Experiencing the outdoors is a great way for you to relax and enjoy nature. Water is not available on most trails in the city. Although rare, you may come across a stream. Take a cell phone for emergencies. 

Take this easy walk through large eucalyptus trees with a pars exercise course located along the way. Pay attention to your body. Stop exercising if you feel out of breath, dizzy, nauseated, or have pain.

On the Trail...
Start your hike slowly. Allow your muscles to warm up and become flexible. Increase your pace after five to ten minutes.

Walk at a pace that allows you to talk freely if you are too out of breath to speak, you are probably working too hard.

Attention to your body. Stop exercising if you feel out of breath, dizzy, nauseated, or have pain.

Toward the end of your walk, slow your pace to allow your pulse to return to its normal resting rate.

If you are new to exercise, check with your doctor before starting a program.

A doctor can prescribe a few simple stretches that can greatly reduce muscle soreness and injury.

Hiking Safety
Hike with a friend or family member. Experiencing the outdoors is a great way for friends and families to spend time together while exercising at the same time. Take plenty of drinking water. Water is not available on most trails in the city.

Let someone back at home know where you are going and when you plan on returning. Take a cell phone for emergencies.

Don’t walk off-trail. Cutting across switchbacks erodes the hillside and eventually destroys the trail. Plus, walking off-trail increases your chance of suffering an injury or getting lost.

Wildlife lives in all of our parks. Although rare, mountain lions, and rattlesnakes may be seen. Whenever you encounter wildlife on the trail, keep your distance, back away slowly, and do not run. Report your sightings to the Community Services Department.

Poison Oak is a common plant throughout much of California. Learn to identify its shiny, three-leaf pattern and avoid touching it. If you touch poison oak, wash immediately with water and mild soap. Pat dry with a clean towel.

Please help by picking up any trash you see while hiking and report graffiti or vandalism to the Community Services Department. Allowing flowers to finish their reproductive cycles will ensure there are wildflowers to see on your next visit. Be courteous to others while hiking on trails and in parks. Many trails pass closely behind residential areas. 

Respect the Trails
Please keep your dogs on a leash at all times while on any city trail or park.

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26442 Beckman Court
Murrieta, CA 92562
City Hall
(951) 304-CITY
Community Services Department
(951) 304-PARK
Fire Department
(951) 304-FIRE
Police Department
(951) 304-COPS
Public Works
(951) 304-YARD
www.murrieta.org

<table>
<thead>
<tr>
<th>TRAIL</th>
<th>USE</th>
<th>TRAIL TYPE</th>
<th>LENGTH</th>
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<td>Las Brisas Trail</td>
<td>Multi-use</td>
<td>Asphalt</td>
<td>1.14 Miles</td>
</tr>
<tr>
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</table>

TRAIL

USE

TRAIL TYPE

LENGTH

California Oaks Trail
Bordered by Jackson Ave to the North and Monroe Avenue to the South, the California Oaks Trail provides a view of the largest aquatic preserve in the City of Murrieta. This trail is joined by Monroe Ave and Jackson Ave to create a 1.0 mile loop around a natural water detention basin full of a wide variety of wildlife and native plant materials. There is no water on the trails system and parking is only available on Monroe Avenue.

Cole Canyon Trail
Multiple use
Decomposed Granite/Native Soil
3.82 Miles

Copper Canyon Trail
Multiple use
Decomposed Granite/Native Soil
1.46 Miles

Cornish’s View Trail
Multiple use
Native Soil
0.51 Miles

Las Brisas Trail
Multiple use
Asphalt
1.14 Miles

Lincoln Ranch Trail
Multiple use
Decomposed Granite
0.61 Miles

Los Alamos Hills Sports Park Multi-use
Decomposed Granite
1.89 Miles

Mapleton Trail
Located within the Mapleton Housing tract off of Antelope Road and Mapleton Drive, this trail runs through the entire community, running through Mapleton Park and along a long greenbelt.

Murrieta Oaks trail
This short but beautiful trail is located off of Murrieta Oaks Road and Clinton Keith.

Pond Park
Walk around Pond Park and enjoy the sounds of Nature from the city’s only pond. Located on Murrieta Hot Springs Road, just east of Whitewood Road.

Rail Ranch Trail
Start off next to Rail Ranch Elementary School, just off of Los Alamos Road and Whitewood, and take an enjoyable stroll through one of the city’s numerous natural open spaces.

Rancherias Trail
Located off of Whitewood Road, head south along the trail to Rancherias Acacias Park. This leisurely path is a great route used by everyone from runners to walkers to bike riders.

Sycamore Ranch Trail
Located on Calle de Oso Oro south of Washington Street, this trail runs along a dry creek bed. Head west to the city limits. From there you will eventually reach the Riverside County Trails System.

Toulon Trail
Located within Warm Springs Park off of Whitewood and Alta Murrieta Road, this trail makes a nice loop through a wildlife and nature preserve.

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Trails Docent Program
Are you interested in keeping Murrieta trails looking great? Contact the Murrieta Community Services department about how you can help! We are looking for energetic individuals, families and groups who want to help keep our trails looking great, or to help teach others about the joys of hiking and the outdoors. Call (951) 304-PARK for more information.

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