

<u>Your Prescription Strength:</u>	
	Easy Trails
	Easier Trails
	Easiest Trails

**LOS OSOS TRAILS:**

** Los Osos Oaks State Reserve**

With a total of 1½ miles of trails, this park, located on Los Osos Valley Rd. between Lariat and Palomino Drives, is a perfect natural area for flat trail walking. The dirt trails offer views of oaks, a creek and great wildlife viewing. The trails are short and join up to loop back to the parking area. No dogs, horses or bikes are allowed. There are no facilities.  
*California State Parks (805) 927-2065*

** Elfin Forest Boardwalk and Trails**

4/5 mile of boardwalk. The El Moro Elfin Forest in Los Osos is a 90-acre natural area that is home to 200 species of plants, 110 kinds of birds, 22 species of mammals and 13 species of reptiles and amphibians. A wheelchair and walker accessible ramp begins at the north end of 16<sup>th</sup> street as well as numerous other trailheads. Fun walking with wonderful views of Morro Bay estuary. No restrooms and limited parking.  
*SLO County Parks (805) 781-5930*

** Montaña de Oro Bluff Trail**

Approximately 1 ½ miles one-way, this easy dirt trail offers fantastic ocean views from the bluff-top. The trail rejoins the park road at 1 ½ miles out or you can

double back at any time before that point. Begin at the parking lot south of the Spooner Ranch House heading south to reach the Bluff Trailhead. Bikes are allowed, but no dogs.  
*California State Parks (805) 927-2065*

**MORRO BAY TRAILS:**

** North Point Stairway**

Lengths may vary up to approximately 3 miles out and back to Morro Rock. Be prepared for stairs and walking on sand. Located in North Point Natural Area in north Morro Bay, descend the stairway and walk on hard-packed sand.  
*Morro Bay Recreation & Parks (805) 772-6278*

** Cloisters Boardwalk**

Walk west on the boardwalk, then walk north for a 1/2 mile out and back or walk east for 1 mile out and back. The boardwalk is easily accessed from the parking lot at Cloisters Park. Signage along the boardwalk points out local animals and plants that you will see on your walk.  
*Morro Bay Recreation & Parks (805) 772-6278*

** Tidelands Park**

For a ¾ mile walk out and back on a paved path begin at the launch ramp parking lot, the walkway parallels the water, walk north to end of the park return on the same path. *Morro Bay Recreation & Parks (805) 772-6278*

** Morro Strand State Beach**

One-way is approximately 2 miles. This beach walk on sand begins at North Point in Morro Bay at the end of Yerba Buena and ends at HWY 41 west of HWY 1. No dogs are allowed.  
*California State Parks (805) 927-2065*

** Bayshore Bluffs Trail**

A ¼ mile out and back bluff top walk begins in the parking lot at Bayshore Bluffs Park, a cement path leads to a gravel path that goes south along the bluff top. Add a trip up and down the stairway from the top of the bluff to the bay and this walk rating increases from easiest to easier. *Morro Bay Recreation & Parks (805) 772-6278*

** Del Mar Park Trail**

For a ½ mile total walk begin at the Ironwood Street entrance to the park, follow the meandering walkway north, over the Bridge at Alva Paul Creek to the Island Street entrance turn around and return on the same path or take a cross country trip through this quiet 9-acre park and view the dedication plaques on the trees and bushes. *Morro Bay Recreation & Parks (805) 772-6278*

**Morro Bay State Park Trails:**

** Morro Bay State Park Road**

Just under 1 mile, this flat dirt trail begins at the west side of Main St. in Morro Bay where it intersects with Park View Drive and ends at the Morro Bay State Park Marina.  
*California State Parks (805) 927-2065*

** Morro Bay State Park Marina**

**Peninsula Trail**  
This ¼ mile loop trail begins at the east end of the marina parking lot. It offers views of the salt marsh and has a dirt surface. No dogs or bikes allowed.  
*California State Parks (805) 927-2065*

** Morro Bay State Park Exercise**

**Trail**  
This ¾ mile loop trail allows bikes, but no dogs. Begin at the exercise trailhead that starts at the day-use parking lot in the campground for a sandy trail with some elevation gain. Exercise stations are located along this trail.  
*California State Parks (805) 927-2065*

**CAYUCOS TRAILS:**

** Estero Bluffs**

For just under 2 miles round-trip walk begin where San Geronimo Road intersects with Highway 1 and walk south to Ocean Blvd. in Cayucos along a dirt trail on the marine terrace. Estero Bluffs is located north of Cayucos and west of HWY 1 from the intersection of North Ocean Street to Villa Creek. The property is approximately 355-acres consisting of grassland-dominated coastal terrace that slope to the Pacific Ocean. Enjoy great marine life viewing from the trail.  
*California State Parks (805) 927-2065*

** Cayucos State Beach**

One-way is approximately 2 ½ miles. This beach walk on sand begins at the Cayucos Pier and ends at Studio Drive. Leashed dogs are allowed.  
*California State Parks (805) 927-2065*

## CAMBRIA TRAILS:

 **Leffingwell Landing Trail**   
Begin at Shamel Park (Windsor Boulevard North) for 1.9 miles north to Leffingwell Landing on Moonstone Beach or on bluff trail adjacent to Moonstone Beach Drive. Trail includes views of sea birds, occasional sea otters, and, in season, migrating California Gray Whales.  
*California State Parks (805) 927-2065*

 **Leffingwell Landing Park to San Simeon State Park**   
Approximately 1 mile on sand. Begin at Leffingwell Landing, north parking area, across from Moonstone Gardens and Hamlet Restaurant. Walk north on trail, then down steps to beach, and north to San Simeon Creek.  
*California State Parks (805) 927-2065*

 **San Simeon State Park Moonstone Boardwalk**   
This accessible 1-mile beach boardwalk along the bluffs in Cambria starts at Leffingwell Landing where you will find parking and restrooms. From the boardwalk you will see incredible ocean views and marine wildlife. Leashed dogs are allowed.  
*California State Parks (805) 927-2065*

**West Fiscalini Ranch Preserve:**  
This 350-acre property has 11 moderately difficult trails. Beware of poison oak. The trails have pedestrian stiles at the trailheads at Huntington Rd., Tipton Rd.,

Victoria Way, and Wallbridge Dr. The 2 most popular trails are listed below.

 **Bluff Trail**   
This 1 mile trail runs along the coastal bluff from Windsor Blvd. North to South. Accessible to wheelchairs, hikers and on-leash dogs. Part of the 1,100-mile California Coastal Trail system.  
*Cambria Community Services District (805) 927-6223*

 **Marine Terrace Trail**   
The 1 mile Marine Terrace Trail begins at the north end of Windsor Blvd, ending at Marlborough Drive on the south end. Accessible to wheelchairs, hikers, bicyclists and off-leash dogs.  
*Cambria Community Services District (805) 927-6223*

**East Fiscalini Ranch Preserve:**  
This 70-acre parcel is accessible by several trails all on dirt surfaces:

 **Berry Trail (East Lodge Hill)**   
The trail begins at the end of Pine Court off Rogers Way. It is a steep unimproved trail connecting with Rodeo Grounds Rd. 100 yards west of the Burton Dr. Bridge over Santa Rosa Creek.  
*Cambria Community Services District (805) 927-6223*

 **East Santa Rosa Creek Trail**   
Located at the end of Rodeo Grounds Rd. Follow the sewer easement road.  
*Cambria Community Services District (805) 927-6223*

 **Skye Street Trail**   
It is a wide trail easement near the cul-de-sac which leads down to East Ranch. It is steep and can have poison oak.  
*Cambria Community Services District (805) 927-6223*

 **Ramsey Avenue Trail**   
It drops down to Fern Creek, parallels Hwy 1 to East Santa Rosa Creek Trail.  
*Cambria Community Services District (805) 927-6223*

 **Burton Drive Trail (East Lodge Hill)**   
This ½ mile trail starts at the intersection of Burton Dr. and Eton Rd. (Cambria Nursery) there is a trail on the outside of the guardrail down Burton to the bridge over Santa Rosa Creek.  
*SLO County Parks (805) 781-5930*

 **Santa Rosa Creek West Trail (Park Hill)**   
Approximately ¾ miles each way. From the water treatment plant by the Windsor Bridge, there is a wide trail along and above the west side of Santa Rosa Creek. It can be wet in winter and has two steep portions. Trail also goes up the hill to Huntington Road (between 678 and 682) and connects to all the West Fiscalini Ranch trails.  
*Cambria Community Services District (805) 927-6223*

 **Fern Canyon (Lodge Hill)**   
Approximately ¾ miles each way. At the end of Camborne Pl. (off Ardath, near Burton) there is a trail which passes through Fern Canyon, crosses Fern Drive, and dead ends in chaparral near Hwy 1  
*Cambria Community Services District (805) 927-6223*

 **Strawberry Canyon (Lodge Hill)**   
East-west trail is about ½ mile each way. Two acquisitions by Greenspace, the Cambria Land Trust, permit hiking in Strawberry Canyon, from just east of Benson Drive (at Randall) on the west, to Burton Drive at Kay (east-west trail.) About 150 feet west of the latter trailhead, a loop trail heads south for about ¼ mile.  
*Greenspace: The Cambria Land Trust (805) 927-2866*

## SAN SIMEON TRAILS:

 **San Simeon Nature Trail**   
A 3.3 mile trail runs through parts of the San Simeon Natural Preserve and the Washburn Campground. Located at the Washburn Day Use Area in San Simeon State Park. The trail includes scenic overlooks, rest-stop benches and interpretive panels with information on wildlife and habitat.  
 A portion of the trail (.4 miles) along the seasonal wetland is wheelchair accessible. No dogs or bikes are allowed.  
*California State Parks (805) 927-2065*

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