

Greater Palm Springs

Hiking Trails

East Valley

La Quinta • Indio • Coachella

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GREATER PALM SPRINGS

There's always something chill happening in Greater Palm Springs.

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things to do

events

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COACHELLA VALLEY PRESERVE

Hidden Palms, Horseshoe Palms, and Pushawalla Palms Trails are all accessed from the trailhead to the east of the Thousand Palms Oasis on Thousand Palms Canyon Road. Willis Palms and Herman's Hike are accessed from the Willis Palms Trailhead near the corner of Ramon Road and Thousand Palms Canyon Road. McCallum Trail and Moon Country can be accessed from the Thousand Palms Oasis at **29200 Thousand Palms Canyon Road, Thousand Palms**. All of these trails are part of the cooperative Coachella Valley Preserve system.

Scan the QR code for additional information, hours, or trail closures.

01

HERMAN'S HIKE TRAIL

MODERATE

LENGTH
6.6 mi / 10.6 km

ELEV. GAIN
1,423 ft / 434 m

ROUTE TYPE
Out & Back

Approximately three-quarters of the way up this hike, spectacular views unfold all around. You can retrace your steps (which will bring your total trek to about 6.6 miles) or continue along the San Andreas Fault ridge down to the Willis Palms Oasis.

WILLIS PALMS LOOP

02

WILLIS PALMS LOOP

MODERATE

LENGTH
4.1 mi / 6.6 km

ELEV. GAIN
531 ft / 162 m

ROUTE TYPE
Loop

Setting out in a counterclockwise direction, you'll follow the path up a ridge (featuring fantastic views) before winding back down again through a wash and past the Willis Palms Oasis, one of a series of oases along the San Andreas Fault. The cluster of bright green palm trees provides a strikingly beautiful contrast to the surrounding rocky terrain. If you prefer to see the grove first, begin clockwise, finishing at the ridge.

WILLIS PALMS OASIS

03

MCCALLUM TRAIL

EASY

LENGTH
1.8 mi / 2.9 km

ELEV. GAIN
95 ft / 29 m

ROUTE TYPE
Out & Back

This popular, family-friendly trail begins on a wooden boardwalk at the Thousand Palms Oasis before turning into a sand path, winding along the base of the Indio Hills, and arriving at beautiful Simone Pond (home to several species of bird, as well as desert pupfish). Visitors often feel like they've entered another world, especially when they discover water, a rare sight in the desert, surrounded by tall grasses and towering skirted palms.

TIP: Call ahead to see if Simone Pond is open, as seasonal closures are common.

MCCALLUM TRAIL

04

HIDDEN PALMS, HORSESHOE PALMS, AND PUSHAWALLA PALMS TRAIL

MODERATE

LENGTH
4.4 mi / 7.1 km

ELEV. GAIN
705 ft / 215 m

ROUTE TYPE
Loop

After making a left turn on Thousand Palms Canyon Road, park in a small dirt turnout located on the right, near the trailhead. The path begins just east of the Thousand Palms Oasis and follows an uplifted section of an earthquake fault before descending into Pushawalla Canyon, where a grove of California fan palms awaits, fed by water that rises to the surface through cracks in the fault.

HIDDEN PALMS, HORSESHOE PALMS, AND PUSHAWALLA PALMS TRAIL

05

INDIO BADLANDS TRAIL

MODERATE

LENGTH
5.2 mi / 8.4 km

ELEV. GAIN
777 ft / 237 m

ROUTE TYPE
Loop

Trailhead: Golf Center Parkway/Avenue 42, Indio

Also known as the Indio Hills Trail or Golf Center Trail, this scenic 5-mile loop begins near the Coachella Canal and traverses the San Andreas Fault, winding through sand washes, twisted canyons, and rock formations. The trail features panoramic views of the valley and its surrounding mountain ranges, as well as beautiful wildflowers in the spring. Be prepared for a handful of steeper climbs, though they are mostly short and eased by switchbacks. Park in the small parking lot at the trailhead or along 42nd Avenue toward the west.

INDIO BADLANDS TRAIL

06

COVE OASIS TRAIL

EASY

LENGTH
1.8 mi / 2.9 km

ELEV. GAIN
161 ft / 49 m

ROUTE TYPE
Loop

Trailhead: Avenida Bermudas/Calle Tecate, La Quinta

Nestled at the base of the Santa Rosa Mountains in La Quinta, this easy stroll is perfect for families and their four-legged friends. The mostly flat, gravel path begins at the top of the levee, a few steps into the Cove Oasis, where a 114-acre open space set aside by the city awaits. Turn right, and you'll find a beautifully landscaped date palm oasis with pergolas and picnic tables. Mountain bikers getting ready to set out on one of the bike-friendly trails or just returning from a trek can also take the path to the picnic area for a rest or some shade.

COVE OASIS TRAIL

FRED WOLFF NATURE PRESERVE

08

COVE TO LAKE CAHUILLA TRAIL

MODERATE

LENGTH
6.6 mi / 10.6 km

ELEV. GAIN
915 ft / 279 m

ROUTE TYPE
Out & Back

Trailheads: Avenida Bermudas/Calle Tecate, La Quinta

After parking in the unpaved lot, follow the Cove Oasis Trail for 0.67 miles before turning left on the Cove to Lake Trail. The first part of the path is relatively flat, cutting through wide-open sandy terrain at the base of the mountains before transitioning to more ups and downs. The path eventually veers toward the sparkling waters of Lake Cahuilla, whose mirror-like surface reflects the surrounding rock formations and clear blue sky above. To avoid incurring the fee to use the facilities within Lake Cahuilla Veterans Regional Park, you can return using the same route, which spans a total of 6.6 miles out and back.

LAKE CAHUILLA VETERANS REGIONAL PARK

09

BEAR CREEK TRAIL

HARD

LENGTH
8.3 mi / 13.4 km

ELEV. GAIN
2,319 ft / 707 m

ROUTE TYPE
Out & Back

Trailhead: Calle Tecate/Avenida Madero, La Quinta

Though relatively flat and sandy at first, this more challenging hike gradually gains elevation as it winds farther into the Santa Rosa wilderness, where stunning views and diverse flora abound. A little more than 4 miles in, you'll reach a riverbed with a small palm oasis, the perfect spot to rest and enjoy a snack before the hike back down.

BEAR CREEK TRAIL

BOO HOFF PANORAMA TRAIL

11

PAINTED CANYON/LADDER CANYON TRAIL

HARD

LENGTH
4.4 mi / 7.1 km

ELEV. GAIN
820 ft / 250 m

ROUTE TYPE
Loop

Trailhead: End of Painted Canyon Road, Mecca

Follow Painted Canyon Road in Mecca until the road stops and a dirt parking area appears (this is the entrance to the trail). Look for large rock arrows on the ground pointing to the slot canyons, where you'll use ladders to climb up the steep sides all the way to the rim. Named after the kaleidoscope of mineral deposits (pinks, purples, reds, oranges, greens) that blend across the hills, this hike near the Salton Sea is a bit of a pilgrimage for many tourists and visitors—but the spectacular views and unique rock formations make it well worth the trek.

PAINTED CANYON/LADDER CANYON TRAIL

Hiking Safety tips

Our destination is home to more than 1,000 miles of breathtaking hiking trails traversing varied terrain, from wide-open sandy washes and lush palm tree groves to steep alpine wilderness. Keep in mind that from June to October, daytime temperatures here can easily reach 100°F (37.78°C) and beyond.

Hiking in extreme heat can be dangerous and even life-threatening; if there's a heat advisory in effect, DO NOT go hiking.

The following tips will help you explore safely and responsibly.

HYDRATE!
When half your water is gone, it's time to turn back.

Never hike alone.
And tell someone where you're going.

Wear the right shoes.
Traction and support are everything.

Avoid hiking at peak heat during summer months.
Mornings before 9 A.M. are your friend.

Stay on the trail.
It can prevent you from getting lost and helps preserve our natural landscape.

Give wildlife space.
For their safety as well as your own.

Don't count on your cellphone.
Charge up before you go, but know that service can be limited out on the trails.

☐ **Water**
(1 liter/34 ounces minimum per person for each hour of hiking)

☐ **Nutrition/Snacks**
(think trail mix and granola bars)

☐ **Map & Compass**
(you may not always have cell service, so download map directly to your mobile device)

☐ **Sunscreen & Hat**
(you'll need both, with our 300+ days of sunshine each year)

☐ **Extra Layers**
(long sleeves and pants provide protection from the sun)

☐ **First Aid Kit**
(nature can be unpredictable)

☐ **Comb**
(to remove cactus spines and thorny stems)

☐ **Flashlight**
(for those who like to catch the sunset)

☐ **Hand Mirror**
(to signal for help if your cell won't work)

☐ **Whistle**
(in case you get separated from your group)

Scan for a list of Greater Palm Springs hikes.

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These hiking tips are brought to you by the Palm Springs Mounted Police Search and Rescue Team. Follow their Facebook page for more information.

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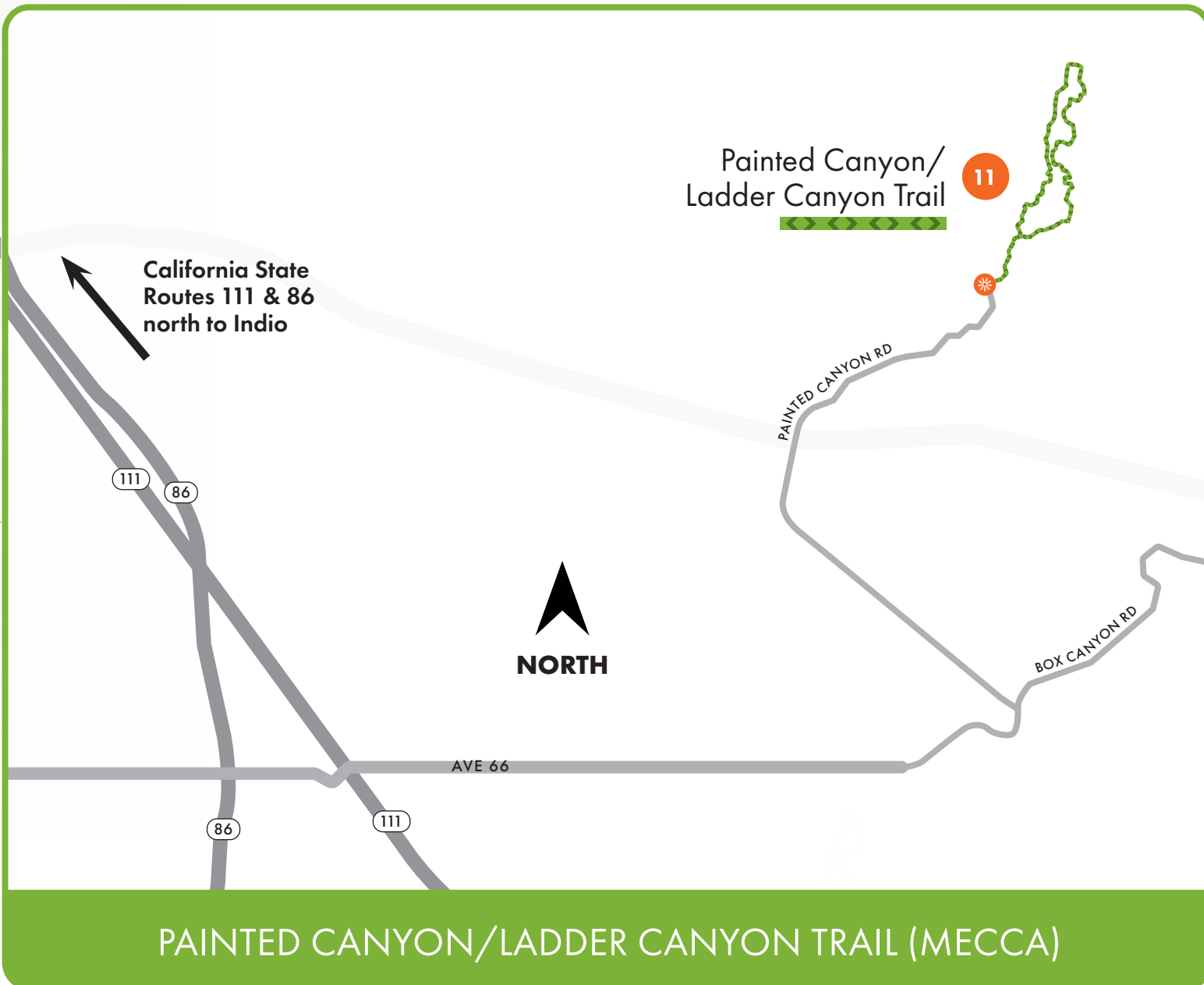
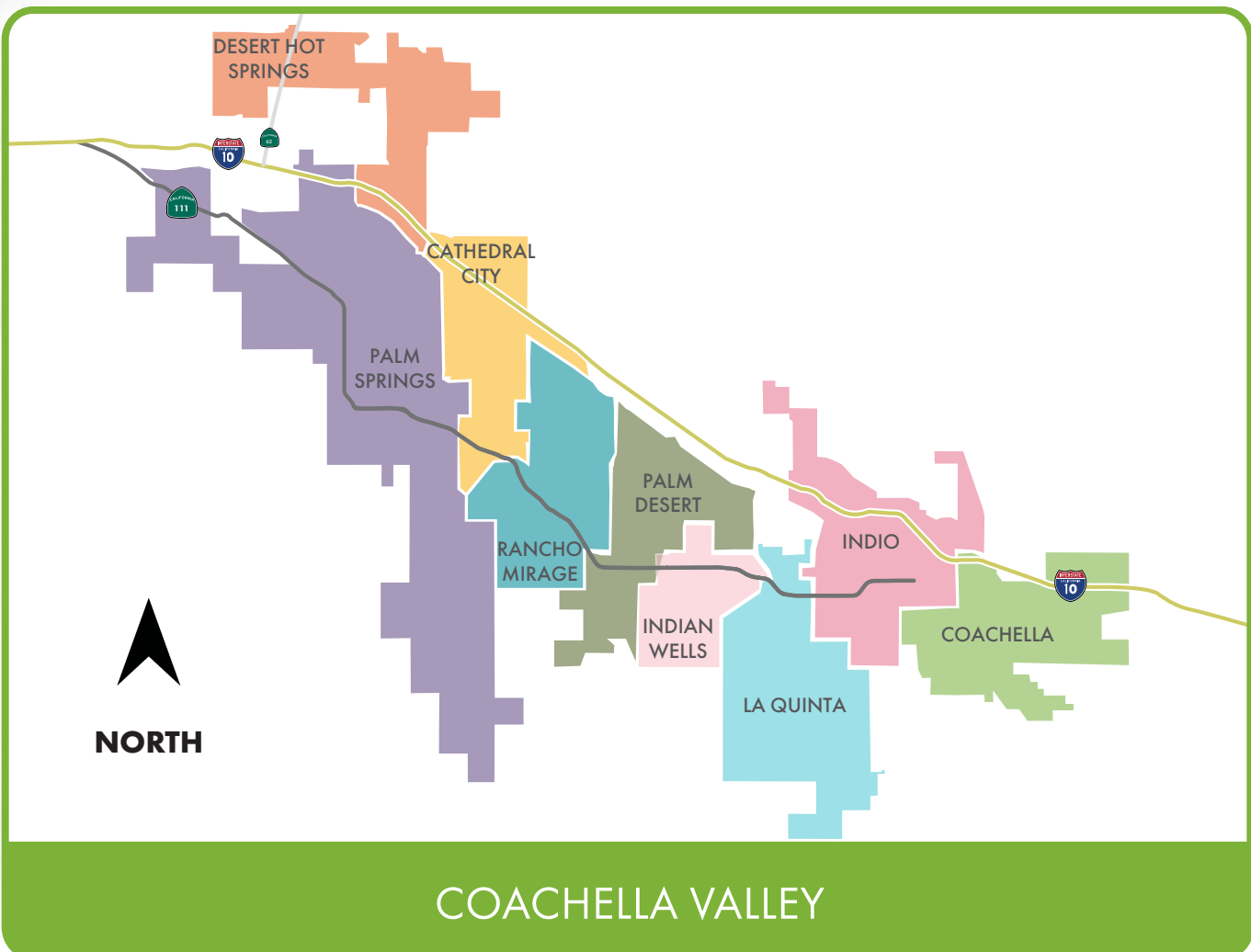


NORTH

MAP NOT TO SCALE.
Depictions of trails/locations are representative.

See reverse side for trail details

- Trailhead Marker
- Shade Structure
- Water Fountain
- Restrooms



Follow approximately 11 miles from 52nd Ave. to Ave. 66 and then east to Painted Canyon Road.

Don't forget to review important hiking safety tips (reverse side) before you go.

This map was created in collaboration with the Coachella Valley Mountains Conservancy, Friends of the Desert Mountains, and the Coachella Valley Association of Governments.