

HIDDEN FALLS REGIONAL PARK, AUBURN
South Legacy / Pheasant Trail / Gold Eagle Loop

Thursday, January 16, 2025

Limited to 20 hikers. Signups required

DIFFICULTY (Rating): Moderate

HIKE DISTANCE: 7.4 miles out and back with loop

ELEVATION GAIN: 633 ft. **PACE:** Moderate

TRAIL CONDITIONS: Well maintained. Mostly native surface, fine gravel with a few rocky areas. Could be muddy in spots if recent rainfall. Mostly up and down with a couple of uphill sections.

DESCRIPTION: We'll be in a beautiful, less-traveled part of the park on the south side of the creek. Wooded, local views. Lunch at a picnic table at the top of Gold Eagle Loop. **Consider bringing something to sit on.**

FACILITIES: Restrooms and porta potties at trailhead

DRIVE TIME/MILES: 30 minutes, 14 miles

DONATION: \$4.00 to drivers

LEADER/SWEEP: Carol Yoder

MEET/LEAVE TIME: Meet 9:00 AM - OC Row 14 behind gym / Leave 9:15 AM / Return approx. 2:30 pm

PREPARATION FOR HIKE

- Being prepared physically as well as having the right equipment makes for a better experience, not only for you, but for your fellow hikers.
- **If you have any health issues, please consider your condition before hiking at high altitude or at a fast pace. What to bring:**
 - **PLENTY OF WATER!** Recommend 50 oz. /1.5 liters minimum for 5-mile hike – more if longer. Electrolytes suggested. Higher altitudes are dehydrating even when cool.
 - Hiking boots/shoes, hat, sun protection, insect repellent, small first aid kit. Wind/rain jacket always advisable in the mountains. **Trekking poles recommended.**
 - ID (driver's license), health insurance card, emergency contact / phone number.
 - Extra pair of shoes to change into after hike and a plastic bag for muddy/dusty hiking boots to keep your driver's car clean.

DRIVING DIRECTIONS TO HIDDEN FALLS REGIONAL PARK, 7587 Mears Place, Auburn

(1) From Ferrari Ranch Road, take Hwy. 193 east to Fowler Road (3.5 miles from Ferrari Ranch Rd). OR (2) From Twelve Bridges, take Sierra College Rd. north to Hwy. 193 (1 mile) then right (east) 1 mile to Fowler Road.

Turn left (north) on Fowler Road. At T-intersection in approximately 1.8 miles, turn right (east) on Fruitvale. At T-intersection in 1.5 miles turn left (north) on Gold Hill Rd. In .7 mile, stay straight on Wise Road (don't turn right on Wise Road). Follow signs to Hidden Falls Regional Park. At T-intersection in 1 mile, turn right (east) on Mt. Vernon Road. Follow Mt. Vernon about 2.7 mi. to left on Mears Drive then right on Mears Place. Park entrance is on the right – second driveway. Down the hill to the parking lot.