

Welcome to Las Trampas

HIKING AND HORSEBACK RIDING Las Trampas Regional Wilderness offers 4,636 acres of wilderness and a trail system that allows hikers, bikers, 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 in the San Ramon area. The Steelhead and Shady picnic areas, available on a first-come, first-served basis, are located here. 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 the Chamise and Bollinger Creek Loop trails, is east of Bollinger Creek. The view from the ridge affords 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 Parks staff, and some may be in sensitive resource areas. Carry plenty of drinking water for yourself, your dog(s), and your horse(s) when visiting the park. The park's water supply is inconsistent and water may be unavailable at any time.

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 is available by reservation for group picnics of between 50 and 1,500 people. Facilities include areas for basketball, softball, and volleyball, a swimming pool, covered picnic areas, a rock climbing wall, and activities for kids. Call (925) 462-1400 for information, or see www.picnicpeople.com.

LAS TRAMPAS EQUESTRIAN CENTER offers horse boarding, riding lessons, seasonal guided trail rides by reservation, and pony parties for kids 8 years and younger. Email lastrampasstables@gmail.com or call (925) 862-9044 for information.

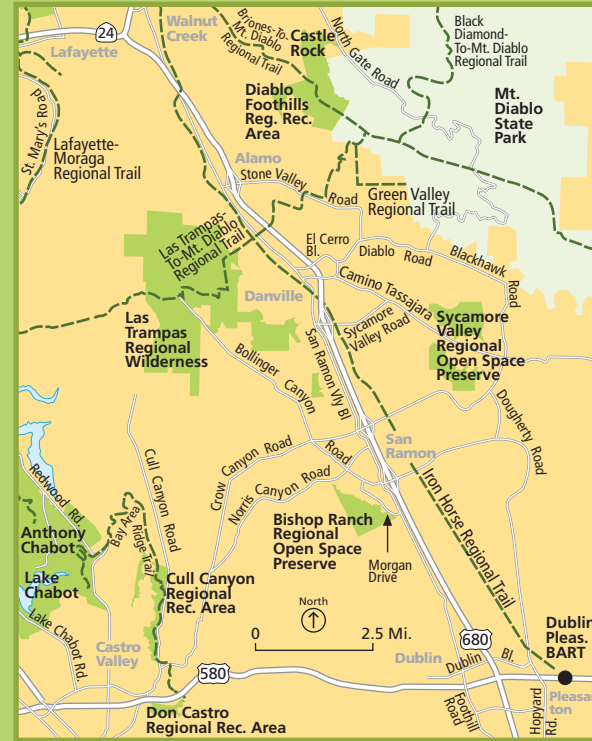
VEGETATION The dominant woodland vegetation on the western and southern exposures of Las Trampas and Rocky ridges is black sage, chamise, and buck brush, interspersed with toyon, manzanitas, elderberry, gooseberry, chaparral, monkeyflower, coyote bush, hollyleaf red berry, deer weed, and dozens of other species. There are some creek dogwood along Bollinger Creek. Please beware of poison oak, a plant that can cause a long-lasting, 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!*)

Trees species include coast live oak, bay laurel, buckeye, big leaf maple, canyon live oak, black oak, and scrub oak. The latter, with its mistletoe, prefers the ridgetop habitat at the end of Chamise Trail. Half a dozen fern species are found in the park.

ANIMALS The park's abundant wildlife includes raccoons, foxes, opossums, bobcats, skunks, and squirrels. Late in the day, with binoculars, you can see deer in the hills adjacent to the parking lot. Be wary of rattlesnakes in the warmer months. If you see a rattlesnake, do not approach or harass it. The park is a good place for bird-watching. There are many species of hawks, and golden eagles are occasionally sighted.

Las Trampas is Spanish for "The Traps" or "The Snares." According to Erwin G. Gudde'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 areas for cattle grazing. Cattle keep the grass height down, which reduces the fire hazard during the dry season.



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 Bishop Ranch:

From I-680 in San Ramon, take the Bollinger Canyon Road exit west and go south on San Ramon Valley Boulevard, then west on Morgan Drive. The trailhead will be on the left after you turn onto Morgan Drive.

If you would like this information in an alternative format, please contact the EBRPD Public Affairs Department at (510) 544-2200, fax (510) 635-3478, TDD (510) 633-0460, or info@ebparks.org.



East Bay Regional Park District

2950 Peralta Oaks Court,
P.O. Box 5381
Oakland, CA 94605-0381
1-888-EBPARKS ebparks.org

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Las Trampas Regional Wilderness Bishop Ranch Regional Open Space Preserve

East Bay
Regional Park District



Doug Donaldson

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