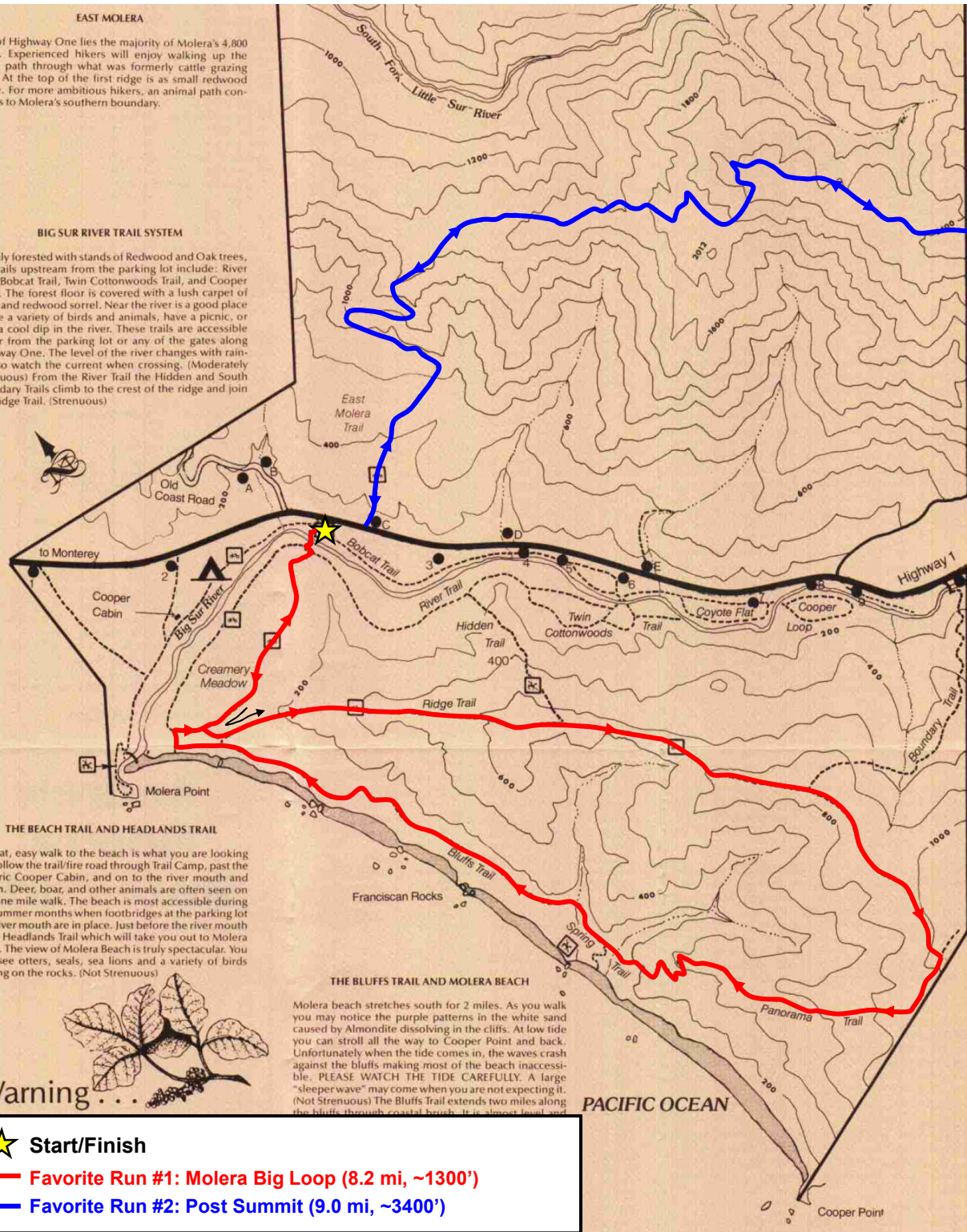


### EAST MOLERA

East of Highway One lies the majority of Molera's 4,000 acres. Experienced hikers will enjoy walking up the steep path through what was formerly cattle grazing land. At the top of the first ridge is a small redwood grove. For more ambitious hikers, an animal path continues to Molera's southern boundary.

### BIG SUR RIVER TRAIL SYSTEM

Heavily forested with stands of Redwood and Oak trees, the trails upstream from the parking lot include: River Trail, Bobcat Trail, Twin Cottonwoods Trail, and Cooper Loop. The forest floor is covered with a lush carpet of ferns and redwood sorrel. Near the river is a good place to see a variety of birds and animals, have a picnic, or take a cool dip in the river. These trails are accessible either from the parking lot or any of the gates along Highway One. The level of the river changes with rainfall, so watch the current when crossing. (Moderately Strenuous) From the River Trail the Hidden and South Boundary Trails climb to the crest of the ridge and join the Ridge Trail. (Strenuous)



### Post Summit



### THE BEACH TRAIL AND HEADLANDS TRAIL

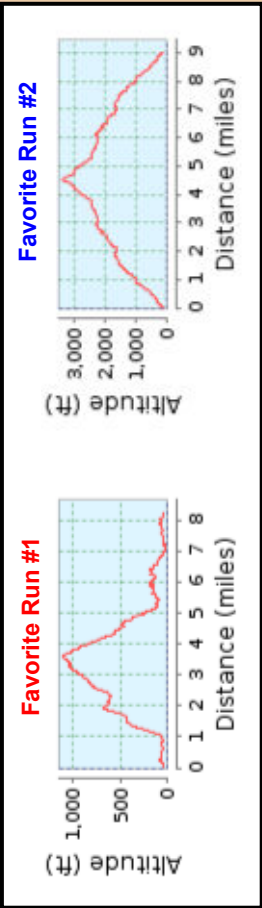
If a flat, easy walk to the beach is what you are looking for, follow the trail/tire road through Trail Camp, past the historic Cooper Cabin, and on to the river mouth and beach. Deer, bear, and other animals are often seen on this one mile walk. The beach is most accessible during the summer months when footbridges at the parking lot and river mouth are in place. Just before the river mouth is the Headlands Trail which will take you out to Molera Point. The view of Molera Beach is truly spectacular. You may see otters, seals, sea lions and a variety of birds nesting on the rocks. (Not Strenuous)



Warning . . .

### THE BLUFFS TRAIL AND MOLERA BEACH

Molera beach stretches south for 2 miles. As you walk you may notice the purple patterns in the white sand caused by Almondite dissolving in the cliffs. At low tide you can stroll all the way to Cooper Point and back. Unfortunately when the tide comes in, the waves crash against the bluffs making most of the beach inaccessible. PLEASE WATCH THE TIDE CAREFULLY. A large "sleeper wave" may come when you are not expecting it. (Not Strenuous) The Bluffs Trail extends two miles along the bluffs through coastal brush. It is almost level and



★ Start/Finish

— Favorite Run #1: Molera Big Loop (8.2 mi, ~1300')

— Favorite Run #2: Post Summit (9.0 mi, ~3400')