

harbin hot springs trail guide



Harbin's boundaries encompass more than 1700 acres of undeveloped nature. The roads and trails on our property range from leisurely fifteen minute strolls to strenuous hikes of many hours. This Trail Guide is provided only as a general guide to our property and **many of the trails indicated are rugged and may not be clearly marked.** Hiking is done at your own risk, so please use caution and common sense.

Inside is a **Property Map** of all the Paths and Trails with a list of hikes by rating and mileage.

Use the **Mainside Map** on the back side for shorter easier hikes, and for suggestions of Trail loops.

The Paths and Trails are rated **Easy, Moderate, Difficult**, based on elevation change, distance & footing. Names ending with 'Path' are Easy; while names ending with 'Trail' are Moderate and Difficult.

F O R Y O U R S A F E T Y

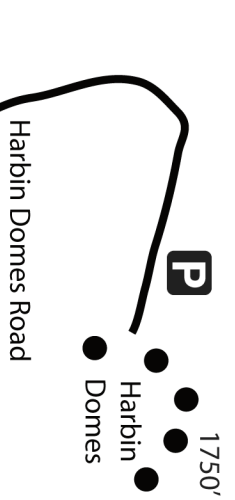
- Begin your hike earlier in the day to avoid the mid-day heat & to make sure that you can return before dark. Carry water, electrolytes and a snack for longer hikes.
- A hat, sunscreen & flashlight are recommended. Wear sturdy shoes and socks for the Moderate or Difficult Trails. Dress warmly on cold and damp days to guard against hypothermia
- Respect our neighbors and residents by staying on the trails and obeying 'Private' signs
- Communicate your hiking plans & expected time of return to a friend or the Office
- For emergency use, you may carry a cell phone. (Please do not use it for personal calls or photography.) If lost or for emergency call: 707-987-2994 x102. The Gatehouse will call 911 for you if necessary

Poison Oak and Poison Ivy have powerful oils that penetrate the pores of the skin and may cause tiny, itching blisters. A burning or swelling rash may appear 12 to 20 hours after contact and can last for up to 2 weeks. Stay on the trails and wash thoroughly with a non-oily soap after your hike. If contacted: wash with mud or dry earth immediately. Check the Harbin Market for natural remedies (soda solutions, alkaline lotions or Epsom salts may be help). Launder your clothes separately. Avoid using the Harbin Pools.

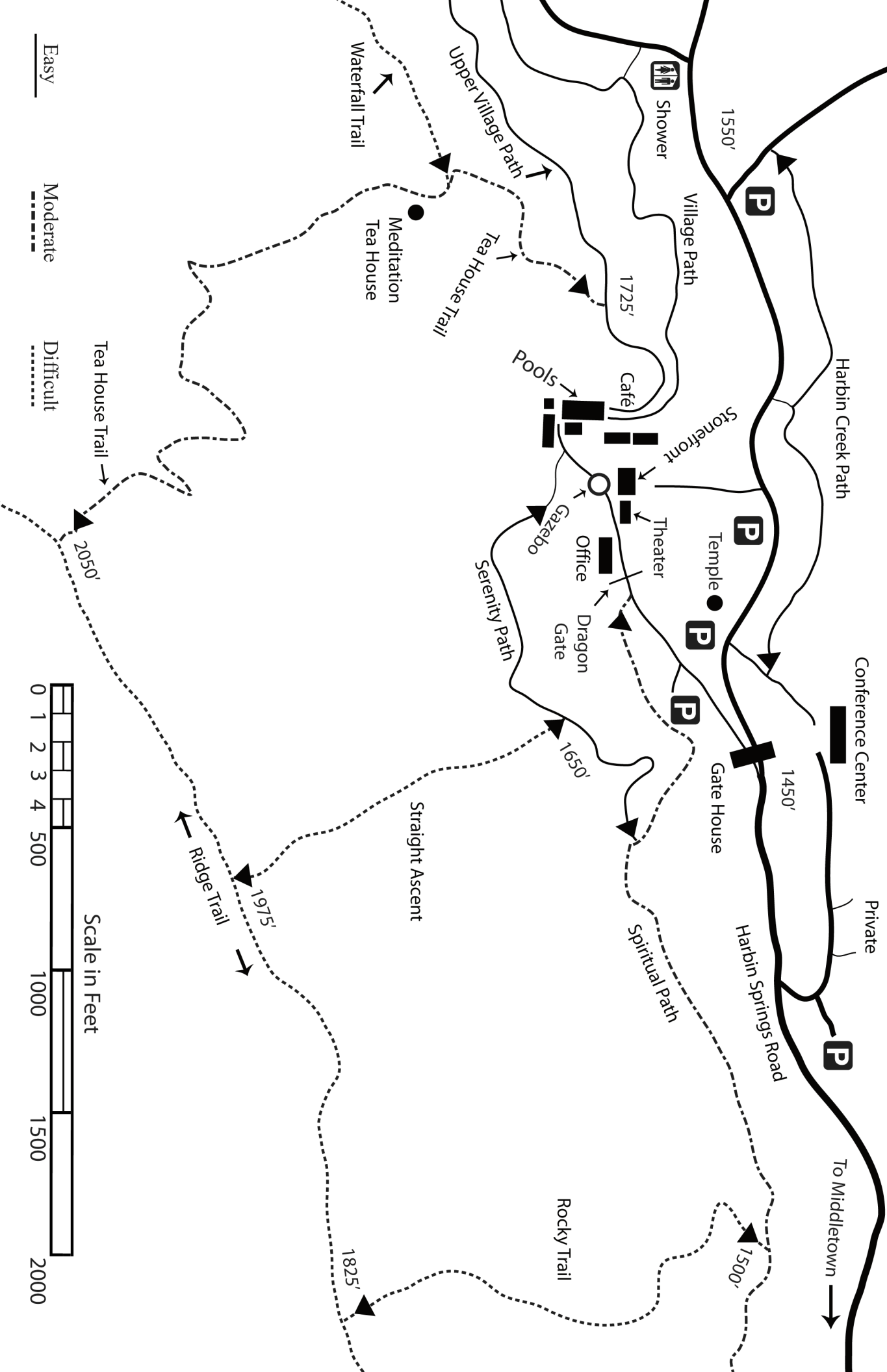
Ticks. Adult ticks climb to the tips of vegetation and wait for a host to brush against them. Wear long sleeves and pants. Tuck your shirt into your pants and your pants into your socks or boots. Wear light colored clothing so that you can spot ticks more easily and check yourself often. Use insect repellent. To remove a tick: grasp firmly with tweezers, as close to the skin as possible and pull gently straight out without twisting or squeezing. Disinfect the bitten area and wash your hands.

Snakes. Most snakes in this area are harmless to humans and are important to our ecosystem, so please do not kill them. Simply walk around them or stomp/scrape your feet to make noise. Rattle Snake bites must be treated immediately. Sit quietly with little movement, call the emergency number and send your hiking partner for help.

Mountain Lions. It is extremely rare to encounter a Mountain Lion, especially during the day. Do not approach lions; give them a way to escape. Do not run from the lion: stand and face the lion, make eye contact, make yourself appear larger by raising your arms, opening your jacket, waving your arms slowly, speaking in a slow, firm and loud voice. Throw stones or branches that you can reach without crouching, bending over or turning your back. Hold or pick up your children so they do not panic and run.

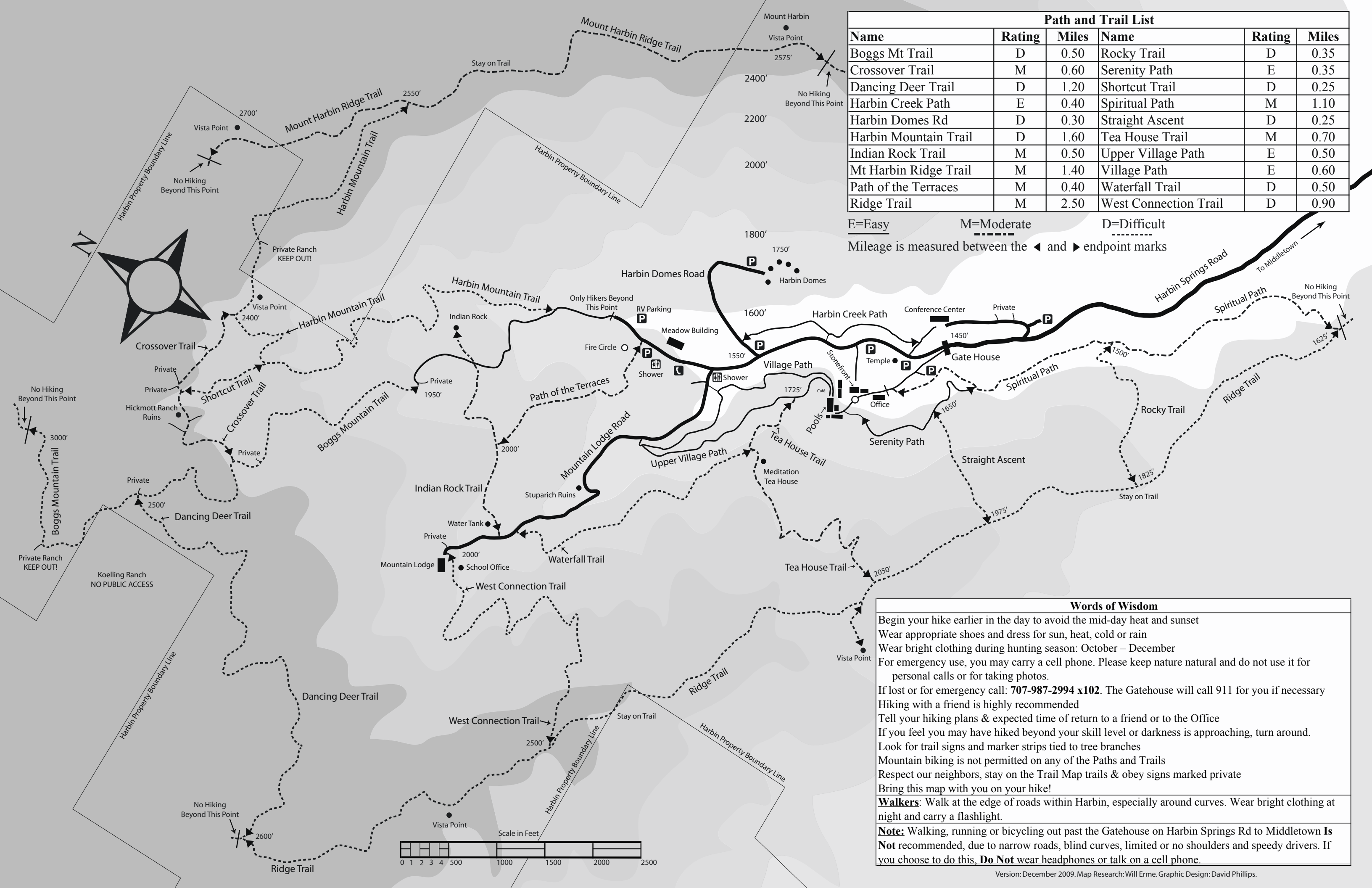


Rating	Miles	Start	Suggested Path and Trail Loops
Easy	0.8	Office	Spiritual Path. Right at Serenity Path to Shady Lane. Right at Road back down to Office.
Easy	1.1	Pools	Village Path (stay on trail past foot bridge). Left at Upper Village Path back to Pools
Easy	0.6	Pools	Upper Village Path. Left at Tea House Trail to Tea House. Return by walking back down Tea House Trail. Right at Upper Village Path to Pools
Easy	1.2	Office	Spiritual Path to Rocky Trail Sign. Turn around & return to Office
Moderate	3.7	Office	Spiritual Path. Right at Ridge Trail. Right at Tea House Trail. Right at Upper Village Path to Pools



Path and Trail List					
Name	Rating	Miles	Name	Rating	Miles
Boggs Mt Trail	D	0.50	Rocky Trail	D	0.35
Crossover Trail	M	0.60	Serenity Path	E	0.35
Dancing Deer Trail	D	1.20	Shortcut Trail	D	0.25
Harbin Creek Path	E	0.40	Spiritual Path	M	1.10
Harbin Domes Rd	D	0.30	Straight Ascent	D	0.25
Harbin Mountain Trail	D	1.60	Tea House Trail	M	0.70
Indian Rock Trail	M	0.50	Upper Village Path	E	0.50
Mt Harbin Ridge Trail	M	1.40	Village Path	E	0.60
Path of the Terraces	M	0.40	Waterfall Trail	D	0.50
Ridge Trail	M	2.50	West Connection Trail	D	0.90

E=Easy M=Moderate D=Difficult
 Mileage is measured between the ◀ and ▶ endpoint marks



Words of Wisdom

Begin your hike earlier in the day to avoid the mid-day heat and sunset
 Wear appropriate shoes and dress for sun, heat, cold or rain
 Wear bright clothing during hunting season: October – December
 For emergency use, you may carry a cell phone. Please keep nature natural and do not use it for personal calls or for taking photos.
 If lost or for emergency call: **707-987-2994 x102**. The Gatehouse will call 911 for you if necessary
 Hiking with a friend is highly recommended
 Tell your hiking plans & expected time of return to a friend or to the Office
 If you feel you may have hiked beyond your skill level or darkness is approaching, turn around.
 Look for trail signs and marker strips tied to tree branches
 Mountain biking is not permitted on any of the Paths and Trails
 Respect our neighbors, stay on the Trail Map trails & obey signs marked private
 Bring this map with you on your hike!

Walkers: Walk at the edge of roads within Harbin, especially around curves. Wear bright clothing at night and carry a flashlight.

Note: Walking, running or bicycling out past the Gatehouse on Harbin Springs Rd to Middletown **Is Not** recommended, due to narrow roads, blind curves, limited or no shoulders and speedy drivers. If you choose to do this, **Do Not** wear headphones or talk on a cell phone.