



**Connect to an active life.  
Connect to the outdoors.**

Healthy People Healthy Trails fosters use of local parks, trails, and open spaces for improving health, wellness and fitness.

- Hiking-Walking Trail
- Park Area
- Distance Indicator
- Trailhead
- Wildlife Viewing
- Restrooms

**What to Expect:** This trail starts in the parking lot at the intersection of Carpinteria Avenue and Bailard Avenue. Views of the ocean, mountains and wildlife are available.

**Park Description:** Carpinteria Bluffs Nature Preserve is an open space park saved from development by concerned citizens in the late 1990s. Sandwiched between Hwy 101 and the ocean, the ease of access and proximity to the

ocean make the bluffs a popular place to walk. There are views north to the Santa Ynez Mountains and south to the Channel Islands from hiking trails that cut through and wrap around the preserve. Restroom facilities are available at the Viola Fields sports complex on-site at the Preserve.

**Things to Do:** Walking, birding, wildlife viewing, cycling, running, photography and of course, dog walking.

**Amenities:** Public parking lot. Restrooms located near the east end of the trail.

**What to Bring:** Map, sun protection, layered clothing, flashlight, first aid kit, water, snack, cellphone, personal identification.

**Trail Etiquette:** Have fun, be friendly and considerate. Leave what you find. Respect wildlife. Dispose of waste properly.

- **Difficulty Rating:** Easy
- **Distance:** 1.5 Mile outer loop
- **Grade Change:** Less than 5%
- **Trail Layout:** Loop
- **Surface:** Dirt surfaces
- **Average Width:** 6-10 feet
- **Shade:** Very little
- **Obstacles:** uneven terrain
- **Accessibility:** Not rated
- **Restrictions:** Dogs allowed
- **Emergency:** Call 911

**Trailhead:** 6145 Carpinteria Ave, Carpinteria, CA 93013

**Directions:** From Hwy 101, take exit 85 for Bailard Avenue in Carpinteria, CA. At the end of the offramp, turn toward the ocean on Bailard Avenue. Drive straight across an intersection with Carpinteria Avenue into a dirt parking area. Parking is

free. Additional parking is located 1000-feet east of the main parking lot. The trail is close to residences and lodging. Many people access the trail by foot, bicycle or bus service.

More information at: <http://healthypeoplehealthytrails.org>

**Parks Managed by:**

- City of Carpinteria Parks & Recreation
- Hours: Sunrise to Sunset
- Web Site: [http://ci.carpinteria.ca.us/parks\\_rec/](http://ci.carpinteria.ca.us/parks_rec/)

