



Robert Louis Stevenson State Park: Lower Oat Hill Mine Trail to Palisades

Napa County

From: CA 29

To: Palisades Trail in Calistoga



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Length: 4.5 miles one-way (plus 4.5-mile return to trailhead, or 6 miles to CA 29 Table Rock Trailhead; see Table Rock to Palisades Spur trail description)

Elevation Gain/Loss: 1,860 feet one-way

Accessibility: Hikers, equestrians, and mountain bikers

This segment of the Ridge Trail is a steady ascent from the Napa Valley floor to the striking volcanic formations at the ridge. The historic trail is rough and rocky but provides spectacular views of the Napa Valley, Mount St. Helena, and nearby mountain ranges. The trail follows a public easement over private land and passes through state land and Robert Louis Stevenson State Park. This is an advanced, technical trail for mountain bikers. The trail is mostly exposed so start early in warmer weather.

This trail description is excerpted from the 2019 Guidebook. For details on all trails, trailheads and more [buy the book](#) from Wilderness Press.

For more resources to plan your trip, visit our [Trail Tools](#) page.

LINK to buy book: <https://advkeen.co/BayAreaRidgeTrail>

LINK to Trail Tools: <https://ridgetrail.org/trail-tools/>

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