

Your Prescription Strength:

-  Easy Trails
-  Easier Trails
-  Easiest Trails

**SAN LUIS OBISPO TRAILS:**

**Lopez Lake Recreation Area:**

 **Wittenberg Arm**   
 This 1 mile one-way, multi-use trail heads along the back side of the lake towards the canyon and is great for bird watching and fishing. Restrooms are located at Escondido group area.  
*SLO County Parks (805) 781-5930*

 **Cougar**   
 1.7 miles one-way, multi-use. Take a walk along the hillside of Lopez Lake campsites. Parking and restrooms are located at the beginning of the trail.  
*SLO County Parks (805) 781-5930*

 **Blackberry Springs**   
 ¾ mile hike through a fern studded canyon with abundant wild berry bushes. Pick up a Lopez plant guide to take with you on your hike.  
*SLO County Parks (805) 781-5930*

**El Chorro Regional Park:**  
 From HWY 101 Santa Rosa St. exit in SLO continue approx. 5 miles. El Chorro Regional Park will be located on your right, across from Cuesta College.

 **Oak Woodland**   
 1.5 mile trail through oak woodlands. Hiking only.  
*SLO County Parks (805) 781-5930*

 **Dairy Creek**   
 1.2 mile, multi-use trail along the riparian area of Dairy Creek.  
*SLO County Parks (805) 781-5930*

 **Bishop Peak Natural Reserve**   
 4 miles round-trip, hiking with great city views to the top of Bishop Peak. Access is from Patricia Avenue just past Patricia Ct. Leashed dogs are allowed.  
*SLO County Parks (805) 781-5930 or City of SLO Parks & Recreation Department (805) 781-7300*

 **Felsman Loop**   
 2.5 miles round-trip, trailhead is accessed from Patricia Avenue. Leashed dogs are allowed.  
*SLO County Parks (805) 781-5930 or City of SLO Parks & Recreation Department (805) 781-7300*

 **Poly Canyon Trail**   
 1 ½ mile round-trip hike. The trailhead is located at Poly Canyon Rd. on the campus of Cal Poly. Bikes and horses are allowed.  
*Cal Poly 805-756-1288*

 **Damon-Garcia Sports Complex**   
 1/2 mile popular paved walking/running path. Leashed dogs are allowed.  
*City of SLO Parks & Recreation Department (805) 781-7300*

 **Cerro San Luis Natural Reserve**   
 This 2.2 mile round-trip trail offers views of the historic lemon grove. Located at 1000 Fernandez Rd. Leashed dogs and bikes are allowed.  
*City of SLO Parks & Recreation Department (805) 781-7300*

 **Irish Hills Natural Reserve**   
 This 4-6 mile round-trip trail is located at the end of Madonna Rd. It offers great wildlife watching, and an abandoned manganese mine. Leashed dogs and bikes are allowed.  
*City of SLO Parks & Recreation Department (805) 781-7300*

 **Islay Hill Open Space**   
 This 2 mile round-trip hike offers wildlife viewing and a great view of the Morros. Located at the end of Sweetbay Ln. Leashed dogs are allowed.  
*City of SLO Parks & Recreation Department (805) 781-7300*

 **Laguna Lake Natural Reserve**   
 This 2 mile round-trip walk offers views of Laguna Lake. Leashed dogs and bikes are allowed.  
*City of SLO Parks & Recreation Department (805) 781-7300*

 **Railroad Recreation Trail**   
 This 1 mile multi-use trail is paved and allows leashed dogs and bikes.  
*City of SLO Parks & Recreation Department (805) 781-7300*

 **Reservoir Canyon Natural Reserve**   
 This 2-4 mile trail offers a view of a waterfall and wildlife watching. Located at the end of Reservoir Road. Leashed dogs are allowed.  
*City of SLO Parks & Recreation Department (805) 781-7300*

 **South Hills Open Space**   
 This 1 mile hike offers great views of interesting geological features. Access is from either 350 Woodbridge Dr. or 500 Stoneridge Dr. Leashed dogs are allowed.  
*City of SLO Parks & Recreation Department (805) 781-7300*

 **Terrace Hill Open Space**   
 This ½ mile hike offers a 360 degree view of the city. Located at 1300 Bishop St. Leashed dogs and bikes are allowed.  
*City of SLO Parks & Recreation Department (805) 781-7300*

 **San Luis Creek Open Space**   
 Located from Mission Plaza to Bianchi Lane, this 16-acre piece of land offers a trail to view endangered steelhead trout habitat and other wildlife.  
*City of SLO Parks & Recreation Department (805) 781-7300*

**AVILA BEACH TRAILS:**

 **Bob Jones City to the Sea Bikeway**   
 Approximately 2.4 miles paved, multi-use trail. Begin your hike at Ontario Road Staging Area and follow along San Luis Creek and cross over Avila Bay Golf Course to San Miguel Street in Avila Beach. Restrooms and parking at Ontario Road.  
*SLO County Parks (805) 781-5930*

 *Take one trail prescription a day and refill as needed!*