

More Information

The hike description in this guide is for hiking the Valley Vista Trail in a counter-clockwise direction. The loop begins and ends at point five on the map.

Be aware of your surroundings on this trail. Poison oak is abundant and is often found along the edge of the trail. (Poison oak is contagious year-round and the entire part of the plant contains the oil that causes rash.) Additionally, there are some steep areas and a couple of “scrambles” over rocks. Rattlesnakes are present as well.



Directions to Valley Vista Regional Park

FROM WOODLAND/DAVIS/WINERS

State Highway 16 west through Esparto, Capay, Brooks, Guinda, and Rumsey. Trailhead is about 2 miles north of Rumsey, on west side of CA-16. Camp Haswell, old Boy Scout cabin is opposite. Lower site of Cache Creek Regional Park is 3 miles too far.

FROM CLEAR LAKE AREA

State Highway 20 to State Highway 16 south past Cowboy Camp and through Capay Valley. Trailhead is 11 miles south of Cowboy Camp on west side of CA-16. Rumsey is about 2 miles too far.



Caution: Trail along cliff edge

VALLEY VISTA REGIONAL PARK TRAIL

**TRAIL HEAD GPS COORDINATES:
38.909552, -122.265749**



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Woodland, CA 95695
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Valley Vista Regional Park Loop Trail

OVERVIEW:

The Valley Vista Regional Park Loop Trail is 2.8 miles, with more than 900 feet elevation gain. The trail climbs through oak grasslands and chaparral landscapes providing views of the Capay Valley to the south and the Cache Creek Canyon to the west.

Be sure to pack plenty of water, especially in the summer. Please abide by Leave-no-Trace principles.

DIFFICULTY: Moderate

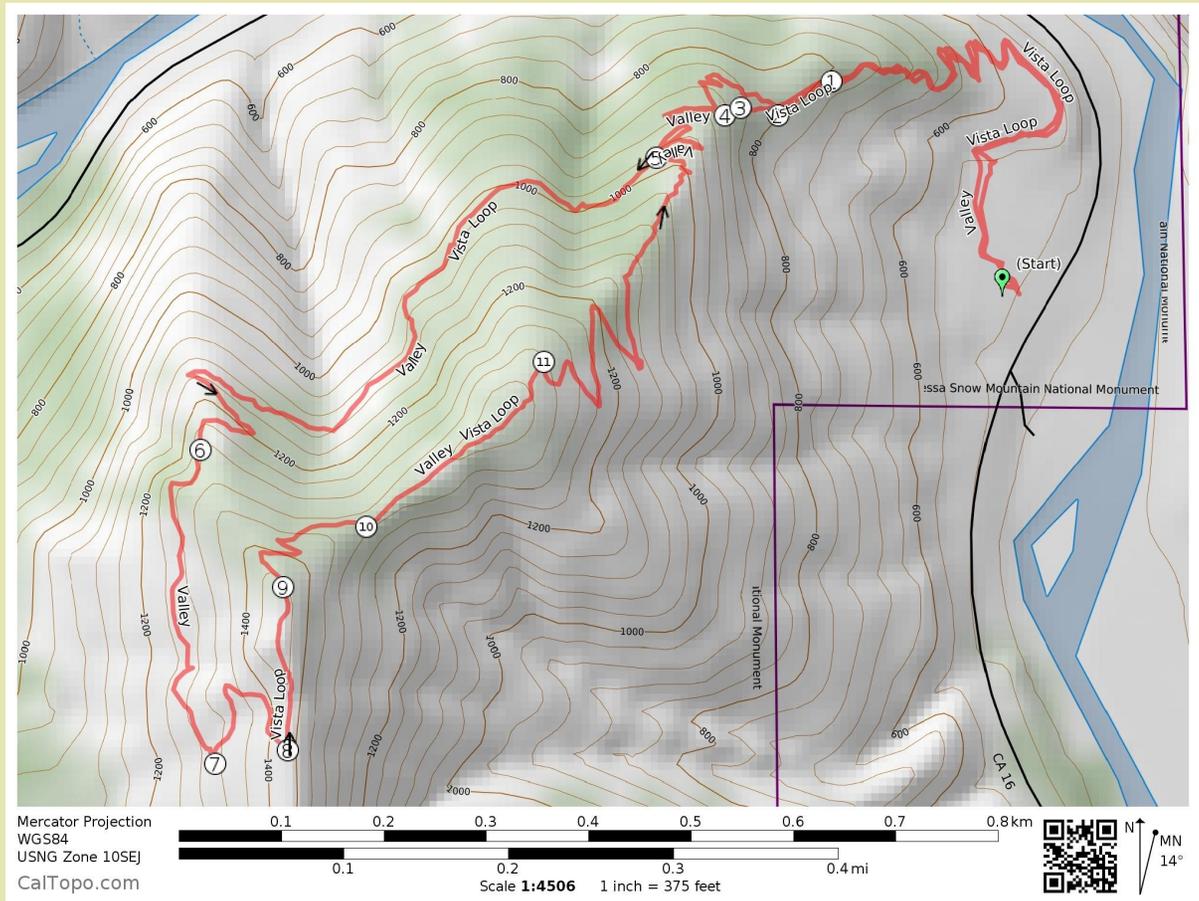
LENGTH: 2.8 miles

ELEVATION GAIN: 900+ feet

TERRAIN: Single track trail, some steep sections, rock scrambles.

BEST TIME TO HIKE: January—early May

BERRYESSA SNOW MOUNTAIN NATIONAL MONUMENT: YES



WAYPOINTS

- 1—View of Capay Valley to south
- 2—Trail splits to bypass rock scramble
- 3—Rock scramble
- 4—Trail converges after rock scramble
- 5—Start/end of loop
- 6—Rocks/cliff—USE CAUTION!!
- 7—Intersection with old fire road
- 8—Intersection with original trail
- 9—Trail around side of hill to bypass steep section
- 10—Trail around side of hill to bypass steep section
- 11—Picnic area/table

Trail starts in oak grassland and quickly climbs into chaparral. After the initial climb, a nice view of the upper Capay Valley is visible to the south (1). At this point hikers can choose to by-pass a rock scramble by taking the trail to the right or they can continue along the trail to the rocks—there is a rope/metal step to assist with climbing over the rocks. Taking the by-pass on the return trip is easier.

The trail splits (5) - take the trail to the right. The hills on the opposite side of Cache Creek show evidence of plate tectonics—the layers are angled nearly 45 degrees. Further along, hikers are treated to views of Cache Creek Canyon to the west before coming to the most difficult part of the trail. Please use caution as you climb up to and over the rocks (6) - the cliff below is about 150 feet down. The trail levels out after this and eventually meets up with an old fire road (7) which leads to the top of the ridge (8). (Rumsey Knob is about 3 miles to the south.) Turn north (left) and continue to the picnic area (11) and enjoy a nice lunch overlooking Capay Valley.

**Please do not use the short cuts that have been created by people not following the trail—this increases erosion and damage to the environment.