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Adventure Awaits at Rockville Hills Regional Park

"Solano County, you are lucky to have something like this!"

These are just a handful of the many quotes describing Fairfield's Rockville Hills Regional Park, a 633-acre park in the heart of Suisun Valley. Open year-round, from sunrise to sunset, Rockville Hills is one of the Bay Area's most popular outdoor destinations for mountain bikers, hikers, climbers, and families.

The park consists of grasslands and oak woodlands, with a dense mixed broadleaf forest. The diverse habitat provides shelter to a variety of wildlife that call the park home. Don't be surprised when you come across wildlife – and maybe a friendly cow or two – while on the trails.

There are over two-dozen trails at Rockville Hills. Some are intended for mountain bikers, while others are ideal for a leisure hike with the family. One of the most popular trails leads to a beautiful lake. More advanced trails go to hidden caves in the hills. Mountain bikers in particular enjoy taking the trails high in the mountains and capturing stunning photographs from the cliffs. Experienced climbers love scaling the peaks. No matter what trail you embark on, bring your camera – you're going to want to take pictures!

You can find trail maps at both entrances or follow this link:

http://www.fairfield.ca.gov/gov/depts/pw/open_space/rockville_hills_regional_park/rockville_trail_map.asp. Passes can be purchased for \$3 per person. Dogs are welcome for an additional \$1. All fees collected support the management of this beautiful park. Come explore!

[&]quot;Another perfect Sunday morning!"

[&]quot;I couldn't ask for a better way to spend the day."