



## Hike Information

Goat Rock - Cow Mountain via Glen Eden Trail  
United States Department of the Interior  
Bureau of Land Management  
2550 North State Street  
Ukiah, CA  
(707) 468-4000

Trail Length - 9 miles  
Average Elevation - 1400 - 3000 feet  
Elevation Change - 3000 feet  
Hiking Level - Difficult

## Overview

The Cow Mountain Recreation Area is 50,000 acres of rugged terrain with elevations ranging from 800 to 4000 feet located in the Mayacmas Mountains between Ukiah and Lakeport. The Scott's Valley Road entrance from Lakeport is a rugged trail and is closed during the winter due to impassable high water.

## How To Get There

From Lakeport: From Highway 29, take the 11th Street/Scott's Valley Road exit. Head east approximately 7 miles to BLM - Glen Eden Trailhead (parking lot with picnic tables and firegrates).

From Blue Lakes: From Highway 20, take the Scott's Valley turnoff, then continue for approximately 2 miles to the BLM - Glen Eden Trailhead.

## Camping Facilities

U-Wanna Camp: 2699 Scott's Creek Road, (707) 263-6745. Year-round camping (limited in winter). \$18.00 for the first two people and \$2.00 for each additional person. Extra vehicles are \$1.00 each. From Highway 29, take the 11th Street/Scott's Valley Road exit. Turn east and take Scott's Valley Road to Riggs Road (approximately 1/4 mile). Follow Riggs Road to Scott's Creek Road. Turn right on Scott's Creek Road and follow signs to U-Wanna Camp.

Kelly's Camp: 8220 Scott's Valley Road, (707) 263-5754. Camping April 1 - November 1. \$4.00 per person, per day. From Highway 20 between Upper Lake and Blue Lakes, take Scott's Valley Road. Follow signs to Kelly's Camp. From Highway 29 in Lakeport, take the 11th Street/Scott's Valley Road exit. Turn East and take Scott's Valley Road approximately 8 miles to Kelly's Camp.

## **The Hike**

The first 2 1/2 miles is steep. Halfway to Goat Rock, the trail peaks at an elevation of 2938 feet with a beautiful view of Clear Lake. The trail continues on down off the side of the ridge another couple miles concluding at Goat Rock where there are two picnic tables with firegrates. Goat Rock is huge (maybe 50 feet high) with the best access from the right side of the rock. Use your best judgment.