

Hidden Falls Park Trails and Meridians

July 1, 2025

General Location: Auburn, CA

Difficulty: Moderate. Mostly level terrain but some challenging rocky spots, Moderate hills.

Hike Distance: 4.8 miles

Elevation: 617 ft gain

Pace: Moderate

Trail Conditions: Mostly well-maintained dirt trails. Some parts with rocks to navigate on the trail and a small water crossing. Poles recommended. Mostly shaded, but some parts in the sun.

Description: Hidden Falls Regional Park trails show off the beauty of our local rural area. The trails wind through the oak woodlands with creeks, waterfall, and canyon views. We set out early to avoid the heat and take trails mostly in the shade. Finish hiking by 10am and have “brunch” (breakfast menu) at Meridians upon returning to Sun City.

Facilities: Flush Toilets and Porta Potties at trailhead. One Porta Potty mid-hike.

Drive Time/Miles: 26 minutes / 14 miles

Donation: \$4

Hike Leader/Sweep: Tanya Blansett [tblansett@mac.com](mailto:tlblansett@mac.com) / Gay Mackintosh

Meetup/Leave Time: Meet 7:00am / Leave 7:15am

Meet at far right end of Orchard Creek Parking Lot, rows 12-14

Hike Route:

Hidden Falls Regional Park: Many wooded trails in the park: Poppy Trail, Blue Oak Loop, Seven Pools Loop, Canyon View, Hidden Falls Access Trail, Legacy Way or Poppy Trail to exit (depending on time) <https://www.alltrails.com/explore/map/hidden-falls-poppy-trail-blue-oak-seven-pools-132d6c1>

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.
- 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, and 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:

Navigate to Hidden Falls Regional Park in Auburn

Or

Leave Sun City and take 193 East.

Left on Fowler Road

Right on Fruitvale Road

Left on Gold Hill Road

Right on Wise Road

Left on Wise Road

Right on Mount Vernon Road

Left on Mears Road

Continue for a mile. Signs will direct you to the parking lot.