



Safety Advisory for Hikers

Stebbins, Cold Canyon Hiking trails

June 22 – June 24, 2018

Extreme temperatures this weekend pose potentially life-threatening conditions for hikers.

Saturday's high is expected to reach 106°F. In addition, the hot, dry north winds forecast translates into extreme fire danger. If significant wildfires develop this weekend first responder resources may be stretched and rescue response times may be delayed.

In order to protect you and your hiking group this weekend the Vacaville Fire Protection District, the Solano County Office of Emergency Services and the UC Davis Natural Reserve System make the following recommendations:

- Hikers not acclimated to strenuous exercise in significant heat* should finish the hike by 9 am.
- This means starting by 7am for the 2-mile Homestead Hike & 6am for the 5-mile Blue Ridge Trail.
- Take a minimum of 2 quarts of water per hiker.
- The Old Homestead site (just past 1 mile) is a good place to turn around if hikers are winded, fatigued or starting to become over-heated.
- Additional advice is contained with the trail map included with this flyer.
- Cell service is available in some limited areas along the trail. In case of trail emergency call 911, or call Solano County Fire Dispatch directly at 707-421-7090

The Stebbins Cold Canyon reserve remains one of the most popular destinations for hikers in Northern California. Solano County's Fire District and Sheriff Search and Rescue teams however perform numerous rescues on the trail every year, most often for heat exhaustion and heat stroke, a condition that can have life-long consequences and is potentially fatal. Children and people who have not been training in high heat and are particularly susceptible to heat illness.

**Studies demonstrate that it requires exercising 1 to 2 hours per day in 80 - 95°F heat for 10 to 14 days to become fully acclimated to exercising in heat.*

Annie's and Blue Ridge/Homestead trail markers

Trail Safety

All Seasons

- Hike with a friend, let someone know when you plan to return.
- Take a cell phone, there's some limited coverage on the ridge.
- Wear sturdy, closed toe shoes & long pants to protect from sprains, cuts, Poison Oak & snakebite.
- Keep hikers, especially children & dogs, on trail to prevent Poison Oak, snakebite & cliff falls.
- DO NOT drink untreated water.
- Take sunscreen & insect repellent.

During Summer

- The Fire Service performs numerous rescues on this trail every year, most often for heat stroke, a condition that can have life-long consequences and is potentially fatal.
- Children and people unaccustomed to exercising in heat are particularly susceptible to heat illness.
- Take a minimum of 2 quarts of water per hiker.
- Start early enough to complete the 5-mile, 3-hour loop before the temperature reaches 80 - 85° F. Often this means starting at the trail head no later than 9 am, earlier on some days.
- Use weather forecast sites like *Weather Underground* to help decide on a safe time-frame to start and complete the trail.
- For hikers not used to strenuous exercise in significant heat, train by doing trail sections before attempting entire trail.
- The Old Homestead site (just past 1 mile) is a good place to turn around if hikers are winded, fatigued or over-heated.
- It requires exercising 1 - 2 hours/day in 80 - 95°F heat for 10 to 14 days to become fully acclimated to exercising in heat.

Trail Etiquette: *Don't cut across switchbacks which creates highly damaging paths for erosion, pack out all trash including orange & banana peels which can survive months in the summer, use earbuds if listening to music. If a hiker looks lost or in distress ask if you can provide assistance.*

In case of trail emergency call 911, or call Solano County Fire Dispatch directly at 707-421-7090

Annie's Trail

Additional 2.5 miles and 930 feet of climbing



Poison Oak

Ridge Portion

Blue Ridge Loop

5 miles & 1,600 feet of climbing

"Homestead Hike"
Culvert to Old Homestead Site: 2 miles round trip



Old Homestead Site 1.0

Culvert & Trail Head

3000 ft

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