



Shelter Cove Arts & Recreation Foundation Est. 2012

# Shelter Cove Nature Trails

Photo by Inga Wygant



# WHO ARE WE?

Shelter Cove Arts and Recreation
Foundation was established to improve
the quality of life in the Cove, by offering
art & recreational experiences and
activities along with developing
recreation facilities such as hiking trails
and ballfields. SCARF has no
membership dues, and all activities are
free of charge for the local youth. We
have a seven-member board of directors
and we host public meetings several
times a year. We welcome your input
and participation.

# PARKING AVAILABLE FOR NATURE TRAIL & FRANKLIN TRAIL:

- LOWER PACIFIC ACROSS FROM GOLF COURSE/AIR STRIP UNDER THE MONTERREY CYPRESS TREE
- -CORNER OF HICKORY/SEAFOAM
- -CORNER OF UPPER & LOWER PACIFIC IN GRASS

#### PARKING FOR NATURE FITNESS TRAIL:

- -ENTRANCE ON SHELTER COVE RD
- -North end of Upper Pacific at Humboldt Loop [watch for the 900 FOOT SIGN]

ALL TRAILS HAVE DOG MITT DISPENSERS,
PLEASE USE THEM & DISPOSE IN
RECEPTACLES PROVIDED

#### HIKING TRAILS IN SHELTER COVE

Shelter Cove trails never freeze ~ accessible & enjoyable year round

### ROUNDTRIP TIMES ARE AVERAGE-INDIVIDUAL TIMES MAY VARY

NATURE TRAIL — BEGINNER/ALL AGES
15 MINUTES ENTRANCE/EXIT ON LOWER & UPPER PACIFIC. Features: relatively level, trail beginning on lower Pacific across from the giant Monterrey Cypress tree.
Continue along the northern edge of the airport and into the woods to Upper Pacific. This trail is perfect for individuals looking for a little exercise and introduces walkers to a variety of local native plants and flowers with identification signs. This is a fun & educational trail for families with small children wanting a little nature break.

FRANKLIN TRAIL — INTERMEDIATE/AGES 6 & UP 30 MINUTES ENTRANCE / EXIT UPPER PACIFIC & SEAFOAM AT HICKORY [NICKNAMED CARDIO TRAIL] Features: adventurous walkers can cross Upper Pacific continuing to the Franklin Trail, which is about ½ a mile and more strenuous. This trail offers four benches providing rest stops with a view. It is essentially all uphill and provides an excellent workout for heart, lungs & legs.

TRAIL 2 cont. Depending on time of day/season, you will move through both sun and shade. Watch out parents: Kids can be a lot faster than adults! A small creek runs below the forested trail filled with wildflowers including the western rhododendron near the top of the trail.

NATURE FITNESS TRAIL - REDWOOD EDVENTURES QUEST TRAIL\* BEGINNER/ ALL AGES 30 MINUTES ENTRANCE ON SHELTER COVE ROAD BETWEEN BEACH RD & REDWOOD RD Features: 10 exercise stations with instructions for the exercise offered at each. Slight grade with easy access for all ages. Utilizing all the exercise equipment provides a well-rounded workout. Most of the year this trail is shaded making for a cool place to exercise. A peaceful creek runs along most of this trail. Round trip on this trail takes about 30 minutes depending how much time is spent at each station. \*Humboldt County Office of Education program.

photo by Ransom Reid



## Contact Us

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