

Medium Hikes

Frog Lake Loop	Time	Distance	Elevation gain
	2 ½ hours	4.3 miles	640 feet

Description: This pleasant, mostly shady hike takes you to the top of Pine Ridge and back along the relatively level Flat Frog Trail. The first half mile is up the steep Monument Trail, but the rest of the trip is downhill or mostly level. You can take side trips to the Monument and to Frog Lake, which will add less than a half mile to the hike.

Route: Start at Manzanita Point Road, hike up the paved road a few hundred feet, and turn left on Monument Trail, which zigzags up fairly steeply. When you come to a trail junction, go straight. If you want to go to the monument, turn right (pick up a "Short Hike" sheet for more information on things to see on the top of Pine Ridge). After the junction, you'll be walking in a pleasant ponderosa pine forest with views of the northern areas of the park, and you can see the domes that house telescopes beyond the park on Mt. Hamilton. When you come to the Hobbs Road, turn left and follow the road to the creek. The descent down the road is shady and has nice flowers in the spring and is a good place to see birds. A little less than a mile down the road you'll come to the Little Fork of the Coyote Creek. If you want to take the side trip to Frog Lake, cross the creek and turn right on the Frog Lake Trail. The lake, which has bass and bluegill, is a couple tenths of a mile farther. To return to park headquarters, take the Flat Frog Trail on the west side of the creek. You won't find any flat frogs on the trail; the trail got its name because it is the flat and level route to and from Frog Lake. The Flat Frog Trail wanders through forest and into grassy openings and has wonderful views down the Little Fork Canyon and to the mountains beyond. In the spring, this trail is a good place to see wildflowers and is one of the few places where you can see the unusual giant trillium and the beautiful red columbine. When you come out to the Manzanita Point Road, cross it and take the Corral Trail back to park headquarters.

Middle Ridge/Fish Trail Loop	Time	Distance	Elevation gain
	3 ½ hours	6.2 miles	1,600 feet

Description: This is another mostly shaded hike but with a healthy 1,600 feet worth of up! You'll go over the top of Pine Ridge, past Frog Lake, and down through the giant manzanitas on Middle Ridge. Then you'll head back on the forested Fish Trail.

Route: To start off, follow the beginning for the previous hike by taking the Manzanita Point Road to the Monument Trail. When the trail hits the Hobbs Road, turn left and descend to the creek. Cross the creek, take the Frog Lake Trail to the right, and follow it to the top of Middle Ridge. Turn Right on the Middle Ridge Trail. Along the Middle Ridge Trail you'll be shaded by huge Manzanita shrubs that have grown to treelike proportions. In early spring, under their boughs, you'll find crimson blankets of Indian Warriors, plants whose roots attach to Manzanita roots and steal some of their nutrients. According to legend, patches of Indian Warriors grow in places where brave warriors were slain in battle. When you reach the junction of Fish Trail, turn right. Another highlight of this hike is the Little Fork crossing on Fish Trail. You won't find any fish there though. The trail got its name because it used to continue down the east side of Middle Ridge to the Middle Fork of the Coyote Creek where the good trout fishing was. The Little Fork Creek crossing is a cool, cozy, friendly place that will tempt you to linger. You might as well give in and stay a while. If the day is warm, you may want to take off your shoes and refresh your feet in the cool water. The hike back up to the top of Pine Ridge has some short steep sections, but the elevation gain is fairly spread out, and you'll probably have plenty of energy to enjoy the views as you hike back to park headquarters. When you come out to the Manzanita Point Road, cross it and take the Corral Trail back to park headquarters.

Middle Ridge / Flat Frog Loop	Time	Distance	Elevation gain
	4 hours	7.3 miles	1280 feet

Description: This hike combines portions of the two previous hikes, and although you will be spared some of the elevation gain of the Middle Ridge / Fish Trail loop, it will be about a mile and a half longer. We have repeated parts of the previous route narratives in the following description.

Route: Start off on the Corral Trail. At the trail junction about a half mile out, turn left and cross the road. Three trails split off at this point. Take the trail to the left, the Flat Frog Trail. Follow it for about two and a half miles to Hobbs Road.

You're not likely to find any flat frogs on the Flat Frog Trail; the trail got its name because it is the flat and level route to and from Frog Lake. The Flat Frog Trail wanders through forest and into grassy openings and has wonderful views down the Little Fork Canyon and to the mountains beyond. In the spring, this trail is a good place to see wildflowers and is one of the few places where you can see the unusual giant trillium and the beautiful red columbine. When you get to Hobbs Road, cross the creek, take an immediate right turn on the Frog Lake Trail, and follow it to the top of Middle Ridge. Turn Right on the Middle Ridge Trail. Along the Middle Ridge Trail you'll be shaded by huge Manzanita shrubs that have grown to treelike proportions. In early spring, under their boughs, you'll find crimson blankets of Indian Warriors, plants whose roots attach to Manzanita roots and steal some of their nutrients. According to legend, patches of Indian Warriors grow in places where brave warriors were slain in battle. When you reach the junction of Fish Trail, turn right. Another highlight of this hike is the Little Fork crossing on Fish Trail. You won't find any fish there though. The trail got its name because it used to continue down the east side of Middle Ridge to the Middle Fork of the Coyote Creek where the good trout fishing was. The Little Fork Creek crossing is a cool, cozy, friendly place that will tempt you to linger. You might as well give in and stay a while. If the day is warm, you may want to take off your shoes and refresh your feet in the cool water. The hike back up to the top of Pine Ridge has some short steep sections, but the elevation gain is fairly spread out, and you'll probably have plenty of energy to enjoy the views as you hike back to park headquarters. When you come out to Manzanita Point Road, cross it and take the Corral Trail back to park headquarters.

