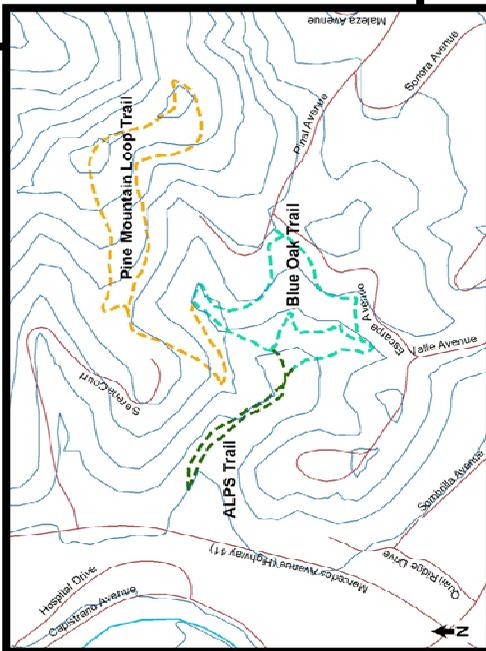


Stadium Park Trails

Usage: Equestrians, hikers, joggers, mountain bikes, dogs.
 Fee: None
 Total Distance: Just under 2 miles.
 Hike Difficulty: Varies, from Blue Oak being easy to Pine Mountain being Difficult.

Directions to Trailhead: Exit HWY 101 at Morro Road (HWY 41). Head East on Morro Road (HWY 41) to Capistrano. Turn left on Capistrano to the stop sign, Turn right, from there, the entrance will be on the right just under the HWY 41 overpass. Very limited parking.

Trail Overview: The trails wind on dirt paths through a beautiful native oak woodland. Besides being a beautiful park, it is a natural amphitheater with gently sloping hills leading to the basin.

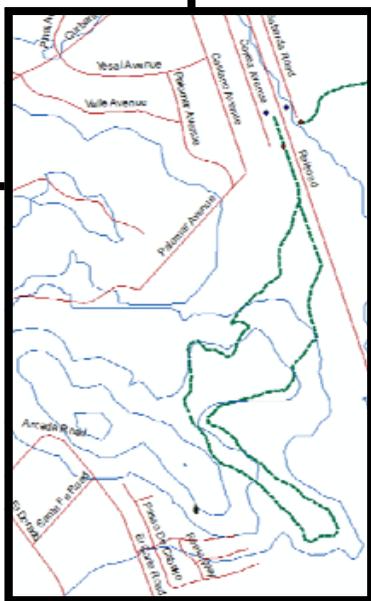


Jim Green Trail

Usage: Equestrians, hikers, joggers, mountain bikes, dogs
 Fee: None
 Total Distance: 1.53 miles
 Hike Difficulty: Moderate, Dirt paths

Directions to Trailhead: Exit Hwy 101 at Curbaril Ave. Head east on Curbaril, to Cortez Ave and turn right. There is Equestrian parking available.

Trail Overview: The trail winds up to the top of the hill overlooking the Heilmann Park and golf course. The trail follows the golf course then loops back through the oak forest and to the "Y" junction. A short easy walk or jog in a wonderful natural area. There are many different species that can be seen in the area. The woods consist of pines, oaks, river willow and sycamore.

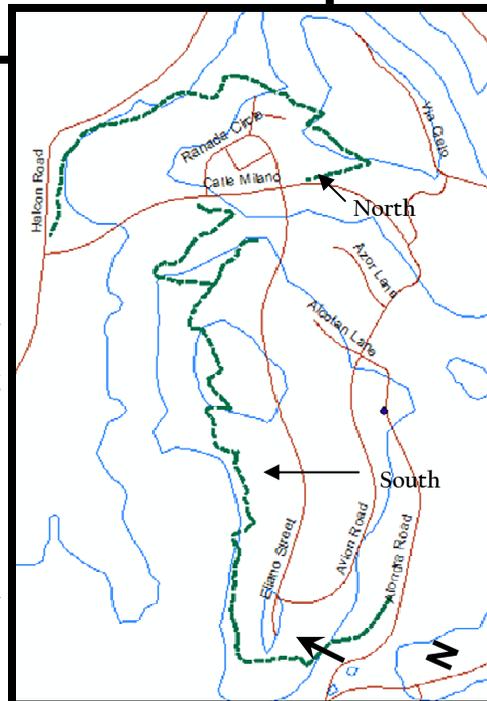


Las Lomas Trails

Usage: Hikers, Joggers, Bikes and Dogs
 Fee: None.
 Total Distance: North: .5 miles South: .8 miles Play-ground Spur: .06 miles
 Hike Difficulty: Moderate.

Directions to Trailhead: Exit Hwy 101 at Santa Barbara Rd. Head east on Santa Barbara road, and left at Alondra Rd. The trail head will be on the left side of the road.

Trail Overview: The Las Lomas trail traverses dedicated open space surrounding the Las Lomas/ La Terraza housing development. Two separate trail routes wind through hillsides covered with native grasses and forested with oak and pine trees. Sections of the trail overlook Paloma Creek Park and State Hospital owned open space. A vista point on the South Trail provide a stunning 360 degree view of the Salinas River Valley.



Trail Volunteer Opportunities

Adopt-a-Trail: Do you have a trail you use that you would like to help maintain? Do you have a group that is looking for some good, physical service work in a beautiful outdoor setting? If so, we'd like you to adopt-a-trail. Adopt-a-Trail volunteers, after completing Department training, will take care of a trail, or section of a trail, within a City Park including riparian creek trails and the De Anza Historic Trail. Adopt-a-Trail volunteers conduct trail brushing/pruning, litter/debris removal, routine trail/tread/drainage cleaning, major trail problem reporting. Participants who agree to participate for one year will receive trail head signage acknowledging their commitment.

Trail Crew Lead Volunteers: We're looking for some good people who would like to be highly skilled trail "hot shot" group members. Trail Crew Leads will be provided with in-depth trail building and maintenance training, and will then assist park staff with major trail projects. Trail Crew Leads will also oversee adopt-a-trail groups and Trail Day events for scheduled trail projects. Per state law, fingerprinting for this position may be required (at no cost to volunteers).



Trail Guide

Atascadero and Surrounding Areas



Cerro Alto:
 Long & Short
 Atascadero Lark Trail
 Stadium Park Trails
 Juan Bautista de Anza Trail
 Jim Green Trail
 Las Lomas Trail

www.atascadero.org

Atascadero is located in the heart of the Central Coast, offering a blend of natural beauty and rural lifestyle. Its comfortable climate and atmosphere are influenced by the beautiful Pacific Ocean on the West, and also by the Salinas River and open countryside to the East. Local scenery includes oak-studded hills, creeks, and scenic vistas of the Santa Lucia Mountains. Atascadero has a rich history, with many recreational opportunities to fit your individual style. This trail guide booklet will give you the inside scoop into some of the best trails that the City of Atascadero has to offer. Enjoy!

Trail Watch: City of Atascadero, Community Services is looking for hikers, bikers, and horseback riders who use, or would like to use, park trails to help City staff by patrolling and providing visitor information, providing basic services in emergencies, and correcting or reporting park violations. All candidates must complete a 16 hour training academy and a training hike/ride prior to being activated. Uniforms are provided to all volunteers.

Individualized Volunteer Projects: Perfect for scout troops, families, corporate volunteers, school groups, individuals, or any other group looking to help out. If our ongoing programs or annual events don't fit your schedule or aren't exactly what you are looking for, we can still find something for you. We'll see what we can do to accommodate you or your group and make the project beneficial for everyone involved.

If you are interested in volunteering, or would like more information, please call (805) 470-3148

Created by the City of Atascadero
 In association with Meghan Wilson
 California Polytechnic University, San Luis Obispo

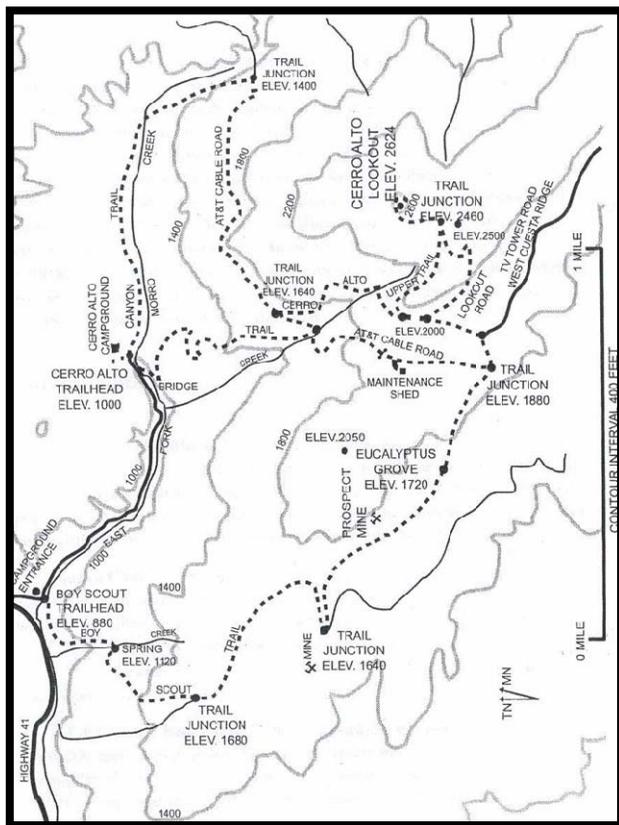
Cerro Alto- Short Hike

Usage: Hikers, Horses, Mountain Bikes and Dogs
 Fee: Cerro Alto Campground Day Use Fee
 Total Distance: 5.1 Miles Round Trip
 Elevation Gain/Loss: +1600/-1600 Ft
 Approx Hiking Time: 4 Hours
 Hike Difficulty: Moderate

Directions to Trailhead: Cerro Alto Campground is located on the south side of Highway 41, 8 miles east of Morro Bay and 12 miles west of Atascadero. Turn into the campground and drive one mile to the Day Use parking area at the back of the campground. There may be a fee for parking in the area. There are two trailheads leaving the Day Use area.

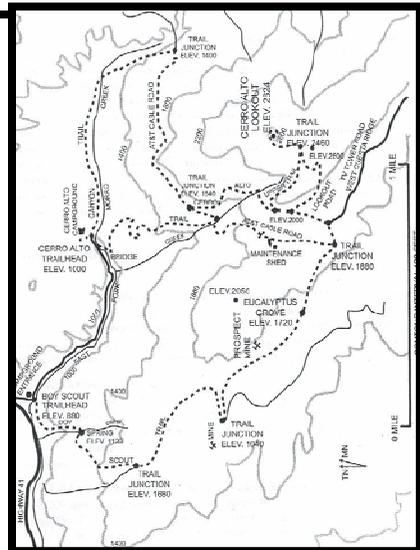
Point on Route:	Dist from Starting Point(mi)	Elevation
Cerro Alto TH	0.0	1020
Morro Creek Crossing	0.5	1240
AT&T Cable Road	1.0	1420
Junction Cerro Alto	1.7	1620
Summit Bypass	2.2	2040
Junction Cerro Alto/ West Cuesta Ridge	2.5	2440
Summit of Cerro Alto	2.8	2620
Junction Cerro Alto/ West Cuesta Ridge	3.1	2440
Summit Bypass	3.4	2020
West Cuesta Ridge Rd	3.5	2000
AT&T Cable Road	3.6	1940
Cerro Alto Campground	6.1	880
Cerro Alto Camp	7.1	1020

Trail Overview: This loop starts at the campground and climbs through a shaded forest for the first mile, then opens up to the chaparral-covered canyons with occasional lush vegetation before reaching the summit of Cerro Alto at elevation 2620'. From the top of Cerro Alto you will get endless views of Morro Bay, Chorro Valley (where the volcanic chain of Nine Sisters or Morros can be seen from Morro Bay to San Luis Obispo), Los Osos, Montana de Oro and, on a clear day Mussel Rock in the Guadalupe/ Ni-pomo Dunes. To the northwest, the Cayucos Bluffs and Estero Bay can also be seen. Newts and banana slugs live along the stream, along with many wildflowers during winter and spring, including currant, milk maids, Indian warriors, star lilies, monkey flowers, hound's tongue,



Cerro Alto- Long Hike

Usage: Hikers, Equestrians, Mountain Bikes and Dogs
 Fee: Cerro Alto Campground Day Use Fee
 Total Distance: 7.1 Miles Round Trip
 Elevation Gain/Loss: +1700/-1700 Feet
 Approx Hiking Time: 4 Hours
 Hike Difficulty: Moderate



Point on Route:	Dist from Starting Point(mi)	Elevation
Cerro Alto TH	0.0	1020
Morro Creek Crossing	0.5	1240
AT&T Cable Road	1.0	1420
Junction Cerro Alto	1.7	1620
Summit Bypass	2.2	2040
Junction Cerro Alto/ West Cuesta Ridge	2.5	2440
Summit of Cerro Alto	2.8	2620
Junction Cerro Alto/ West Cuesta Ridge	3.1	2440
Summit Bypass	3.4	2020
West Cuesta Ridge Rd	3.5	2000
AT&T Cable Road	3.6	1940
Eucalyptus Grove	3.9	1560
Sweetwater Mine Rd	4.5	1640
Boy Scout Trail Junc	5.2	1680
Spring	5.7	1200
Cerro Alto Campground	6.1	880
Cerro Alto Camp	7.1	1020

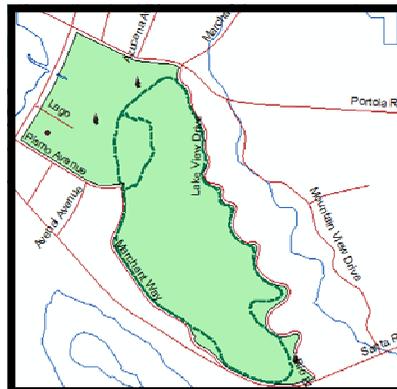
--- Trails
--- Streets
--- 50 Ft Contours
--- Creeks

Atascadero Lake Park Trail

Usage: Hikers, Mountain Bikes, Joggers, Dogs
 Fee: None. Park in the parking lot off of Hwy 41 or the Pavilion on the Lake parking lot off of Pismo.
 Total Distance: 1.19 miles around entire lake.
 Hike Difficulty: Easy

Directions to Trailhead: Exit Hwy 101 at Morro Road (HWY 41). Head west on Morro Road (HWY 41) for 1.3 miles to the parking lot on the left, between Portola Rd and Pismo Avenue.

Trail Overview: The Lake Park Trails are an easy walk around one of Atascadero's best landmarks, accentuated by beautiful trees and plants. The trail is predominantly dirt/ unpaved. This is a perfect trail for joggers, walkers and outdoor enthusiasts. The park also has a playground, restroom facilities, large and small barbecue areas, horseshoe pits, sand volleyball court and the Charles Paddock Zoo.



Juan Bautista de Anza Trails

Usage: Hikers, Equestrians, Joggers, Bikes and Dogs
 Fee: None.
 Total Distance: All trails combined create a total of almost 6 miles.
 Hike Difficulty: Easy to Moderate.

Directions to the Trailhead: Exit Highway 101 at Del Rio Rd. Head east on Del Rio then left at Potrero Rd to Traffic Way. There are trailheads that are located all along Traffic Way, as well as on Ferro Carril Rd, and multiple places along the railroad. Trail Overview: This historic trail passes through Atascadero in close proximity to the Salinas River. The Atascadero Mutual Water Company and the City of Atascadero opened segments of the trail for public use. The trail is lined with beautiful oaks and other native vegetation. Trail markers are extremely easy to find and lead you easily along all the trails.

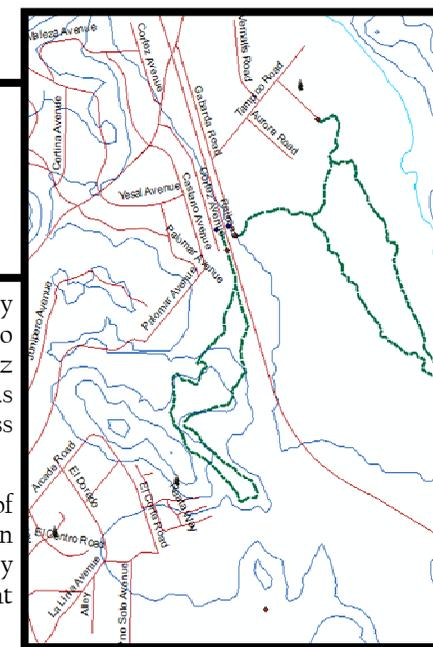
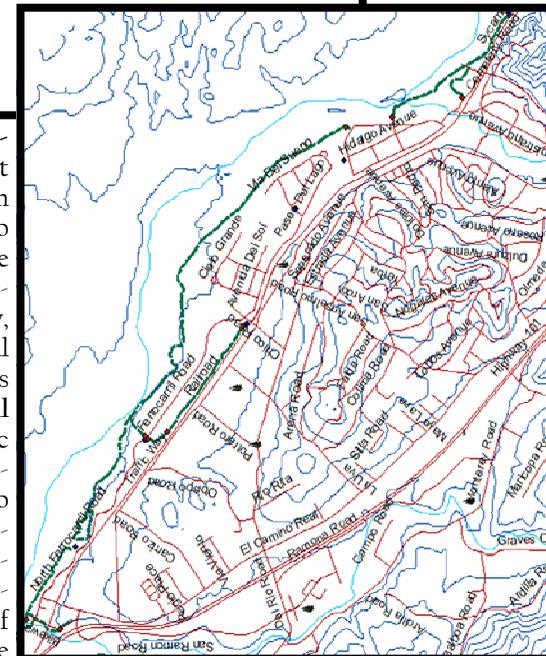
Directions to Trailhead: Exit Highway 101 at Curbaril. Head east on Curbaril to Cortez Ave and go right. On Cortez there is Equestrian Parking, as well as the Jim Green trailhead and just across the railroad is the de Anza Trailhead.

SOUTH

Usage: Hikers, Equestrians, Joggers, Mountain Bikers
 Fee: None.
 Total Distance: Approx. 1.7 miles.
 Hike Difficulty: Easy.

Directions to Trailhead: Exit Highway 101 at Curbaril. Head east on Curbaril to Cortez Ave and go right. On Cortez there is Equestrian Parking, as well as the Jim Green trailhead and just across the railroad is the de Anza Trailhead.

Trail Overview: This trail consists of abundant wildlife and native vegetation that makes this hike one of a kind. Enjoy the easy trail in the morning or at night for a unique experience.



NORTH