The Narrows

The Narrows is a 1-mile long stretch of East Fork Coyote Creek between China Hole and Los Cruzeros without an established trail. To avoid wading in the water in wet seasons, use Cougar Trail/Poverty Flat Road instead.

Camping at Coit Lake

The lake is mostly surrounded by reeds. The following locations have flat ground and access to water:

- by the north end of the dam
- by the south end of the dam, couple hundred feet behind the vault toilet
- in the secluded cove along the south shore, on fishermen trail (room for 1 tent)
- on the road, on the south side of the lake, by a vault toilet and picnic table with ramada

Camping at Willow Ridge

Willow Ridge Spring usually flows until mid-summer. Watch for encroaching poison oak near the spring. Take unnamed 0.1 mile trail to the spacious flat area under large oaks, overlooking canyon of Coyote Creek and Mahoney ridge. No picnic table and no vault toilet.

Camping at Lost Spring

Look for unmarked narrow side trail on the west side of the Lost Spring Trail south of the spring. A couple hundred feet from the main trail you'll find a campsite with a secluded opening and a picnic table. Large coast live oaks provide deep shade. Spring water is available at reliable Lost Spring, located on Lost Spring Trail 0.3 miles north of its southern junction with Mahoney Meadows Road.

Trip highlights

- China Hole - popular swimming hole
- The Narrows - scenic rocky canon of East Fork Coyote Creek. May be impassable in high water
- Steep climbs/descents
- Coit Lake - swimming, fishing
- Remote Kelly Cabin Canyon. Lightly used trails may be obscured by brush, tall grass, fallen trees
- Panoramic views from Willow Ridge

- **The Park is open year round, 7 days a week/24 hours. The Visitor Center is open 8 a.m.- 4 p.m. on weekends.**
- **In summer, temperatures above 90 degrees between 11 a.m. and 7:30-8 p.m. are not unusual. Hike early in the morning and late in the evening. Plan shorter trips when necessary to prevent heat exhaustion.**
- **In winter, expect cold nights - mid-30s or below.**
- **In winter and spring, many creeks may be impassable after heavy rain.**
- **On less used trails, in late summer and fall, consider gaiters to keep sharp seed and burs out of your shoes and socks.**

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Henry W. Coe State Park

Backpacking Trips - Park Headquarters

Coit Lake

Duration: 2-4 days

Difficulty: strenuous

Distance, elevation gain/loss:
one way, via Willow Ridge Road:
11.7 miles, +1800/-2280 feet
return via Mahoney Meadows Road:
14.1 miles, +2410/-1930/feet

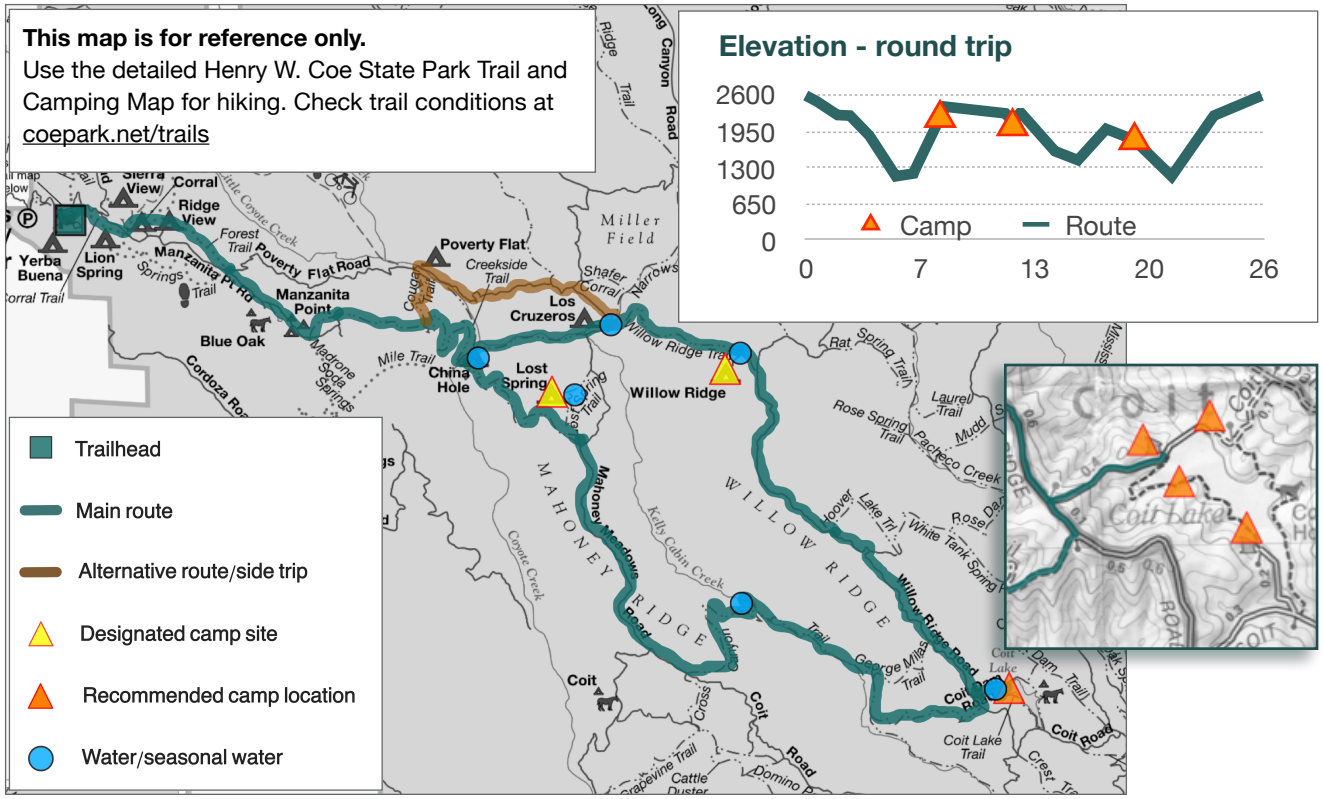
Trailhead: Park Headquarters, at the end of East Dunne Avenue

Permits/fees: Backpacking permit and parking fees required; register at visitor center when open or self-register for Coit Lake (and Willow Ridge/Lost Spring/Mahoney Zone for multi-day trip).

Key points - round trip

0.0		Take Corral and Forest trails, Manzanita Point Road, China Hole Trail
5.1	W*	China Hole. Continue through the Narrows to Los Cruzeros and Willow Ridge Trail
6.2	W*	Turn right onto Willow Ridge Trail
7.6	W*	**Willow Ridge Spring/CAMP**
7.9		Willow Ridge Road, turn right
11.3		Coit Dam Road, turn left
11.7	W	**Coit Lake - west shore, CAMP**
12.1		Return to Willow Ridge Road, turn left
12.2		Cross Canyon Trail, turn right, descend to Kelly Cabin Canyon
14.1	W*	At the creek, turn right (downstream)
15.4	W*	Cross Canyon Trail, turn left, climb out of the canyon
17.0		Coit Road, turn right, in 0.3 miles bear right on Mahoney Meadows Road
18.6	W	Junction with China Hole Trail (**Lost Spring Trail/CAMP 0.3 miles away),** descend to China Hole
20.7	W*	Continue on China Hole Trail, Manzanita Point Road, Forest and Corral trails
25.8		Headquarters

Distance and elevation approximate.
W/W* - water/seasonal water source. Check water source conditions with park staff or at coepark.net/water



Route

Take Corral, Forest, Manzanita Point Road and China Hole trails.

Cross Coyote Creek and continue through the Narrows.

Just past Los Cruzeros, look for the sign 'Willow Ridge Trail' on the right. The trail ascends steeply through mixed forest, chaparral thickets and open meadows.

Watch for Willow Ridge Spring on your right, in the shade of bay trees. Camp at Willow Ridge, or continue uphill for 0.3 miles to the signed junction with Willow Ridge Road.

For 4 miles, follow the road, a roller coaster with many steep short grades, very little shade and great panoramic views.

At the Coit Dam Road turn left to descend to the west shore of Coit Lake.

Return route

Return to Willow Ridge Road. Take Cross Canyon Trail through mixed forest (watch for encroaching poison oak) down to Kelly Cabin Creek and up to Mahoney Ridge.

Continue north on Mahoney Meadows Road, gently rolling through open grassland dotted with oaks.

At the junction by the vault toilet, take Lost Spring Trail (to get water, or to camp at Lost Spring) or China Hole Trail (to return on the same day).

Multi-day options

You may choose to camp mid-point on the way in and/or out, at Mahoney Pond, Lost Spring or Willow Ridge.