



Hike for Health

Trips in the Carson Valley and Nearby

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Easy Hikes

Spooner Lake
Curtz / Summit Lakes
Job's Peak Ranch Trail
Faye / Luther Canyon Trail
Old Railroad Bed in Carson City

Moderate Hikes

Prison Hill
Marlette Lake
Hot Springs Mountain
Burnside Lake to Charity Valley
Horsethief Canyon to Willow Creek & Hwy 89

Strenuous Hikes

Job's Peak
Mt. Siegel
Mount Rose
Ralston Peak
Five Lakes (Frog, Winnemucca, Round, Emigrant, Caples)

Easy Hikes

Spoooner Lake

Difficulty: Easy

Distance: 2.1 miles (RT)

General Location: Spooner Lake off Hwy 50 & 28

Trailhead: There are 2 choices. One is from the Spooner Lake Picnic Area in Lake Tahoe NV State Park which entails a fee, or the second is from the TRT parking area off Hwy 50 @ Spooner Summit.

Directions: If coming from the Park, pick up the paved path @ the SE end of the parking lot. The trail encircles Spooner Lake, roughly paralleling the shore. Several interpretative signs are posted along the way. If using the TRT area, proceed up the trail for a short distance to a left turn which leads down to the lake trail. This route adds a short distance to the mileage total.

Curtz / Summit Lakes

Difficulty: Easy

Distance: 2.5 Miles (RT)

General Location: Indian Creek Reservoir near Markleeville, CA

Trailhead: Turn on Airport Rd. off Hwy 89/4, midway between Woodfords and Markleeville. Drive about 3 miles to Curtz Lake on the left. Just a bit past the lake is a small uphill parking area. .

Directions: Walk around a gate on the north side of the lake on a fairly level dirt road which will lead to Summit Lake. Keep an eye out for eagles, hawks, as well as waterfowl on the way to this small but pleasant body of water. It is possible to walk around the lake. If a longer outing is desired, proceed past the lake downhill to the Indian Creek Campground for a total of 4.5 miles, one way. A car shuttle is necessary then or retrace steps back up to the lakes, making a 9 mile day.

Job's Peak Ranch Trail

Difficulty: Easy

Distance: 3.4 miles (RT)

General Location: West side of Carson Valley off Foothill Rd.

Trailhead: Approximately 2.5 miles south on Foothill Rd. from Kingsbury Grade intersection or 2 miles north of the Faye/Luther T/H. Entrance to the paved parking lot is on the west side of Foothill Rd.

Directions: The first portion is through a sage-covered open space area. After a gradual uphill, the trail enters a forested area, crosses a stream and continues to climb through forest until reaching its present end at the CA-NV state line. Intended for pedestrian hiking only, but dogs are okay on leash. The trail was officially opened in November 2006 and future plans are to connect with the Faye/Luther Canyon Trail to the south.

Easy Hikes

Faye/Luther Canyon Trail

Difficulty: Easy to Moderate

Distance: 4 miles (RT)

General Location: Foothill Rd., Gardnerville

Trailhead: Driving south on Hwy 395 into Minden take Hwy 88 for 6.5 miles to Fairview/Foothill Rd. Drive 1.75 miles to 2.4 acre T/H on the left.

Directions: Proceed up a gradual sage-brush lined trail to a prominent junction in the trees. A right turn takes off north past an old cemetery for about 2 miles on a use trail that will eventually link up with the Job's Peak Ranch Trail. A left turn at the junction leads uphill on a good tread for about another 2 miles to its present end. This trail is for hikers, horse riders, mountain bikers, snowshoers and backcountry skiers. Good views of the Carson Valley at times.

Old Railroad Bed in Carson City

Difficulty: Easy

Distance: 3.2 miles (R/T)

General Location: North Carson City

Trailhead: From West College Parkway in Carson City turn right onto Ormsby Blvd. Follow it to a left turn on Combs Canyon Rd. Go a little over 1/2 mile to Murphy Drive. Turn right and drive to end of road and park.

Directions: Proceed along old RR track bed for 1.6 miles until reaching end of road. At this point one turns around or for a longer more moderate hike, walk up a short hill to explore the area on the mountain top. Add another half mile to the trip by descending down to the 2 water tanks below the freeway. Several interesting groves of evergreen trees are along this section of trail.

Moderate Hikes

Prison Hill

Difficulty: Moderate

Distance: 5 to 6 miles

General Location: East Carson City

Trailhead: Koontz Lane off Hwy 395

Directions: Drive to end of Koontz to a large green water tank. Make a left turn onto a small parking area. Go through a fence opening after which there are two options. The 1st goes straight ahead which leads rather steeply uphill to a saddle from which one has another choice. A left turn makes a nice 2 mile loop around a hill or turning right takes one up to an interesting Devil's Backbone rock formation. Following the trail from there continues south to another steep hill & saddle, then back downhill to vehicles. Doing this route in reverse entails turning right (more or less along the fence) at the entrance for the 2nd option.

Marlette Lake

Difficulty: Moderate

Distance: 10 miles (RT)

General Location: Spooner Lake Area from Hwy 50

Trailhead: The TRT trailhead parking area @ Spooner Summit

Directions: Follow the TRT for a short way to a junction on the left which leads down to Spooner Lake. At the lake make a right turn, following it until a dirt road is reached indicating the way to Marlette Lake. In about a mile at another junction with a kiosk, keep left and hike up the newly constructed trail to your destination. (The route is a gradual climb for several miles, & then descends to the lake.) Taken in autumn this hike offers some of the finest fall colors in the Tahoe Basin. For a different return, one may consider hiking the dirt road from the lake, but beware of many bicyclists.

Hot Springs Mountain

Difficulty: Moderate

Distance: 2 miles (RT)

General Location: North end of East Valley Road in Johnson Lane

Trailhead: Junction of East Valley Road & Lindsay Lane

Directions: Park along dirt road and hike up towards a short hill turning right at the top. Shortly proceed left keeping on the main route as it goes uphill. The ascent is gradual as it passes two abandoned mining sites. At a saddle where the road ends, take a right turn up a very steep incline to the summit with its awesome views of Carson City and surrounding. Retrace route back to the starting point. There are many other trails in the area which also could be explored.

Moderate Hikes

Burnside Lake to Charity Valley

Difficulty: Moderate

Distance: 7 miles

General Location: Area between Burnside Lake & Blue Lakes Rd

Trailhead: Burnside Lake or Blue Lakes Road

Directions: At Pickett's Junction (Hwy 88 & 89) turn west onto forested Burnside Lake Rd. (unpaved). Drive in 6 miles to Burnside Lake & park. Take the ducked trail on the east (left) from the parking area. Follow its gentle tread for a mile or so, crossing a stream and then switchbacking steeply down to a junction with a trail coming up from Grover's Hot Springs. Turn right and continue down, then up to meet the Charity Valley Trail. Proceed about another 3.5 miles to a parking area on Blue Lakes Rd. Shuttle by taking Blue Lakes Rd. 3 miles east of Pickett's Junction, driving in about 5 miles to a small parking area on the right. There is a sign across the road indicating Charity Valley Trail.

Horsethief Canyon to Willow Creek & Hwy 89

Difficulty: Moderate

Distance: 7 miles

General Location: Hwy 88 & 89 @ Hope Valley

Trailhead: Horsethief Canyon on Hwy 88

Directions: Trailhead in on the right, 4 miles west of Woodford's & very near Snowshoe Springs Cpg. (A car shuttle is necessary by parking off Hwy 89 which is reached @ a gate .5 mi. north of Pickett's Junction.) The trail begins very steeply making several switchbacks & then skirting a white-water stream below awesome volcanic buttresses. Upon reaching a Forest Service Rd. @ about 1.5 mi. turn left & follow road up to a summit after which a gradual descent takes one down to Willow Creek & Hwy 89.

Strenuous Hikes

Job's Peak (10,633 ft.)

Difficulty: Strenuous

Distance: 4 miles (RT) 2,200 ft. elevation gain

General Location: East of Stateline, NV off Hwy 88

Trailhead: Horse Meadows

Directions: Turn on Hwy 89 @ Pickett's Junction and drive 1.8 miles to a side dirt road on the right with a signpost "051". Turn north up this road, keeping left on "051" at all major junctions @ 1, 2, & about 4 miles. Park at the end of the road which is in the vicinity of Horse Meadows. Walk to the steep eroded road straight ahead and follow a well ducked trail about 1 mile up to a saddle in a large circular bowl. Turn right & traverse the bowl to the peak which is the highest point ahead. There is a 10 ft. class 2 scramble needed to achieve the summit with its superb views of the Carson Valley & Lake Tahoe.

[Mt. Siegel (9,450 ft.)

Difficulty: Strenuous

Distance: 10 miles (RT) 2,000 ft. elevation gain

General Location: Highpoint of Pine Nut Range, east of Gardnerville

Trailhead: Slater's Mine off Buckeye Creek Road

Directions: From Buckeye Road in Minden turn left on East Valley Road. Drive 0.9 mile to a dirt road going east where power lines cross. Turn right (east) and continue with power lines running along on the right. Follow main dirt road for 15 miles to site of Slater's Mine. Park here and hike south west up main road, following it to a prominent long broad saddle.

Take the right turn up a very steep hill to its end at another saddle. Go right for about ½ mile following a good use trail to Siegel's summit which is marked by a large rock cairn.

Mount Rose (10,726 ft.)

Difficulty: Strenuous

Distance: 10 miles (RT) 1886 ft. elevation gain

General Location: Mt. Rose Wilderness west of Reno

Trailhead: New parking lot @ Hwy 431 summit

Directions: Take the signed trail behind the rest rooms and follow to the summit. In early summer there is an interesting waterfall to stop and observe in about 2 miles. Lots of flowers abound in the lush meadows before approaching the ascending route on a steeper and narrower path. At a prominent saddle the trail forks. Stay right and resume switchbacking up the western flank to the spectacular summit. Incidentally, Mt. Rose is the only 10,000 ft. plus peak in the Tahoe Sierra with a path all the way to the top.

Strenuous Hikes

Mt. Ralston Peak (9,235 ft.)

Difficulty: Strenuous

Distance: 14 miles (RT) 2,000 ft. elevation gain

General Location: 2.5 miles N. of Camp Sacramento off Hwy 50

Trailhead: The Pacific Crest Trail north from Echo Lake

Directions: Take Echo Lake Road off Hwy 50 east about ½ mile to Echo Lakes upper parking lot. Follow trail down to the lake outlet and proceed along the right side on the PCT. Follow signs to Lake Aloha / Haypress Meadows. Once at the meadows one reaches a trail junction. Go left (south) and climb along the ridge to the junction with the trail coming up from Camp Sacramento. Proceed to the awesome boulder summit.

Five Lakes Trek

Difficulty: Strenuous

Distance: Approximately 10 miles

General Location: Mokelumne Wilderness

Trailhead: Carson Pass & Caples Lake

Directions: Starting @ the Carson Pass Information Center take the PCT 1.2 miles to Frog Lake. Turn west & head another mile to photogenic Winnemucca Lake. From there ascend .9 mile to Round Top Lake. In another mile the trail reaches a crest divide where a very steep descent can be made to a 6th lake named 4th of July, or turning right makes a cross country route to Emigrant Lake. From Emigrant its 3.4 miles to the Caples Lake parking area off Hwy 88.