



Getting There

Elk River Trailhead: *From the north* take highway 101 South to the Herrick Avenue exit and continue left on Herrick Ave over the freeway. Turn right onto Elk River Road, drive 1.6 miles, and take another right to stay on Elk River Road. Continue 4.2 miles to the signed parking area and trailhead.

From the south take 101 North to the Elk River Road exit and turn right onto Herrick Avenue. Take your first right onto Elk River Road and follow the directions above.

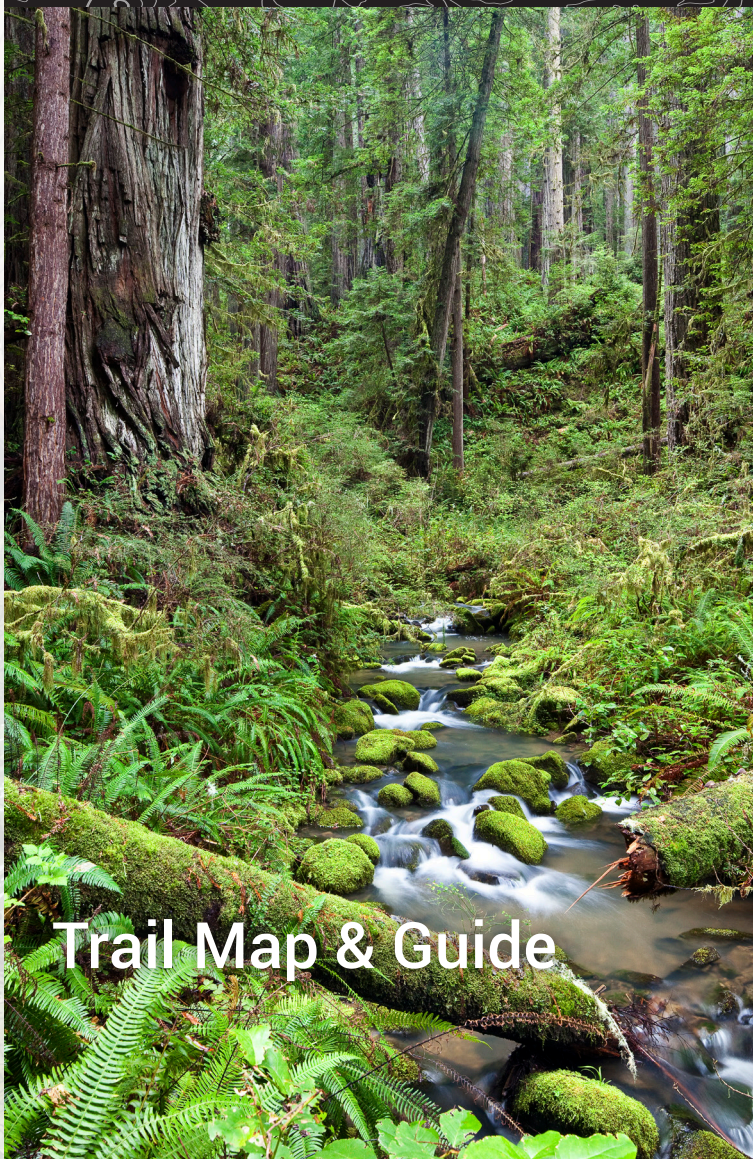
Salmon Pass Trailhead: Located near Fortuna, this seasonal trail can be accessed by participating in reservation-only, docent-guided hikes. Register by visiting www.recreation.gov/ticket/facility/10112331.

For Further Information:
**Bureau of Land Management
Arcata Field Office**
1695 Heindon Road Arcata, CA 95521
707-825-2300
www.blm.gov/headwaters-forest



Headwaters

Forest Reserve



Trail Map & Guide

The Headwaters Forest Reserve

The Headwaters Forest Reserve protects 7,472 acres of coastal redwood forest containing some of the last undisturbed old-growth redwood stands in the world.

Several threatened species call the Reserve home, including the marbled murrelet, northern spotted owl, coho and Chinook salmon, as well as steelhead and cutthroat trout.

The Reserve is within the ancestral homeland of the Wiyot people who have lived, traveled, and traded along waterways of the Humboldt Bay region for thousands of years. The forest remains significant to their dynamic culture and Tribes continue to co-steward this landscape.

Established by Congress on March 1, 1999, the Reserve is managed by the Bureau of Land Management in consultation with the California Department of Fish and Wildlife to protect old-growth redwood groves, other forest stands, creeks, and wildlife.

Visiting Headwaters

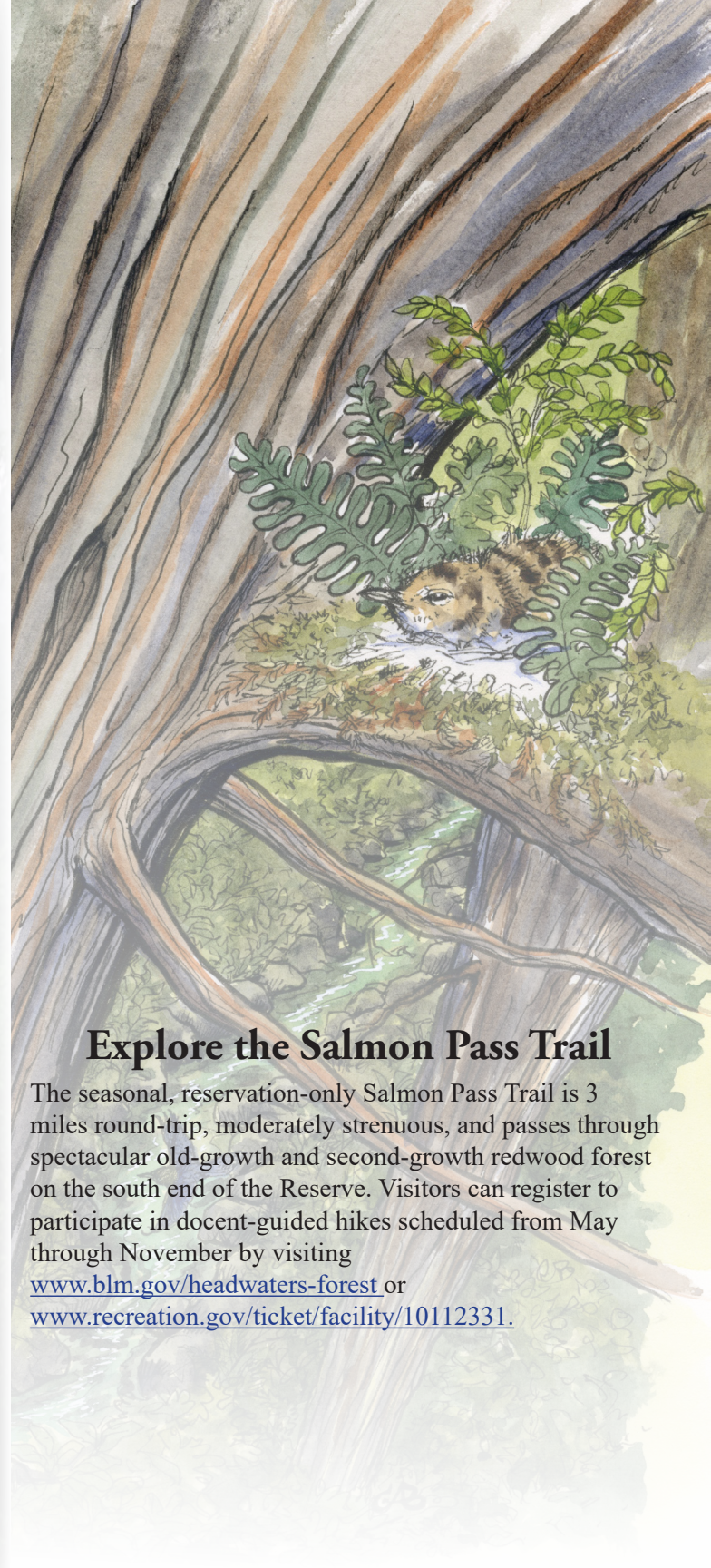
Please stay on the trail to help protect the Reserve's unique and delicate ecosystem.

The Elk River Trail is 11 miles round-trip and open year-round from sunrise to sunset. The first mile is paved and accessible. Dogs and bikes are allowed on the first 3 miles only. The last 2 miles ascend a steep incline to a loop through old-growth redwoods.

The Headwaters Education Center is located 0.5 miles along the Elk River Trail and is open to the public every Sunday from noon to 3 p.m., June through September.

The South Side Trail is 1.5 miles long, seasonally open from May through November, and connects with the Elk River Trail to create a 2.5 mile loop. Dogs and bikes are not allowed on this unpaved, moderately steep trail to minimize disturbances to water, fish, and wildlife.

The Salmon Pass Trail is 3 miles round-trip and seasonally open to reservation-only docent-guided hikes. Learn how to join a hike on the next page.



Explore the Salmon Pass Trail

The seasonal, reservation-only Salmon Pass Trail is 3 miles round-trip, moderately strenuous, and passes through spectacular old-growth and second-growth redwood forest on the south end of the Reserve. Visitors can register to participate in docent-guided hikes scheduled from May through November by visiting www.blm.gov/headwaters-forest or www.recreation.gov/ticket/facility/10112331.

The Elk River Trail

The Elk River Trail winds along the South Fork Elk River for three miles, followed by a two-mile ascent to a short loop through an old-growth redwood forest. Bicycles and dogs are only permitted on the first three miles of the trail.

Difficulty: The first mile of trail is easy, paved and wheelchair accessible. The rest of the trail is unpaved and moderately strenuous.

Distance and Duration: Round trip is 11 miles and takes five to six hours for most visitors.

Stay on the Trail!

Hiking on designated trails prevents trampling of sensitive plants and animals. It also keeps the forest and river free from erosion.

Old-growth
Forest Loop
Mile 5
(Half-mile loop)

4 Mile
Bridge →

Stay Crumb Clean!

Feeding ravens and jays threatens rare species like the marbled murrelet. Please pack out all food-related items such as apple cores, wrappers and orange peels.

Responsible Dog Owners Help Protect Fish and Wildlife!

Pick up after your dog and keep your dog with you, under control, and out of the Elk River at all times.

3 Mile Bridge ←

Don't Trespass!

Private land surrounds Headwaters. Be respectful of our neighbors and stay on the trail.

2 Mile Bridge ↗

Falk Site
Mile 1 ←

South Side Trail
Seasonal trail, moderate
1.5 miles in length
Open May - November

Elk River
Trailhead
Parking Lot
& Restrooms

Headwaters
Education
Center

