

The Sun Country Striders
Welcomes You to
Heron Lake State Park



Rio Arriba County
AVA Sanctioned Year Round Event

This walk is composed of multiple trail routes in the Heron Lake State Park. The park is set among the tall ponderosa pines of the Chama Valley. The reservoir is currently low due to the decade-long drought in the Southwest, but it still maintains 2 hiking trails totally 7 ½ miles one-way. The park is at an altitude of 7200' in the Northwest part of the state.

Walk Registration:

Please use the Online Start Box (OSB) to register. The directions and stamps will be available during the Las Cruces National Convention Apr 30 thru May 4 and at the group walks May 5-8, 2025 from the POC at selected sites. If wishing to do the walk on the way to the events, use the OSB or contact the POC.

Walk Completion and Walk Credit:

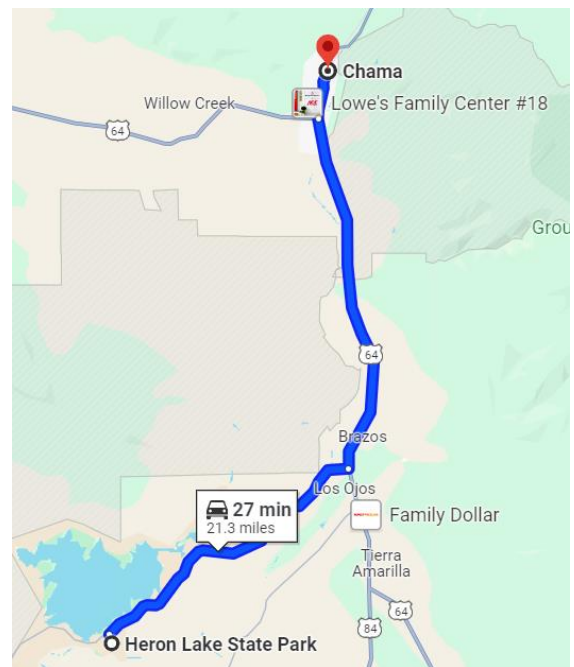
Once you have completed the walk, login to your Online Start Box account click on the "My Start Box" tab, then the "Finish Table" tab, then click on "Go to Finish Table" button for the event you have completed. Submit the date and distance of your walk as well as applicable AVA Special Programs to generate stamped "virtual" insert cards.

Driving Directions to Start Point:

The walk starts at the Heron Lake State Park Visitor Center located at 640 NM-95, Los Ojos, NM (N36 41'46.93", W106 39'11.11"). Nearest town, Chama (pop 907) is 20 miles NNE of the park and 10 from Los Ojos.

From Chama, take US-64 south to Los Ojos, then right (SW) on NM-95 10 miles to the Visitor Center.

Restrooms available at the visitor center and at some of campground along the Salmon Run Trail.



HERON LAKE STATE PARK – RIO ARRIBA COUNTY

Choice of the many hiking trails in the park from starting at the Visitor Center. Walkers may walk as far as they wish on the trails, then return to their car.

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

1. Stop at the Visitor Center and ask rangers about current hiking conditions. Springtime snow melt might make the East Meadow Trail a bit muddy. The Salmon Run Trail should be fine as stays in the wooded area above the lake shore. Both trails are generally 3-4' wide of packed dirt and gravel.
2. **Option 1 - East Meadow Trail:** When facing the Visitor Center, the East Meadow Trailhead is to the right. Very few views of the lake.
3. Follow the trail .6 miles to a park road. Continue on trail passing a bench (#8) and continue making 3 large u-turns in the trail until reaching a low-point in a large meadow (possibly a water crossing).
4. Stop, look to the left for a red-roofed building on the hill with the trail ahead starting to go uphill. **This is the 5k turnaround point for the East Meadow Trail. 5k U-TURNS back to the Visitor Center.**
5. **10K:** Continue uphill on the trail and up/down and around.
6. After about another .7 miles, the trail comes to the Overlook Loop. Take either trail to the overlook, then continue back to the intersection.
7. Continue back to the Visitor Center. Total 5 miles, 8k.
8. If you want to do a full 10k, then when you get back to the Visitor Center, look for the trail heading down to the boat ramp. Hike down to the boat ramp and back for an additional 2k. **End of East Meadow Trail.**
9. **Option 2 – Salmon Run Trail:** Start the Salmon Run Trail at the Visitor Center.
10. Head toward the East Meadow Trail, but take the trail on the left toward the boat ramp.
11. Follow the trail passing the Willow Creek Campground and the Blanco Campground.
12. Continue on trail as it continues and approaches the highway.
13. **5K:** Continue a short way, then U-TURN back to the visistor center, but taking the shortcut at the Blanco Campground.
14. **10K:** Continue past the East Overlook, ending at Brushy Point.
15. **U-TURN** back to the Visitor Center (10k).
16. **Option 3 – Salmon Run Trail:** Drive to the dam parking lot on the left just before the dam. (Restrooms closed).
17. Cross the road to the trail on the right side of the lake.
18. Continue on the trail. At times there is a 'high' road and a 'low' road. Take either one as they come back together.
19. Continue pass the West Overlook: to the first paved road leading to a campground.
20. **5K: U-TURN** back to the dam using the 'low' or 'high' trail.
21. **10k:** Continue on trail to Brushy Point. U-TURN back to the dam. **END of 10k.**

**Event related assistance:
Helen Hull: 972-530-1026**

Heron Lake State Park

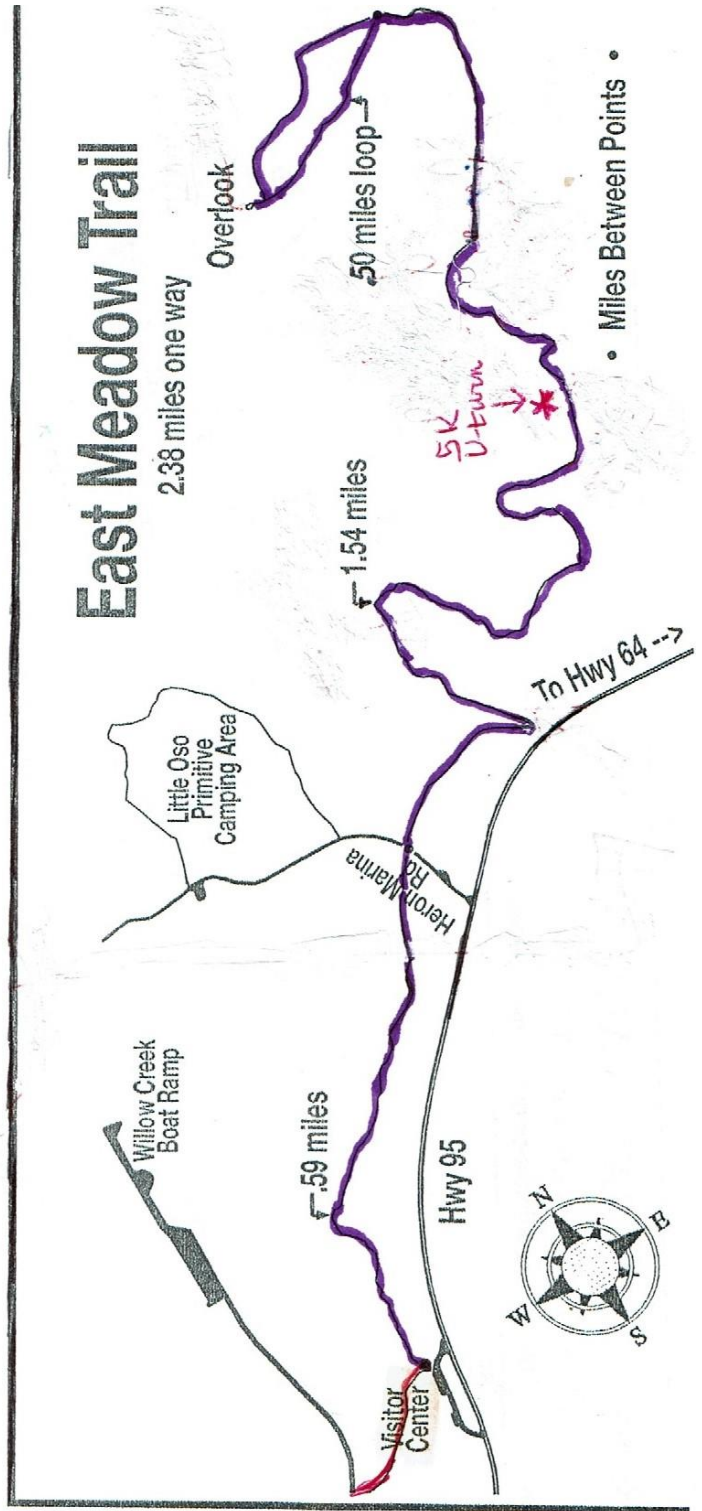
Salmon Run Trail

5.12 miles one way



East Meadow Trail

2.38 miles one way



• Miles Between Points •

Rio Chama Trail
5.50 miles
to El Vado Trailhead