

# HEALTHY CHOICES “Hikes & Bikes for Your Health”

Pre-registration recommended  
Limited transportation available  
Bring water, wear comfortable  
clothes & shoes with support

\*Helmets Required



## Hikes in Del Puerto Canyon

Start time: 10 AM

Location: Minniear Day Use Park

4th Saturday of the month

March 27 - Easy

April 24 - Strenuous

May 22 - Moderate

## Bikes Around Patterson

Start time: 10 AM

Location: Patterson City Hall

3rd Saturday of the month

March 20 - Easy, Moderate, Strenuous

April 17 - Easy, Moderate, Strenuous

May 15 - Easy, Moderate, Strenuous

June 19 - Easy, Moderate, Strenuous



Call 209.895.8080  
for more information

Sponsored by:  
West Side Healthcare Taskforce  
Patterson Parks & Recreation  
Newman Parks & Recreation  
Gustine Parks & Recreation

Healthier  
**CHOICES**  
for our west side







Easiest hike



Moderately strenuous hike



Most strenuous hike

Creek

Canyon

2409

2000

Patterson  
12 miles →

1556

Prospect

Canyon

Parking

puerto

PUERTO

Parking

Fall

Canyon

Frank Raines OHV Park  
2 miles, and campground



## Day Hiking the Minnear Day Use Area

**Easy Hike – Description—** The easiest of the three hikes is geared towards canyon hikers of all ages and skills. The far western portion of the Minnear Day Use Area is where this hike will begin. This portion of the Del Puerto Canyon creek bed is wide and flat. Along the creek bed, hikers can explore at their own pace, observing wildlife and seasonal wildflowers, or the differing array of metamorphic rocks that line Del Puerto Creek. Crossing the creek is not necessary, but will open up more exploring opportunities in some of the surrounding hills should you decide.

**Moderately Strenuous Hike – Description—2.5 miles, Elev –80ft/+80ft.** This hike follows Del Puerto Creek downstream from the western, flat portion of the Minnear Day Use Area to where it narrows and meets up with the confluence of the North Fork of Del Puerto Creek. There, hikers can break for snack or lunch before heading back up the canyon. Along with impressive metamorphic rock formations, and beautiful spring time flora and fauna, hikers along this route can observe remains of a Native American Indian oven, as well as an abandoned mine prospect. Crossing Del Puerto Creek may be required in a few places and waterproof boots or shoes are recommended, but not required. Portions of the trail are very rocky and may require some time to traverse.

**Most Strenuous Hike – Description—4.2 miles, Elev –980ft/+1,020ft.** The most strenuous of the guided hikes will take hikers through some of the most scenic locations in Del Puerto Canyon. Starting along the wide parking culvert on the north side of the road at the 12 mile mark, hikers will traverse down the steep embankment and begin following Del Puerto Creek down stream to it's confluence with Slick Rock Canyon at the western most portion of the day use area. There hikers will navigate Slick Rock before turning up a nearby hill that will take them up 640ft in just a short time. A break will be observed among the shady oak trees at the top of the hill before traversing down the backside of the hill and into the box canyon of the North Fork of Del Puerto Creek. Upon arriving at the confluence of the North Fork and Del Puerto Creek, hikers will have the option of cutting their hike short at about **3.1 miles**, and returning to their vehicles, or continuing on up Del Puerto Creek for about a half mile to see the Del Puerto Narrows and site of the Native American Indian oven before returning to the parking area. Creek crossings may be required in a few places and waterproof boots or shoes are recommended but not required. Portions of the trail are very rocky and may require some time to traverse. A walking stick may also be useful. This hike is geared for those in good to excellent physical shape.

### CAUTIONS

Hikers should wear proper footing and may wish to employ a walking stick for added stability while hiking. While Rattlesnakes do live in the Minnear Day Use Area, they usually remain hibernating until the warmer months are upon us. Rattlesnakes won't attack, but they will defend themselves if approached, so please pay attention to every

step you take in the day use area. Ticks can also be prevalent in the day use area during the Fall through Spring months. While only less than 1% of ticks in our area contain human transferable diseases, it is important to regularly monitor your clothing and skin for ticks. It is recommended that a full tick check be conducted on your body after your day of hiking. If bit by a tick, don't worry, it takes between 4 and 36 hours after a tick is attached for it to transmit a disease. Those taking the moderate or strenuous hikes, may wish to wear long pants and/or tuck their pants into their shoes and/or socks to prevent ticks from climbing up your legs in search of a preferred place to burrow. Another tick preventing technique is to spray insect repellent containing DEET on your pants, shoes, or other clothing. A hat or bandanna also could be a good idea to be sure that ticks don't get in your hair. Poison oak is also prevalent in the day use area and can even be poisonous even in the winter months when the leaves are not present. Remember, leaves of three, let them be.

## **Ore Minnear**

After serving in WWI Ore Minnear returned to Westley with his wife Hazel, where he operated a general store and farmed. He also worked, for a time, on the Standard Oil Pipeline before working for the Stanislaus County probation department in 1932.

Minnear was placed in charge of a new minimum security camp in Del Puerto Canyon (currently the Frank Raines Off Highway Vehicle Park), where men could be sent by the courts to perform useful work outdoors. Their first work project was to clear out the roadbed of an old narrow gauge railroad, originally used to mine magnesite from the canyon, and build it into a passable road.

Minnear developed the work rehab program with inmates constructing buildings at the site and working on improvements of the Del Puerto Canyon road. Under Minnear's authority, the county honor farm was moved to Laird Park in Grayson in 1950 where it remains today.

In 1978 E Clampus Vitus paid tribute to their fellow member at the Ore Minnear Campground (now day use area) two miles east of Frank Raines Park.