



Blue Rock Springs Park to Vallejo-Benicia Buffer

Solano County

From: Blue Rock Springs Park in Vallejo

To: Rose Drive in Benicia



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Length: 5.5 miles one way (plus a 0.4-mile return on a Blue Rock Springs Park trail extension); 3.1 miles one-way for equestrians; 5.1 miles one-way for mountain bikers (includes 0.1-mile gap); car shuttle possible.

Elevation Gain/Loss: 615 feet/1,070 feet one-way

Accessibility: Hikers, equestrians, and mountain bikers

This trip begins on a short round-trip to a rocky ridge and returns to the rolling green lawns and shady picnic areas of Blue Rock Springs Park. It then follows a paved path/sidewalk or bike lane for 2 miles to the Buffer Trail, which meanders 2.9 miles up and down hilly grasslands toward Benicia State Recreation Area, providing outstanding views. The last 0.3-mile section of trail is on city streets in Benicia, including a 0.1-mile undedicated section.

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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