

Greater Palm Springs

Hiking Trails

Mid-Valley

Rancho Mirage • Palm Desert • Indian Wells



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GREATER PALM SPRINGS

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things to do



events



restaurants



places to stay



08 MIKE SCHULER TRAIL
MODERATE | LENGTH 1.6 mi / 2.6 km | ELEV. GAIN 272 ft / 80 m | ROUTE TYPE Out & Back

Trailhead: Painter's Path (behind Desert Crossings Shopping Center), Palm Desert
 This moderate hike is best known for its four switchbacks. Once you reach the junction with the popular Bump & Grind Trail, either turn back or continue along the Bump & Grind for a 4-mile loop.

09 HERB JEFFRIES TRAIL
MODERATE | LENGTH 1 mi / 1.6 km | ELEV. GAIN 499 ft / 152 m | ROUTE TYPE Out & Back

Trailhead: Cahulla Hills Park, Palm Desert
 Herb Jeffries, a film star and recording artist in the era of popular western movies, was a Palm Desert resident. This short hike, which connects to the Hopalong Cassidy and Bump & Grind trails, begins just north of the tennis court at Cahulla Hills Park.

10 HOMESTEAD LINK TO THE CROSS
MODERATE | LENGTH 2.2 mi / 3.5 km | ELEV. GAIN 689 ft / 210 m | ROUTE TYPE Out & Back

Trailhead: 72500 Thrush Road, Palm Desert
 Tucked inside the 27-acre Homme/Adams Park, this short dog- and equestrian-friendly trail (also known as The Cross Hike) connects you to Hopalong Cassidy (see Trail 11). Turn left on Hopalong and continue until you arrive at the Cross, a local landmark that can be seen for miles when illuminating the night sky. Some hikers find the inclines a little challenging, but the panoramic views at the top are worth the climb. You'll also pass by one of the area's original homestead properties on your way up (near the upper shade structure and water fountain). Return to Homme/Adams via the same route.

TIP: Though dogs can roam off-leash at the base of the Homestead Link (within the fenced-in area of Homme/Adams Park), leashes are required on the trail.

11 HOPALONG CASSIDY TRAIL
HARD | LENGTH 11 mi / 18 km | ELEV. GAIN 3,082 ft / 939 m | ROUTE TYPE One Way

Trailhead: Painter's Path (behind Desert Crossings Shopping Center), Palm Desert
 Named after the fictional cowboy character Hopalong Cassidy (who was portrayed by actor and Palm Desert resident William Boyd in the 1930s and '40s), this one-way path challenges even experienced hikers and cyclists. Park on the paved street behind the Desert Crossing Shopping Center and set out on Hopalong Cassidy Trail to the left. Just before the 3-mile mark you'll arrive at the iconic Palm Desert Cross. From here, the trail skirts along the fairways of the Stone Eagle Golf Club and winds through the foothills before intersecting Art Smith Trail. Turn left and continue until you reach the Art Smith Trailhead, across from the Santa Rosa and San Jacinto Mountains National Monument Visitor Center. Have a ride waiting for you at the end.

TIP: For a shorter hike, turn back once you've reached the Cross, returning via the same route.



12 HOMME/ADAMS PARK LOOP
EASY | LENGTH 1 mi / 1.6 km | ELEV. GAIN N/A | ROUTE TYPE Loop

Trailhead: 72500 Thrush Road, Palm Desert
 Located within the split wooden fence of Homme/Adams Park in Palm Desert, this flat loop offers a relaxing stroll for nature lovers and their four-legged friends. There's even an off-leash area for dogs at the base of the hills.



MIRADA TRAIL SYSTEM
 Trails 1, 2, 3, and 4 are part of the Mirada Trail System in Rancho Mirage.

Trailheads can be accessed behind Rancho Mirage City Hall: 69825 CA-111, Rancho Mirage, CA 92270

The routes begin just past the grassy area in front of the Mirada Fountain at the bottom of Frank Sinatra Drive just west of Highway 111.

01 ROADRUNNER TRAIL
EASY | LENGTH 0.34 mi / 0.55 km | ELEV. GAIN 300 ft / 91 m | ROUTE TYPE Loop

This trail departs just behind Rancho Mirage City Hall, passing jagged rocks and a few palm trees and desert willows until intersecting the Chuckwalla Trail. From here, you can return via the same route or follow Chuckwalla for a longer trek, descending alongside Frank Sinatra Drive.

02 CHUCKWALLA TRAIL
MODERATE | LENGTH 2.1 mi / 3.4 km | ELEV. GAIN 403 ft / 123 m | ROUTE TYPE One Way

This moderate hike branches off the Roadrunner Trail, winding through the foothills of the Santa Rosa Mountains before looping toward Cathedral City and back around the Mirada Villas. The last stretch runs along the east side of Frank Sinatra Drive, between Mirada Villas and The Ritz-Carlton, Rancho Mirage.



03 BIGHORN OVERLOOK TRAIL
MODERATE | LENGTH 0.27 mi / 0.43 km | ELEV. GAIN 100 ft / 30 m | ROUTE TYPE One Way

This brief hike features several switchbacks, leading to a peaceful picnic area with panoramic views at the top. Just past the picnic shelter, the path connects with the Jack Rabbit Trail, which many hikers follow for a longer 0.9-mile loop, arriving at the Richard & Annette Bloch Cancer Survivors Park. From here, you'll follow the sidewalk alongside Highway 111 back to Rancho Mirage City Hall.

04 JACK RABBIT TRAIL
EASY | LENGTH 0.67 mi / 1.1 km | ELEV. GAIN 100 ft / 30 m | ROUTE TYPE One Way

Hikers can access this trail from the south end of the Richard & Annette Bloch Cancer Survivors Park (a lushly landscaped area with palm trees, desert willows, and a sculpture garden) or via the Bighorn Overlook Trail. You'll travel through the foothills behind Rancho Mirage City Hall, enjoying incredible views of the valley below. For a longer loop hike, continue past the intersection of Bighorn Overlook Trail and follow Frank Sinatra Drive back down to City Hall.



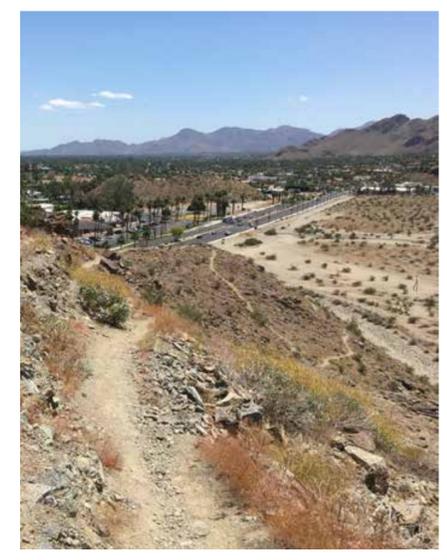
15 RANDALL HENDERSON LOOP
MODERATE | LENGTH 2.9 mi / 4.7 km | ELEV. GAIN 426 ft / 130 m | ROUTE TYPE Loop

Trailhead: 51500 Highway 74, Palm Desert
 Randall Henderson Trailhead, located off Highway 74 near the visitor center for the Santa Rosa and San Jacinto Mountains National Monument, offers a trio of loop hikes; the Canyon Loop, the longest of the three, is open to hikers, runners, mountain bikers, and equestrians and gradually scales about 500 feet. Wildlife sightings are common along this trail. Learn more about some of the local species, such as the bighorn sheep and desert tortoise, at the visitor center, where you'll also find exhibits on the monument's trails and Indigenous history, as well as free parking, maps, and restrooms.



TIP: Unlike the Bump & Grind, this trail does not close seasonally for habitat purposes; spring is a beautiful time to experience the hike, when colorful wildflowers paint the hillsides.

TIP: To stay up-to-date on outdoor activities, hiking adventures, and more in Greater Palm Springs, sign up for our e-newsletter.



05 BUTLER-ABRAMS TRAIL
EASY | LENGTH 1.1 mi / 1.8 km | ELEV. GAIN 42 ft / 12.8 m | ROUTE TYPE One Way

Trailhead: Da Vall/Frank Sinatra drives, Rancho Mirage
 This urban trail connects Frank Sinatra and Country Club drives via Michael S. Wolfson Park, running parallel along the wash. Besides beautiful views of the mountains and golf courses, you'll see the occasional horseback rider, bicyclist, and runner.

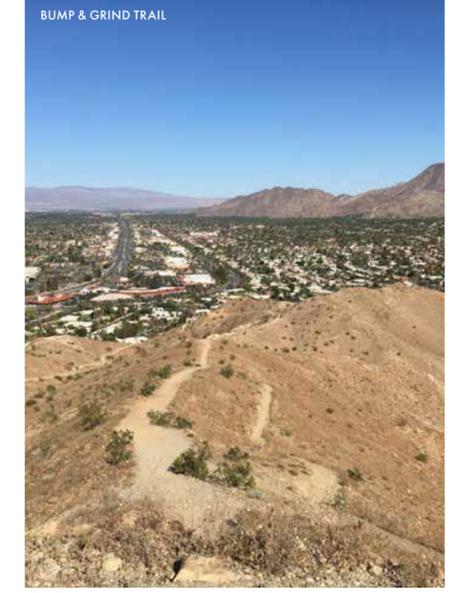
06 CLANCY LANE TRAIL
EASY | LENGTH 2.2 mi / 3.5 km | ELEV. GAIN 14 ft / 4.3 m | ROUTE TYPE One Way

Trailhead: Clancy Lane, west of Monterey Ave, Rancho Mirage
 This dog-friendly and equestrian trail connects the residential community of Clancy Lane with Rancho Mirage Community Park, running beneath Bob Hope Drive and crossing the Whitewater wash.

07 BUMP & GRIND TRAIL
MODERATE | LENGTH 4 mi / 6.4 km | ELEV. GAIN 1,100 ft / 335 m | ROUTE TYPE Loop

Trailhead: Painter's Path (behind Desert Crossings Shopping Center), Palm Desert

You can tackle this trail in either direction. Clockwise offers a steeper climb; if you prefer a sharper decline, then head counterclockwise and be sure to wear shoes with good traction. From the Painter's Path trailhead, head left on Hopalong Cassidy Trail, then continue to Herb Jeffries Trail, which leads to the ridgeline and will cross an unpaved road — the actual "Bump & Grind" portion of the trail — about 1.25 miles in. At the Mike Schuler Trail, take a hairpin turn to the right and continue for about another mile until you reach the parking area. Partway along the path, you can enter through a gate on the left and climb up to a vista point; however, this part of the trail is closed from February to April for habitat purposes.



Hiking Safety tips

10 Essentials to take on your hike

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.
- Avoid hiking at peak heat during summer months.** Mornings before 9 AM are your friend.
- Never hike alone.** And tell someone where you're going.
- Stay on the trail.** It can prevent you from getting lost and helps preserve our natural landscape.
- Wear the right shoes.** Traction and support are everything.
- 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)

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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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MIRADA TRAIL SYSTEM

- Roadrunner Trail 01
- Chuckwalla Trail 02
- Bighorn Overlook Trail 03
- Jack Rabbit Trail 04

Rancho Mirage

Palm Desert

Indian Wells

COACHELLA VALLEY

- Roadrunner Trail 01
- Chuckwalla Trail 02
- Bighorn Overlook Trail 03
- Jack Rabbit Trail 04
- Butler-Abrams Trail 05
- Clancy Lane Trail 06
- Mike Schuler Trail 08
- Bump & Grind Trail 07
- Herb Jeffries Trail 09
- Homestead Link to The Cross 10
- Hopalong Cassidy Trail 11
- Art Smith Trail 14
- Homme/Adams Park Loop 12
- Eisenhower Peak Wilderness Loop 13
- Randall Henderson Loop 15

Landmarks: Cahuilla Hills Park, Santa Rosa and San Jacinto Mountains National Monument Visitor Center, Eisenhower Peak Wilderness Loop.

PALM DESERT HIKING TRAILS

- Bump & Grind Trail 07
- Herb Jeffries Trail 09
- Homestead Link 10
- Hopalong Cassidy Trail 11
- Homme/Adams Park Loop 12

- NORTH**
- MAP NOT TO SCALE.
Depictions of trails/locations are representative.
See reverse side for trail details.
- Trailhead Marker
 - Shade Structure
 - Water Fountain
 - Restrooms
- 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.