Hike Information

Las Trampas Regional Wilderness 18012 Bollinger Canyon Road
San Ramon, CA 94583
(925) 837-3145
Online: http://www.ebparks.org/parks/lastram.htm

Trail Length - varies, 2 to 7 miles
Average Elevation - 500 to 2500 feet
Elevation Change - varies, none to 1800 feet
Hiking Level - Easy to Moderate

Overview

Las Trampas (Spanish for the traps) has two distinct areas, each with its own personality. Rocky Ridge, on the west side of the valley, is known for views in all directions, unusual rocks and green rolling hills lightly forested with California bays, oaks and maples. The wildflower display on the hills just off the ridgeline is an east bay favorite. The Las Trampas Ridge, to the east, is quite different, featuring a plant community dominated by chamise with other chaparral plants such as manzanitas and coyote brush.

On the Rocky Ridge side, there are two trails that climb to the ridgeline, Elderberry and Rocky Ridge, and all loop hikes make use of at least one of these trails. On the Las Trampas Ridge side there are many loop possibilities, most of them long, tough hauls. A 7-mile loop that covers both sides of the ridge combines Chamise, Mahogany, Trapline, Sulfur Springs, Amigo, Virgil Williams, Madrone, Corduroy Hills, Las Trampas Ridge and the Bollinger Canyon Trails. The shortest loop strings together Chamise and Mahogany Trails into a one mile hike. The easiest loop of all at Las Trampas combines the Bollinger Canyon and Creek Trails, a nearly flat 1.2 mile hike.

The best season to visit the park is spring, after the trails have dried out a bit, but before it becomes hot.

How To Get There

From Highway 680: Take the Crow Canyon Road exit. Drive west on Crow Canyon for about 1 mile, then turn right (north) onto Bollinger Canyon Road. Continue about 4.5 miles to the trailhead at the end of the road.

Camping Facilities

The Corral Area is a reservable overnight group camp. It is especially popular with equestrian groups. For information or reservations, call (510) 636-1684.