



TRAIL CENTER

Trail Information and Trail Volunteers for
Santa Clara, San Mateo, Santa Cruz, Alameda & San Francisco Counties

Disabilities-Accessible Trails and Parks on the San Francisco Peninsula and in the South Bay

Fourth Edition, November 1998; updated May 2000

Compiled by Ben Pease for the Trail Center

Introduction

There are a growing number of trails and parks accessible to people with disabilities in San Francisco, San Mateo, Santa Clara, and Santa Cruz Counties. Decades of activism and recent legislation have led park agencies to think more in terms of "barrier-free" or "universal" design for facilities and trails, where possible. "People using wheelchairs are somewhat of an indicator species - if you provide for them you accommodate a lot of other park users." said landscape architect Mike Brown at the 1992 Statewide Trails Conference. "At any point in time, only 43% of the population are able-bodied: 10% are elderly, 10% are temporarily disabled, and 37% are significantly impaired. All of us have been and will be at some time dependent on others, needing help to get around. So barrier-free design helps all of us." The Americans with Disabilities Act, passed in the 1980s, has also had an impact in shaping our public spaces to be more accessible.



About this List

Some, but not all, of the facilities we list are specifically designed for persons using wheelchairs. These facilities may be marked with the blue-and-white wheelchair logo that indicates compliance with handicap design standards. These trails have a groomed, smooth tread of asphalt or special fine gravel, with minimal cross-slope and gradients less than eight or ten percent. "Whole Access"

trails have cable handrails to aid visually-impaired and physically infirm persons. Three examples are the **Tan Oak Nature Trail** in **Memorial County Park**, **Chickadee Trail** in **Huddart County Park**, and the **Redwood Trail** at the top of **Purissima Creek Redwoods Open Space Preserve**, all of which Trail Center volunteers helped build. Many "officially designated handicap-accessible trails are relatively short.

We also list bike paths, such as the **Sawyer Camp Trail**, **Los Gatos Creek Trail**, and the **Bay Trail** between Coyote Point and Foster City. While not all bike paths are fully wheelchair-accessible, those that are accessible make feasible trips of several miles. At many trailheads, "wheelchair stiles" have been built with wood posts wider at the top than the bottom, enabling regular-sized wheelchairs to pass through while blocking motorcycles from getting through.

Also, many "regular" trails and fire roads have wheelchair stiles. These trails may not be "fully accessible" - you may get only a quarter mile or a mile before encountering a waterbar or a ford or a steep grade. So you might do well to explore cautiously with a buddy. The idea is to eliminate the first barrier - the gate - that would block wheelchair users from the trail. Many trails **do** start out with less than ten percent grade, and adequate width, though tread may be lumpy, not groomed.

We include some facilities that we think ought to be looked at for accessibility but we're not absolutely sure. They are our best, unconfirmed hunches. If you see wiggly words such as "conceivable" or "may be," be advised that the facility in question may not be accessible and you might want to plan your trip elsewhere. I should caution that we have not evaluated all of the facilities in detail. If you see something that ought to be changed, let us know.

Caveats

The author and the Trail Center make no guarantees as to the accuracy of the enclosed information, nor the suitability of the facilities listed to meet your particular needs. The author is a temporarily-able-bodied hiker, trained as an architect, so pays attention to design and accessibility issues on and off the trail, but I will confess I am by no means an expert. One of our long-term goals is to assemble teams of trail users and wheelchair users to document and evaluate the trails in detail, and provide you, the person using this list, with useful, quantitative and qualitative information as to what to expect, to aid in planning your visit. Chances are, we've only tapped the surface. We appreciate your help, contributions and suggestions.

You are your own expert on your expertise, stamina, and equipment. Use the "buddy system." Let someone know where you plan to go. Check your chair. Bring water and gloves. If you need more information or park maps, call the park agency.

Recommended Reading

We recommend the following park guidebooks as further reading, whether you are an outdoor enthusiast with limited mobility, or if you are non-disabled but want to learn more about access issues:

Mitchell, Linda, and Allan Mitchell, *California Parks Access: a Complete Guide to the State and National Parks for Visitors with Limited Mobility*, Cougar Pass Press, Escondido, Calif., 1992.

Describes accessible features of all 270 State and National Parks in California, including many parks in the Bay Area. Of parks that have access, several are real gems. Excellent overall guidebook.*

Roth, Wendy, and Michael Tompane, *Easy Access to National Parks: a Sierra Club Guide for People with Disabilities*, Sierra Club, San Francisco, Calif., 1992.

Describes accessible features of fifty National Parks, including fifteen in detail (but no Recreation Areas, Seashores, or Monuments). Great for planning a big trip to Yosemite or beyond; also a good discussion of accessibility issues.*

California Coastal Conservancy, *San Francisco Bay Shoreline Guide*, University of California Press, Berkeley, Calif., 1995.

Full-color guidebook shows how to get to dozens of accessible bike trails and facilities all around San Francisco Bay, including historic and current photos, ecology, and history. Wheelchair symbol denotes accessible facilities; accessibility not discussed in depth.

*These books are a model for how we would like to shape this list in the future - qualitative and quantitative information that empowers the park visitor to make their own decisions and to know what they might encounter on a visit. Want to help us? Let us know.

Accessible Trails in San Francisco

Golden Gate National Recreation Area in San Francisco

Fort Mason

San Francisco, CA 94123

Voice: (415) 556-0560 weekdays; TDD: (415) 556-2266

28,000 acres in Marin, San Francisco, and San Mateo Counties. Several facilities are accessible to persons with disabilities, including visitor centers at **Fort Mason**, **Marin Headlands**, and the **Cliff House**.

The **Golden Gate Promenade** extends two miles from **Fort Mason** along the **Marina Green** to the **Presidio** and **Fort Point**, with great views of San Francisco Bay and the Golden Gate Bridge. It is a paved, wheelchair-accessible path

popular with joggers and bicyclists. Fishing piers at Fort Point and Fort Mason. Accessible restrooms may be found near Fort Point, at Fort Mason, and possibly at the west end of the Marina Green (portables). **Fort Mason Cultural Center** in lower (northwest corner) Fort Mason has accessible spaces on ground floor, including various museums and non-profit exhibit halls in old Army buildings (accessible ramps ascend to old loading docks/ ground floor). From Fort Mason east to **Aquatic Park** is a steep paved military road; Aquatic Park itself is another good accessible area, though often crowded with tourists. Here you will find a sandy beach, fishing pier, and the **National Maritime Museum** and the historic ships of **Hyde Street Pier**.

Fort Mason Hostel (Hostelling International) provides some degree of accessible lodgings at the center of Fort Mason - call for details.

San Francisco's **Ocean Beach** offers several miles of accessible paths. From the **Cliff House** a sidewalk follows the sea wall (descending steeply at first) one mile south to opposite **Golden Gate Park**. An undulating paved bike path continues two miles south on the inland side of the Great Highway to Sloat Boulevard. Restrooms at Judah and Taraval Streets are open most days. MUNI's N and L streetcars and the 23, 31, and 38 bus lines are accessible, making possible a loop trip.

A little farther south, off Highway 35, **Fort Funston** overlooks the Pacific Ocean from a high bluff. You can watch hang-gliders from a wheelchair-accessible observation deck. The Sunset Trail is a paved, 3/4-mile wheelchair-accessible path with wonderful ocean and city views, leading to an abandoned World War II gun emplacement. (The old paved military roads which continue north along the dunes are conceivably accessible with a buddy - first descent is steeper than 10% in places.) Accessible restrooms at main parking lot and Visitor Center. At the south end of the Sunset Trail, a new visitor center (open weekends) highlights the adjacent native plant nursery. Nursery itself may be hard to get around in due to bark chip paths and soft, sandy soil.

Candlestick Point State Recreation Area

Voice: (415) 557-2593 or (415) 557-4069.

37 acres of shoreline across from San Francisco's 3Com Park. Landscaped parkland offers excellent views across the bay and back to the city. 1.5 miles of mostly level paved trails, plus picnic areas, fishing pier, and restrooms are all accessible to persons with disabilities. The adjacent neighborhoods are not the best, but I have never had any trouble in the park. It is popular with Samoan fishermen, sailboarders, and just plain folks. It can be difficult to access the park while games are going on at the stadium.

Golden Gate Park

The **Arboretum**, **Spreckels Lake**, **Music Concourse**, and the bike path along eastern **JFK Boulevard** are worth a look. JFK Boulevard is closed to cars on Sunday, providing a popular venue for bicyclists, strollers, and in-line skaters.

Access via MUNI 44, N, and 28.

Other San Francisco Parks and Trails

San Francisco resident Marilyn Straka is developing a guidebook titled *San Francisco on the Level* which will feature 16 parks suitable for people using wheelchairs. It is a work in progress - as of early 1999, draft walks include **Marina Green, Pacific Heights, the Palace of Fine Arts, Mountain Lake Park, Spreckels Lake, and Fort Funston.**

Each chapter includes written highlights, history, and points of interest, and a route map. For more information, contact Marilyn c/o the **Trail Center** (ATTN: Ben Pease)

Accessible Trails in San Mateo County

Golden Gate National Recreation Area in San Mateo County

Ocean District Ranger Station (Fort Funston)

Voice: (415) 556-0560

Two GGNRA areas in Pacifica are borderline accessible. Milagra Ridge has a one-mile paved road rising and falling across a broad mesa with coastal prairie grasslands and views far up and down the coast. Although GGNRA says the **road** is accessible, the **gate** is not - it cries out for a wheelchair stile. Meanwhile, you can call GGNRA and arrange to be let in. Sweeney Ridge is reached via an old paved road from the end of Sneath Lane in San Bruno. The road climbs at an 8 to 15% grade (too steep for most wheelchair users), but persons with disabilities can arrange to drive to the ridgeline, which is where Gaspar de Portolá's expedition "discovered" San Francisco Bay in 1769. Here the paved road turns north, ascending gradually along the broad ridgeline, then descending to the abandoned Nike missile command facility (a relic of the Cold War). This gentle ridgeline portion of the road might be good for the wheelchair user. It offers good views from Mount Tamalpais and Point Reyes to Mount Diablo and Montara Mountain, and spring wildflowers in the coyote brush along the trail. Dress for fog and wind. One-way distance is 0.5 mile.

San Mateo County Parks and Recreation Division

590 Hamilton St.

Redwood City, CA 94603

Voice: (650) 363-4020 weekdays; TDD (650) 368-7807

Fax: (650) 599-1721

Several of the County's fourteen parks offer accessible trails and facilities, as noted below. In addition, most county hiking and equestrian trails are built relatively wide, and climb no steeper than a 10 percent grade, so might warrant cautious exploration (no promises). No dogs allowed, except seeing-eye and service dogs.

Coyote Point Recreation Area

This tree-covered knoll provides views over San Francisco Bay. Coyote Point Museum, Wildlife Center, picnic grounds, restrooms, and many paved park paths are accessible to persons using wheelchairs. Wheelchair ramp at beach provides swimming access to the Bay. The Bay Trail, a paved, level bike path, extends several miles north to San Carlos and south to Foster City.

Edgewood Park and Natural Preserve

Voice: (650) 851-7570

This park preserves oak canyons and rare serpentine grasslands with many rare plant species. Picnic area and restrooms at the Day Use Area off Edgewood Road are wheelchair-accessible, reached via a gravel road from the parking area (gravel road, some climbing). Most trails are not wheelchair-accessible.

Flood County Park

This small park in the flatland suburbs of Menlo Park, offers playing fields, group picnic facilities, restrooms, and a small network of paths amidst oak and bay trees on a portion of the old Flood Estate. All facilities are accessible to persons with disabilities. Located on Bay Road.

Huddart County Park

Voice: (650) 851-0326

973 acres of cool, steep canyons and sunny picnic grounds. 0.75 mile Chickadee Nature Trail is a gravel-surfaced whole access trail with a cable handrail. Mixed redwood and oak woodland near the park entrance. The midpoint of the loop exceeds ten percent grade; if this is a concern, you may want to explore both halves of trail separately. Most park trails are steep and not accessible. Werder Picnic Area is also accessible to the disabled.

Memorial County Park

Voice: (650) 879-0212

This popular park offers camping, picnicking, and trails to explore the redwood groves along Pescadero Creek. Some restrooms are wheelchair-accessible. Campground includes one large site reservable for use by persons with disabilities. The Tan Oak Nature Trail is a gravel whole access trail with a cable handrail; it winds through the oak and redwood groves above the creek. Some ups and downs. (The trail tread and railings may be in some degree of disrepair)

San Bruno Mountain State and County Park

Voice: (650) 992-6770

An island of open space just south of San Francisco, San Bruno Mountain is home to a dozen endangered species of plants and insects; great wildflowers much of the year. Park entrance is at the crest of Guadalupe Canyon Boulevard between Daly City and Brisbane. Several trails in the Saddle area are accessible to wheelchairs, as well as picnic grounds and rest rooms. You can also drive up Radio Road to enjoy the sweeping views from the summit. Dress for cold, foggy, windy weather, especially in summer.

The Bog Trail is a 0.4 mile whole access trail through lush, wind-swept meadows and coastal scrub with views of the summit. Gravel surface, mostly level, with cable handrails (beware of overhanging blackberry vines). It connects at each end with the Old Guadalupe Trail, a level, paved, 0.8 mile road lined with tall eucalyptus trees. The first 0.5 mile or more of the Saddle Loop Trail east from the picnic area is may also be usable to wheelchairs (a hunch), reaching a point with views north to the city. Coarse gravel, initially gentle grades (further on it gets steeper).

San Mateo Fishing Pier

This remnant portion of the old San Mateo Bridge provides bay views and fishing access, including cleaning sinks and restrooms. The Bay Trail passes by en route from Coyote Point to Foster City. Located at Beach Park Boulevard in Foster City. Steep initial ramp. **Note:** The San Mateo Fishing Pier is closed due to earthquake retrofit construction on the San Mateo Bridge. There is currently no date set for its reopening. (May 2000)

San Pedro Valley County Park

Voice: (650) 355-8289

This 1150-acre park is a model for how a park can serve wheelchair users. It is located in Pacifica's Linda Mar District, and includes two canyons and the north flank of Montara Mountain. The Visitor Center offers helpful docents, excellent interpretive exhibits and a lending library of field guides. One can also borrow wheelchairs (kid and adult sizes). Restrooms and picnic areas are accessible.

The Plaskon Nature Trail is only 400 feet long, but explores the shady, riparian woodland along the burbling North Fork of San Pedro Creek. It features a (slightly rutted) gravel tread with wood handrails. The connecting 1.4-mile Weiler Ranch Trail explores the sunny Middle Fork canyon. This barrier-free fire road has a fine gravel surface, and is largely level (with a few upgrades and

downgrades). The Old Trout Farm Trail is steeper and shadier, exploring the grounds of a former trout farm.

Wheelchair users have created a flyer which describes all of the trails in the park, and rates each one for wheelchair difficulty. While some of the mountain trails are quite challenging, they don't consider any trail "impossible." (It should be noted that even county trail conditions change with time, as plants grow up in the less trodden margins of the trail tread, in and ruts develop from rain runoff.)

Sawyer Camp Trail

This popular six-mile county trail through the Crystal Springs Watershed is a favorite of strollers, joggers, roller skaters, strollers, and cyclists. Much of this paved trail is accessible to wheelchairs. The trail starts on Cañada Road in San Mateo, just north of Crystal Springs Dam - the trailhead includes several handicap parking spaces and an accessible restroom. The first three miles of the Sawyer Camp Trail are level, winding in and out of brushy gulches with views across the reservoir. At the midpoint of the trail is the Jepson Laurel, the second largest California bay laurel tree ever measured. From here, the trail climbs gradually another two miles through a thickly wooded valley; the last mile climbs very steeply to San Andreas Dam and the north trailhead.

California State Parks in San Mateo County

Bay Area District Headquarters
250 Executive Park Blvd., Suite 4900
San Francisco, CA 94134
Voice: (415) 330-6300
Fax: (415) 330-6312
Email: badhq@parks.ca.gov

Dogs are allowed on leash in developed areas and at beaches; not on trails. Seeing-eye and service dogs are allowed.

Año Nuevo State Park

Voice: (650) 879-0595

Major elephant seal breeding ground in winter months. Ranger-led tours from December through March; reservations advised. The rest of the year, visitors are free to wander along the beach and bluffs. The paved Año Nuevo Trail is accessible to persons using wheelchairs for 0.2 miles across the bluff from the visitor center to the edge of the extensive sand dunes. The park can make special

arrangements for visitors using wheelchairs (see *California Parks Access* guidebook) Call (650) 879-0227 for current access information.

Half Moon Bay State Beaches

Coastside Trail is a paved bike path that extends 5+ miles from Kelley Avenue north to Moss Beach and south to Poplar Beach. Portions of the trail directly overlook the bluffs and beach; other portions run inland between the dunes and abandoned farm fields and encroaching suburbs. Main park entrance at Kelley Avenue includes campground (one accessible site) and picnic grounds (accessible tables and restrooms). A visitor center is planned to be built in 1999. At Pilarcitos Creek bridge, a wooden boardwalk extends from the trail to the beach.

Midpeninsula Regional Open Space District (MROSD) in San Mateo County

330 Distel Circle, Suite 100

Los Altos, CA 94022

Voice: (650) 691-1200 (weekdays)

Fax: (650) 691-0485

Email: mrosd@openspace.org

Preserves with accessible trails and facilities are described in MROSD's *A Guide to Accessible Open Space* brochure:

Pulgas Ridge Open Space Preserve

1/4 mile gravel and paved trail through foothill oak habitat.

Purisima Creek Redwoods Open Space Preserve

1/4-mile trail descends through redwood groves off Skyline Blvd to picnic table and restroom.

Ravenswood Preserve Open Space Preserve

1-mile gravel levee trail at end of Bay Road in East Palo Alto

Skyline Ridge / Russian Ridge Open Space Preserves

Accessible trail leads from Russian Ridge parking lot off Alpine Road, encircling Alpine Pond and leading to Dennis Daniels Nature Center (staffed by docents on weekends); a second trail descends from parking lot off Skyline Boulevard to Horseshoe Pond. Accessible toilets at both locations.

Windy Hill Open Space Preserve

There is an accessible picnic table and restroom off Skyline Boulevard; new parking lot off Portola Road in Portola Valley includes accessible restrooms, and some new trail access.

Monte Bello Open Space Preserve

100-foot trail leads from Page Mill Road trailhead to bench and overlook of San Andreas Rift Zone and upper Stevens Creek Canyon. Accessible restroom at parking lot.

Accessible Trails in Santa Clara County

Santa Clara County Parks and Recreation Dept.

298 Garden Hills Drive

Los Gatos, CA 95030

Voice: 408) 358-3741 *Fax:* (408) 358-3245

Email: parkinfo@mail.prk.co.santa-clara.ca.us

Twenty-seven parks, totaling 45,000 acres. Most parks have picnic tables, barbecues, water, and restrooms, and trails for hikers, bicyclists, and equestrians. Several parks south of San Jose have campgrounds, available on a first-come, first-served basis. Dogs are allowed in some parks but not all. A small but growing number of parks have facilities which are accessible to persons with disabilities.

Coyote-Hellyer County Park

Paved Coyote Creek Bicycle Trail is wheelchair-accessible for 12 miles from Hellyer Avenue south to just outside Morgan Hill. Visitor Center and several picnic areas and restrooms are also accessible to wheelchairs. County brochure is a good resource for using this trail.

Los Gatos Creek Trail

Paved, 6-1/2 mile bike path follows Los Gatos Creek from Leigh Avenue in Campbell to downtown Los Gatos, connecting Vasona Lake and Los Gatos Creek County Parks. Lawns, picnicking, boat rentals, birdwatching, and fishing. All or most of this trail is accessible to wheelchairs, although there is a short, steep descent below Vasona Lake dam. Trail crosses above or below most major streets.

Penitencia Creek Park Chain

Trail follows paved bike paths and neighborhood streets along Penitencia Creek downstream from Alum Rock Park to Mabury Road west of Highway 680. Parts of this trail are accessible to wheelchairs (not sure where - likely the west end).

Rancho San Antonio County Park

Popular park includes 166 acres of open grasslands and oak woodlands. Paved Bike Path leads 0.5 mile from park entrance and parking lot to group picnic area across grassy meadows. Paved road continuing into Rancho San Antonio Open Space Preserve is conceivably accessible to wheelchairs for 0.5 mile, as far as Deer Hollow Farm; the Rogue Valley Trail, a relatively level, rough gravel fire road, might be wheelchair-accessible for another 0.5 mile. Wheelchair-accessible rest room at parking lot.

Midpeninsula Regional Open Space District (MROSD) in Santa Clara County

330 Distel Circle, Suite 100

Los Altos, CA 94022

Voice: (650) 691-1200 (weekdays)

Fax: (650) 691-0485

Email: mrospd@openspace.org

Preserves with accessible trails and facilities are described in MROSD's *A Guide to Accessible Open Space* brochure:

Rancho San Antonio Open Space Preserve

Special vehicle access can be arranged to parking lot near popular Deer Hollow Farm; fire roads along valley bottom are relatively level.

Picchetti Ranch area of Monte Bello Open Space Preserve

Historic ranch and winery complex above Stevens Creek Reservoir are accessible to wheelchairs. Picnic tables and restrooms.

Don Edwards San Francisco Bay National Wildlife Refuge (Santa Clara and Alameda Counties)

P.O. Box 524

Newark, CA 94560

Voice: (510) 792-0222

23,000 acres of marshland, salt ponds, and mudflats on South San Francisco Bay are a major stop for migratory birds. A short Nature Trail and the *Visitor*

Center at east end of Dumbarton Bridge in Newark are accessible to wheelchairs, as is the **Environmental Education Center** in Alviso: (408) 262-5513. A total of 3 miles of gravel levee roads are accessible to wheelchairs, depending on the season - inquire at refuge for locations and conditions (rain makes the outer levee roads VERY muddy). The bike path across the Dumbarton Bridge is conceivably accessible for the adventurous view seeker.

On the east side of the Bay, you might also investigate adjacent **Coyote Hills Regional Park**, which has some paved bike paths along the Bay and a boardwalk through a tule marsh, and the connecting Alamada Creek Trail, a 12-mile paved bike path through Fremont, both managed by **East Bay Regional Park District** (EBRPD). Call (510) 531-9300 for information. On the west side of the bay, look for Mountain View's **Shoreline Park** and **Palo Alto Baylands**.

Selected City Parks

Mountain View's **Shoreline Park** has paved and gravel paths on reclaimed landfill near San Francisco Bay. Picnicking, birdwatching, views. The **Stevens Creek Trail** is an accessible bicycle path extending from the baylands south to within a few blocks of downtown Mountain View. Although often dominated by adjacent Highway 85, the trail is enjoyable with many views of the creek as it transitions from freshwater to salt marsh. **Whisman Park**, off Middlefield Road, is one access point. Mostly flat, with short grades where passing over or under freeways.

Palo Alto Baylands has a visitor center, paved levee trails and a wheelchair-accessible boardwalk across the marsh to the water's edge. Birdwatching, views.

Within the **City of San Jose, Guadalupe River Park and Gardens**, which runs through the downtown area, is a work-in-progress; look for creekside access trails near the **San Jose Arena** and the **Children's Discovery Museum**. While work proceeds on the box culvert and stream widening between these two endpoints, some of the grade-separated trails dead-end for now. Good transit access via light rail and CalTrain.

Almaden Lake Park, just across Blossom Hill Road from the Almaden light rail terminal, includes a several-mile bike path alongside Alamitos and Calero Creeks. Some, but perhaps not all, of this trail is accessible to wheelchairs. The lake is a popular swimming hole.

There are probably another half dozen good accessible parks in San Jose we haven't touched on. See the City of San Jose's parks brochure for more information.

Other Lands

Stanford University campus includes a significant amount of relatively level open space just minutes from Palo Alto. The central area of campus is likely to have some wheelchair-accessible paths. Oak and eucalyptus woodlands, arboretum, Rodin Sculpture Garden, and historic sandstone architecture are attractions.

Accessible Trails in Santa Cruz County

California State Parks in Santa Cruz County

Santa Cruz Mountains District. Sector Headquarters

600 Ocean Street

Santa Cruz, CA 95060

Voice: (831) 429-2850 *Fax:* (831) 429-2876

Dogs are allowed on leash in developed areas and at beaches; not on trails. Again, seeing-eye and service dogs are permitted.

Big Basin Redwoods State Park

Big Basin Ranger Station: (831) 338-6132

Rancho del Oso Ranger Station: (831) 425-1218

California's first state park, now 18,000 acres, encompasses magnificent redwood groves and the varied terrain of the Waddell Creek drainage. Santa Cruz Transit provides limited summer weekend bus service to Big Basin proper.

Near the Big Basin headquarters, the 0.6 mile Redwood Trail explores stately old-growth redwoods. Trail surface is hard-packed, decomposed granite. Nature Center, some restrooms, one camping and one picnic site are accessible to persons using wheelchairs.

The west end of the **Skyline-to-the-Sea Trail**, through **Rancho del Oso**, is partially accessible to wheelchairs - call the local ranger for any special conditions. From Highway 1, the equestrian and bicycle route follows a graded dirt road along Waddell Creek through groves of alder and fir. Total length of this road is about five miles, but after about two miles, just beyond Alder and Twin Redwoods Trail Camps, a landslide blocks the road.

Castle Rock State Park

Voice: (408) 867-2952

Along the crest of the Santa Cruz Mountains and encompassing much of the upper San Lorenzo River watershed, much of Castle Rock State Park's 3,600 acres have been left in a natural state. No public transit serves the park.

From the main parking lot on Hwy 35 (Skyline Boulevard), two and half miles south of the Hwy 9 intersection, a short whole-access trail leads to an oak-covered knoll with a picnic bench. The trail surface is hard-packed, decomposed granite. Restroom and one picnic site are accessible to persons using wheelchairs.

Henry Cowell Redwoods State Park

Voice: (831) 335-4598

1730 acres. Day Use Area off Highway 9 south of Felton. 0.8 mile Redwood Loop from Nature Center explores redwood grove along the San Lorenzo River. Trail surface is hard-packed, decomposed granite. Most nearby trails are hilly.

Lighthouse Field State Beach and Natural Bridges State Beach (Santa Cruz)

Level, paved trail follows the edge of the cliffs along West Cliff Drive, connecting these two state beaches. Good place to watch beach cottage architecture, boogie-boarders, surfers, feeding otters, soaring pelicans, and crashing surf. No direct access to the beach at either park. Nature Center is located at center of Natural Bridges; boardwalk descends into eucalyptus grove which is wintering ground for monarch butterflies. Surfing museum at Lighthouse Point is not accessible. Santa Cruz Transit #3A, 3B

Santa Cruz and Adjacent Cities

Just east of downtown, the levee trails along the **San Lorenzo River** include paved bike paths. Some of these paths are accessible to wheelchairs, particularly on the east bank near the County Civic Center.

Nearby Lagoon is just north of the Boardwalk, though reached via a side street off Chestnut Street, just west of the railroad tracks. Gravel trails and wooden boardwalks provide access to former ox-bow of the San Lorenzo River, now thick with tule reeds and home to many birds.

Municipal Pier is accessible to wheelchairs. 1000-foot pier has a somewhat bumpy board surface, offers restaurants, views back to shore and of the crashing surf.



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