

A DISABLED HIKER'S GUIDE TO THE REDWOODS





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Cover image description: A Disabled Hiker’s Guide to the Redwoods. A photo of a smiling person in a wheelchair raises their arms centered at the bottom of the frame. A giant coast redwood tree fills the frame. Green ferns are in the foreground.

Photo by Mark Kostich, iStock

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INTRODUCTION

By Syren Nagakyrie, founder of Disabled Hikers

With towering trees and fresh, oxygen-rich air, redwood forests have the power to inspire and enhance the well-being of all people. That's why it's so important to strive for good access to these amazing places. From camping to scenic drives to trails that address a variety of issues disabled people and our companions may face, there are many awe-inspiring, humbling, and accessible redwood parks experiences. Nothing compares to spending time with the world's tallest trees, driving through mile after mile of ancient forest, and exploring a trail by touch.

Coast redwoods and giant sequoias are collectively known as redwoods. Some redwoods living today were alive during the time of the Roman Empire. Coast redwoods, the tallest trees on the planet, can reach higher than a 30-floor skyscraper. Giant sequoias are Earth's most massive tree; some are as wide as a three-lane street. These ancient trees once thrived across the Northern Hemisphere, but now the coast redwood range only exists on the Northern California and Southern Oregon coast, while the giant sequoia range is only on the west slopes of the Sierra Nevada. Logging, development, and climate change have greatly reduced their populations, but thankfully we can still experience these unique trees at local, state, and national parks. It may take a little more planning if you are disabled, but you can have a meaningful visit to the redwoods.

This guide provides an accessibility overview of redwood and giant sequoia parks. I visited parks in 2022 to review accessibility using ADA/ABA guidelines and personal and professional experience; these are noted as featured parks in this guide. Additional parks were not visited, but accessibility information has been researched.

Visitors should always confirm accessibility and trail conditions before their visit. [California State Parks](#) and the [National Park Service](#) provide basic accessibility information, and the National Park Service has an [accessible app](#) for planning.

CAMPING AND TRAILS

Most parks in this guide have at least one accessible trail and camping options, though conditions vary. Many of the parks have Trail Access Information signs at trailheads and intersections. These signs provide information about the trail such as surface, elevation, grade, and the length of the accessible portion. Wheelchairs, including motorized chairs and track chairs, are generally allowed on trails if they are designed for the needs of a person with a mobility disability.

PETS

Pets are generally not allowed on trails in redwood and giant sequoia parks, but there are exceptions—check out the League's [free guide to dog-friendly redwood parks](#). Service dogs are allowed anywhere their handlers need to go. Service dogs are trained to perform work or tasks related to a person's disability. They do not need to be certified.

FREE PASSES AND DISCOUNTS

Anyone who has a permanent disability can apply for a free [America the Beautiful Access Pass](#) that grants free admission to National Park Service and other federal recreation sites, as well as discounts on camping. California State Parks offers a [Disabled Discount Pass](#) that grants 50% discounts on day-use and other fees.

Syren Nagakyrie (they/them) is the founder of Disabled Hikers and author of *The Disabled Hiker's Guide to Western Washington and Oregon* and the forthcoming *Disabled Hiker's Guide to Northern California*.

[ExploreRedwoods.org](#)

Learn more about the parks in this guide and get directions, weather forecasts, and information on fees, camping, and lodging by visiting the free trip planning website, [ExploreRedwoods.org](#), by Save the Redwoods League.



ABOUT REDWOODS

The California coast redwood and giant sequoia forests are among the most important natural treasures in the world. Home to the world's tallest, largest, and some of the oldest trees, as well as biodiversity found nowhere else, these forests also store more carbon per acre than any other type of forest. Coast redwoods live in a narrow band stretching 450 miles from southern Oregon to the Big Sur coast. Giant sequoias, or Sierra redwoods, grow on the western slopes of the Sierra Nevada in 78 scattered groves.

JOIN US

For 100 years, Save the Redwoods League has stood between California's iconic redwood trees and the axe. We held the line, saving the last of the world's ancient redwoods. These purchases helped to create 66 parks and reserves for future generations to experience. Today, by dramatically scaling up our pace, reach, and impact, we're changing California's story, restoring the forests that we almost lost, welcoming visitors from around the world, and inspiring them to follow our lead. You can help return the world's most iconic forests to the scale and grandeur they possessed before any of us alive today were born. And when we succeed in doing so, we'll leave the world better than we found it. Please join us!

Visit [SaveTheRedwoods.org/give](https://www.savetheredwoods.org/give) and become a member with a tax-deductible contribution today. Learn more at [SaveTheRedwoods.org](https://www.savetheredwoods.org).

FEATURED COAST REDWOOD PARKS



Go to [ExploreRedwoods.org](https://www.exploreRedwoods.org), a free, mobile-friendly tool for customizing your itineraries for your visits to the parks in this brochure. Discover your favorite redwood parks accessible to people with disabilities!



MAP AREA



REDWOOD NATIONAL AND STATE PARKS

Take scenic drives past towering trees



Photo by Ian Dagnall, Alamy Stock Photo

Newton B. Drury Scenic Parkway runs 10 miles through Prairie Creek Redwoods State Park. This road is surrounded by towering redwoods on both sides, so visitors don't even have to get out of their vehicles to appreciate the forest.

Image description: A photo of a paved two-lane road lined with towering redwoods on both sides.



Photo by Syren Nagakurie

In Prairie Creek Redwoods State Park, the Revelation Trail was designed to be accessible for people who are Blind or have low vision; it has guide ropes along the length of the trail and around features such as uprooted trees so that visitors can engage multiple senses.

Image description: A photo of a redwood forest. A rope fence leads from the foreground to the right. A wooden boardwalk runs from the midground to the background. Bright green ferns stand in the foreground.

REDWOOD NATIONAL AND STATE PARKS

From south of Orick to north of Crescent City near the California-Oregon border, Redwood National and State Parks (RNSP) is a designated UNESCO World Heritage Site. It is home to some of the last remaining old-growth redwood groves, as well as miles of coastline, prairies, and woodlands. RNSP consists of four parks jointly managed by the National Park Service and California State Parks: Redwood National Park, Prairie Creek Redwoods State Park, Del Norte Coast Redwoods State Park, and Jedediah Smith Redwoods State Park.

Multiple opportunities for scenic drives among ancient redwoods make this area unique. There are so many potential itineraries for accessible recreation that visitors may have a difficult time choosing one! Redwood National Park does not have any accessible trails, but you can drive Bald Hills Road along the eastern edge of the park through old-growth redwoods before ascending through open prairies. Several overlooks and picnic sites provide opportunities to appreciate the experience. The road is 17 miles long and mostly unpaved—it is not advised for RVs or trailers.

Newton B. Drury Scenic Parkway travels 10 miles through Prairie Creek Redwoods State Park. This two-lane paved road is surrounded by towering redwoods on both sides, so visitors don't even have to get out of their vehicles to appreciate the forest. If you do want to stop, there are several accessible trails and roadside pullouts. Stop at the visitor center, then take the Revelation Trail. This unique trail was designed to be accessible for people who are Blind or have low vision, and it has guide ropes along the length of the trail and around features such as uprooted trees so that visitors can engage multiple senses. A wheelchair-accessible elevated platform circles a large redwood. The Big Tree Wayside is another popular attraction that is wheelchair accessible with caution—the trailhead has several exposed rocks on a grade. The ramp up to the Big Tree platform is compact gravel, but the path around the ramp to see the tree from below is only about 2 feet wide. From November to May, the parkway is closed to motorized vehicles on the first Saturday of each month. This Bike and Hike Day is popular with hikers, leashed pets, strollers, and people with all sorts of other wheels.

Howland Hill Road in Jedediah Smith Redwoods State Park is an amazing 10-mile route through old-growth redwoods. It winds through the heart of the park, offering relatively easy access to huge redwoods and several trailheads. However, the road is unpaved and narrow with several steep dropoffs, and RVs and large vehicles are prohibited. The trail to Stout Grove is not wheelchair accessible—there is a steep decline from the parking area, descending about 40 feet within a couple hundred feet. But once in the grove, the trail is flat and travels amidst beautiful redwoods, sorrel, and ferns along the Smith River.

Location: North coast of California (from south of Orick to north of Crescent City)

Park fee: No pass required for Redwood National Park. \$8 day-use fee, annual California State Parks pass, or America the Beautiful pass accepted at state park developed areas.

Visitor centers: Thomas H. Kuchel Visitor Center in Redwood National Park, Prairie Creek Visitor Center in Prairie Creek Redwoods State Park, and Hiouchi Visitor Center in Jedediah Smith Redwoods State Park are open 9 a.m.-5 p.m. from spring to fall, and 9 a.m.-4 p.m. in winter. The Crescent City Information Center is open 9 a.m.-5 p.m. from spring to fall; the center may be closed or have reduced hours in the winter.

Parking: Paved van-accessible parking at visitor centers and Elk Prairie Picnic Area; parking varies at other trailheads.

Suggested activities: Scenic drives, picnicking, hiking, camping, wildlife viewing

Accessible features and amenities: Resources in braille, text-only, audio description, tactile displays; manual wheelchairs and beach wheelchairs; campsites and cabins; trails; restrooms.

Trail recommendation: Redwood Access and Revelation Trail in Prairie Creek Redwoods State Park is 0.75 mile with a maximum 8% grade. It is natural surface and an elevated wooden platform.

Camping/lodging: Four campsites and four cabins with electricity at Prairie Creek Redwoods State Park; six campsites at Del Norte Coast Redwoods State Park; six campsites and four cabins with electricity at Jedediah Smith Redwoods State Park.

Things to know: The climate is much wetter and colder in this region of California than in the southern part of the redwood range. It is possible to drive U.S. 101 and U.S. 199 through the parks in a day, but it would be difficult to visit all places of interest in a single day.

HUMBOLDT REDWOODS STATE PARK

Drive through an ancient forest on a 32-mile scenic road



Photo by Paul Lovine, Flickr Creative Commons, CC BY NC ND 2.0

Avenue of the Giants runs for 32 miles through the magnificent old-growth redwood forest of Humboldt Redwoods State Park.

Image description: Photo of a red van at the bottom center of the frame surrounded by giant redwoods and green foliage.

HUMBOLDT REDWOODS STATE PARK

The primeval forests of Humboldt Redwoods sparked the establishment of Save the Redwoods League to protect the world's tallest trees. It is California's largest redwood state park, with over 17,000 acres of ancient forests. Visitors can experience many of them by driving on the Avenue of the Giants, a curvy 32-mile-long scenic road through the park; an auto tour brochure is available at either end of the Avenue of the Giants and at the visitor center.

There are several accessible trails, including Founders Grove, which is a 0.5-mile loop through old-growth redwoods with a raised platform around Founders Tree. The trail is compact gravel and natural surface, with a 20-foot-long section at 9% slope on this trail. A self-guided brochure is available at the trailhead. Accessible picnic areas are available at Founders Grove, Williams Grove, and California Federation of Women's Clubs Grove.

Location: Avenue of the Giants off U.S. 101, 45 miles south of Eureka and 20 miles north of Garberville

Contact: 707-946-2409

Park fee: \$8 day-use fee or annual California State Parks pass

Visitor Center: Open May-September, 9 a.m.-5 p.m., and October-April, 10 a.m.-5 p.m. Closed on Thanksgiving and Christmas Day.

Parking: Accessible spots at the three campgrounds, Williams Grove Group Camp, Founders Grove, Williams Grove, California Federation of Women's Clubs Grove, and Gould Grove Nature Loop and Rockefeller Loop trailheads.

Suggested activities: Scenic driving, hiking, picnicking, interpretive exhibits, ranger-led programs

Accessible features and amenities: Assistive listening devices, braille brochures, tactile exhibits

Trail recommendation: Drury-Chaney Loop Trail is a 1.7-mile dirt path, generally flat with some steep cross slopes.

Camping: Total of 15 campsites in three campgrounds, one site in a group camp, one in a horse camp with accessible mounting platform. RV sites available. Reservations: [ReserveCalifornia.com](https://www.reservecalifornia.com)

Things to know: The park has a mild climate, but temperatures can vary between the north and south ends of the park.

HENDY WOODS STATE PARK

Go on a wheelchair-accessible hike through a large, ancient redwood grove



Photo by Syren Nagakyrie

Visitors can experience Big Hendy Grove on the All Access Trail in Hendy Woods State Park.

Image description: A photo of a dirt path leads past a dense forest of giant coast redwoods. Fallen trees are in the midground.

HENDY WOODS STATE PARK

Hendy Woods State Park offers one of the longest accessible redwood trails in Mendocino County. Big Hendy Grove is a marvel of old-growth redwoods. Trails lead past towering trees, fallen giants, and gentle creeks. Rhododendrons, madrones, Douglas-firs, and California bay laurels share the forest. An interpretive guide that describes numbered natural features on the trail is available in print at the trailhead.

Visitors can experience Big Hendy Grove on three connected loops: the All Access Trail, the Discovery Loop, and the Upper Loop, for trips of 0.3 mile, 0.6 mile, or 1.6 miles. The trails are composed of compacted soil with a couple of boardwalks, and they are generally level. The Discovery Loop has a few sections with grades between 5-8% and one cross slope at 5%, which can be avoided with caution. The Upper Loop has a 26-foot-long section at 7% grade. The All Access Trail loops back on the road near the day-use area, so visitors may want to do that portion of the trail as an out and back.

After the hike, you can have a picnic or use one of the barbecues at the accessible ramadas and picnic tables in the meadow with the Navarro River nearby. Paved paths lead from the parking lot to the picnic areas, vault toilets, and water fountains.

If a day trip doesn't feel long enough, there are several camping options with both shaded and sunny sites. The Wildcat Campground has one accessible rustic cabin with a large deck at the entrance. Four campsites in the Azalea Campground have accessible pads or tent areas, but the fire rings are very low and do not swing out. Some sites can accommodate RVs up to 35 feet long. Ranger-led programs are held at the campfire center, which is generally accessible, but the path to it has some loose, deep gravel. Park staffers are knowledgeable about accessibility and open to accommodations.

Location: 18599 Philo Greenwood Rd. Philo (between Mendocino and Ukiah)

Contact: Office: 707-895-3537; Entrance kiosk: 707-895-3141 (seasonal)

Park fee: \$8 day-use fee or annual California State Parks pass

Visitor center: Open most Saturdays and Sundays and other days of the week as volunteers are available May-September.

Parking: Paved van-accessible parking at the day-use area, with accessible routes

Suggested activities: Hiking, camping, picnicking, grilling, ranger programs, self-guided interpretive hikes, relaxing in a meadow

Accessible features and amenities: Trails, campsites, covered picnic tables, restrooms and showers, water fountains

Trail recommendation: The Discovery Loop is up to 1.6 miles with a maximum 7% grade.

Camping/lodging: One accessible rustic cabin with a wood-fired stove for heat and no electricity or bedding; raised outdoor fire ring with a swing-away grill; four accessible campsites; accessible restrooms and showers nearby.

Reservations: ReserveCalifornia.com

Things to know: Hendy Woods has a warmer climate than typical redwood parks, and temperatures can reach 100 degrees in the summer.

The Hendy Woods State Park day-use area offers wheelchair-accessible walkways, picnic shelters, vault toilets, and water fountains.

Image description: A photo of two smiling people in the foreground walking on a paved path toward the camera. The older person uses a cane. A person stands in the background with a cane. People gather under a picnic shelter in the background. Green foliage and blue sky are in the background.



Photo by Mike Shoyes

SAMUEL P. TAYLOR STATE PARK

Picnic or camp under the redwoods



Photo by Syren Nagakyrrie

The Cross Marin Trail heading west through the Samuel P. Taylor State Park campground is paved and runs past towering coast redwoods.

Image description: A photo of three hikers in the foreground and midground walking on a wide, paved path. One hiker uses a cane; another uses trekking poles. Lush, green foliage and redwoods line the left side and extend to the background.

SAMUEL P. TAYLOR STATE PARK

In Marin County, Samuel P. Taylor State Park is a wonderful oasis about a one-hour drive from San Francisco. The accessible highlight of this park is the opportunity to camp or picnic under the redwoods. In the Madrone Camp across Sir Francis Drake Boulevard, there are two new wheelchair-accessible rustic cabins with electricity. They are set back from the road and offer a quieter and more private experience than the campsites. You will need to bring your own bedding, including a mattress. Parking is in front of the cabins, 50-100 feet away. Outside of each cabin are a potable-water spigot, a picnic table, a grill, and a fire ring, all of which are accessible. The new restroom and shower facilities are accessible as well.

The Orchard Hill camp has four accessible campsites—one with an asphalt pad—and no hookups. There are two accessible restroom and shower facilities with parking. The shower room has a tight turning area and a heavy door. The Creekside camp has two accessible sites that are usable only in dry weather; one has an asphalt pad, but the path is slightly broken and uneven, and the grills are not accessible.

The Azalea picnic area, which is on the left after the park entrance, offers several picnic areas under the redwoods along the creek. The ground in the picnic area is generally level and firm natural surface, and a couple of tables can be reached directly from the paved roadway, but they don't have wheelchair-accessible overhangs.

The Cross Marin Trail heading west through the campground is paved and makes for a nice accessible outing. A loop can be created by taking the South Creek Trail, however, it has an armored drainage area at the south end that may be difficult to cross; the surface of the trail is built with flat, uneven rocks that could catch a wheel or toe, and there is a steep dropoff with only partial barriers.

Location: 8889 Sir Francis Drake Blvd, Lagunitas (near San Rafael)

Contact: 415-488-9897, SPTaylorStatePark@parks.ca.gov

Park Fee: \$8 day-use fee or annual California State Parks pass

Visitor center: None

Parking: Paved van-accessible parking at the Azalea picnic area and Redwood Grove group picnic area.

Suggested activities: Picnicking, camping, birding, watching for spawning salmon

Accessible features and amenities: Cabins, campsites, picnic areas, restrooms, showers, trails

Trail recommendation: The paved Cross Marin Trail is 3 miles one way, generally level, and pet friendly.

Camping/lodging: Rustic cabins, campsites. Reservations: [ReserveCalifornia.com](https://www.reservecalifornia.com)

Things to know: To access the accessible portion of the Cross Marin Trail, visitors have to travel on the road into the campground. There may be road noise from Sir Francis Drake Boulevard.

Samuel P. Taylor State Park offers wheelchair-accessible campsites.

Image description: A photo of a paved walkway extending from the foreground to a campsite with two picnic tables and a grill. Redwoods and green foliage stand in the background.



Photo by Syren Nagakrynie

HENRY COWELL REDWOODS STATE PARK

Visit a redwood grove with an audio tour, a braille brochure, or a loaner wheelchair



Photo by Syren Nagakurie

The Redwood Loop Interpretive Trail is a flat 0.8-mile loop that winds past ancient coast redwoods in Henry Cowell Redwoods State Park.

Image description: A photo shows a wide, dirt trail extending from the foreground to the background past large coast redwoods. A wooden fence stands on the right side. Green foliage covers the ground on the right.

HENRY COWELL REDWOODS STATE PARK

In the Santa Cruz Mountains, Henry Cowell Redwoods State Park preserves 40 acres of old-growth redwoods, which you can visit on the Redwood Loop Interpretive Trail. This compacted gravel and firm natural surface trail loops through the redwood grove with two fascinating features: the Fremont Tree, a large redwood with an opening in its trunk that is wide enough to wheel through, and a 1,500-year-old redwood that towers 277 feet.

This is a popular trail with families, and park volunteers frequent the loop. Restrooms are located at the start and about halfway around the loop, where there are also non-accessible picnic tables set back in the trees. There are numerous benches along the way, some of them away from the main trail for privacy.

While the trail is wheelchair accessible, there are two obstacles to be aware of toward the end of the loop. A narrow culvert is partially exposed, and small wheels could potentially get caught in the gaps; there is 2.5-3 feet of clearance on the left side to maneuver around if necessary. A root rises 2 inches above the surface in the center of the trail; it is about 4 inches long, and there is plenty of clearance to go around it. There is also an approximately 5% grade crossing the old road to the trailhead.

Location: 101 Big Trees Park Rd., Felton (near Santa Cruz)

Contact: Campground 831-438-2396; Day Use 831-335-4598

Park fee: \$10 day-use fee or annual California State Parks pass

Visitor center: Currently open Friday-Monday, 10 a.m.-3 p.m.

Parking: Paved lot with two van-accessible spots and one curb cut in front of the nature store. The visitor center and trailhead are approximately 300 feet away.

Suggested activities: Birding, picnicking, sitting by the river, hiking through the redwoods, interpretive programs and exhibits

Accessible features and amenities: Audio-described tour, braille brochures, plain language brochures, loaner wheelchairs, visitor center, nature store, trails, restrooms, water fountain, campground

Attractions: Roaring Camp Railroad, a historic tourist attraction next to the park, has one wheelchair-accessible spot on the redwood train tour. A mechanical lift raises riders onto the last car of the train, and there is a secure tie-down for wheelchairs.

Trail recommendation: Redwood Loop Interpretive Trail is a flat 0.8-mile loop. The Meadow Trail and River Trail offer additional accessible options. The Pipeline Road, which is roughly paved and pet-friendly, starts on a 10% decline for 20 feet, then continues generally level along the river through beautiful second-growth redwoods.

Camping/lodging: Five accessible campsites with wide, paved parking areas and accessible picnic tables and fire rings. One accessible bathroom and coin-operated shower. Reservations: ReserveCalifornia.com

Things to know: The campground has a separate entrance from the park; it is a 2-mile hike or a five-minute drive from the campground to the redwood grove. Train horns can be heard periodically in the park.

MUIR WOODS NATIONAL MONUMENT

Old-growth coast redwoods close to San Francisco



Photo by Paolo Vescia

Muir Woods features a wide, flat trail past old-growth coast redwoods near San Francisco.

Image description: A photo shot from atop a hill shows a fenced trail winding through a shadowy coast redwood forest below. Two people walk on the trail on the left.

MUIR WOODS NATIONAL MONUMENT

About a 40-minute scenic drive across the Golden Gate Bridge from San Francisco, Muir Woods National Monument is home to one of the only remaining old-growth redwood stands in Marin County. The park offers several accessible features for visitors who are Blind or Deaf, and there are accessible restrooms and parking. The visitor center is not fully accessible, but the café and gift shops are. The main trail through Muir Woods starts at the visitor center on a raised accessible boardwalk and continues for several hundred feet to the Pinchot Tree Area. It then transitions to asphalt and continues generally level, but there are many large cracks and potholes. There are interpretive signs and a few benches along the way.

Location: 1 Muir Woods Rd., Mill Valley

Contact: 415-561-4958

Park fee: Annual America the Beautiful Pass or \$15 entrance fee per adult, plus a \$9 parking fee (parking reservation required, available at gomuirwoods.com)

Visitor center: Open 8 a.m.-30 minutes before the park closes.

Parking: Near the Visitor Center and park entrance.

Suggested activities: Ranger-led tour, birding, nature identification

Accessible features and amenities: Assistive Listening Devices, braille and audio-described brochures and map, ASL video

Trail recommendation: Muir Woods Trail is 2 miles with a boardwalk, cracked pavement, and a maximum 19% grade.

Camping/lodging: None

Things to know: A seasonal shuttle service is available by reservation, with two wheelchair-accessible spots per bus, \$3.50 per adult. There is no cell phone service or Wi-Fi at or around Muir Woods. Download your parking reservation in advance.

PFEIFFER BIG SUR STATE PARK

Many accessible features include a lodge



Photo by Daniel Gorostieta

The River Path includes an accessible redwood viewing deck at Pfeiffer Big Sur State Park.

Image description: Photo of a boardwalk winding between towering coast redwood trees. Two people walk on the boardwalk in the midground. A road and a bench are on the left.

PFEIFFER BIG SUR STATE PARK

Pfeiffer Big Sur State Park is currently the only park in Big Sur that remains open with some accessible features. The park sits on the western slope of the Santa Lucia Mountains, with towering peaks above the Big Sur River Gorge. It is a beautiful place for a getaway from the city, with river and forest views. There are two short accessible trails: the Nature Trail and the River Path that passes through an accessible redwood viewing deck near the Big Sur Lodge. The lodge offers an opportunity to stay in comfort in the redwoods, with 61 rooms, cottages, a café, and a grocery store. The campground has five designated accessible campsites, but the surface conditions can vary.

Location: Pfeiffer Big Sur Rd., Big Sur

Contact: 831-667-1112

Park fee: \$10 day-use fee or annual California State Parks pass

Visitor center: Big Sur Station is located at 47555 Highway 1, Big Sur, CA 93920; open 9 a.m.-4 p.m. daily. Ewoldsen Nature Center is located along the Warden's Path on the south side of the Big Sur River; open 10 a.m.-2 p.m. Friday-Sunday.

Parking: Campfire center, day-use area, Nature and River trailheads, nature center, Big Sur Lodge, campground store and laundry

Suggested activities: Picnicking, camping, wildlife observation, visiting the visitor center and nature center

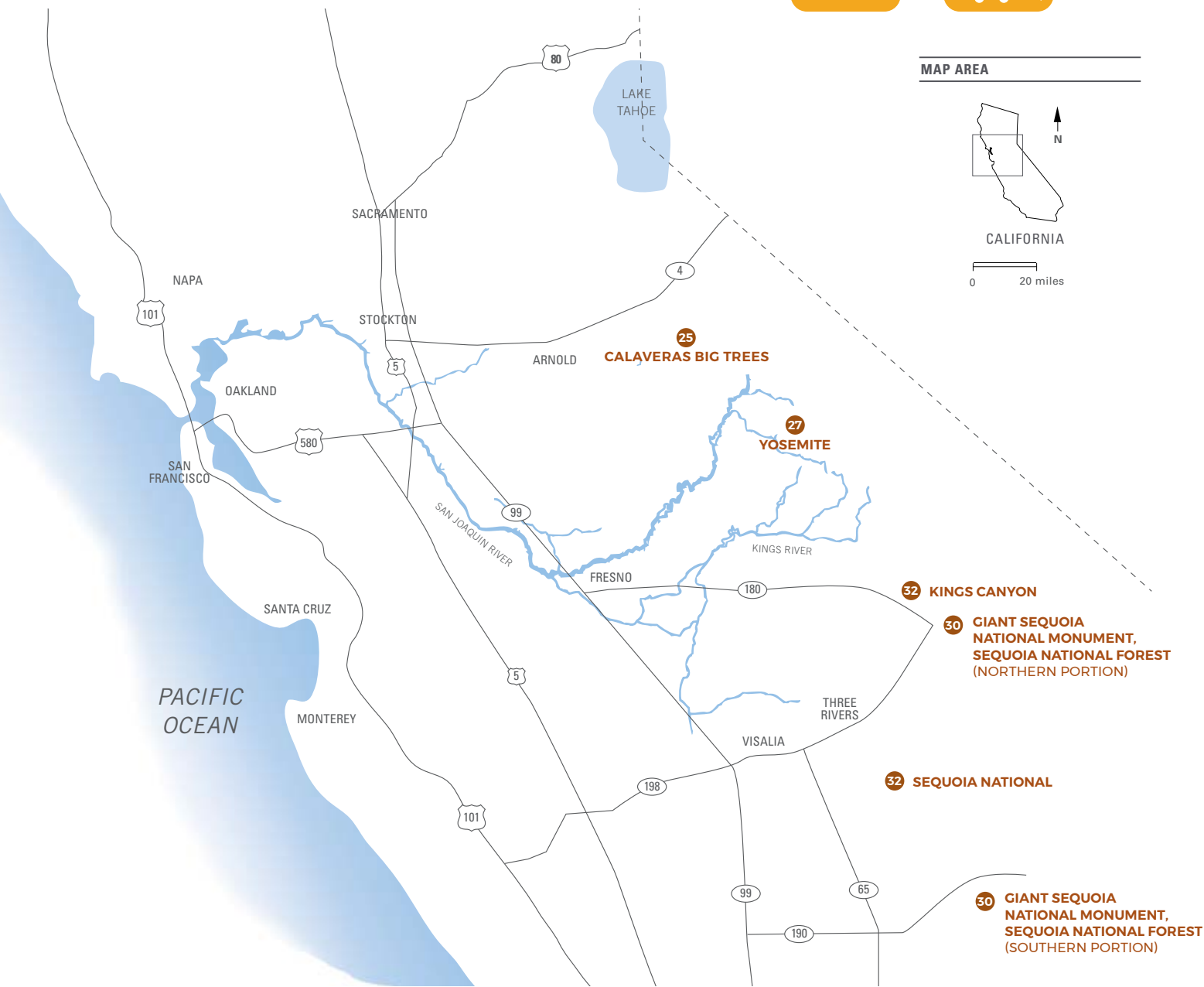
Accessible features and amenities: Campsites, campfire center, lodge and café, picnic area

Trail recommendation: The hard-packed gravel River Trail is 0.45 mile with a maximum 8% grade and sections of concrete.

Camping/lodging: Five campsites with hard-packed dirt or loose soil; reserve at ReserveCalifornia.com. Hotel rooms and cottages at [Big Sur Lodge](#).

Things to know: The Big Sur area has been heavily impacted by fire and flooding and is subject to closures. Always confirm current conditions.

GIANT SEQUOIA PARKS



CALAVERAS BIG TREES STATE PARK

Three Senses Trail is designed for Blind visitors



Photo by Max Forster. @maxforsterphotography

The North Grove Trail is a 1.7-mile accessible loop winding past some of the largest giant sequoias in Calaveras Big Trees State Park.

Image description: A photo of a boardwalk winding between large giant sequoia trees in a forest. Two people stand on the boardwalk in the background. Bright green foliage is on both sides of the boardwalk in the foreground.

CALAVERAS BIG TREES STATE PARK

In the Sierra Nevada northeast of Stockton, California, Calaveras Big Trees State Park is home to two giant sequoia groves. A popular destination park, there is one accessible cabin complete with a kitchen and two bedrooms, plus nine accessible campsites. The Beaver Creek Picnic Area has accessible parking, picnic sites, and restrooms, and a 0.68-mile loop trail offering views of the creek. Composed of compacted soil and gravel, the trail is generally flat at less than 5% slopes with intermittent sections that are 5%-8%, and two sections at 7 feet and 9 feet with a 10% slope. The North Grove Trail is a 1.7-mile loop past the largest trees in the park. The surface is a combination of soil and boardwalk and can be rough with some sections at 5%-8% slopes. The Three Senses Trail is one of the first trails in California State Parks designed for Blind users; it includes a guide rope and signs with braille. Guided hikes, campfire programs, and astronomy nights are offered throughout the summer—contact the park about accessibility.

Location: 1170 CA-4, Arnold

Contact: 209-795-2334

Park fee: \$10-\$12 day-use fee or annual California State Parks pass

Visitor center: Open in May, 10 a.m.-5 p.m.; Memorial Day weekend, 10 a.m.-6 p.m.; June-August, Sunday-Thursday, 10 a.m.-5 p.m., and Friday and Saturday, 10 a.m.-6 p.m.

Parking: North Grove and Beaver Creek picnic areas, South Grove trailhead, visitor center, Stanislaus River trailhead, campfire center, Jack Knight Hall

Suggested activities: Camping, wildlife observation, picnicking, museum, tours

Accessible features and amenities: Campsites, cabins, picnic areas, visitor center, campfire center, rental hall, trails

Trail recommendation: The Three Senses Trail, is 0.13 mile and flat with guide ropes and braille. Access to this trail is approximately 500 feet down the North Grove Trail. The trail is constructed of compacted soil and boardwalks. It is generally flat at less than 5% slopes. An alternate access to the trail is from a parking lot near the trailhead. This parking lot does not have accessible parking spaces, and users would have to cross a park road.

Camping/lodging: Campsites, cabins, RV sites. Reservations: [ReserveCalifornia.com](https://www.reservecalifornia.com)

Things to know: The park can experience heavy snowfall in winter.

YOSEMITE NATIONAL PARK

Experience the famous Mariposa Grove of Giant Sequoias



Photo by jenkinson2455, Flickr Creative Commons, CC BY NC 2.0

Visitors with a disabled parking placard can drive on some private roads, including the road to Mariposa Grove, the largest grove of giant sequoias in Yosemite National Park.

Image description: A photo of huge giant sequoia trees rising from yellow and green ground cover. The air is misty.

YOSEMITE NATIONAL PARK

The famed Yosemite National Park spans over 1,100 square miles and can be difficult to navigate as a disabled person. With some planning, it is possible to experience this iconic area of giant sequoias, towering granite peaks, and wildflower meadows.

Travel options through the park include a free shuttle bus and paid tram tours, as well as scenic driving routes. Visitors with a disabled parking placard can drive on some private roads, including the road to Mariposa Grove. It is the largest grove of giant sequoias in the park, but without a disability placard, you must hike 2 miles one way with 500 feet of elevation gain to reach the grove. Merced Grove and Tuolumne Grove have no vehicle access. Hiking to Merced Grove includes 600 feet of elevation gain and is 3 miles round trip. Hiking to Tuolumne Grove includes 400 feet of elevation gain and is 2.5 miles round trip, with a 1-mile-long 7.5% grade. The park offers an award-winning Deaf Services Program with ASL interpreters available on request. Most of the historic buildings have been updated to be accessible, and many of the exhibits and interpretive signs have tactile elements.

Location: High Sierra Nevada mountains, approximately 195 miles from San Francisco. West entrances: 1) Hetch Hetchy is located 1 hour, 15 minutes from Yosemite Valley. The Hetch Hetchy Road begins just outside the park on Highway 120, near the Big Oak Flat Entrance. 2) Big Oak Flat on Big Oak Flat Road (continuation of Highway 120 from the west) is about 24 miles from Groveland and from Yosemite Valley. 3) Arch Rock on El Portal Road (Highway 140) is about 32 miles from the nearest town of Mariposa. 4) East entrance: Tioga Pass Road (Highway 120) near Lee Vining.

Contact: 209-379-1035, Accessibility Coordinator; 209-372-0200, General

Park fee: Annual America the Beautiful Pass or \$35 entrance fee with a required entrance reservation between May 20 and September 30, 2022. \$2 fee processed through Recreation.gov.

Visitor centers: 1) Valley Wilderness Center is open May-October and offers information and permits for wilderness backpacking. 2) Happy Isles Art and Nature Center is open May-September and offers natural history exhibits, interactive displays, and art workshops. 3) Yosemite Conservation Heritage Center is open late May-early September and offers a children's corner, a library, and environmental education and evening programs. 4) Wawona Visitor Center at Hill's Studio is open May-October and offers information and paintings. 5) Yosemite History Center features historic buildings and demonstrations.

Suggested activities: Scenic driving, tram tours, art and history tours, picnicking, camping

Parking: A map with accessible parking locations, picnic areas, restrooms and campgrounds for Yosemite Valley is in the *Yosemite Accessibility Guide* linked below.

Accessible features and amenities: [Yosemite Accessibility Guide](#), Deaf Services Program, visual guide for people with aphasia, audio-described brochure

Trail recommendation: Big Trees Loop Trail in Mariposa Grove is 0.3 mile, relatively flat, and wheelchair accessible. The trail may have snow or ice in the winter.

Attractions: Yosemite Museum, Indian Village of Ahwahnee, Ansel Adams Gallery

Camping/lodging: ADA-accessible hotel rooms at [The Ahwahnee](#) and [Yosemite Valley Lodge](#); cabins, canvas tents, campsites. Camping reservations at [recreation.gov](#)

Things to know: The [Yosemite Accessibility Guide](#) has been updated as of May 2022. Reservations are required to enter the park during the summer; many areas are icy or under heavy snow in winter.

GIANT SEQUOIA NATIONAL MONUMENT

Enjoy the Trail of 100 Giants



Photo by Harold Litwiler, Flickr Creative Commons, CC BY 2.0

Trail of 100 Giants is a 1.3-mile paved trail through a beautiful grove in Giant Sequoia National Monument.

Image description: A photo of a paved trail and bridge in a forest of giant sequoias. Two people stand off trail in the background.

GIANT SEQUOIA NATIONAL MONUMENT

In the heart of the Sierra Nevada mountains, Giant Sequoia National Monument includes 33 giant sequoia groves. The monument consists of two separate portions: the northern portion near Dunlap at Highway 180 and Highway 198, and the southern portion near Springville at Highway 190. The Indian Basin Trail in the north is a paved 1.2-mile loop through a giant sequoia grove with benches and interpretive signs along the way. A second loop continues deeper into the grove on a firm natural surface. The southern portion features the Trail of 100 Giants, a 1.3-mile paved trail through a beautiful grove. Though technically a loop trail, it must be completed as an out and back due to a boardwalk that was removed after fire damage. Alternating portions of the trail will be closed through 2022 for repairs. This trail is only accessible by road during the summer. The monument is surrounded by Sequoia National Forest and Sequoia and Kings Canyon National Parks, offering a vast area to experience these magnificent trees.

Location: Sierra Nevada mountains north of Bakersfield, with two units: the northern portion near Dunlap and the southern portion near Springville.

Contact: 559-784-1500

Park fee: Annual America the Beautiful Pass or day-use fee (varies) at developed recreation sites

Visitor center: None

Suggested activities: Scenic driving, hiking, picnicking

Accessible features and amenities: Picnic tables, benches, parking

Trail recommendation: Trail of 100 Giants is 1.3 miles with a maximum 6% grade.

Camping/lodging: Campsites, RV sites, yurts; not fully accessible. Reservations at [recreation.gov](https://www.recreation.gov)

Things to know: Roads and trails are subject to winter closures and fire repair work.

SEQUOIA AND KINGS CANYON NATIONAL PARKS

Experience the world's largest tree



Photo by mmmmgai@rogers.com, Flickr Creative Commons, CC BY SA 2.0

Sequoia National Park is home to the world's largest tree, the General Sherman giant sequoia.

Image description: A photo of a huge giant sequoia surrounded by a wooden fence. Two people stand in front of the fence in the midground. In the foreground, a sign stands with the name of the tree, General Sherman. Smaller trees stand in the background.

SEQUOIA AND KINGS CANYON NATIONAL PARKS

Two parks managed as one, Sequoia and Kings Canyon National Parks contain five different areas: Foothills, Mineral King, Giant Forest & Lodgepole, Grant Grove, and Cedar Grove. Giant Forest in Sequoia National Park and Grant Grove in Kings Canyon National Park are the largest sequoia groves. The former is home to the world's largest and perhaps most famous tree, the General Sherman Tree. The trail is paved but has stairs; those with a disability parking placard may drive on the private road and park in a small lot for a short wheelchair-accessible trail to the tree. A shuttle also runs during the summer. The second-largest tree, the General Grant Tree, is in Grant Grove. The trail to it is paved and has steep sections; it is not wheelchair accessible but does have tactile signs.

Location: Sierra Nevada mountains near Fresno. The Ash Mountain entrance to Sequoia National Park is on Highway 198 at the town of Three Rivers. The Big Stump entrance to Kings Canyon National Park is on Highway 180 from the west via Fresno.

Contact: 559-565-3341

Park fee: Annual America the Beautiful pass or \$35 entrance fee

Visitor center: Foothills Visitor Center and Kings Canyon Visitor Center are open daily, 9 a.m.-4 p.m., year-round. Giant Forest Museum is open Friday-Monday, 10 a.m.-4 p.m., and closed on Thanksgiving. Lodgepole Visitor Center is closed indefinitely for renovations. Cedar Grove Visitor Center is open seasonally from Memorial Day weekend to mid-September, 9 a.m.-4:30 p.m., with some weekday closures toward the fall.

Parking: All striped and paved lots have at least one accessible space. See the accessibility guide linked below for more information.

Suggested activities: Scenic driving, overnight lodging and camping, picnicking, interpretive programs, museums

Accessible features and amenities: [Accessibility guide](#) in multiple formats including videos; tactile wayfinding maps and exhibits; ASL interpreters; assistive listening devices; wheelchairs

Trail recommendation: Big Trees Trail is a 0.7-mile loop with a maximum 8% grade, pavement, and boardwalk.

Camping/lodging: ADA-accessible hotel rooms at [Wuksachi Lodge](#) and [John Muir Lodge](#); campsites. Camping reservations at [recreation.gov](#)

Things to know: The parks are remote and accessed by winding mountain roads, which may close in winter. Vehicle length limits are in place.

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