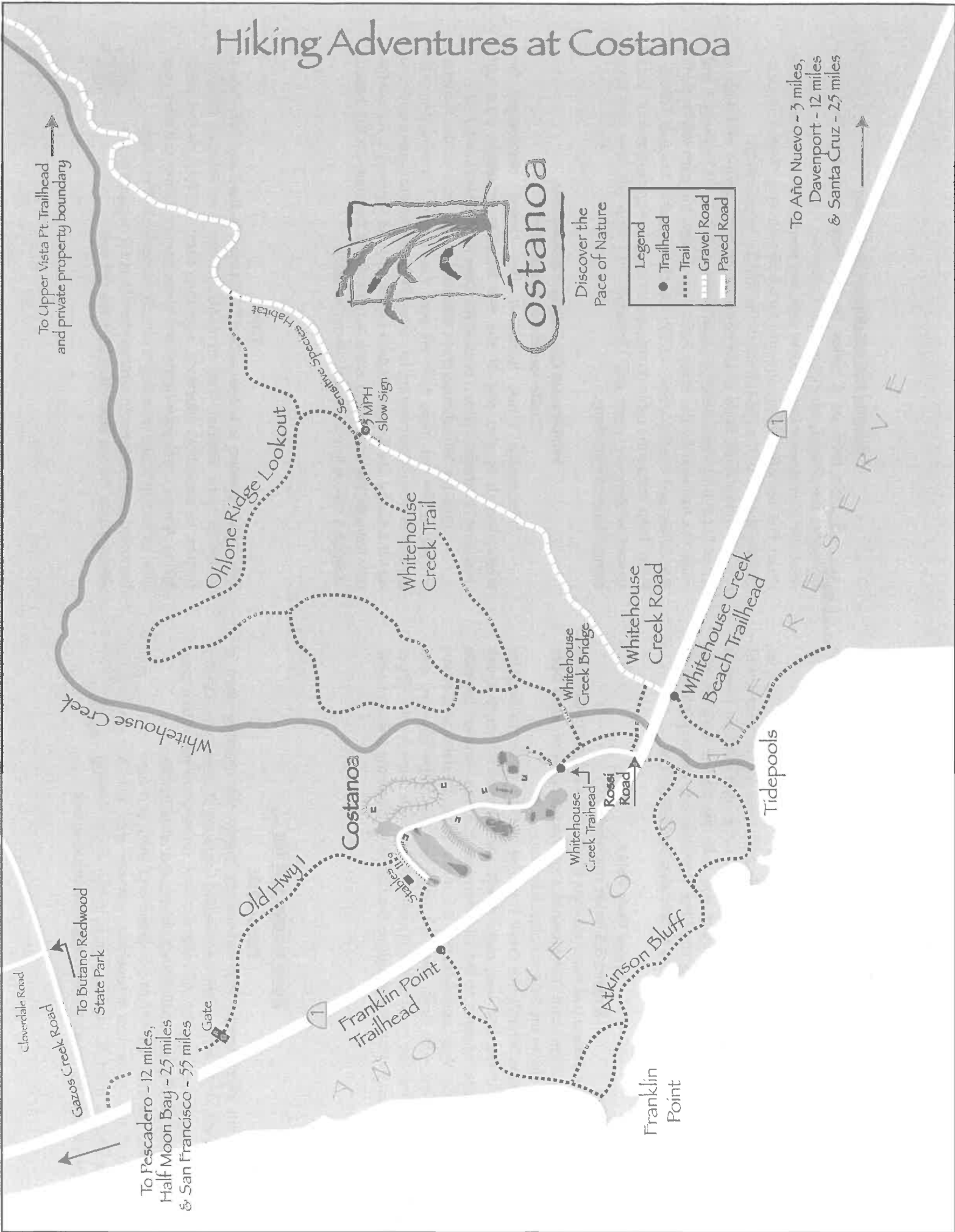


Hiking Adventures at Costanoa



Ohlone Ridge Lookout

3 miles/1.5hours

This is a diverse hike with mild elevation gain and excellent views of Año Nuevo Point and Island. This is a great option if you are looking to escape the coastal fog while enjoying a mild workout.

Take the Whitehouse Creek Trailhead to the right of the Douglas Fir Cabins. At the first fork, make a left and cross Whitehouse Creek Bridge. Follow the signs to the left, then take the right junction towards Ohlone Ridge. At the halfway point you may rest on the benches and enjoy sweeping views of the coastline. Continue on, keeping left at all junctions and you will loop back to Whitehouse Creek Bridge.

Upper Vista Point

8 miles/3.5 hours roundtrip

This is a steep trail that rises over 1000ft in the last 1.25 miles. The end of Upper Vista Point trail provides a spectacular view of coast from Año Nuevo Point to the Pigeon Point Lighthouse.

Take the Whitehouse Creek Trailhead to the right of the Douglas Fir Cabins. At the first fork, make a left and cross Whitehouse Creek Bridge. Follow the signs to the left, then take the right junction towards Ohlone Ridge. Walk approximately 1.5 miles to the Whitehouse Canyon Road sign and turn right. Turn left when you reach the fire road and follow trail (off the map) to the Private Property Sign. Look for the Upper Vista and Lower Vista Point sign on the right and follow the trail up to the view.

Keep an eye out for....

Poison Oak:

Look but don't touch! This well-known, highly skin-irritating plant is prevalent along all the trails surrounding Costanoa. It appears as a bushy shrub and as a long vine. All variations have three-lobed leaves that grow in bunches of three, small whitish flowers and white berries in the summer. The leaves are green and shiny and turn more and more red throughout summer into fall. A deciduous plant, it loses its leaves in the winter, leaving bare brown stems, which still contain the irritating oils.



Franklin Point/Atkinson Bluff Loop

3 mile loop or 2 miles to the Point and back. This hike highlights the diversity abundant near Costanoa. This loop has much to offer with a windswept beach, rocky cliffs and tranquil marsh. If the wind is down, this hike offers great potential for whale watching. Take a break to observe the site of the 1864 wreck of the ship Sir John Franklin.

Follow Rossi Road to the north of the campground and make a left at Eucalyptus camp heading towards the ocean/ Cross Highway 1 and enter the trailhead by the State Parks sign. Follow the path left through the dunes and marshy zone. At the beach, head left towards Franklin Point. Then, follow the cable guard rails running along Atkinson Bluff back toward Whitehouse creek and Costanoa. This loop will take you back along Costanoa's driveway.

Whitehouse Creek Beach & Tidepools

2 mile round trip beach hike

Whitehouse Creek Beach is the closest destination for tidepooling. It is also one of the few beaches protected from our prevailing Northwest winds. Check at the Desk for the best low tides.

Take the Whitehouse creek trailhead to the right of the Douglas Fir Cabins. Do not make first left over the bridge. Following the trail parallel to Rossi Road, veering left through the Eucalyptus grove until you hit Whitehouse Creek Road. Make a right and cross Highway 1. Follow the trail towards the ocean and make a right down the stairs to the beach. Tidepools can be found up and down the beach.

Ticks:

The most common tick seen around Costanoa is the Dog Tick (not a vector for Lyme disease). They are generally seen from February through August. To avoid ticks effectively, wear long pants and long sleeves while hiking. Always check your clothes and shoes for tick during and after your hike, as it takes hours for a tick to bite. To remove a tick that has burrowed, use tweezers to remove the tick at 90 degrees to the affected area. Do not attempt to burn the tick out!

