

Seven Pools Loop Trail

Hidden Falls Regional Park, Placer County

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March 2010

Introduction and Location

The Seven Pools Loop Trail is a splendid 1.1-mile trail within Hidden Falls Regional Park, located in southwestern Placer County, about six miles northwest of Auburn. The seven pools are in a riparian corridor within the Coon Creek drainage; several of the pools are unusual rock-bound pools that are elevated and outside of the thalweg (=main drainage channel) of the creek itself.

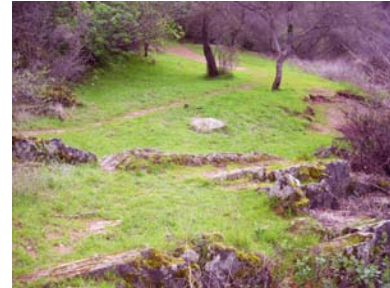
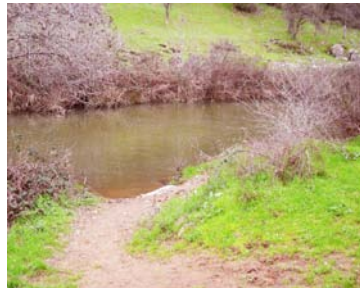
For driving directions and trail maps, visit the website of Placer County Parks at <http://www.placer.ca.gov/Departments/Facility/Parks/hiddenfalls.aspx/>



At left: downloadable trail map for Hidden Falls. *In center:* parking lot with horse-trailer parking on the west side. *At right:* trail signage at the Coon Creek trail junction with Seven Pools Loop.

Coon Creek Access and Lunch Spot

From the parking lot, ride your horse along constructed trails across the Deadman Creek Bridge and ascend Turkey Ridge. Follow the Pond Turtle trail northward as it descends to Coon Creek. There is watering access at Coon Creek, one of the few places to water a horse during hot summer weather. Tie-off your horse at a long distance from the creek itself, so that there is *no* vestige of horse manure near the water.



At left: Small meadow adjacent to Coon Creek. *At center:* equestrian access for water at Coon Creek. *At right:* Jurassic metavolcanic rocks to sit on while eating lunch. Leave your horse tied-off, and walk 100 yards westward along the Seven Pools Loop Trail. It is basically **not** safe nor practical to ride your horse to view the pools because of the sharp vertical rocks and potential for environmental damage. Simply dismount and hike the short distance to the pools.

Seven Pools within the Copper Hill Volcanics of Jurassic age

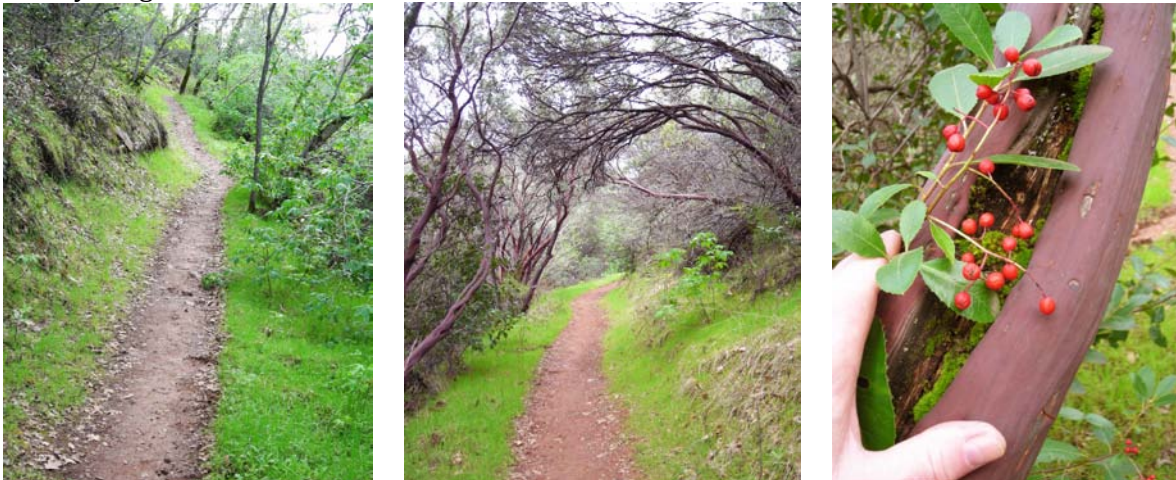
The bedrock of western Hidden Falls Regional Park is composed of the Copper Hills Volcanics of the Jurassic Period. These are mafic pyroclastic rocks, pillow lavas, with minor felsic porphyrite. This formation occurs in narrow band along the Bear Mountains Fault Zone for dozens of miles along the western foothills of the Sierra Nevada range. These are sheared metavolcanic rocks with a vertical foliation, approximately 160 million years old. These volcanic rocks were later metamorphosed by uplift and shearing about 153 to 139 million years ago, so they no longer resemble regular volcanic rocks.



At left: rectangular rock-bound pools filled with spring rainwater. Notice the vertical foliation of the Jurassic metavolcanics. *In Center:* small verdant pools within the vertically foliated rocks. Notice that Coon Creek is at a *lower* elevation and there is *no* fluvial connection with these ephemeral vernal pools. The rocky pools have been excavated during extreme flood-stages. *At right:* floating grasses and sedges within rock-bound pool.

Seven Pools Trail, ascending through Manzanita

From the riparian pools, the Seven Pools Loop trail ascends through a forest of manzanita, California buckeye, pines, and toyon. This newly constructed trailbed is beautifully out-sloped and there are no water-bars. The Seven Pools Loop trail connects with the Quail Run trail on the north flank of Turkey Ridge.



At left: the Seven Pools Trail ascends with out-sloped trail-bed. *In center:* tall manzanita provides an esthetic archway for the trail. *At right:* red toyon berries and manzanita.

