



News Release

FOR IMMEDIATE RELEASE
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Photo Cutline: Hike on the bluffs above Glass Beach provides a sweeping view of the ocean along MacKerricher State Park.

State Parks in Mendocino County Offer Summer Sunday Hikes

Four to Six-Mile Hikes Will Explore Beaches, Fern Canyons, Waterfalls and Coastal Bluffs

MENDOCINO – A series of special hikes for the whole family have been scheduled for July, August and September in Van Damme, Russian Gulch, Big River, Mendocino Headlands and MacKerricher State Parks. The parks are located in the Mendocino Village-City of Fort Bragg area, 150 miles north of San Francisco.

Lead by State Parks Volunteers Bill Adams and Louise Young, interested hikers will meet at 9:30 a.m. for each Sunday hike(dates below). They need to bring water, a light lunch, hat, light jacket, sturdy shoes and sunscreen. No pets will be permitted on the hikes.

For directions or more information, email volunteer hike leaders Adams and Young at loyo@mcn.org or call 707-937-1686. The hiking dates are:

Sunday, July 9: Russian Gulch Waterfall Loop, about six miles, moderate difficulty. Pay day use fee at the park gate and meet in the recreation center parking lot. About four hours.

Sunday, July 23: Van Damme Fern Canyon to the Pygmy Forest; five miles, moderate. Meet at Beach parking area. About three hours. One short, steep climb.

Sunday, August 6: Big River Beach and watershed, six miles, easy. Meet at Big River Beach below Mendocino Village. About three hours on the beach and old haul (logging) road.

Sunday, August 20: Mendocino Headlands Loop, four miles, easy hiking with many scenic breaks along the ocean. Meet at parking area on Heeser Street (off Lansing) in Mendocino Village. About three hours.



Sunday, September 3: Glass Beach to Ward Avenue along MacKerricher Beach, including a possible crossing of the soon-to-be-restored Pudding Creek Trestle. Easy, five miles with scenic breaks. Call for meeting place. 707-937-1686

Trail Ratings

Easy means shorter distance, little or no elevation gain/loss with fairly level ground.

Moderate means longer distance, some elevation gain/loss with some broken ground.

Point Cabrillo Docent-Lead History Walks

Point Cabrillo Light Station State Park and Nature Preserve will offer 11 a.m. docent-led history hikes through the 300-acre park every Sunday during the summer. Meet at the Farmhouse Visitor Center parking on Point Cabrillo Drive at the entrance to the light station. Walks include a tour of the Frolic gold-rush era shipwreck site and the Point Cabrillo Lighthouse, a marine education exhibit and the lightkeeper's Residence museum. For more information on Point Cabrillo, visit www.pointcabrillo.org or call 707-937-0816.

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