

# Hikes in the Regional Parks

March & April 2024



**Wednesday Walks** Longer distances, medium-high intensity level.

**Saturday & Sunday Strolls** Shorter distances, low-medium intensity level.

## SATURDAY & SUNDAY STROLLS

**Mar 24, 9:30-11am**

### Temescal Recreation Area

Lake Temescal is one of the 3 parks which first made up the Park District. We will learn a little history, stroll, admire, and enjoy a picnic lunch together. Bring binoculars if you have them, and some food to share if you like!

**Apr 13, 9:30-11:30am**

### Anthony Chabot Regional Park

#### (Clyde Woolridge Staging Area)

From sunny grasslands to shady creek side, we hope to see some wildflowers blooming! Note: some elevation difference, we will be hiking about 2 1/2 miles. May be muddy.

Plan ahead- sorry no restrooms available.

**Apr 14, 9:30-11am**

### Leona Canyon Regional Preserve

#### (Merritt College Parking Lot E)

About 2 miles. Somewhat steep and uneven, but leisurely.

## WEDNESDAY WALKS

**Mar 20, 9:30am-12:30pm**

### Five Canyons Open Space

#### (Deer Canyon Trailhead)

Moderate 4+ mile hike to scenic ridgelines and charming oak-covered canyons.

Sorry, no restrooms may be available.

**Apr 3, 9:30am-1:30pm**

### Sibley Volcanic Regional Preserve

#### (Main Staging Area)

Hike about 6 hilly miles along a portion of the beautiful East Bay Skyline National Recreation Trail from Sibley through Huckleberry to Reinhardt Redwood and back. Some sections are strenuous.

Bring water & snack.

**Apr 24, 9:30AM-12:30pm**

### Redwood Regional Park (Trudeau)

Wind your way through the Redwood Canyons and Manzanita Hilltops. Spring Wildflowers will be there to greet us along the way. About 4.5 miles.



**Parking fees apply where charged. No registration; drop-in. For more information, call (510) 544-3187.**

**Scan for Maps and Directions**



East Bay  
Regional Park District