



## MONTEREY PENINSULA REGIONAL PARK DISTRICT

Preserving & Protecting Parks & Open Space

### Garland Hikes: Lupine Loop

**Distance**  
1.4 miles

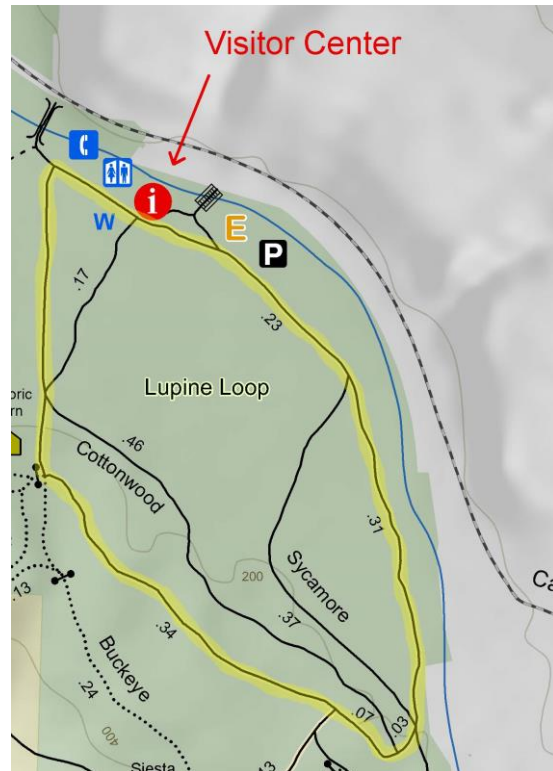
**Approx Hiking Time\***  
35 min

**Elevation Gain**  
102 ft

Along with the Rancho Loop hike, this is a good choice for those who wish to experience Garland Ranch with a short hike without much elevation gain.

#### Directions:

- From the Visitor Center, head East on the **Lupine Loop Trail** (to your left with your back to the Visitor Center). Follow Lupine Loop past the junction with the Sycamore Trail on your right. You will pass the Yanes Bench and then come to a trail sign. Continue on the Lupine Loop trail by bearing right, up the hill past the Cottonwood Trail on your right.
- Follow the Lupine Loop trail up the hill as it bends to the right. You will pass the Mesa Trail on your left. Continue straight ahead on Lupine Loop.
- A little ways past the John Norris & Murphy Bench on your left you will come to a trail intersection, with a wooden gate in front of you. Turn right, down the hill.
- At the bottom of the hill, bear left, following the trail along the fence. The trail sign indicates this is the direction toward the Vehicle Bridge.
- You will come to a T intersection with the Lewis Bench to your right. Turn right to return to the Visitor Center.



- ✓ There is water at the Visitor Center and La Mesa, but nowhere else on the trails. Remember to bring plenty of water on your hike.
- ✓ There are restrooms at the Visitor Center and the Ranger Station, but nowhere else in the park.
- ✓ There are trash cans at a number of locations on the lower trails, but no trash cans higher up. Please pack out *everything* you pack in.
- ✓ On some trails you may encounter horses. Equestrians have the right of way in those situations
- ✓ If you are hiking with a dog, be aware your dog can be off leash but must be under your control.
- ✓ Take time to look at the flowers, listen to the birds, enjoy the views and generally take in the pleasure of being out in Nature. But *please* don't pick the flowers!

\* Hiking times are approximate. Experienced hikers may complete the hike in less time, inexperienced hikers or families with small children may need more time. Please plan accordingly.