Bay trees will quickly revive the spirit. Hiking amongst the oaks, toyon and Preserve provides an oasis of serenity. of Silicon Valley, Foothills Nature

Crowded out the native grasses that colored the hill-sides gray-green in summer. In fact, many of today’s grasslands were evergreen forests or oak woodlands before woodcutting and livestock grazing took their toll. Grasslands are home to huge numbers of rodents such as mice, gophers, jackrabbits; insects; and larger predators like bobcats, red-tailed hawks, owls and coyotes.

Athletic and highly intelligent, coyotes play an indispensable role in California open spaces, where they are often the top predator. Coyotes keep rodent populations (mice, gophers, ground squirrels, and rabbits) in balance, helping to maintain a healthy ecosystem.

Fifteen miles of trails provide access to three distinct habitats: chaparral, oak woodland and grasslands.

Chaparral plant communities, found on many south-facing slopes and ridges in the preserve, are adapted to hot, dry conditions. Deep root systems and small, thick leaves positioned to reduce surface area exposed to the sun, are adaptations these plants have developed to help conserve moisture. Chamise is the dominant plant species, along with manzanita, ceanothus, and scrub oak.

The Oak Woodland community is represent-ed by coast live oak, California buckeye, madrone, California laurel, and the ever-present poison oak. Common wildlife include the dusky-footed wood-rat, white-footed mouse, scrub jay, and slender salamander (near Boronda Lake).

California’s summer-gold Grasslands are dominated by annual species that arrived here as seeds in the far and hooves of livestock brought by early European settlers. These grasses have largely crowded out the native grasses that colored the hill-sides gray-green in summer. In fact, many of today’s grasslands were evergreen forests or oak woodlands before woodcutting and livestock grazing took their toll. Grasslands are home to huge numbers of rodents such as mice, gophers, jackrabbits; insects; and larger predators like bobcats, red-tailed hawks, owls and coyotes.

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Boarded by Portola Valley, Los Altos Hills, the Pearson-Arastradero Preserve and Los Trancos Open Space, the 1,480-acre Foothills Nature Preserve is a nature lover’s paradise. Fifteen miles of trails provide access to three distinct habitats: chaparral, oak woodland and grasslands.

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**Footills Preserve**

**PARK RULES**
- No smoking or vaping.
- Dogs on leash permitted except on weekends and holidays.
- Bicycles are allowed on paved roads only, and not on trails. Bicycle helmets required.
- Coasting devices (e.g., skates, scooters, skateboards) are not allowed.
- No portable barbecues or gas grills. Charcoal fires in existing grills only.
- Speed limit is 20 MPH throughout the park.
- Feeding wildlife is prohibited.
- Drones and all other remote controlled devices are prohibited.
- Use designated trails only. Off-trail use is prohibited.
- Collection of animals, plants and fungi prohibited.
- No groups larger than 24 persons without permit.

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**Los Trancos Trail**
- 7.7 miles, 3-4.5 hours
  - This is the longest trail in the preserve. It has scenic views and crosses through several plant communities. Strong views and rugged terrain, many streams. Very strenuous for young children.
  - **Sunrise Trail**
    - 3.0 miles, 1.3-2.0 hours
      - The short connecting trail provides scenic views of Willow and Bonanza Lakes. Connects Los Trancos and Sheep Hollow trails. Easy, gentle slopes, rising 125 ft. Trail bed is packed dirt, no major obstacles. Some 3-inch rocks, loose granite. Appropriate for children.
  - **Coyote Trail**
    - 1.0 mile, 30-45 minutes
      - Sunny, mild sloping trail winds through chaparral and oak woodlands. Coyote is often glimpsed in this area. Side trail to the Masters Point overlook. Easy, moderate slope. Packed dirt trail bed. Appropriate for children.
  - **Panorama Trail**
    - 1.27 miles, 30-45 minutes
      - This is a loop trail along gentle, grassy slopes and a shady wooded area, with views of the Bay, Bay, and Coyote trails. Packed dirt trail bed. Appropriate for children.
  - **Toyon Trail**
    - 0.9 miles, 30-45 minutes
      - Gentle nature hike. This shady, wooded trail features numerous native trees and wildflowers. Packed dirt trail bed. Appropriate for children.
  - **Chamise Trail**
    - 0.75 miles, 30-45 minutes