



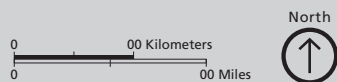
## Take Note

A stroll through this nature preserve at low tide and high tide will create two different experiences.



## Legend

- Hiking-Walking Trail
- Park Area
- Marsh Area
- Distance Indicator
- Trailhead
- Wildlife Viewing
- Point of Interest



Connect to an active life. Connect to the outdoors.

January 2016 | Subject to Change  
Map Designed by

## Carpinteria Salt Marsh Nature Preserve

Trailhead Coordinates: 34.395872, -119.528247

**Things to Do:** Walking, birding, wildlife viewing, jogging, photography, and picnicking.

**Amenities:** Restroom, benches, interpretive nature displays, wildlife viewing and beach access. Street side parking.

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

**Trail Etiquette:** Have fun, be friendly and considerate. Leave what you find. Respect wildlife. Stay on trail. Do not trespass.

**Access Mode/Parking:** By car, bike, and shuttle bus. Train station located 1/2 mile away. Park on street.

**Guided Walks:** City of Carpinteria docent lead walks are held every Saturday, weather permitting. Meet at trailhead at 10am.

**What to Expect:** Views of mountains, salt marsh, and wildlife. Changing tide levels provide unique experiences.

Since so much of the coastline of Southern California has been developed upon, it comes as a relief to find a 230-acre estuary that has been set aside and preserved as a vital ecosystem for shorebirds. Carpinteria Salt Marsh Nature Preserve offers a level 1.2-mile round trip hike through part of "El Estuario" past several observation areas and benches. The trail begins right next to the Pacific Ocean, which means you can take advantage of beach access when you hike.

- **Difficulty Rating:** Easy
- **Distance:** 1.2 Miles out and back
- **Grade Change:** < 5%
- **Trail Layout:** Linear
- **Surface:** Dirt and boardwalk
- **Average Width:** 6 feet
- **Shade:** None
- **Obstacles:** None
- **Accessibility:** Not Rated
- **Restrictions:** No dogs or bicycles
- **Hours:** Sunrise to Sunset
- **Emergency:** Call 911

**Trailhead:** 133 Ash Ave, Carpinteria, CA 93013

**Directions:** From Santa Barbara, take the 101 Freeway south to Exit 86 B for Linden Ave. Turn right (south) on Linden Ave and drive 0.6 miles to Sandyland Road. Turn right and drive 0.3 miles to the end of the road. From Ventura, take the 101 Freeway north to exit 86 for Casitas Pass Road. Turn left (south)

on Casitas Pass Road make the a right onto Carpinteria Ave. Drive 1/3 of a mile and turn left on Linden Ave. Go half a mile and turn right on Sandyland Road. Drive 0.3 miles to the end of the street where you will spot the start of the trail.

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

**Nature Preserve Managed by:**

- City of Carpinteria Parks and Recreation
- Land Trust for Santa Barbara County

