

Getting There

Elk River Trailhead: From the north take the Herrick Avenue exit, continue left over the freeway and right onto Elk River Road. Follow Elk River Road for 6 miles until you arrive at the signed parking area.

From the south take the Elk River Road exit and turn right on to Herrick Avenue. Take your first right onto Elk River Road.

Salmon Pass Trailhead: Located near Fortuna, this trail is accessible by guided tour only from May to November each year.

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



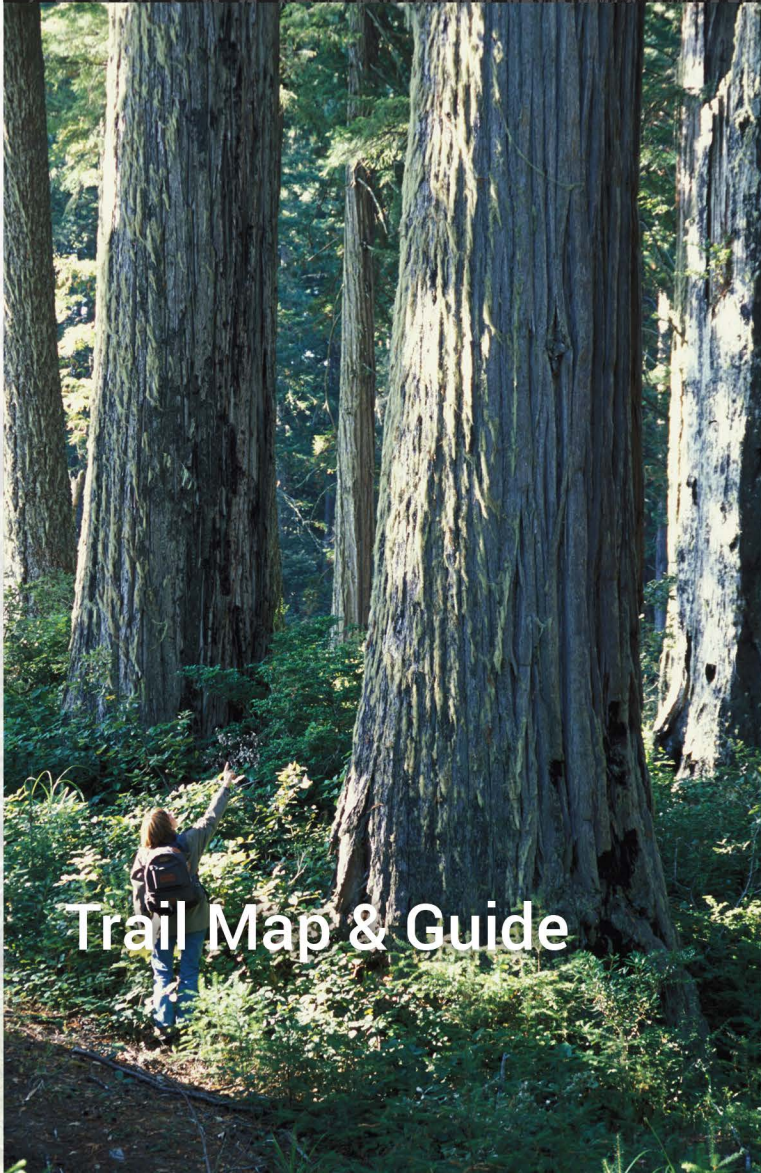
BLM/CA/GI-2015/+8600



**NATIONAL
CONSERVATION
LANDS**

Headwaters

Forest Reserve



Trail Map & Guide

Headwaters Forest Reserve

The Headwaters Forest Reserve (Headwaters) was established in 1999 after a decade-long grassroots effort to protect the world's last unprotected, intact old-growth redwood forest ecosystem.

Several threatened species call Headwaters home, including coho salmon, the northern spotted owl and the marbled murrelet.

Deep in the heart of the Headwaters old-growth forest are the beginnings or headwaters of the South Fork Elk River and Salmon Creek. This is how the area got its name.

Headwaters is managed by the Bureau of Land Management (BLM) in partnership with the California Department of Fish and Wildlife.

"A grove of giant redwoods or sequoias should be kept just as we keep a great or beautiful cathedral." -Theodore Roosevelt

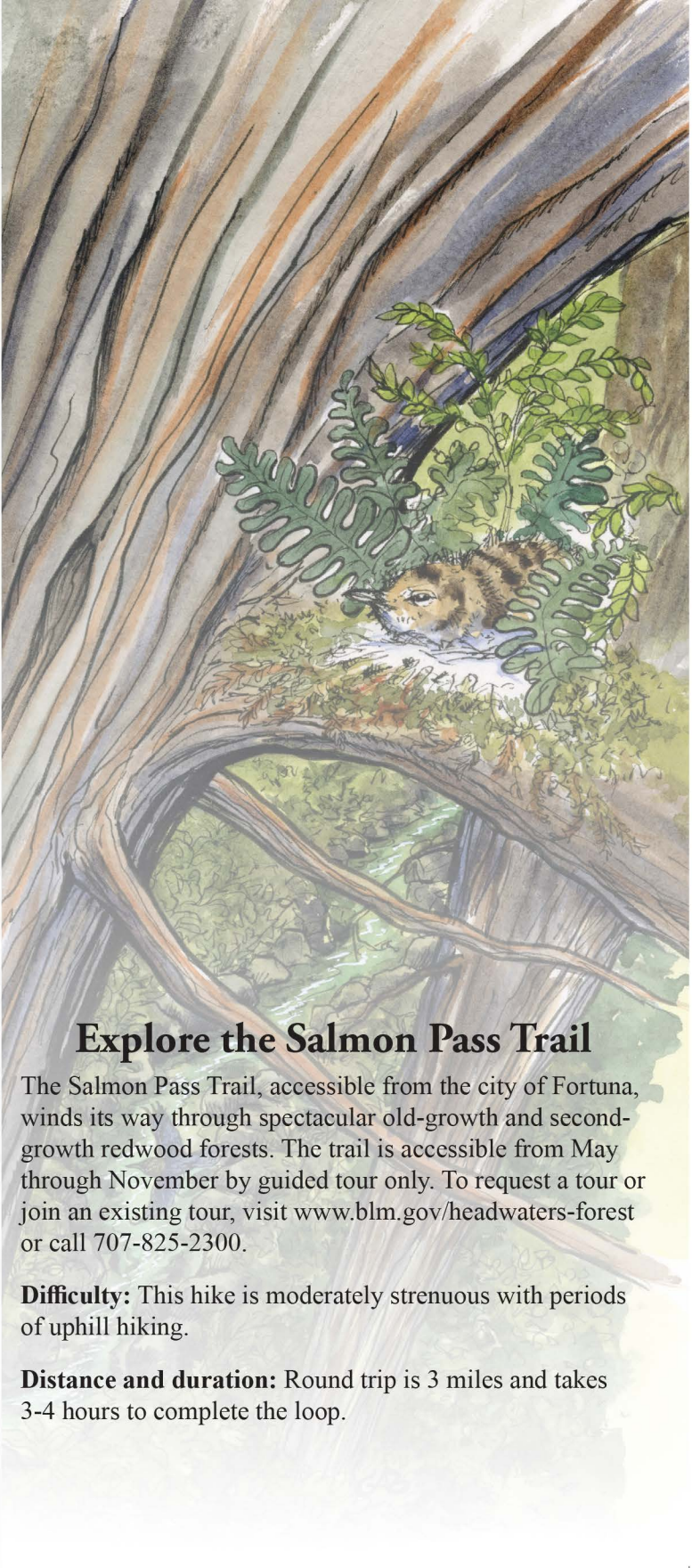
Visiting Headwaters

Headwaters can be accessed by visitors of all ages and abilities. The Elk River Trail is open all year between sunrise and sunset. The first mile of trail is an interpretive journey through the historic company mill town of Falk.

The Headwaters Education Center, a restored train barn, is located a half-mile from the Elk River Trailhead and is an enduring artifact of the region's history.

The Salmon Pass Trail, located near the City of Fortuna, is accessible by reservation from May through November. Tour guides on this trail teach visitors about the unique ecology of the area's old-growth redwood forest ecosystem.

Headwaters is home to a unique and sensitive ecosystem. Help us minimize human impacts by staying on designated trails.



Explore the Salmon Pass Trail

The Salmon Pass Trail, accessible from the city of Fortuna, winds its way through spectacular old-growth and second-growth redwood forests. The trail is accessible from May through November by guided tour only. To request a tour or join an existing tour, visit www.blm.gov/headwaters-forest or call 707-825-2300.

Difficulty: This hike is moderately strenuous with periods of uphill hiking.

Distance and duration: Round trip is 3 miles and takes 3-4 hours to complete the loop.

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 (arduous)
1.5 miles in length
Closed November-May

Elk River
Trailhead
Parking Lot
Restrooms

Headwaters
Education
Center

