Seven Pools Vista Trail

Hidden Falls Regional Park, Placer County, California

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Introduction and Location

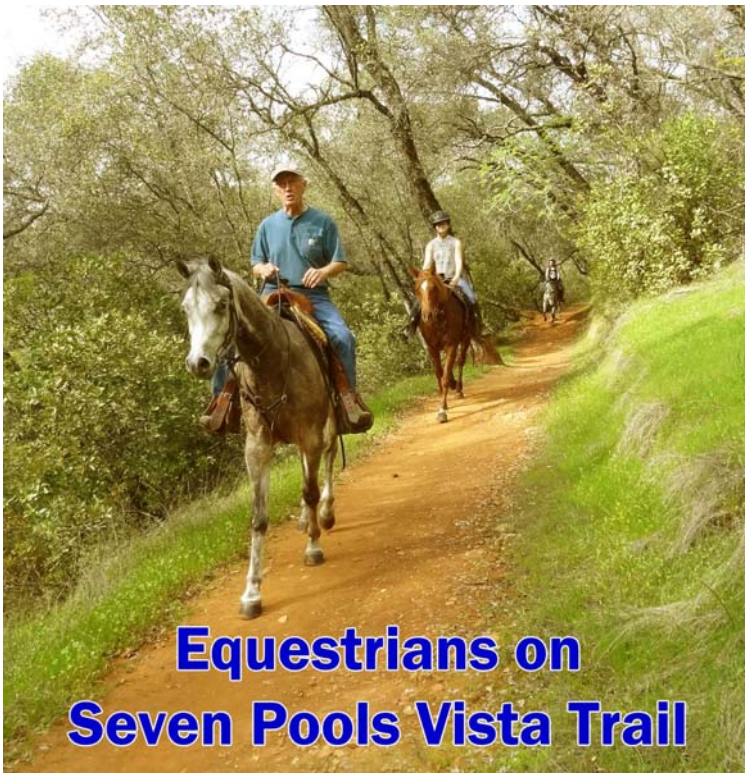
The Seven Pools Vista Trail is a splendid trail within Hidden Falls Regional Park, located in southwestern Placer County, about six miles northwest of Auburn.

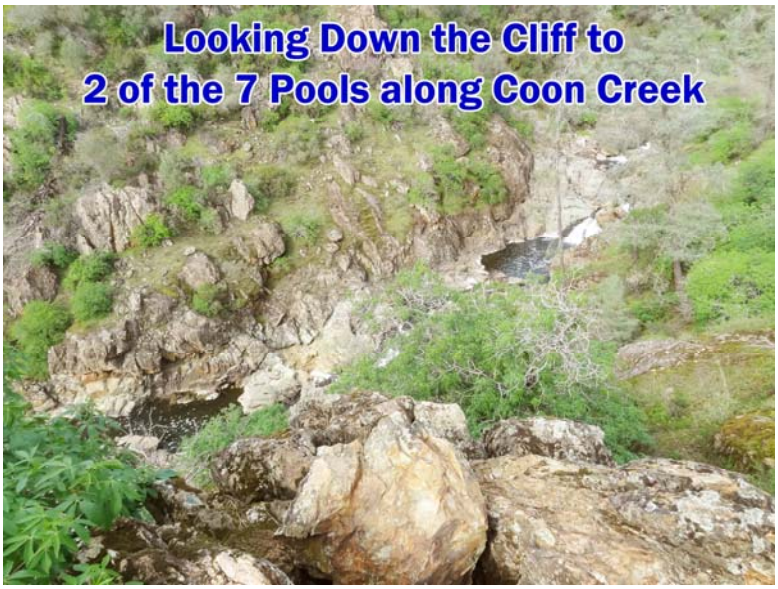
For driving directions and trail maps, visit the website of Placer County Parks at this hyperlink:

http://www.placer.ca.gov/departments/facility/parks/parks-content/parks/hidden-falls

From the parking lot, ride your horse along constructed trails across the Whiskey Diggins Bridge and ascend Turkey Ridge. Turn east and follow the crest of Turkey Ridge to the beginning of **Seven Pools Vista Trail** (refer to signpost at lower left).

This trail is only about 0.7-miles long, but it is interconnected with many other looping trails, so that your total distance will typically be on the order 8 to 10 miles, or more, depending on available time and weather. There are about 30 miles of trails within this Placer County park, and additional trails are planned.





At left: a typical view along the trail. *At right:* From the northeast switchback, there is a splendid vista looking several hundred feet down a steep cliff to Coon Creek. This is the "vista" that gives its name to the trail. Two of the seven pools along Coon Creek may be viewed from here. It is necessary to dismount your horse to perceive Coon Creek and its amazing deep pools.

The Seven Pools Vista Trail intersects the Seven Pools Loop Trail at the junction shown at lower left. This trail leads downhill to Coon Creek where you can water your horse.

Seven Pools Vista Trail within the Copper Hill Volcanics of Jurassic age

The bedrock of Hidden Falls Regional Park is composed of the Copper Hills Volcanics of the Jurassic Period. These are mafic pyroclastic rocks, pillow lavas, with minor felsic porphyrite. This geologic formation occurs in narrow band along the Bear Mountains Fault Zone for dozens of miles along the western foothills of the Sierra Nevada range. These are sheared metavolcanic rocks with a vertical foliation, approximately 160 million years old. These volcanic rocks were later metamorphosed by uplift and shearing about 153 to 139 million years ago, so they no longer resemble "regular" volcanic rocks.