

PATHFINDER HIKE PROGRAM

GOAT ROCK

Goat Rock - Cow Mountain via Glen Eden Trail

Ukiah, CA

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Trail Length: 7.1 mi

Average Elevation: 2,099 ft

Elevation Change: 1,334 ft



Overview

The Cow Mountain Recreation Area is 50,000 acres of rugged terrain with elevations ranging from 800 to 4000 feet located in the Mayacmas Mountains between Ukiah and Lakeport. The Scott's Valley Road entrance from Lakeport is a rugged trail and is closed during the winter due to impassable high water.

How To Get There

From Lakeport: From Highway 29, take the 11th Street/Scott's Valley Road exit. Head east approximately 7 miles to BLM - Glen Eden Trailhead (parking lot with picnic tables and firegrates).

From Blue Lakes: From Highway 20, take the Scott's Valley turnoff, then continue for approximately 2 miles to the BLM - Glen Eden Trailhead.

[Google Maps Driving Directions](#)

The Hike

The first 2 1/2 miles is steep. Halfway to Goat Rock, the trail peaks at an elevation of 2938 feet with a beautiful view of Clear Lake. The trail continues on down off the side of the ridge another couple miles concluding at Goat Rock where there are two picnic tables with firegrates. Goat Rock is huge (maybe 50 feet high) with the best access from the right side of the rock. Use your best judgment.

