With over 300 days of sunshine each year, Ukiah is a year-round paradise for outdoor adventure. Ukiah is a favorite destination for hiking, mountain biking, boating, river rafting, golf (with a disc or a ball), and exploration.

**Lake Mendocino**

Where wine country meets redwood forests, among rolling hills and oak groves, you will find Lake Mendocino. The lake has something for everyone and is a dream come true for hikers, campers, water enthusiasts and nature lovers.

Miles of trails wind through the redwood trees around the lake. Rent a kayak and go paddling on the lake, go swimming, or try your hand at sailing or water-skiing. Fishing is fantastic from the shore or a boat. Striped bass, largemouth and smallmouth bass, bluegill and several varieties of catfish provide a challenge for fishermen. This serene and underutilized lake is a great place for a weekend getaway. There are over 300 campsites available and plenty of places to picnic too. Located two miles northeast of Ukiah off Hwy 101. For more information, call (707) 462-7581.

**Cow Mountain**

Cow Mountain Recreation Area is 52,000 acres of fishing, hunting, hiking, biking and off-roading opportunities. The terrain is rugged, consisting mostly of steep, chaparral-covered slopes with scattered stands of fir, pine and oak. Elevations range from 800 to 4,000 feet. The area offers beautiful views of Ukiah and Clear Lake, over 31 miles of stream, 13 wildlife reservoirs, and habitat for blacktail deer, bear, wild turkey, and other upland species. Cow Mountain Recreation Area is located just outside of Ukiah with several entrances. For more information, call (707) 468-4000 or click [https://www.blm.gov/visit/cow-mountain](https://www.blm.gov/visit/cow-mountain)

**Low Gap Park**
Low Gap Park offers something for everyone in the family—even the four-legged members. Situated along Orr Creek, one of the three major streams which run through the city of Ukiah and an important tributary of the Russian River, this 80-acre park features a skate park, public tennis courts, two playgrounds, a dog park, a disc golf park, multiple picnic areas, an archery range, an amphitheater and miles of scenic, well-marked hiking trails. For more details, click here.

**Montgomery Woods State Natural Reserve**

Get off the beaten path and away from the hectic life of the city at Montgomery Woods State Natural Reserve outside Ukiah. Of California’s 31 redwood parks, this is one of the most remote. Redwood groves seamlessly blend with lush fern forests in this beautiful 700-acre park.

Well-marked trails follow Montgomery Creek upstream to five separate redwood groves that have never been logged. Picnic tables and restrooms are available; bring your camera and relish the pristine silence that only a natural reserve like this can offer. Open daily. No dogs allowed. Located about 13 miles west of Ukiah on Orr Springs Road. For information, call (707) 937-5804 or click here to find out more!

**Ukiah Valley Golf Course**

The best public golf in Northern California. Ukiah is home to Mendocino County’s only 18-hole golf course, which overlooks the scenic valley and city. The sloping terrain and majestic hills of the surrounding area lend themselves perfectly to a great day at the links. The short, par-70 course is etched into the hillside and criss-crossed by bubbling creeks. The many trees and undulating greens are also hallmarks of this fine course. The signature hole is the 192-yard par three, third hole. This challenging tee shot dares you to hit the green despite the bunkers that provide heavy protection and a gully on the right side of the fairway. For tee times and
Things to do

information, go to www.ukiahgolf.com, or call (707) 467-2832.

Disc Golf

We also have three challenging and well-marked 18-hole disc golf courses, located at Low Gap Park, Lake Mendocino, and Mendocino College.

Hiking

The Ukiah Valley is an outdoor enthusiast’s paradise with trails to match all your interests and difficulty levels. Click here to view a few of our favorites, and for an even wider variety, check out: http://mendotrails.org/trails/ and use the app at http://trailforks.com/ for the Ukiah Valley Trail Group.

River Rafting

Whether you’re a beginner or an expert, Rubicon Whitewater Adventures offers river-rafting experiences throughout the area. For information and reservations, call (707) 887-2452 or click here.