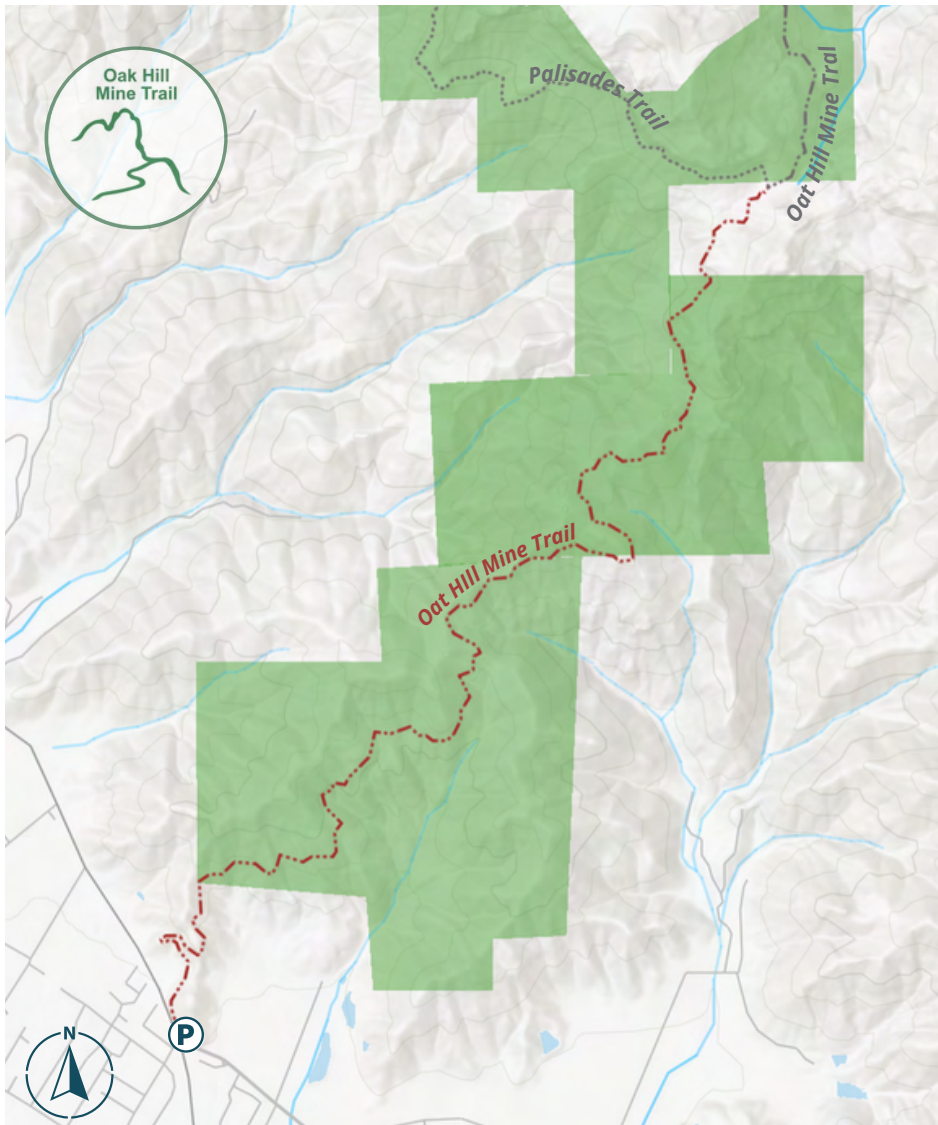
**25° AVERAGE SLOPE**



**1903 FOOT ELEVATION GAIN**



**8.52 MILES** (Round Trip)



The Oat Hill Mine Trail follows the historic stage coach road built in 1873 as a route between Calistoga and Pope Valley. This out and back trail is an uphill climb that traverses up the volcanic bedrock and provides views of the valley floor that become more expansive the higher you climb up the hill.

This trail was affected by wildfires in 2020 and remnants of burnt trees remain. However, the fire also replenished the grassland soil and regrowth has been extraordinary. Spring is a wonderful time to visit this trail, the hills are covered in many varieties of wildflowers. Most of the trail is exposed, and there are no services or water at this location. We suggest bringing sun protection and lots of extra water.

The trailhead is along the outskirts of the town of Calistoga along Highway 29, and parking is located in the dirt lot in the southwest corner of the intersection of the highway and Silverado Trail. Street parking is available once the small lot fills up.





# TABLE ROCK TRAIL

Robert Louis Stevenson State Park

## Single Trail - Out & Back

### TABLE ROCK TRAIL



17° AVERAGE SLOPE



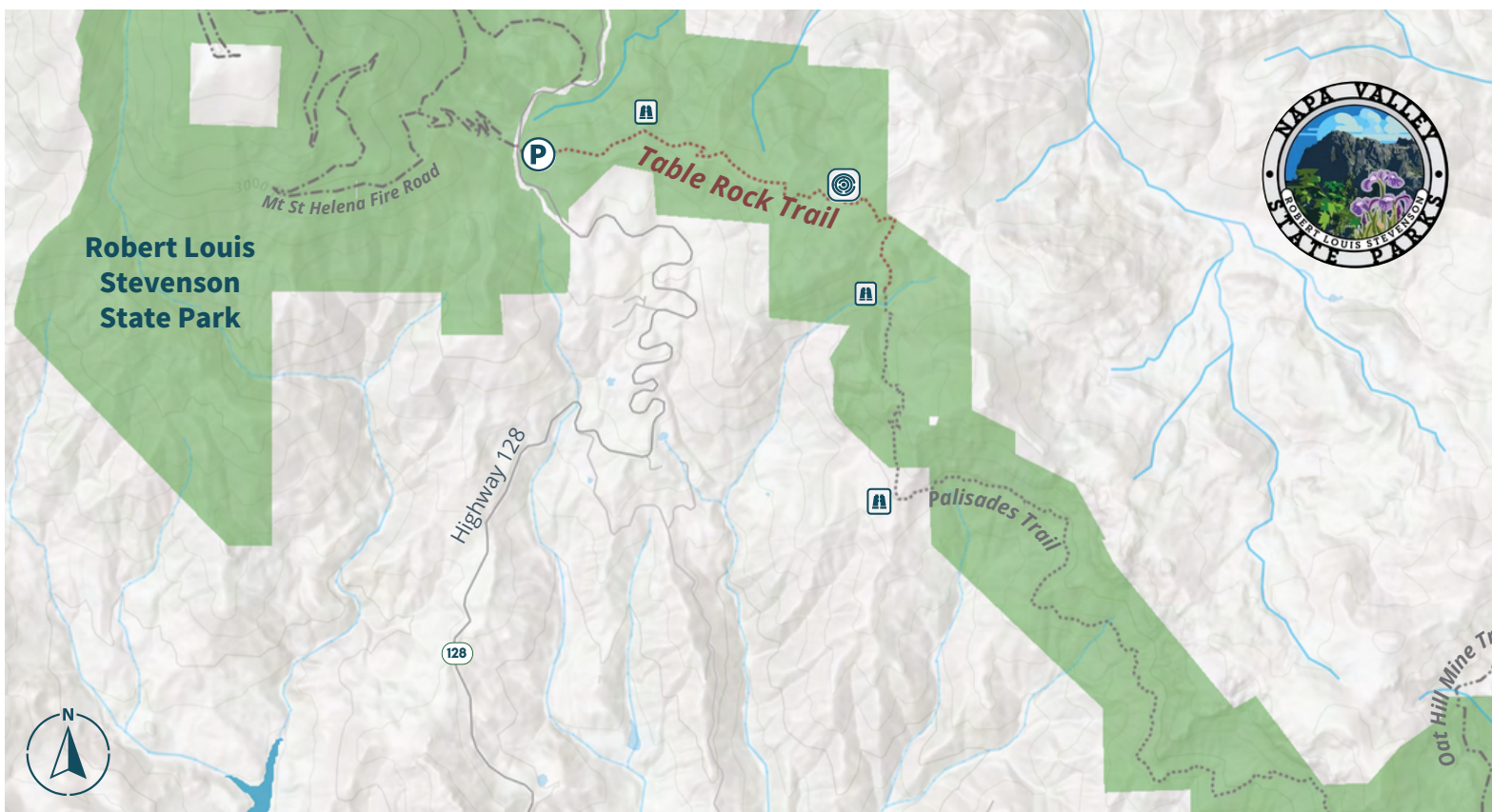
1,171 FOOT ELEVATION GAIN



3.83 MILES (Suggested Route)

The Table Rock Trail is a 2.3-mile hike starting from Robert Louis Stevenson State Park in California. It offers a panoramic view of Lake County at Bear Rock Overlook, a labyrinthine pattern made of small rocks, and a big volcanic rock called Table Rock at the end of the final ascent. The trail combines interesting trail engineering with constant spectacular views that include Mount Saint Helena, Snow Mountain, the Sierra Nevadas, the Napa Valley, and the wilderness of badlands above Table Rock. A rock labyrinth, wildflowers, and a pygmy knobcone pine forest also enhance the experience along the route.

If you want to continue your hike, you can join the Palisades Trail and the historic Oat Hill Mine Road west; however, it is a long way down to the Oat Hill Mine Trailhead and back up, so it is best to arrange a ride or shuttle if you choose to follow this extended route.



NAPA COUNTY REGIONAL PARK & OPEN SPACE DISTRICT





# Thank You!

Thank you for participating in this year's Spring Trails Challenge! Don't forget to submit your completed challenge at [napaoutdoors.org/2023stc](https://napaoutdoors.org/2023stc) to be eligible to win prizes.

A special thank you to those who fundraised throughout the challenge. The Napa Open Space District is dedicated to continuing our work to improve and expand outdoor recreation throughout Napa County. We know that there is tremendous support for our parks and trails, and a need for us all to steward our public lands and protect our legacy for future generations.

These parks belong to the community and with everyone's support we can all continue to enjoy the beautiful parks and trails. Learn more about ways you can support parks at [napaoutdoors.org/releafnapa](https://napaoutdoors.org/releafnapa)



SUMMER CAMPS

VOLUNTEER PROJECTS



# MORE FUN AT NOSD PARKS



GUIDED  
HIKES



EDUCATIONAL PROGRAMS  
& FIELD TRIPS



COMMUNITY  
EVENTS

FOLLOW US!



Sign up for our our Monthly Newsletter to learn about more activities and events to participate in, by emailing [info@napaoutdoors.org](mailto:info@napaoutdoors.org) or by visiting the Napa Open Space District Website (newsletter sign-up is on the website footer).

[NAPAOUTDOORS.ORG](https://www.napaoutdoors.org)

