

**Oct 25, 2014**

**Hikers:**

**Trail Description:** Bodega Head, Sonoma Coast State Beach, California State Parks, Sonoma County.

**In brief:** 3 mile partial loop on Sonoma Coast coastal bluffs near Bodega Bay.

**Distance, category, and difficulty:** This 3.0 mile partial loop hike is easy, with about 300 feet in elevation change. There is one short easy uphill stretch, and the rest of the hike is nearly flat. Elevation ranges from 90 to 275 feet. You can split this hike into two, shorter ones -- a 1.1 mile out and back to the overlook, or a 1.8 mile loop through the headlands. More information can be found at:

<http://www.bahiker.com/northbayhikes/bodegahead.html>



**Directions for hike:**

From Bodega Bay (Sonoma County), turn west onto Eastshore Road. Drive about 0.3 mile on Eastshore to a stop sign, then turn right onto Bay Flat Road. Drive about 3.4 miles, initially along the harbor (where the road seamlessly turns into Westshore Road), then after a sharp hairpin turn, uphill to an unsigned fork. Bear right and continue 0.2 mile to the parking lot. Additional directions: <http://www.yelp.com/biz/sonoma-coast-state-beach-bodega-head-bodega-bay>

- **Meet at Noah's Bagels at 6:30 AM and leave PROMPTLY at 6:45 AM.** You may carpool if you wish. Be mindful of sharing fuel costs with driver. Please use the restroom before departure.
- **Easy hike with lots of ups and downs and switch backs.**
- Please bring light jacket. We are on the coast!
- Feel free to wear hiking boots, but not necessary for this hike. If you do not have hiking boots, please wear tennis shoes. (NO flip flops, shape-ups, clogs, sandals)
- 3 Liters of water, power bars, trail mix, other snack or lunch
- Recommend to bring an extra pair of socks/shoes to change into for afterward if there is any mud.
- Camera!!