

## Trail Use Information and Regulations

This is a blufftop trail. Please stay on the designated trail. Do not attempt to gain access to any beach. Beach access is prohibited to protect sensitive marine mammals, including harbor seals. Poison oak, ticks and other hazards are common in off-trail areas. The only beach access is the staircase at the far north end of the trail at Cowell Ranch Beach.

The Cowell-Purisima Trail is the result of a partnership between Peninsula Open Space Trust (POST), the State Coastal Conservancy and California State Parks. The trail passes through a privately owned farm. Continued access depends on your cooperation with these regulations as well as the availability of public funds to manage the trail.

- **Hours:** 8 am until sunset on weekends and all Federal holidays. Vehicles left in parking lots after hours maybe towed or locked in overnight.
- **Bicyclists:** Helmets are required. 15-mph trail speed limit, 5-mph limit when passing or approaching blind turns.
- **Trash:** Please take all trash with you and help us keep the trail free of litter.
- **Dogs are prohibited** to protect sensitive wildlife and farm produce from contamination.
- **Horses are prohibited** to protect farm produce from contamination.
- **Collecting or disturbing plants and animals is prohibited.**
- **No fires, smoking, or weapons of any kind.**
- **No motorized vehicles.**

This Land is Your Land

Please Keep it Clean

As you enjoy this area  
Please pick-up any trash you see

Do your Part to Keep it Clean