

## Trail Descriptions and Etiquette

Irish Hills Natural Reserve is a geographically discrete 720 acre riding area, yet it contains over 8 miles of trails. Many loops are possible on mostly singletrack trails. The rocky, serpentine landscape contains chaparral, oak, grasslands, and riparian habitats. The area's wandering distribution of doubletrack attests to its mining history and also serves as a link between the singletrack sections.

When riding these trails, please be mindful of the etiquette recommended by the International Mountain Bicycling Association (IMBA) and CCCMB:

1. Only ride on open trails.
2. Leave no trace.
3. Ride in control of your bicycle.
4. Always yield trail to others.
5. Never scare animals or people.
6. Plan ahead.

## Driving Directions

Irish Hills is located in San Luis Obispo County, California.

Exit Los Osos Valley Rd from Hwy 101. Proceed west for .9 mi to Madonna Rd then turn left and park at end of road or travel 1.6 miles to Prefumo Canyon Rd then turn left and look for parking lot on left side of road.



## Who We Are

Since 1987, CCCMB has been working to keep local trails open for trail users. CCCMB members have invested thousands of hours of volunteer effort in the repair of trail erosion, as well as in constructing new trails. Additionally, CCCMB actively represents mountain bikers and other trail users in the political arena. Responsible trail use and observation of trail etiquette are of fundamental importance. This helps to ensure continued trail access for all, prevent erosion and reduce user conflict. As always, all who enjoy this land — hikers, runners, equestrians, and cyclists — are invited to join in and help ensure continued access to our public trails.

## CCCMB Trail Maintenance

CCCMB conducts half-days of trail work every month, generally on a weekend morning. No prior trail building experience is necessary, as instruction and tools are provided. A schedule of work days, times, and locations is available at [www.cccmb.org](http://www.cccmb.org). Additionally, two major workdays are held each year. These all-day events feature meals, tee shirts, and raffle prizes for all participants. Come join the fun!

### CCCMB often hosts workdays on trails in the following areas:

- Montana de Oro State Park
- Morro Bay State Park
- Cerro San Luis Natural Preserve
- Irish Hills Natural Reserve
- Santa Margarita Lake Regional Park
- Lopez Lake Recreation Area
- Los Padres National Forest:
  - Cerro Alto Campground
  - Morning Glory Trail
  - Fernandez Trail

**Please visit [www.cccmb.org](http://www.cccmb.org) for an up-to-date schedule.**

#### Disclaimer

*The creator of this map and CCCMB are not in any way responsible for personal injury, damage to property, or any violation of the law in connection with the use of this map. Maps are not for sale. Map printed in 2008.*

# A Guide to Mountain Biking Trails in Irish Hills Natural Reserve

*produced by*



Visit [www.cccmb.org](http://www.cccmb.org)  
to learn more about

**Central Coast Concerned Mountain Bikers**  
and for a schedule of trail maintenance work days.

Trail maps can be downloaded from  
[www.cccmb.org](http://www.cccmb.org) and [www.slopost.org](http://www.slopost.org)

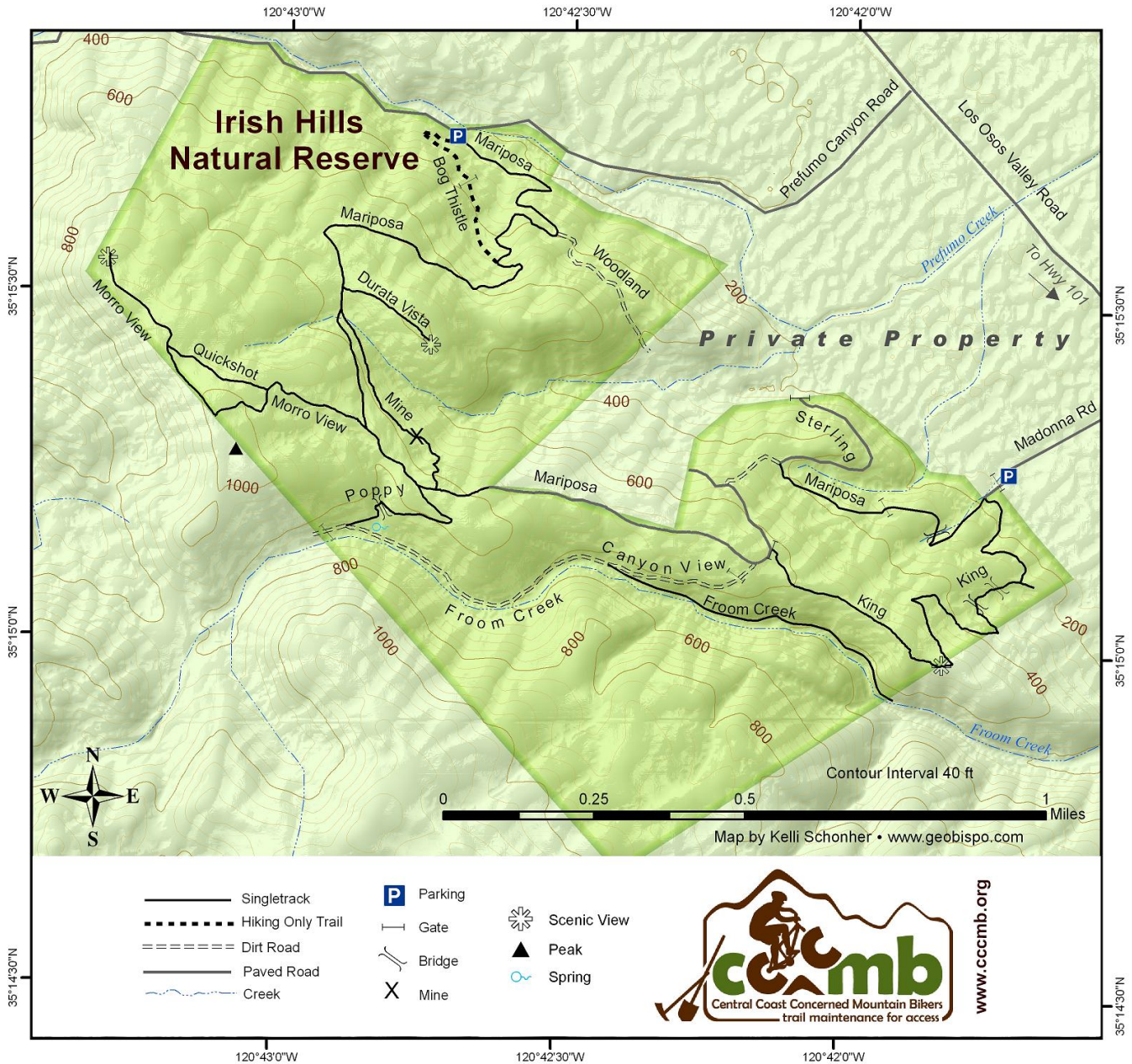
For additional park information contact:

City of San Luis Obispo,  
Parks and Recreation  
(805) 781-7100

Latitude: 35.25453

Longitude: -120.69561

# Irish Hills Natural Reserve Trail Map



## Mariposa Trail

**2.9 miles**      **650 ft Elevation Gain**  
 Begin at Madonna Road or Prefumo Canyon Road trailheads. Core trail links the Eastern and Northern park entrances. Many spurs and loops possible. Trail is primarily stable singletrack with sections of loose babyhead rocks and pavement.

## King Trail

**1.1 miles**      **475 ft Elevation Gain**  
 Access from Madonna Rd. 100% single track. Cross country trail designed by mountain bikers, one of whom has been known to make headsets. Lower portion has smooth surface with switchbacks and sections of exposure. Upper portion becomes rocky in chaparral.

## Morro View and Quickshot Trails

**1 mile**      **200 ft Elevation Gain**  
 Morro View climbs on twistier and rockier singletrack to the apex of the park. Bear left to reach summit at 1015 ft. Alternatively, take the shortcut Quickshot to the right to reach the vista of Morro Bay via tight, firm singletrack.

## Mine Trail

**.4 mile**      **250 ft Elevation Gain**  
 Rocky, rollercoaster singletrack passing by abandoned manganese mine. Steep technical section at East end.

## Poppy to Upper Froom Creek to Canyon View

**1.1 miles**      **125 ft Elevation Gain**  
 After a brief plateau, Poppy trail descends into Froom Canyon via benchcut singletrack. A short set of technical switchbacks precedes a small bridge. Froom Creek trail is a rocky, former 4WD road with a gradual descent to Canyon View trail, which ascends out of the canyon via doubletrack.

## Bog Thistle Trail - Hiking Only

**.3 mile**      **100 ft Elevation Gain**