



## **Suggested Hikes**

## Easy Loops

- ➢ From Old Corral − Nature Trail Loop
  - o Distance: .85 miles
  - Time: Approximately 45 minutes
- > From the Visitor Center Vista Trail Loop
  - o Distance: .15 miles
  - Time: Approximately 45 minutes



## **Moderate Loops**

- From Old Corral Nature Trail to Loskorn Trail to West Ridge Trail to Star Rise Trail to Bell Canyon Trail and back to Old Corral
  - o Distance: 4 miles; 350 ft. elevation gain
  - o Time: Approximately 2 hours
- From Live Oak Restroom East Ridge Trail to Quail Run Trail to East Flats Trail to East Ridge Trail and back to Live Oak Restroom
  - o Distance: 1.91 miles; 290 ft. elevation gain
  - Time: Approximately 11/2 2 hours
- > From Old Corral Bell Canyon Trail to Sun Rise Trail to East Ridge Trail and back to Old Corral
  - o Distance: 3.91 miles; 412 ft. elevation gain
  - o Time: Approximately 2 hours

## Difficult Loops

- From the Live Oak Restroom East Ridge Trail to Cougar Pass Trail to Oso Trail to Badger Trail (or continue Oso Trail – adds 3.21 miles) to San Juan Creek Trail to Juaneno Trail and back to Live Oak Restroom
  - o Distance: 8.92 miles; 1,443 ft. elevation gain
  - o Time: Approximately 6-10 hours
- From Old Corral Bell Canyon Trail to Oso Trail (entire length) to San Juan Creek Trail to Juaneno Trail and back to Old Corral
  - Distance: 12.5 miles; 1,100 ft. elevation gain
  - Time: Approximately 6-10 hours
- From San Juan Meadow Juaneno Trail to Pump House Road to San Juan Creek Trail to Cold Springs Trail to Oso Trail to Cougar Trail to East Ridge Trail and back to San Juan Meadow
  - o Distance: 11.9 miles; 1,184 ft. elevation gain
  - o Time: Approximately 6-10 hours

\*\*Some trails may be closed due to inaccessible conditions, maintenance/construction, or other reason. Always check at the entry station, call or check www.ocparks.com/caspers for current status.

**REMEMBER:** Know your limitations. Avoid hiking alone (at least let someone know where you will be going and when you will return), take plenty of water, use sunscreen, wear a hat, wear sturdy shoes or boots, take a map and compass and take a flashlight. Do you have your 10 Essentials? Please follow *Leave No Trace* principles.

