



Family Hike Recommendations

There are some great nearby hiking trails just waiting to be explored! To get your family started on the right foot, REI employees have selected some of their favorites below.

Be sure to bring these necessities along in your daypack:

- Drinking water
- Lunch or snacks
- Extra clothing layers
- Map and compass
- Sunglasses
- Sunscreen
- First-aid kit
- Insect repellent
- Whistle
- Headlamp or flashlight



For a complete day hiking checklist, visit [Expert Advice](#) on REI.com.

Here Are Five of Our Favorite Kid-Friendly Local Hikes

Hike One: **Mummy Mountain Loop at Coyote Lake-Harvey Bear County Park**

Rating: **Moderate**

Distance: **3.8 mile roundtrip, about 300' elevation gain**

Why This Hike: Nestled in the Diablo Range east of Gilroy, this loop trail offers spectacular views of Coyote Lake and the South Bay, as well as an abundance of wildflower- and wildlife-filled meadows.

Hike Description: The name may sound a fright, but Mummy Mountain is 100% ghoulish-free. You may see a wild turkey, deer, squirrels, red-tailed hawks or turkey vultures as you take the Campground Trail up rolling, oak-studded hills toward the junction with the Coyote Ridge Trail. Turn left here and then right when you get to the Mendoza Trail junction. Follow this trail for 1.9 miles (and a 200' climb) around the valley side of Mummy Mountain, where you'll enjoy views of the South Bay. Then turn left at the Coyote Ridge Trail junction and proceed along the lake side of Mummy Mountain. Enjoy an eyeful of Coyote Lake as you travel back to the Campground Trail junction. From here, retrace your steps on the Campground Trail back to the ranger station.

Driving Directions: From San Jose, take Hwy. 101 south toward Gilroy. Exit at Leavesley Avenue and head east. Turn left on New Avenue, then right on Roop Road. Proceed into the hills approximately four miles to Coyote Lake Road and turn left. The ranger station is one mile down the road. There is parking lot near the ranger station. Parking is \$5.

Tips: In addition to the family-friendly Mummy Mountain Loop trail, there is also camping, boating, waterskiing and fishing available on Coyote Lake. There is a restroom at the trailhead.

Hike Two: **Sylvan Trail Loop at Edgewood Park and Preserve**

Rating: **Easy to moderate**

Distance: **2.5-mile roundtrip, 500' elevation gain**

Why This Hike: The mixture of grassland plateaus and oak-filled woodlands offers wildlife and wildflower viewing, as well as amazing views of the Bay Area, from San Francisco down to San Jose.

Hike Description: The Sylvan Trail Loop is the most popular trail in Edgewood Park, and with good reason. The hiking-only loop is very well maintained and leads to some beautiful vistas. Hop on the trail at the parking lot and follow it through the cool, wooded gullies of the park's eastern edge. Then you'll work your way west toward the central portion of the park, which is dominated by a prominent ridge about 800' high. If your children are up to it, add on to your hike by tackling one of the other four trails you'll encounter along the way (a few are loops). Or, follow the Sylvan Loop back around toward the parking lot. Deer, coyotes, bobcats, raccoons and other small animals are frequently sighted, and magnificent displays of wildflowers appear each spring.

Driving Directions: From I-280 in San Carlos, exit at Edgewood Road and then drive east for about one mile. The entrance is on the right side of Edgewood Road, and there is a paved lot just inside the gate.

Tips: Guided walks that explore the area's brilliant spring wildflower displays—which include many rare species—are offered Saturdays and Sundays from mid-March through mid-June. There is a restroom at the trailhead.

Hike Three: **Castle Rock Falls, Castle Rock State Park**

Rating: **Easy**

Distance: **1.6 miles roundtrip, 200' elevation gain**

Why This Hike: It's not too challenging, but the payoffs—an 80' waterfall, outstanding views of the Coastal Range to the west and the option to keep going if you feel up to it—are huge.

Hike Description: The Saratoga Gap trail leaves the main Castle Rock parking lot and takes you by the park's namesake, a 3,214' formation that's popular with climbers. You'll travel through a mixed evergreen forest of Douglas fir, madrones, canyon live oaks and tan oaks on your way toward King Creek. Follow the trail along creek to a platform where you can check out the waterfall and take in views of the Coastal Range and a few of the popular local climbing crags.

Driving Directions: From downtown Saratoga, take Saratoga Avenue west. This turns into Hwy. 9. At the junction with Hwy. 35, go south about 2.5 miles and Castle Rock State Park will be on the right. There is parking in the lot (a fee is required), or park free along the highway outside of the park.

Tips: Castle Rock Falls flow strongest during the late spring and early summer months. There is a restroom at the trailhead.

Hike Four: **Deer Hollow Farm Trail or Loop, Rancho San Antonio County Park**

Rating: **Easy (farm trail) or moderate (loop trail)**

Distance: **2 miles roundtrip, minimal elevation gain (farm trail); 5.5 miles roundtrip, 800' elevation gain (loop trail)**

Why This Hike: Two nice options to suit hikers of all ages: the Deer Hollow Farm Trail has a smooth path and little elevation gain for youngsters. For parents with older kids, the accompanying loop trail provides more rugged terrain and terrific views, over a greater distance.

Hike Description: Deer Hollow Farm, a working homestead and educational center, is the destination (or a stop along the way, if you prefer a longer adventure) for this fun hike. The trail leading to the farm is flat and wide and passes by broad meadows where it's not uncommon to see deer grazing. The farm itself has a working organic garden and a variety of different animals—a cow, pigs, sheep, goats and chickens—that children will enjoy seeing. For more adventurous hikers, the loop trail continues beyond the farm through forests scattered with Douglas fir, redwood and California nutmeg, as well as the more ubiquitous oak, madrone and bay trees.

Driving Directions: Take the Foothill Expressway exit off of I-280 in the South Bay. Head south on Foothill Boulevard. Make the first right onto Cristo Rey Drive. After about one mile, turn left into Rancho San Antonio County Park. There's a parking lot at the trailhead.

Tips: Don't miss the restored Grant Cabin, furnished to represent living conditions in the late 1800s. There is a restroom at the trailhead.

Hike Five: **Arastradero Preserve Lake Loop**

Rating: **Easy**

Distance: **1.78 mile roundtrip, about 400' elevation gain**

Why This Hike: It's a beautiful mixture of rolling grasslands and broadleaf evergreen forests where wildlife abounds.

Hike Description: Though there are a variety of trails to explore in this open space preserve, this short jaunt to Arastradero Lake (just a half-mile from the trailhead) is a good starting point for young hikers. Follow the Gateway Trail out of the parking lot to the Juan Bautista de Anza Trail which goes by the lake. Wild roses and blackberry brambles at the edges of the trail give shelter to coveys of quail, pairs of red-wing blackbird and cottontail rabbits. Arastradero Lake itself is a good spot to relax with a picnic or try your luck at fishing. You can extend your hike into a loop by continuing on the Juan Bautista de Anza Trail for a quarter-mile and then turning right on the Meadowlark Trail which loops back around to the Juan Batista after about a half-mile. Retrace your steps back to the Gateway Trail.

Driving Directions: From I-280 in Palo Alto, take the Page Mill Road exit and drive west almost a half mile to Arastradero Road, where you'll turn right. Follow this for another half mile and then turn right into the parking lot.

Tips: Don't miss the excellent views of the peninsula along the way. There is a restroom at the trailhead.



REI's PEAK program uses a fun presentation filled with hands-on activities and games to teach kids ages 6 through 12 about taking care of the outdoors.

Ask an REI team member about scheduling a free PEAK presentation for your classroom or youth group, or visit www.rei.com/PEAK for more information.



First Saturday in June The American Hiking Society's National Trails Day, sponsored by REI, is a nationwide celebration of trails. Celebrate with your family by taking a hike, or volunteering for a trail clean-up project. Ask an REI team member about how to get involved, or visit www.rei.com for more information.