

# TRAILS CHALLENGE 2014



A Free program

# GUIDEBOOK

Trails Challenge is a free program made possible through a partnership between the East Bay Regional Park District, the Regional Parks Foundation, and Kaiser Permanente





## Healthy Parks Healthy People

### Congratulations on joining the 2014 Trails Challenge. Thanks for celebrating with us!

This year Trails Challenge is turning 21 and East Bay Regional Park District is turning 80! By joining the Trails Challenge, you are supporting a vital environmental and cultural heritage in the East Bay, as well as becoming part of the international Healthy Parks Healthy People movement. Founded by Australia's Parks Victoria, Healthy Parks Healthy People is based on the philosophy that recognizes the connection between a healthy environment and a healthy society. Natural spaces with trails for hiking contribute to the dynamic health and well-being of individuals and families.

The Park District began promoting the Healthy Parks Healthy People initiative in 2011 with great results. Nearly 10,000 people registered for the 2012 Trails Challenge, and again for the 2013 Trails Challenge. As a registrant, you have access to a list of outstanding trails with accompanying guidelines to assist you in selecting trails that meet your interests and abilities. By hiking the trails, you will be able to enjoy and benefit physically, mentally, and spiritually from being outdoors. We hope you will encourage others to join you and take part in getting healthy outdoors and exploring your Regional Parks. Visit our website at [www.ebparcs.org](http://www.ebparcs.org) for our 2014 Healthy Parks Healthy People activities and events.



## 2014 Trails Challenge

This year's Trails Challenge program highlights 20 Regional Parks with unique trails leading through some of our most interesting parks. The majority of trail routes are "moderate" and lead to scenic destinations. Each park description includes information about special park features. "Easy" and "difficult" routes are also offered, but keep in mind that any trail route may be used to complete the Challenge.

Our Trails Challenge is geared to get you outdoors exploring on your own, or with family and friends. We also have incorporated group activities around the Healthy Parks Healthy People campaign. "Guided Hikes," "Healthy Hikes," and "Hiking with Kids" are popular programs that emphasize staying fit and learning about our natural and cultural resources, important components to a healthy park system. Review the "Guided Hikes" section of this guidebook and the District's Regional in Nature (RIN) activity guide for upcoming activities and events.

### Stay Connected



**Instagram** - Follow us on Instagram @ ebrpd, and tag your hike photos #ebrpd80 for our anniversary year!



**facebook** - Join us on Facebook for announcements, park happenings, and Trails Challenge updates.



**E-News** - Sign-up for the Park District's monthly e-Newsletter at [www.ebparcs.org](http://www.ebparcs.org)/subscribe.



**Trails Challenge App** - Download the free Trails Challenge app for easy access to trails, maps, hikes and mileage logs.



**Every Body Walk! App** - Kaiser's Every Body Walk! app (see page 66 for details). Both mobile apps are free and available from the Android Market or iTunes App Store.



Get fit with  
your phone!  
Use the Trails  
Challenge  
App.



Available  
spring 2014.

East Bay  
Regional Park District  
[www.ebparcs.org](http://www.ebparcs.org)



Photo: Marc Crumpler  
Kennedy Grove Regional Recreation Area



Photo: Shelly Lewis  
Bishop Ranch Regional Preserve



Photo: Marc Crumpler  
Point Pinole Regional Shoreline



Photo: Hillary Van Auster  
Briones Regional Park

East Bay   
Regional Park District  
www.ebparks.org

From sunlit shores to shade-covered hillsides, the East Bay Regional Park District spans more than 113,000 acres in Alameda and Contra Costa counties, offering experiences as diverse as the land itself. Our mission is to provide recreational opportunities, ensure the natural beauty of the land, and to protect wildlife habitat. Whether you're a visitor or volunteer, you'll find a world of discovery and enjoyment right here in your own backyard. Come, explore your East Bay Parks, get healthy and embrace life.



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## How to Complete the Trails Challenge



Photo: Marc Crumpler

### 1) Choose Your Trails:

This guidebook is designed to help you choose trails that meet your interests and abilities. In the following pages, you will find:

- Guidelines for rating the difficulty of each route based on personal fitness.
- A checklist of things to take with you and rules to remember.
- A trails chart listing the appropriate user groups, mileage, and level of intensity.
- Maps of each park with the selected routes.
- Detailed trail descriptions identifying notable features.
- Safety information.
- If you are concerned about your chosen trail's conditions, you may call the park's office to inquire. Phone numbers for the parks can be found on pages 18-23.

### 2) Log Your Outings:

When you complete a Challenge Trail, record the trail's name on your trail log (page 68 in the guidebook). If you lose your trail log, you can record your hikes on any piece of paper, get a replacement trail log online as a registered Trails Challenger ([www.RegionalParksFoundation.org](http://www.RegionalParksFoundation.org)), or email us at [trailschallenge@ebparks.org](mailto:trailschallenge@ebparks.org). Be sure to include your full name and address.

When you have completed at least five trails, or 26.2 miles (a marathon distance), return your log to:

Trails Challenge  
c/o Regional Parks Foundation  
P.O. Box 21074  
Crestmont Station  
Oakland, CA 94620

You have until December 1, 2014 to turn in your trail log to receive your 2014 pin. Pins will be mailed out mid-December (while supplies last).

Crown Memorial State Beach

## Plan Your Outing

When choosing a trail, consider your condition, the length, the level of intensity, and the weather conditions. You can shorten or lengthen most routes to meet your ability – just note it on your trail log. We may use your route next year! Read the trail descriptions, as they contain specific information about individual trails.

Before heading out, always tell a friend or family member your route and expected time of return, take plenty of water, and know the location of an emergency phone before starting. When possible, go with a friend. Most importantly, have fun! Use the following guidelines to determine how far to go and what level of intensity suits you.

Photo: Marc Crumpler



Big Break Regional Shoreline

**EASY:** Trails are relatively flat with good trail conditions (paved or packed gravel). Trail lengths vary from 1 to 3 miles, typically taking 1 to 2 hours or less to complete. These trails are generally suitable for strollers.

**MODERATE:** Trails have significant elevation gain (500-1,000 feet), are 3-6 miles in length, and trail conditions vary from good to rugged. They generally take 2-4 hours to complete. You should be in good physical condition, and carry plenty of water, a high energy snack, and a first aid kit.

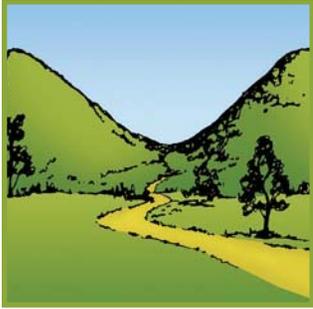
**CHALLENGING:** Trails have significant elevation gain (1,000+ feet), are 6-20+ miles in length, and trail conditions vary from good to rugged. They generally take 4-8 hours to complete. We strongly recommend you be in good physical condition, carry plenty of water, a high energy snack, and a first aid kit.

### Challenger Checklist:

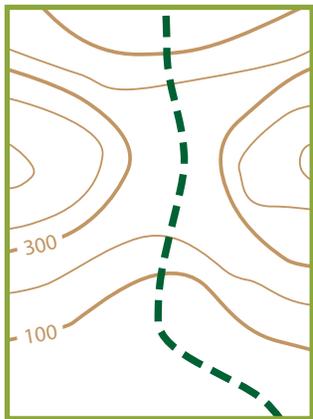
- Water for yourself and your animal(s)
- Trail map
- High energy snacks
- Money for fees when applicable
- First aid kit
- Camera and binoculars (optional)
- Extra clothing
- Trekking poles (optional)
- Sunglasses/hat
- Flashlight (optional)
- Sunscreen
- Compass (optional)
- Insect repellent

Visit our website, [www.ebparks.org](http://www.ebparks.org), for more information on parks and to download park maps and learn about upcoming events.

## Using a Map and Compass



The above picture illustrates a terrain feature called a “saddle.” It is a dip or low point between two areas of higher ground. Other terrain features found on maps include hills, valleys, ridges, depressions, draws, spurs, cliffs, cuts, and fills.



The “saddle” terrain feature is shown here as a topographical detail with contour lines, elevation call-outs, and a trail running through the saddle area.

### Map Reading Tips

Wilderness exploration often requires basic map reading knowledge and navigation skills. For most moderate to difficult trail routes, these skills are essential. Fortunately, most Regional Parks have well-marked trail systems but you do not want to rely on trail markers for navigation. With practice, you will hone your skills and increase your confidence while outdoors. Below are a few tips to help you get started. EBRPD offers classes to take your learning to the next level – please visit our website for more information or call (510) 544-2553.

Topographic maps depict land features including mountains, streams, valleys, and changes in elevation. Also, topographical maps have a scale to help determine the distance you are traveling and a legend to depict what the symbols mean.

The thin solid lines throughout the map are contour lines. They represent the shape of a land feature at a constant elevation. Contour lines never cross, which is important when reading a map, so contour lines are not confused with trails or other features. The *contour interval* is the change in elevation between two contour lines. If lines are close together, the steeper the change in elevation. If the lines are far apart, the elevation change is more gradual. *Index contours* are a heavier line weight and show their assigned values to facilitate reading elevations.

- Man-made features shown on a map can be out of date, so topography is an easier way to determine location and follow a trail.
- Use your thumb or string against the scale to determine distance on a map.
- Count contour lines to determine elevation gains before heading out. Any routes gaining over 300 feet are pushing the “easy” levels for typical hiking.
- Check the legend to see what features are in the park or staging area.

### Orienting a Map with Your Compass

Orienting a map is important to eliminate confusion about direction, and to reduce the likelihood of getting lost. When using a map you should orient it north, which also makes it easier to read.

By orienting a map, you are positioning it so its north is actually pointing north; look for the north arrow in the legend box to determine which direction is north. When you orient a map and know where you are on the map, you can look in a certain direction, see a landmark, and find it on the map.

Orienting a map north can be very easy. Follow these four steps:

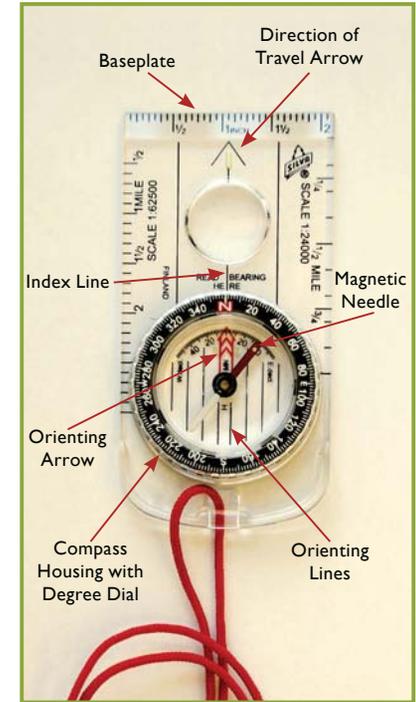
1. Position your map on a flat, smooth surface.
2. Turn your compass dial so due north is at its index line.
3. Place your compass on your map with the edge of the base plate parallel to the north-south meridian lines on the map. Now, the orienteering lines and direction-of-travel arrows should all be parallel with the map lines.
4. Turn the map and compass together until the compass needle is “boxed” in the orienting arrow (a.k.a. “red in the shed”) while keeping the compass in the same position on the map.

Now, the map should be oriented to the real world. You should be able to look in any direction and see the objects represented on the map in the same direction.

### Orienting Your Map by Your Surroundings

For a rough, simple orientation, you can orient a map based on your surroundings. Simply turn the map so the position of your surroundings matches the position on the map. It is best to do this where you have wide-open views. Try to locate where you would be on the map. We recommend identifying at least five different features, which can include topography, vegetation, water sources, and/or man-made features. The more items you can identify, the better.

**Please note:** EBRPD maps do not have meridian lines, however in the legend the true north directional arrow is shown to help orient maps to north.



## Wildlife Encounters

### Snakes:

Although most snakes found in California are harmless, the Northern Pacific rattlesnake can wield a venomous bite if provoked. Its coloration allows it to blend in with the soil, providing excellent camouflage. Rattlesnakes and gopher snakes have similar coloration, so a rattlesnake is often mistaken for its harmless cousin. Therefore, use caution around any snake you see in the wild, and avoid handling.

### Grazing Animals:

Cattle are large animals, weighing 1,000 pounds or more. While not aggressive by nature, if aggravated, cattle can respond in a potentially dangerous manner. If you encounter cattle on the trails, try not to startle them. Keep your distance and walk around groups, rather than through them. Don't get between a calf and its mother; they are protective of their young. Don't try to get close, touch, or pet them. Always keep your dog under control.



### What to do if Bitten by a Snake:

If bitten by a rattlesnake, stay calm and send someone to call 9-1-1. The victim should remain calm by lying down with the affected limb lower than the heart. Wash the wound, if possible. (Rattlesnake bites are typically associated with intense, burning pain.) If you are by yourself, walk calmly to the nearest source of help. **DO NOT RUN!** If bitten by another kind of snake, wash the wound with soap and water or an antiseptic and seek medical attention.

### Wild Animals:

Coyote, bobcats, deer, elk, wild pigs, and mountain lions are occasionally spotted in the parks. Their normal reaction is to run away. Some have become used to our presence and will continue their activities while being watched. Never feed, try to approach, or pet wild animals. Keep pets and small children near you in wilderness areas. These animals may become dangerous should they be surprised or confronted, or if they begin to associate humans with food.

### Ticks and Lyme Disease:

Lyme disease is an infectious disease transmitted by the bite of a tick. It may be treated and cured with early diagnosis, but if not properly treated it may persist in the body for years.

### How to Avoid Ticks:

- Wear long pants, long sleeves, and closed-toe shoes in tick country.
- Tuck shirt into pants, and pants into socks.
- Stay on trails! Avoid brush and grassy areas.
- Use insect repellent on shoes, socks, and pants.

Check yourself, your children, and your pets for ticks thoroughly and frequently!

### What Does a Tick Look Like?



In California, the Western black-legged tick is the major carrier of Lyme disease.

The adult female is reddish-brown with black legs, about 1/8-inch long. Males are smaller and entirely brownish-black. Both are teardrop shaped.

### What are the Symptoms of Lyme Disease?

Early symptoms may include a spreading rash accompanied by fever, aches, and/or fatigue.

### What to Do if You Think You Have Been Bitten by a Tick:

- Pull the tick gently from the skin, using a tissue or tweezers (not with bare hands).
- Scrape (a credit card works!) to remove any mouthparts left behind.
- Wash hands and the tick bite with soap and water; apply antiseptic to the bite.

Prompt removal of ticks may prevent disease transmission. See a physician immediately if you think you have found a tick attached to your skin and you have any of the above symptoms.

### Poison Oak:

Poison oak is common in California. It grows as a shrub or as a vine, sometimes reaching up into the tops of trees. The glossy leaves grow in groups of threes, and change from light green in the spring to pink or red in the summer. The "poison" is the oil found throughout the plant. Even if it does not have leaves, touching the stem can cause a reaction on the skin. Avoiding

poison oak is the best way to avoid any problems caused by it. Staying on the trail will help avoid contact. If you do come in contact with poison oak, wash immediately with soap and water. Calamine lotion relieves itching. If the rash spreads, see a physician.

Remember "Leaves of three, let it be; if it's hairy, it's a berry."

*If you would like more information on wildlife to watch for, ask for brochures at the Visitor Centers.*

## Hiking with Dogs in the Parks



### Before You Leave Home:

- Bring enough water for you and your dog.
- Bring snacks and toys if needed.
- Make sure you have a six-foot-long leash and any harness needed.
- Bring doggie waste bags – better to bring a few, just in case.
- Know your dog's limits – how far can she/he go?
- Check the weather where you plan to hike. Stay away from the hottest times of the day and stick to shaded routes.

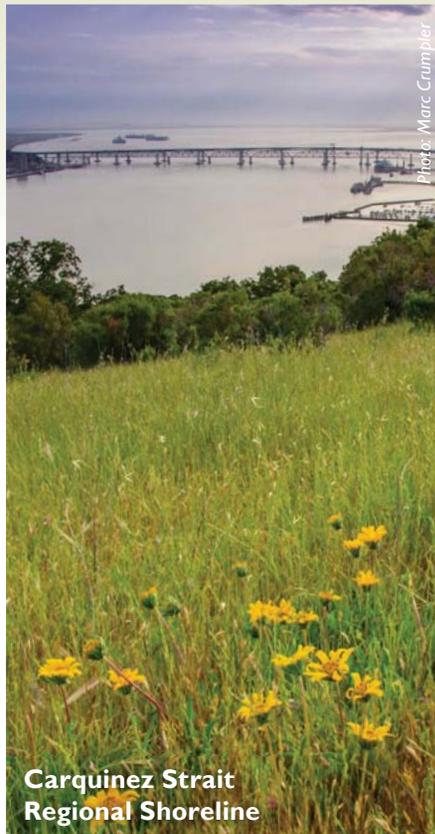
### While You Are Hiking:

- Upon arrival at the park or trail, read the dog rules to ensure you know if it is an off-leash area or not.
- You know your dog best – watch for signs of thirst, hunger, and fatigue.
- Stop to rest for yourself and your buddy. Dogs appreciate some time in the shade to cool off, too.
- Very important! If your dog deposits waste along the trail, pick it up in your dog waste bag or one provided at the park. Please take it with you – do not leave it on the side of the trail. These bags are often left for someone else to pick up. Everyone likes to see a clean park, so please do your part.
- Be sure to keep your dog close as there are dangers for dogs in the parks. They can also transmit poison oak to their owners. Remember that many people are afraid of dogs, even friendly ones.

### After Hiking:

- Make sure your dog is properly hydrated, fed, and has a place to cool down.
- Check for ticks – if the tick has attached, your dog will be focusing on that spot.
- Check for foxtails and other weeds in their coat, nose, paws, and ears.

For more helpful information on dogs in the parks, please visit: [www.ebparks.org/activities/dogs](http://www.ebparks.org/activities/dogs)



Carquinez Strait  
Regional Shoreline

Photo: Marc Crumpler

## Hiking With Kids

### Ages

6 months - 2 years

3 - 6 years

7 - 11 years

12 and up

### Approximate Mileage

Keep it short

1 - 3 miles, with many stops

2 - 5 miles

Up to 7 miles

### Note:

Trail conditions, weather, and physical conditions are major considerations. Start with low mileage and work your way up.

### Prepare:

- Make sure you and your child wear good footwear and socks – no open-toe shoes.
- Bring lots of water and snacks.
- Bring sunglasses, sunscreen, hats, and additional layers of clothes.
- Bring a small first aid kit, sting and allergy care, hand wipes, and tissues.

### Rules:

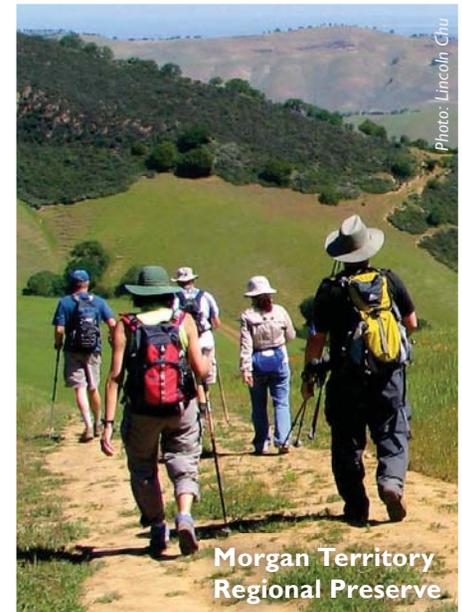
- Stay on the trail.
- Stay with a buddy.
- Best not to touch, just use your eyes.
- Leave things where they are.
- No running or shouting.
- No littering – what you pack in, you pack out.

### Activities:

- Children in carriers may fall asleep, but talking or singing may keep them engaged.
- For children walking on their own, keep incentive treats with you. If a child is having a hard time getting up a hill and the view at the top isn't enough, make stopping points where they will get a treat. Keep granola bars, trail mix, or energy treats handy. The number of stopping points depends on the kids,

more at shorter distances for younger children. The more stopping points, the smaller the treat.

- This is a great time to play age-appropriate games. Try “I Spy” and “20 Questions,” or find shapes in the clouds.
- For kids 12 years and up, give them responsibilities. For example, let them keep the map and lead the way. Put them in charge of water and snack breaks. If you have an old camera or a disposable one, they can be photographer for the day.



Morgan Territory  
Regional Preserve

Photo: Lincoln Chu

## Tips for Trail Users



**Hikers:** As a general rule, hiking one mile on relatively flat terrain at a moderate pace takes approximately ½ hour. Beginners should plan one hour for every two miles of hiking. For hikes labeled “Challenging,” or days when the temperature is over 90 degrees, allow extra time and take more water! Hikers should wear sturdy shoes with ankle support.



**Dogs:** Carry litter bags and extra water when hiking with dogs. Dogs should wear identification in case of separation. Carry a 6-foot leash at all times. Know which parks allow dogs off-leash and where they are prohibited.



**Cyclists:** Heat and steep trails make bicyclists more susceptible to fatigue and dehydration. Take PLENTY of water and a high-energy snack. A six-to ten-mile route on unpaved fire roads in the East Bay hills is a challenging route for an intermediate rider to complete within two hours. The “Easy” rated trails featured in this guidebook are flat and are ideal for family bicycle outings. Always wear a helmet; bring a patch kit, bike pump, and bike bell.



**Equestrians:** Consider terrain, temperature, humidity, and your horse’s condition. Chart a course that will allow your horse to drink at least once every hour. For an average horse, a hilly five-to seven-mile route should take about 1-1/2 hours. Learn to take your horse’s pulse and respiration. Always wear a helmet and wear sturdy boots.



**Wheelchairs:** Pavement conditions and steepness of grades are factors to consider when choosing a route suitable for wheelchair users. Wheelchair users tend to get cold faster than walkers/bikers, so bring warm and dry gear even if you do not expect cold or wet weather. Traveling with a companion is recommended.



**Skaters:** Pavement conditions, steepness of grades, and skating ability are factors to consider when choosing a skating route. Paved trails in this guide have smooth pavement and gentle to medium grades. However, be prepared to encounter leaf debris, cracks, and uneven surfaces. You should be able to safely negotiate around road debris, dogs, bikes, and other trail users while maintaining control. Always wear a helmet, wrist guards, and kneepads.

### Trail Etiquette:

- Check trail signs for allowable user groups (i.e. cyclists, equestrians).
- Hikers yield to horses; cyclists and skaters yield to hikers and horses.
- Leave the wildflowers for wildlife.
- Stay on designated trails. Do not make switchbacks or take shortcuts!
- Keep dogs on leashes unless specifically posted that they can be off leash.
- Pack it in, pack it out – do not litter!
- Cyclists must ring a bell or call out when passing.



## Benefits of Being Fit

Brought to you by Kaiser Permanente

Kaiser Permanente has been supporting the East Bay Regional Park District’s Trails Challenge program since 2005. Due to Kaiser’s generosity, this is the third year Trails Challenge is free for participants. With this program and many others, Kaiser believes everyone can bring health and wellness into their daily lives.

Need a reason to get fit? Read on...

### Enjoying Regular Physical Activity Can:

- Give you more energy
- Improve concentration and memory
- Help you achieve and maintain a healthy weight
- Boost your metabolism (the rate at which your body burns calories) during and after exercise
- Strengthen bones, muscles, and joints
- Tone muscles
- Lessen depression and improve mood
- Improve balance, flexibility, and posture
- Reduce stress and anxiety
- Help you sleep better
- Lower blood pressure
- Raise “good” artery-clearing HDL cholesterol
- Reduce the risk of heart disease, stroke, type 2 diabetes, and osteoporosis
- Protect against cancer of the colon, breast, and cervix
- Help elderly people maintain independence and stay fully functioning
- Lower death rates from all causes

Aim for at least 30 minutes of moderate physical activity on most days. The more active you are, the greater the health benefits. Keep up an exercise routine all year!

Thank you to Kaiser for allowing the East Bay Regional Park District to offer Trails Challenge as a free program! Find this and more at [www.kp.org](http://www.kp.org). Visit the health and wellness pages, which include interactive fitness calculators and podcasts.



KAISER PERMANENTE® thrive



Marsh Creek Regional Trail

## Free 2014 Guided Hikes and Events

The East Bay Regional Park District offers a variety of hiking programs for all abilities and ages. Hikes vary in theme, offering something for everyone. Please visit our website for a detailed list of upcoming guided hikes at [www.ebparks.org](http://www.ebparks.org). Below are a few of the guided hikes offered by the Park District.

### Tuesday Twilights:

Enjoy sunset with the family in a different Regional Park on Tuesday evenings throughout the summer. Walks vary in difficulty and terrain. These hikes are not suitable for large, organized groups. For more information and a complete schedule, contact Sunol Visitor Center at (510) 544-3249.

### Women on Common Ground:

These are naturalist-led programs for women who love the outdoors but whose concern for personal safety keeps them from enjoying their own parks. Hikes and programs vary. For more information and a complete schedule, contact Naturalist Katie Colbert at (510) 544-3243.

### Wednesday Walks:

Explore a new East Bay Regional Park District park every week with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear, bring water, and dress for the weather. Hikes begin at 9:30 a.m. For more information and a complete schedule, contact Naturalist Christina Garcia at (510) 544-3282.

### The Over-the-Hills Gang!

Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks. For more information and a complete schedule, contact Supervising Naturalist Dave Zuckerman at (510) 525-2233.

**Please note that any of the guided hikes attended can be used to complete your Trails Challenge.**



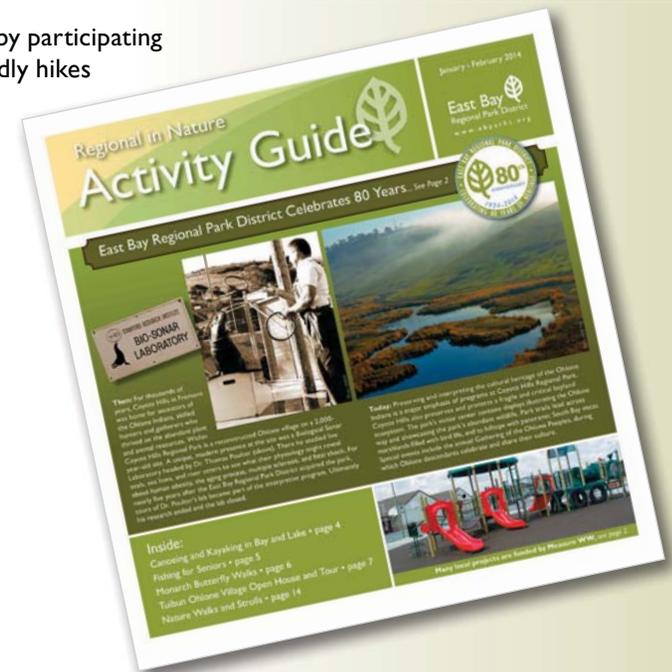
### Healthy Parks Healthy People Bay Area Hikes :

All Healthy Parks Healthy People Bay Area park agencies are hosting programs and monthly activities on the first Saturdays of each month to provide safe, low-impact physical activity dedicated to improving the health and well-being of all Bay Area residents.

Programs begin with a short feature on health benefits and safety tips. Participate for all or a portion of the hike, increasing your distance as stamina improves. This is a great way to get back into hiking and meet other like-minded hikers while staying healthy!

### Hiking with Kids:

Kids can stay healthy by participating in a series of kid-friendly hikes designed to make walking fun. Hikes include breaks for games, searches, and activities. Parents or guardians must accompany children.



**Check the Regional In Nature Activity Guide or [www.ebparks.org](http://www.ebparks.org) for upcoming Healthy Hikes for kids and adults.**



## Safety and Hiking in the Heat

Brought to you by Kaiser Permanente

- Be careful when you exercise in temperatures above 80°F (27°C). Find shade, take regular breaks, and drink plenty of fluids. Conditions are considered extremely dangerous at temperatures above 91°F (33°C).
  - Watch for signs of heat exhaustion such as nausea, dizziness, cramps, and headache. If you notice these signs, stop your activity right away, get in the shade, cool off, and drink fluids.
  - When it is more humid, you should be careful at even lower temperatures. Higher humidity can make it feel hotter, since your body cannot cool off as well by sweating. This puts you at a greater risk for illness.
  - Older adults and children are at a higher risk for heat-related illness and should be extra cautious. Remind children to drink plenty of fluids before, during, and after activity.
  - If you are overweight, have health problems, take medicines, or use alcohol, you may be at a higher risk for heat-related illness. You may also have trouble even if you're accustomed to exercising in warmer weather.
  - In hot weather, drink plenty of fluids before, during, and after activity. Water or sports drinks are best. This helps prevent dehydration and heat-related illness. Water is all you need if you are exercising for less than an hour. For longer exercise periods, sports drinks contain carbohydrates and minerals called electrolytes that may help your endurance and keep you from getting muscle cramps.
- Call 911** immediately if you have stopped sweating or have other signs of heatstroke, such as a fast heart rate, dizziness, high body temperature, mental confusion, or loss of energy. Heatstroke is very dangerous.



Photo: Shelly Lewis

Lake Chabot Regional Park



Photo: Nick Fulmer

Wildcat Canyon Regional Park

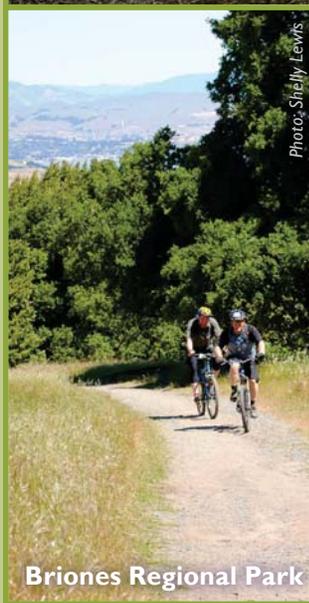
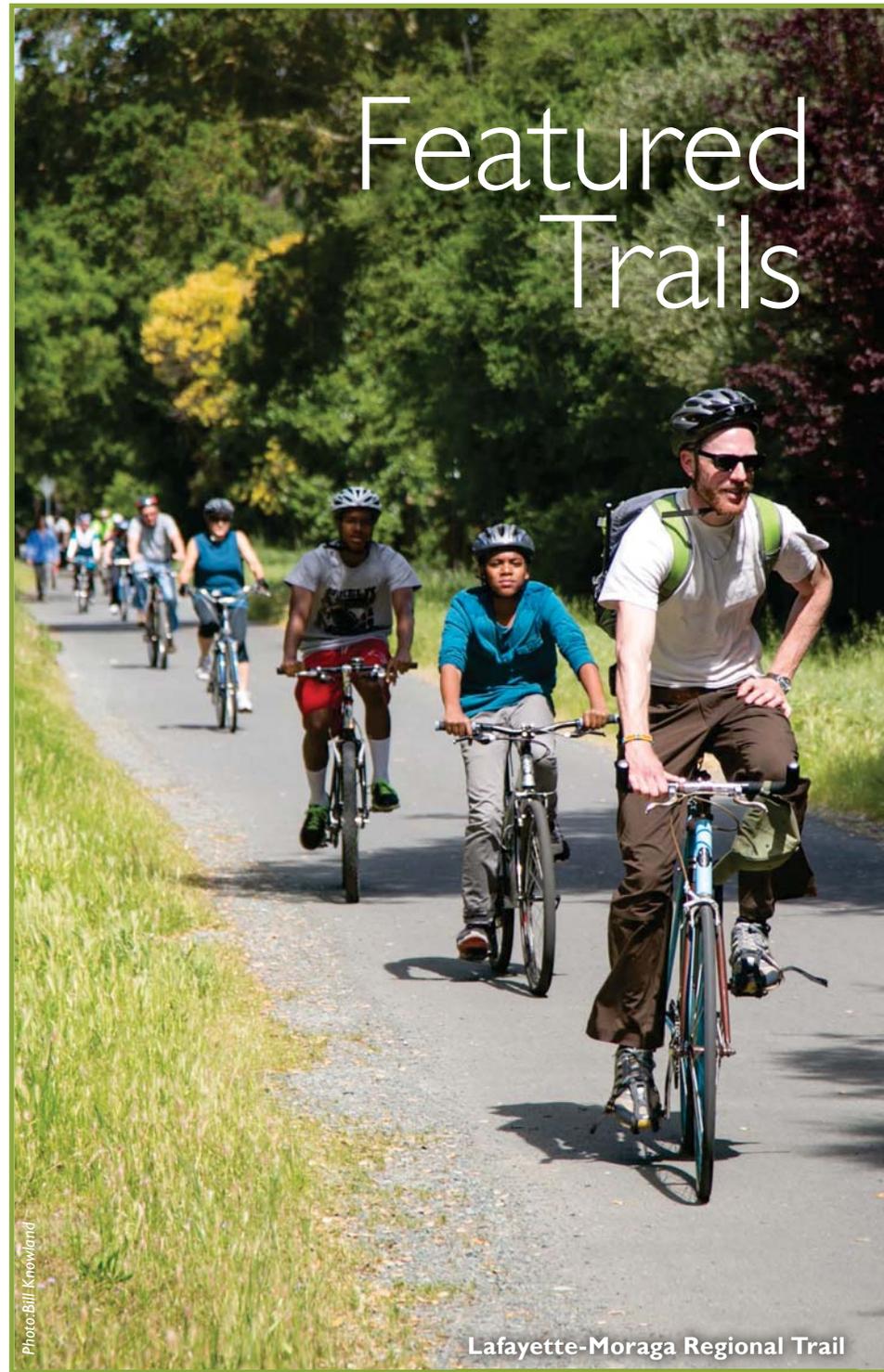


Photo: Shelly Lewis

Briones Regional Park



# Featured Trails

Photo: Bill Knowland

Lafayette-Moraga Regional Trail

East Bay Regional Park Park Office Phone Number	City	Trails	Page	 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Intensity
<b>Bishop Ranch Regional Preserve</b> 1-888-EBPARKS, Option 3, then 4505	San Ramon	Stream View/Red Tail Hawk/ Grey Fox Trails	24	●	●					2.48 Loop	Easy
<b>Robert W. Crown Memorial State Beach</b> 1-888-EBPARKS, Option 3, then 4522	Alameda	Crab Cove Visitor Center to Shoreline Drive and back	26	●	●	●	●	●	●	4.57 Round Trip	Easy
<b>Point Pinole Regional Shoreline</b> 1-888-EBPARKS, Option 3, then 4551	Richmond	Point Pinole/Cooks Point/ Owl Alley/China Cove/ Pinole Point/Bay View Trails	28	●	●	●	●	Partial Use	Partial Use	4.06 Loop	Easy
<b>Roberts Regional Recreation Area</b> 1-888-EBPARKS, Option 3, then 4555	Oakland	Roberts Ridge/West Ridge/ Redwood Bowl Access Road/ Graham/Diablo Vista Trails	30	●	●	●	●			1.32 Loop	Easy
<b>Sycamore Valley Regional Open Space Preserve</b> 1-888-EBPARKS, Option 3, then 4560	Danville	Sand Hill/Short Ridge/ Shady Slope/Unnamed Connector/ Sand Hill Trails	32	●	●	●	●			2.54 Loop	Easy
<b>Temescal Regional Recreation Area</b> 1-888-EBPARKS, Option 3, then 4561	Oakland	East Shore/West Shore/ Dam Trails	34	●	●	●	●	●	●	1.16 Loop	Easy to Moderate



East Bay Regional Park Park Office Phone Number	City	Trails	Page	Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Intensity
<b>Big Break to Marsh Creek Regional Trail</b> 1-888-EBPARKS, Option 3, then 4596	Oakley and Brentwood	Big Break to Marsh Creek Regional Trail	36	●	●	●	●	●	●	23.62 Round Trip	Easy to Moderate
<b>Brushy Peak Regional Preserve</b> 1-888-EBPARKS, Option 3, then 4512	Livermore	Laughlin Ranch Loop/Tamcan/Brushy Peak Loop/West Side Loop Trails	38	●	●	●	●			5.88 Loop	Moderate to Challenging
<b>Carquinez Strait Regional Shoreline</b> 1-888-EBPARKS, Option 3, then 4514	Martinez	Hulet Hornbeck/Franklin Ridge Loop/California Riding and Hiking/Rankin Park Trails	40	●	●	●	●			3.52 Loop	Moderate
<b>Hayward Regional Shoreline</b> 1-888-EBPARKS, Option 3, then 4531	San Lorenzo/Hayward	Grant Avenue to Interpretive Center via San Francisco Bay Trail	42	●	Partial Use	●	●			9.94 Round Trip	Moderate
<b>Kennedy Grove Regional Recreation Area</b> 1-888-EBPARKS, Option 3, then 4534	El Sobrante	Laurel Loop/Upper Sea Foam/Black Oak Loop/Kennedy Creek/Laurel Loop Trails	44	●	●	Partial Use	Partial Use			3.52 Loop	Moderate
<b>Lafayette Moraga Regional Trail</b> 1-888-EBPARKS, Option 3, then 3021	Lafayette and Moraga	Lafayette Moraga Trail/School Street/Country Club Drive/Lafayette Moraga Trail/Canyon Road	46	●	●	●	●	●	●	7.65 One Way	Easy to Moderate
<b>Sibley Volcanic Regional Preserve</b> 1-888-EBPARKS, Option 3, then 4554	Orinda	Sibley Staging Area to Overlook/Skyline National/Volcanic Loop/Quarry Road/Quarry Trail/Volcanic Loop/Round Top Loop/Overlook Trails	48	●	●	Partial Use	Partial Use	Partial Use	Partial Use	3.5 Loop	Moderate



East Bay Regional Park Park Office Phone Number	City	Trails	Page	Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Intensity
<b>Briones Regional Park</b> 1-888-EBPARKS, Option 3, then 4508	Martinez	Ivan Dickson Loop (Old Briones Road/Seaborg/Briones Crest/Spengler/Old Briones Road/Briones Crest/Deer Creek/Pereira/Ivan Dickson Point/Pereira/Deer Creek Trails)	50	●	●	●	●			12.1 Loop	Challenging
<b>Contra Loma to Black Diamond</b> 1-888-EBPARKS, Option 3, then 4518	Antioch	East Shore/West Shore/Ridge/Lake View/Homestead/Old Homestead Loop/Acorn/Mt. Diablo/Ridge/Stewartville Trails	52	●	●	●	●			7.7 Loop	Challenging
<b>Lake Chabot Regional Park</b> 1-888-EBPARKS, Option 3, then 4536	Castro Valley	West Shore/Bass Cove/Columbine/Live Oak/Cameron Loop/East Shore Trails	54	●	●	Partial Use	Partial Use	Partial Use	Partial Use	8.95 Loop	Challenging
<b>Morgan Territory Regional Preserve</b> 1-888-EBPARKS, Option 3, then 4546	Tassajara	Condor/Coyote/Stone Corral/Valley View/Manzanita/Miwok/Blue Oak/Hummingbird/Volvon/Prairie Falcon/Volvon/Condor Trails	56	●	●	Partial Use	Partial Use			7.38 Loop	Challenging
<b>Ohlone Regional Wilderness</b> 1-888-EBPARKS, Option 3, then 4547	Sunol	Ohlone Regional Wilderness	58	●		Partial Use	●			19.83-21.4 One Way	Challenging
<b>Old Moraga Ranch Regional Trail</b> 1-888-EBPARKS, Option 3, then 3021	Moraga	Rancho Laguna Park to Camino Pablo/Sanders Ranch Road/Moraga Ranch Trail/Sanders Ranch Road/Camino Pablo	60	●	●					7.1 Round Trip	Challenging
<b>Wildcat Canyon Regional Park</b> 1-888-EBPARKS, Option 3, then 4567	Richmond	Wildcat Canyon Staging Area to Wildcat Creek Trail/Havey Canyon/Nimitz Way/Mezuel/San Pablo Ridge/Belgum/Wildcat Creek Trails	62	●	●	●				8.03 Loop	Challenging

## Bishop Ranch Regional Preserve

### Stream View/Red Tail Hawk/Grey Fox Trails

**Length:** 2.48-mile loop **Elevation Gain:** Approximately 886 ft.

**Location:** San Ramon

**GPS Coordinates:** 37.749611, -121.963016

**Intensity:** Easy



**Park Features:** Bishop Ranch is truly a hidden gem of the East Bay. The park offers peace and solitude on 444 acres just a short distance from San Ramon Valley subdivisions and habitat for animals such as deer, red-tailed hawks, and turkey vultures. Hiking, jogging, kite flying, and blanket picnicking are some of the activities available on this ridge-top refuge.

**Trail Highlights:** Enjoy splendid views of the San Ramon, Dublin, and Pleasanton Valleys with Mount Diablo as a monumental backdrop. Travel through groves of oak trees along a seasonal creek. (Cattle graze along these rolling hills.) There are no restroom facilities so plan ahead. A small hose bib is located near the information board at the parking lot for filling a water bottle. Please note there is an alternate loop route for bicyclists since the narrow trail segments are closed to bicycles.

**Trail Directions:** Begin southwest on the Grey Fox Trail. Walk .06 miles, and turn right onto Stream View Trail. This trail splits around the seasonal creek, but either route will lead back to the same trail. After .40 miles on Stream View Trail, turn right to continue on Stream View Trail. For the next 1.10 miles, hike uphill along the creek, gaining about 400 feet. Now, the climb is over. Turn left onto Redtail Hawk Trail. (Or, if you would like to add some easy mileage to your trip, turn right for an out and back hike, adding 1.16 miles total to your hike). Once you are heading southeast on Redtail Hawk Trail to finish the loop turn left onto Grey Fox Trail. Take this trail straight and downhill, back to the start and enjoy sweeping views of Mount Diablo to the northeast along the way.

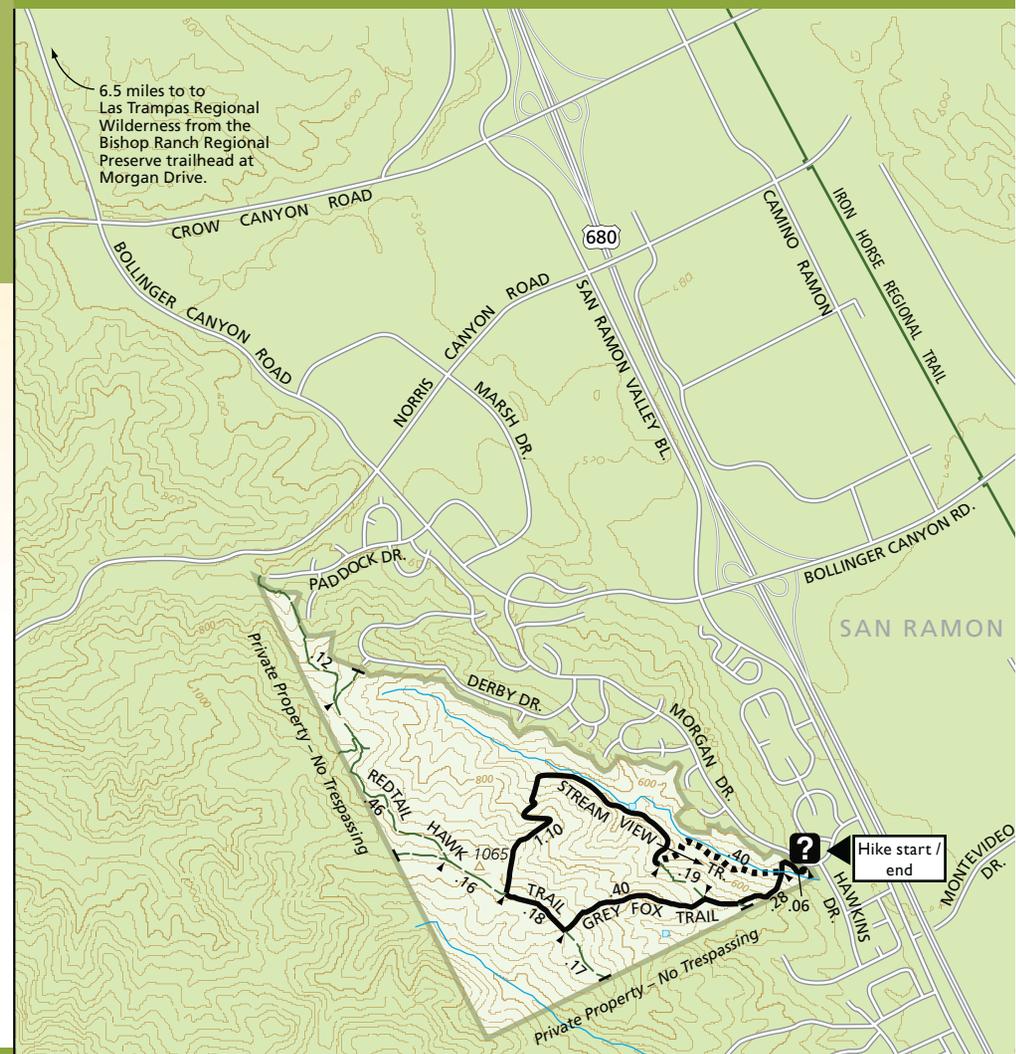
**Driving Directions:** From Interstate 680 North in Pleasanton, take exit 31 onto Alcosta Blvd. Turn left onto Alcosta Blvd. Take the first right onto San Ramon Valley Blvd. After 2.2 miles, turn left onto Morgan Dr. Bishop Ranch is on the right, and you may park on Morgan Dr.

From Interstate 680 South in Danville, take exit 34 for Bollinger Canyon Rd. Turn right onto Bollinger Canyon Rd. Turn left onto San Ramon Valley Blvd. Take the third right onto Morgan Dr. Bishop Ranch is on the right, and you may park on Morgan Dr.

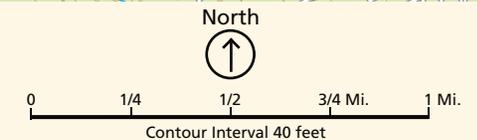
**Park Hours:** 5 a.m. – 10 p.m.

**Fees:** None

**Website:** [www.ebparks.org/parks/coyote\\_hills](http://www.ebparks.org/parks/coyote_hills)



- Featured Trail--Hiker, Horse, Bike
- Featured Trail-- Hiker Only
- Paved Trail
- - - Hiker, Horse, Bicycle Trail
- ↕ .28 ↕ Mileage Between Points



- ? Information
- \ Gate

**Health Tip:** Regular exercise, just a half an hour a day, can improve your heart function, lower your blood pressure, cholesterol and risk for heart disease. Exercise can also improve strength, endurance, and your body's ability to burn fat. It can ward off bad moods, improve sleep, decrease anxiety, and relieve depression.

# Robert W. Crown Memorial State Beach

Crab Cove Visitor Center to Shoreline Drive and back

**Length:** 4.57-mile round trip **Elevation Gain:** Approximately 9 ft.

**Location:** Alameda

**GPS Coordinates:** 37.76908,-122.278401

**Intensity:** Easy



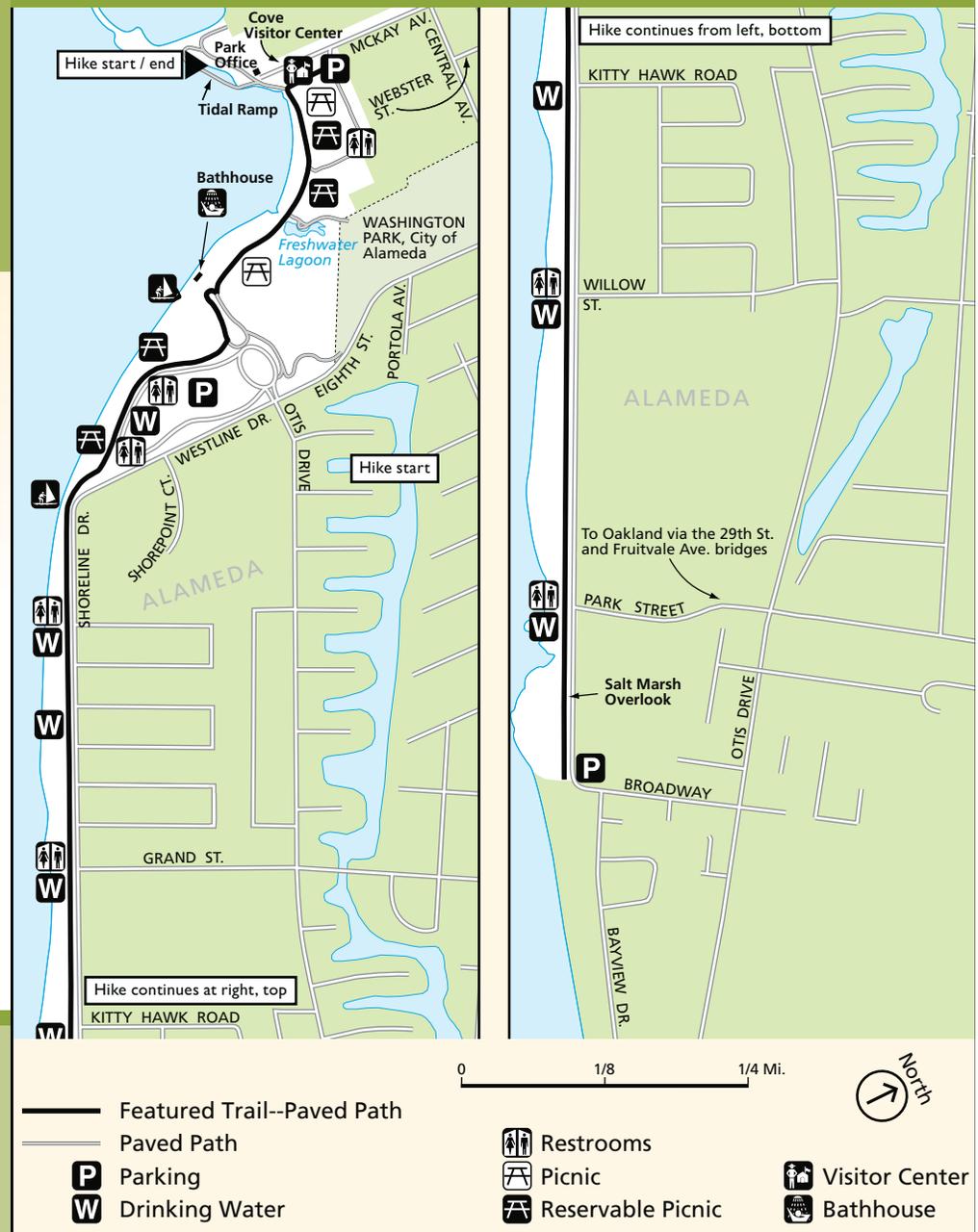
**Park Features:** The paved Shoreline Trail runs adjacent to San Francisco Bay with sweeping views and sandy beaches. Crab Cove Visitor Center, located at the start of your walk, features an 800-gallon aquarium showcasing marine organisms, and natural and cultural history exhibits. Tides move from high to low twice a day – and about 50 minutes later each day – so every visit may offer a new vista.

**Trail Highlights:** Sweeping Bay views from the San Mateo Bridge all the way to the Bay Bridge define this walk. The paved walkway is adjacent to San Francisco Bay affording water views and great bird-watching. There are many beach access points along this trail, allowing you to walk across the sandy beach to the water at any time. Large grassy areas and warm sand beaches along this trail offer people a great place to sunbathe, picnic, fish, dog walk, play and attend special events, like the Sand Castle Contest. Please note, to protect shorebirds, dogs are not allowed on the beach and must be on leash elsewhere.

**Trail Directions:** You will travel out and back along the same trail so you can turn around at any point. Begin at the McKay Avenue entrance and follow the paved Shoreline Trail past the Visitor Center to the left (south). Enjoy a small pond, habitat to ducks and dragonflies, on your left as you stroll along. As you round the large oval field, stay to the right. The 8th Street parking lot will be to your left. Continue your relaxing jaunt. The Shoreline Trail will take you down to Broadway, ending at the Elsie Roemer Bird Sanctuary, home to the endangered clapper rail and salt marsh harvest mouse.

**Driving Directions:** From Interstate 880 South, take exit 42 toward Broadway/Alameda. Turn right onto 5th St. Make a slight right to stay on 5th St. Turn left to merge onto CA-260 S/CA-61 S/Webster Street Tube. Continue to follow CA-260 S/CA 61 S. Turn right onto Central Ave. Take the first left onto McKay Ave, then turn left into parking lot.

From Interstate 880 North, take exit 41B toward Broadway/Downtown. Merge onto 6th St. Turn left onto Broadway. Take the first left onto 5th St. Turn left to merge onto CA-260 S/CA-61 S/Webster Street Tube. Continue to follow CA-260 S/CA 61 S. Turn right onto Central Ave. Take the first left onto McKay Ave, then turn left into parking lot.



**Park Hours:** 5 a.m. to 10 p.m.

**Fees:** \$5 parking fee approximately May through September

**Website:** [www.ebparks.org/parks/crown\\_beach](http://www.ebparks.org/parks/crown_beach)

# Point Pinole Regional Shoreline

Point Pinole/Cooks Point/Marsh/Owl Alley/China Cove/Pinole Point/  
Bay View Trails

**Length:** 4.06-mile loop **Elevation Gain:** Approximately 112 ft.

**Location:** Richmond

**GPS Coordinates:** 37.992163, -122.356120

**Intensity:** Easy



**Park Features:** Point Pinole Regional Shoreline is a 2,315-acre parkland with meadows, aromatic eucalyptus woods, and incredible bay views along bluffs and beaches on San Pablo Bay. Wildlife thrives here including deer, monarch butterflies, and a diverse bird population. Popular activities include hiking, bicycling, horseback riding, picnicking, camping, and fishing. Although a State fishing license is required to fish along the 5.5-mile shoreline, none is needed to fish from the pier.

**Trail Highlights:** This mainly flat route allows visitors to experience the entire park, including historical features, all the while experiencing 360 degree views of San Pablo Bay. Restrooms and water are located at the starting point and at the pier.

**Trail Directions:** From the parking lot, head north, pass the restrooms, then cross the bridge to your left and continue northwest along Pinole Point Trail. Make a right onto Cook's Point Trail and continue northwest for .67 miles. Investigate the Black Powder Press straight ahead. Make a sharp turn onto Marsh Trail, and travel .48 miles, (eucalyptus grove on left and San Pablo Bay views on right). Next, turn right onto Owl Alley Trail, travel .27 miles, and make a left on China Cove Trail. Soon, turn right onto the wide, paved, Pinole Point Trail. Take it all the way to the picnic tables to find Bay View Trail. We suggest you continue all the way to the point, walk onto the pier and enjoy the phenomenal bay view. After the pier, turn back on Pinole Point Trail and make a right on that connector trail to head west through the picnic tables. Turn left onto Bay View Trail. Head straight as you pass many trails on your left. After about 1.21 miles, pass Cook's Point Trail on your left, staying on Bay View Trail, as it veers left. Head right on Pinole Point Trail, cross the bridge, and turn right; retrace your steps back to the parking lot from here.

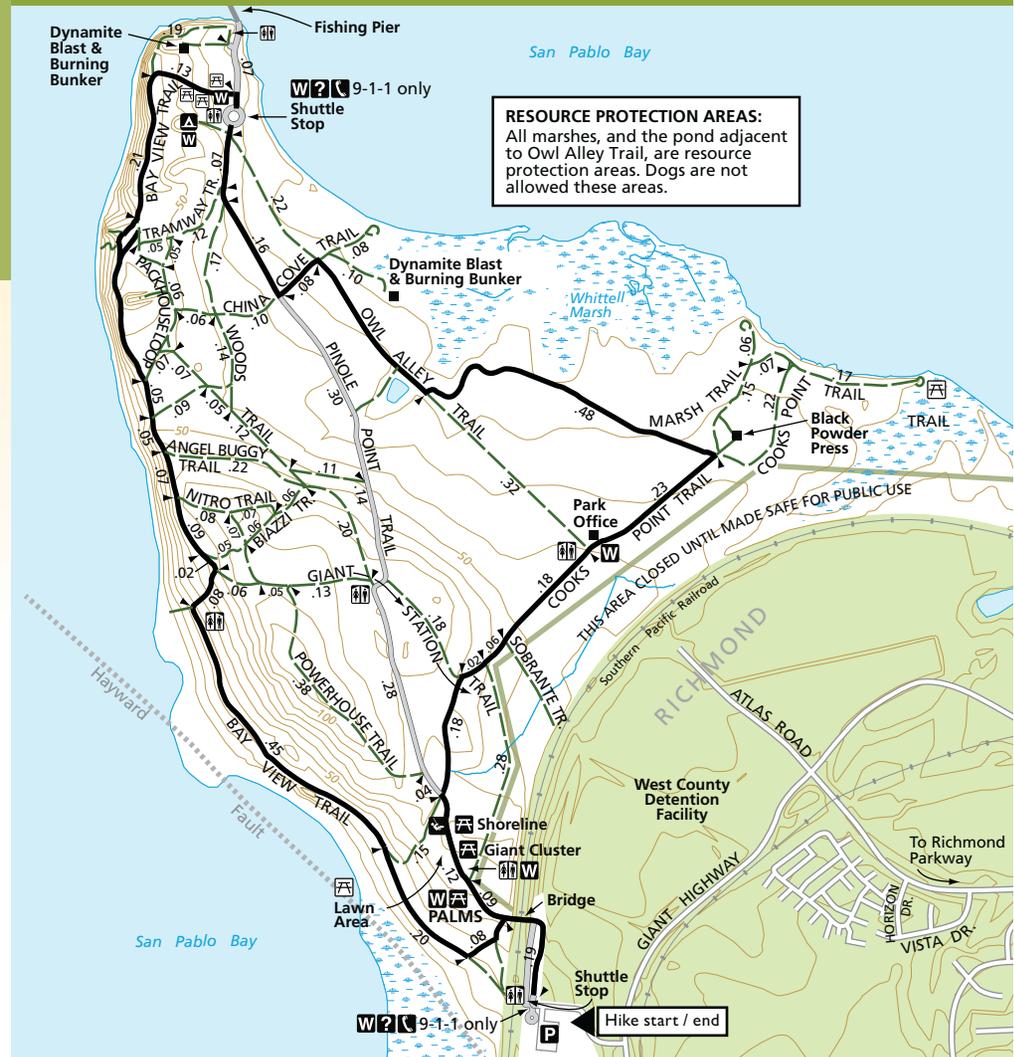
**Driving Directions:** From Interstate 80 East, take Richmond Parkway exit. Turn left onto Richmond Pkwy. Turn right onto Atlas Rd. Turn left onto Giant Hwy. Turn right into Point Pinole Regional Shoreline.

From Highway 4 West, take exit 1B for Interstate 80 West. Take exit 20 toward Interstate 580 and merge into Richmond Pkwy. Turn right onto Atlas Rd. Turn left into Giant Hwy. Turn right into Point Pinole Regional Shoreline.

**Park Hours:** 7 a.m. – dusk; seasonal hours vary

**Fees:** \$3 parking fee; \$2 dog fee

**Website:** [www.ebparks.org/parks/pt\\_pinole](http://www.ebparks.org/parks/pt_pinole)



- Featured Trail--Hiker, Horse, Bike
- - - Hiker, Horse, Bike Trail
- Paved Path--Hiker, Horse, Bike
- ▼ .28 ▼ Mileage Between Points

- P** Parking
- W** Drinking Water
- ♿** Restrooms
- 🏠** Reservable Picnic
- 🏠** Picnic
- ☎** Phone
- 👶** Tot Lot
- ?** Information

**Health Tip:** Your mind and body are connected – regular exercise can help lift your mood and reduce stress. Positive thinking helps you bounce back from difficult times and to enjoy yourself and others more.

# Roberts Regional Recreational Area

Roberts Ridge/West Ridge/Redwood Bowl Access Road/Graham/  
Diablo Vista Trails

**Length:** 1.32-mile loop **Elevation Gain:** Approximately 558 ft.

**Location:** Oakland

**GPS Coordinates:** 37.812318, -122.174562

**Intensity:** Easy



**Park Features:** This 82-acre area popular for picnicking and swimming, is known for its lush setting in a grove of fragrant second-growth redwood trees. Coast redwoods contribute to cool, moist environments, making this hike a good choice on warm days. When fog blankets the forest, it can be quite mystical to explore the park. Amenities include a baseball field, playfields, archery range, campsites, picnic tables, swimming pool, a sand volleyball court, open space for dogs, and a “Barrier Free” wheelchair-accessible children’s play area.

**Trail Highlights:** This fairly easy route will leave you feeling reenergized from your time among the towering, breathtaking, redwoods. This route takes you by all the park’s hot spots: Roberts Pool; a must-see “barrier-free” children’s playground area; an archery range; through the forest and into Redwood Bowl – a perfect place for dogs to romp off-leash; and picnic areas. Water, restrooms, and maps are available at the starting point.

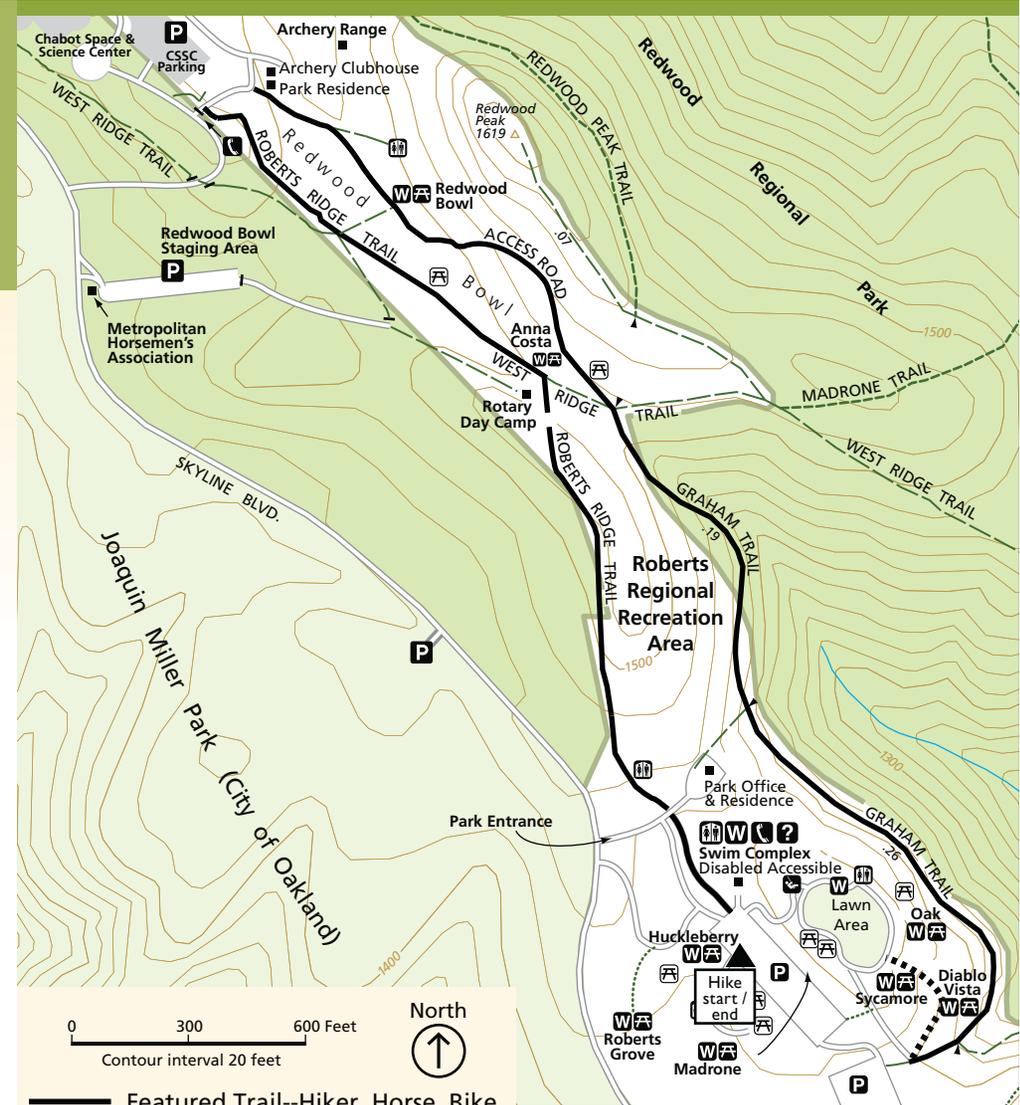
**Trail Directions:** From the parking lot, walk northwest on the road, towards the swim complex. Roberts Ridge Trail begins here as a paved trail, crosses the park’s entrance road, and becomes a forest trail slightly to your left. Look for a small bathroom to guide you. Hike .25 miles then continue left onto West Ridge Trail, a wide fire road. Hike .16 miles and veer right onto Roberts Ridge Trail. Hike .05 miles and veer right (towards Archery Range). Hike .05 miles and make a sharp right to the downhill near the park residence. Hike .21 miles, passing the Archery Range, along the access road and continue straight onto Graham Trail. Follow Graham trail for .50 miles. Turn right at Diablo Vista and hike .05 miles to catch a view of Mt. Diablo to the northeast. Continue along the trail to return to the lawn area and parking lot.

**Driving Directions:** From Highway 13 South, take exit 2 for Joaquin Miller Rd./ Lincoln Ave. Slight left onto Monterey Blvd. Take the first left onto Joaquin Miller Rd. Turn left onto Skyline Blvd. Turn right into Roberts Regional Recreational Area. From Highway 13 North, take the Joaquin Miller Rd. exit. Turn right onto Joaquin Miller Rd. Turn left Skyline Blvd. Turn right into Roberts Regional Recreational Area.

**Park Hours:** 8 a.m. – sunset (varies seasonally)

**Fees:** \$5 per vehicle; \$2 dog fee.

**Website:** [www.ebparks.org/parks/roberts](http://www.ebparks.org/parks/roberts)



- Featured Trail--Hiker, Horse, Bike
- ..... Featured Trail--Hiker Only
- Hiker, Horse, Bike Trail
- - - Hiker, Horse Trail
- ..... Hiker Only Trail
- ↕ .28 ↕ Mileage Between Points
- P** Parking
- W** Drinking Water
- ♿** Restrooms
- 🍃** Picnic
- 🍃** Reservable Picnic
- ☎** Phone
- 🐕** Tot Lot
- ?** Information
- ↗** Gate

**Health Tip:** Your mind and body are connected – regular exercise can help lift your mood and reduce stress. Positive thinking helps you bounce back from difficult times and to enjoy yourself and others more.

# Sycamore Valley Regional Open Space Preserve

## Sand Hill/Short Ridge/Shady Slope/Unnamed Connector/Sand Hill Trails

**Length:** 2.54-mile loop **Elevation Gain:** Approximately 882 ft.

**Location:** Danville

**GPS Coordinates:** 37.807021, -121.944991

**Intensity:** Easy



**Park Features:** Sycamore Valley Regional Open Space Preserve occupies two major ridges – Sherburne Hills and Short Ridge – located within a region of rolling hills and valleys south of Mt. Diablo. This hike takes place in the Short Ridge Unit, established in 1998. The park is mostly grassland with scattered oak savanna. Trees include valley oak, coast live oak, and buckeye. This habitat supports gopher snakes, racers, Northern Pacific rattlesnakes, acorn woodpeckers, scrub jays, black-tailed titmouse, Western bluebirds, Northern orioles, lazuli buntings, loggerhead shrikes, red-tailed hawks, great-horned owls, California quail, wild turkeys, and gray fox.

**Trail Highlights:** Are you stuck in traffic on Interstate 680? Then exit Sycamore Valley Rd. for a treat! This route is a great mixture of breath-taking views and a little bit of calorie burning. At just over two-and-a-half miles, this hike offers a quick ascent from a residential area to a peaceful, flat trail with views of Mt. Diablo, Las Trampas Ridge, Morgan Territory, and more. Water and restrooms are available at the starting point.

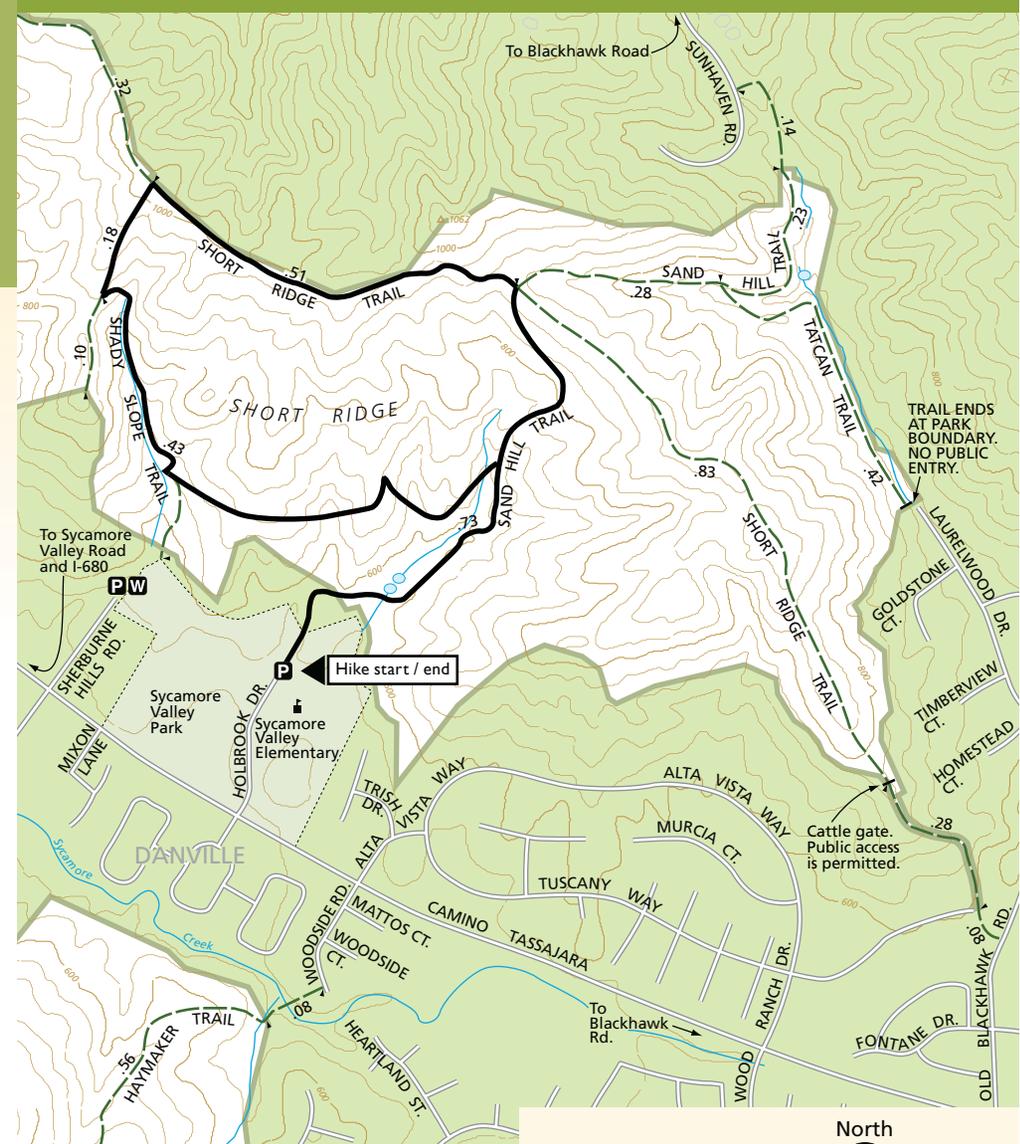
**Trail Directions:** Begin this challenge on the Sand Hill Trail. Ascend for .73 miles then make a left on Short Ridge Trail. Continue for .51 miles, then turn left onto Shady Slope Trail. Stay to the left at the next two junctions. However, be aware that the second junction does not have a trail post. It comes shortly after the first signed junction as you pass through the creek bed. Follow this unnamed cattle trail east, uphill and then back downhill. As you reach a water trough, make a sharp right and continue to follow this narrow trail. Warning: it seems as though you are heading away from the baseball fields, but the trail will bring you back to the accessible route. Once you reach the cattle gate, cross through it, and turn right onto Sand Hill Trail. This will lead you back to the parking lot.

**Driving Directions:** From Highway 24 east, bear right onto Interstate 680 south towards San Jose. Exit Sycamore Valley Road East. Continue as it becomes Camino Tassajara. From Camino Tassajara, make a left onto Holbrook Dr. Park at the far northeast end of the lot where the trailhead begins.

**Park Hours:** 5 a.m. to 10 p.m.

**Fees:** None.

**Website:** [www.ebparks.org/parks/sycamore](http://www.ebparks.org/parks/sycamore)



**—** Featured Trail--Hiker, Horse, Bike

**- - -** Hiker, Horse, Bike Trail

**↓ .28 ↓** Mileage Between Points

**P** Parking

**W** Drinking Water

**↘** Gate

North



0 1/8 1/4 Mi.  
Contour interval 40 feet

**Health Tip:** You can help prevent sunburn, poison oak, and insect bites by wearing long sleeves and pants, a hat, and sunscreen.

# Temescal Regional Recreation Area

## North Parking Lot to East Shore/West Shore/Dam Trails

**Length:** 1.16-mile loop **Elevation Gain:** Approximately 7 ft.

**Location:** Oakland

**GPS Coordinates:** 37.847596, -122.232814

**Intensity:** Easy



**Park Features:** Temescal is a convenient urban oasis, located between highways 24 and 13 in Oakland. This area is popular for swimming, fishing, sunbathing, and picnicking. It is also a great place to take a short and beautiful hike after a long day.

**Trail Highlights:** This short-loop trail is a sure and easy way to feel refreshed in the great outdoors. It initially runs past the beach swimming area and many picnic areas around the lake. The route then takes you along a single-track, past awesome fishing spots and through the local plant life. It ends at a large lawn area, suitable for picnics, Frisbee, sun-bathing, etc. There are restrooms, changing rooms, drinking water, and maps located near the swimming area.

**Trail Directions:** Begin on the trail at the east end of the north parking lot (farthest from the kiosk). Head east on the wide, paved trail toward Landvale picnic area. Continue to follow this trail towards the swim area, and keep right at the fork. As you pass the swim area on your right, you are officially on East Shore Trail. The restrooms/showers will be coming up on your left. Continue past them, and enjoy views of this peaceful lake and wonderful picnic areas. After passing the edge of the lake and more restrooms, make a right before reaching the park office in order to go around the other side of the lake. Make a right and head west on West Shore Trail. After .37 miles of terrific lake views, fishing docks, and blackberry bushes, walk up the stairs to your left, and make a right onto dam trail. Travel past the lawn area, then make a left at the end to return to the starting point.

**Driving Directions:** From Highway 24 west, take the exit toward Tunnel Road. Turn left onto Caldecott Lane and then take your second left to cross over the freeway. Turn right on the far side of the overpass onto Broadway, drive .70 miles and turn left into the park.

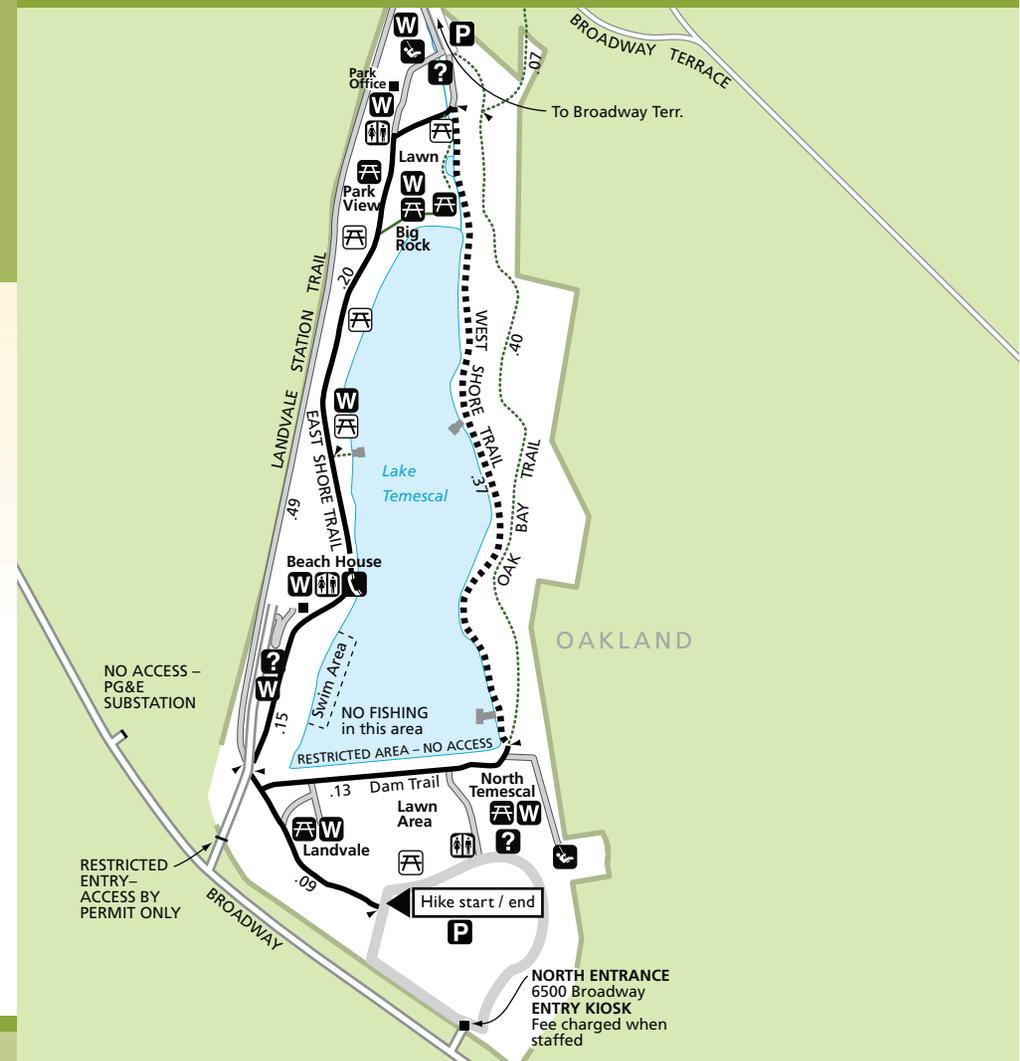
From Highway 24 east, take the Broadway exit. Merge onto Keith Ave. Turn left onto Broadway, drive .70 miles, and then turn right into the park.

From Highway 13 north, follow signs for Hwy 24/Walnut Creek. Keep to the right as you get to the top of the ramp. Make a sharp right onto Tunnel Road and drive about 1 mile, turn left into the parking lot.

**Park Hours:** 5 a.m. to 10 p.m.

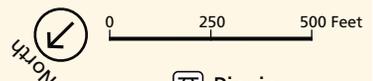
**Fees:** \$5 parking fee April – October; \$2 dog fee.

**Website:** [www.ebparks.org/parks/temescal](http://www.ebparks.org/parks/temescal)



- Featured Trail--Multiuse Paved
- Featured Trail--Hiker Only
- Multiuse Paved Path
- Hiker Only Trail
- Mileage Between Points

- Parking
- Drinking Water
- Restrooms
- Reservable Picnic
- Phone
- Tot Lot
- Information



**Health Tip:** Sunscreen is a great way to protect your skin from the sun. Wear sun protection factor (SPF) 15 or higher. Waterproof sunscreen usually stays on for about 30 minutes in water. It will stay on longer if applied 30 to 60 minutes before getting into the water. This will give it time to dry.

# Big Break to Marsh Creek Regional Trail

## Big Break to Marsh Creek Regional Trail

**Length:** 23.62 miles (11.81 miles one way) **Elevation Gain:** Approximately 151 ft.

**Location:** Oakley and Brentwood

**GPS Coordinates:** 38.004828, -121.710920

**Intensity:** Easy to Moderate



**Park Features and Trail Highlights:** Explore the marshland from Big Break to the Marsh Creek Regional Trail on this “easy to moderate,” out-and-back route. Because it is not a loop you can turn around and head back at any time. Restrooms are near the starting point, right before the transition onto Marsh Creek Trail.

Adjacent to the start of this walk is the newly built Big Break Visitor Center at the Delta, open weekends, 10 a.m. – 4 p.m. Along the route there are benches and picnic tables all with great Delta views. There is not much shade so travel early on hot days. As you transition from Big Break to Marsh Creek Trail, you wind along Marsh Creek through bountiful farmland. Bring water and keep dogs on leash.

**Trail Directions:** Begin at Big Break Road (near the entrance to the shoreline). Head east on Big Break Regional Trail, a wide, multi-use trail. Trek .60 miles, to the Piper Lane cul-de-sac. Walk Piper Ln., but make your first left onto Rutherford Ln. As you begin to curve right, turn left and back onto the paved trail. Shortly, you will enter Merlot Ln. Continue: after you pass Merlot Ct., turn left back onto the paved trail. Follow this for 2 miles until you cross the bridge where the Big Break Regional Trail ends.

Turn right after the bridge, and begin the Marsh Creek Regional Trail. After 1.12 miles, go under a tunnel and stay to the left of the bridge. Cross over E. Cypress Rd. at the signal labeled “Trail Crossing.” Continue, crossing Laurel Rd., passing Creekside Park, and crossing Delta Rd. As you cross Sunset Rd., head right towards Main St. and use the crosswalk. Continue left along the trail. Use the tunnel under Sand Creek Rd. and O’Hara Ave. Soon after, cross over Central Blvd. and Dainty Ave. with caution, then continue under Balfour Rd. As you enter the other Creekside Park, turn left and continue south through the park. Turn right onto Creek Rd. and follow this to Concord Ave. Turn around and retrace your steps back to the start.

**Driving Directions:** Take Highway 4 east and exit CA-160 toward Stockton/Rio Vista. Take the CA-4 exit toward Stockton/Oakley. Turn right onto Main St. Turn left onto Big Break Rd. Turn right into the park.

**Park Hours:** 8 a.m. – sunset; seasonal hours vary.

**Fees:** None.

**Website:** [www.ebparks.org/Assets/files/trails/BigBreakRegionalTrail.pdf](http://www.ebparks.org/Assets/files/trails/BigBreakRegionalTrail.pdf) and [www.ebparks.org/parks/trails/marsh\\_creek](http://www.ebparks.org/parks/trails/marsh_creek)



**Health Tip:** A good diet is one of the most powerful medicines you have to keep you healthy, so design your meals for wellness – eat fruits and vegetables in a variety of colors to give your body a full range of nutrients.

# Brushy Peak Regional Preserve

Laughlin Ranch Staging Area to Laughlin Ranch Loop/Tamcan/Brushy Peak Loop/West Side Loop Trails

**Length:** 5.88-mile loop **Elevation Gain:** Approximately 2,103 ft.

**Location:** Livermore

**GPS Coordinates:** 37.747083, -121.708260

**Intensity:** Moderate to Challenging

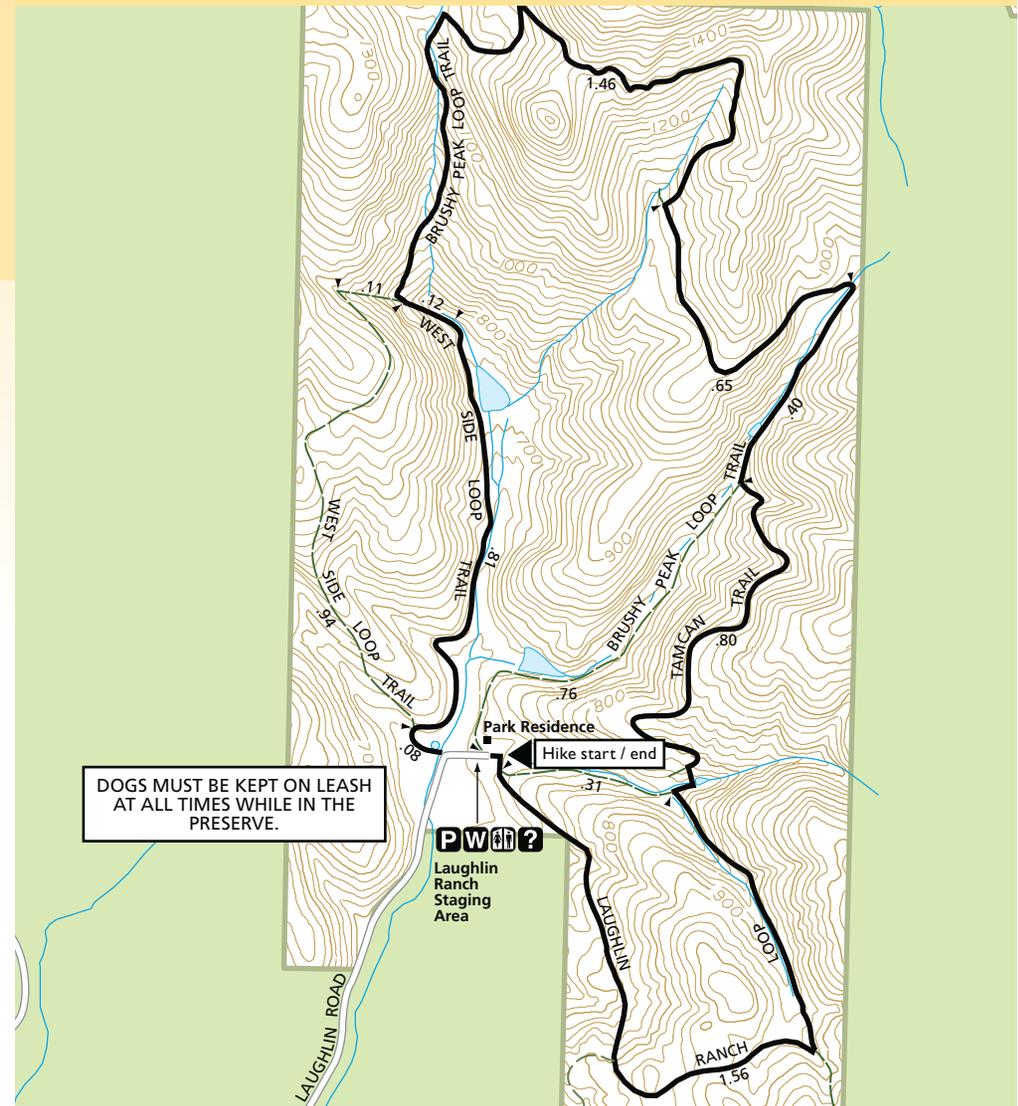


**Park Features:** Brushy Peak is a 1,702-foot landmark at the juncture of the San Francisco Bay Area, the California Delta, and the Central Valley. The park has been recognized as sacred by generations of native Californians. Local wildlife in this park includes golden eagles, several species of hawks, meadowlarks, loggerhead shrikes, coyotes, snakes, and jack rabbits. This area is comprised of rolling hill grasslands with sparse groupings of California native oak trees for shade. Dogs must be on-leash at all times in Brushy Peak Regional Preserve.

**Trail Highlights:** This park is one peaceful getaway: remote and surrounded by farmland. This challenge is rated “moderate to challenging,” because the elevation gain is gradual and doesn’t feel strenuous. Most of this route is exposed to the sun, making this trail best suited for late fall, winter, and early spring. Wildlife thrives here, so keep your eyes peeled! There are restrooms, but no drinking water available at the starting point. Please bring water.

**Trail Directions:** From the parking lot, hike Laughlin Ranch Loop straight south as you slowly begin to ascend uphill. Along this 1.56-mile loop, you will pass by two trails on your right-hand side. Stay to your left to complete the Laughlin Ranch Loop Trail. Towards the end of the loop, hike along a creek until you reach a cattle gate. Turn right, through the gate, on Tamcan Trail. It makes a quick left, and then curves right. Follow along the Tamcan Trail for .80 miles, and then turn right onto Brushy Peak Loop. This trail heads north towards the peak with one big switchback. After about a mile, turn right to continue on Brushy Peak Loop as you continue to ascend towards the peak. Keep in mind the sacredness of this area to Native Americans. Continue hiking west, away from the peak and towards the houses in the distance; then the trail sharply veers south. Once you hit West Side Loop Trail, continue left towards the cattle gate. Once you cross through the cattle gate, continue to the right along the lake, and follow West Side Loop Trail all the way back to the parking lot.

**Driving Directions:** From Interstate 580 west, take the exit toward Laughlin Rd. Turn left onto Altamont Pass Rd. Take the first right onto Laughlin Rd. Take Laughlin Rd. for 2.4 miles to the park entrance, and park at the far end of the lot. From Interstate 580 east, take the exit for Vasco Rd. toward Brentwood. Keep left at the fork, follow signs for Vasco Rd. north, and merge onto North Vasco Rd. Turn right onto Northfront Rd. Turn left onto Laughlin Rd. Take Laughlin Rd. for 2.4 miles to the park entrance, and park at the far end of the lot.



DOGS MUST BE KEPT ON LEASH AT ALL TIMES WHILE IN THE PRESERVE.

— Featured Trail—Hiker, Horse, Bike

--- Hiker, Horse, Bicycle Trail

↓ .28 ↓ Mileage Between Points



0 1/4 1/2 Mi.  
Contour Interval 20 feet

P Parking

W Drinking Water

Restrooms

Information

**Park Hours:** 8 a.m. to sunset; seasonal hours vary.

**Fees:** None.

**Website:** [www.ebparcs.org/parks/brushy\\_peak](http://www.ebparcs.org/parks/brushy_peak)

# Carquinez Regional Shoreline

Nejedly Staging Area to Hulet Hornbeck/Franklin Ridge Loop/California Riding and Hiking/Hulet Hornbeck Trails

**Length:** 3.52-mile loop **Elevation Gain:** Approximately 1,397 ft.

**Location:** Martinez

**GPS Coordinates:** 37.807021, -121.944991

**Intensity:** Moderate



**Park Features:** Carquinez Strait Regional Shoreline comprises 1,415 acres of bluffs and shoreline along Carquinez Scenic Drive between the town of Crockett and the hillsides overlooking Martinez and is a gateway to the river delta region. The sights and sounds of tugboats along this broad waterway are part of the charm and excitement of Carquinez Strait Regional Shoreline.

**Trail Highlights:** This hike provides great up-and-down exercise and views. From atop Franklin Ridge along the Franklin Ridge Loop Trail and the California Riding and Hiking Trail, the horizon is pierced by the peaks of Mt. Tamalpais to the west and Mt. Diablo to the east. Looking south from this high point are the ridges of Briones and Las Trampas Regional Parks. The Nejedly Staging Area has a chemical toilet and picnic tables but no water so plan to bring your own.

**Trail Directions:** From the Nejedly Staging Area, pass through cattle gate onto the Hulet Hornbeck Trail. Hike uphill for .58 miles, then turn left onto Franklin Ridge Loop. Keep right to stay on Franklin Ridge Loop. At the next intersection, turn right to stay on Franklin Ridge Loop. After descending down beside a creek bed, this trail continues for .72 miles before it turns uphill and to your right (north). Follow this loop up and around and notice you begin to catch sweeping views of Carquinez Strait. After a steep incline, make a left to take a side trail (unnamed, but obvious and on the map) uphill, .15 miles, to a lookout point (bench). Although there are four lookout spots along the loop this is the best option. Retrace your steps back to the Franklin Ridge Loop and turn left. Continue along the ridge, and enjoy the scenery. Make a left on the Hulet Hornbeck trail to return to the Nejedly Staging Area.

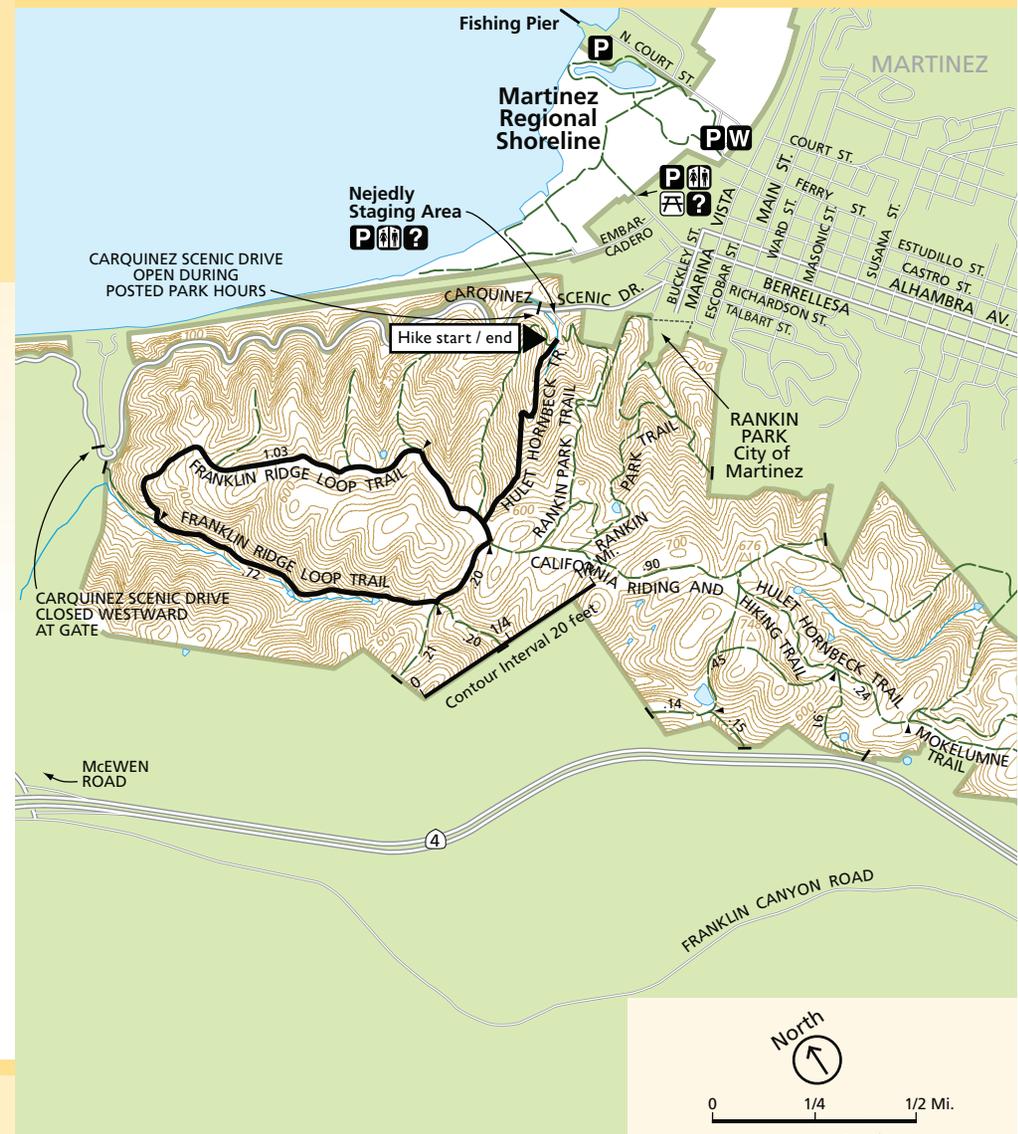
**Driving Directions:** From Interstate 680 North in Walnut Creek, take exit 56 for Waterfront Rd. toward Marina Vista. Turn left onto Waterfront Rd. Continue onto Marina Vista. Turn right onto Alhambra Ave. Take the first left onto Buckley St. Take the third right onto Talbart St. Turn left onto Carquinez Scenic Dr. Turn left into Nejedly Staging Area.

From Highway 4 East, take exit 9 for Alhambra Ave. toward Martinez. Turn left onto Alhambra Ave. Turn left onto Buckley St. Take the third right onto Talbart St. Turn left onto Carquinez Scenic Dr. Turn left into Nejedly Staging Area.

**Park Hours:** Park Hours: 8 a.m. to sunset; seasonal hours vary

**Fees:** None.

**Website:** [www.ebparks.org/parks/carquinez](http://www.ebparks.org/parks/carquinez)



- Featured Trail--Hiker, Horse, Bike
- Hiker, Horse, Bike Trail
- Mileage Between Points
- Parking
- Drinking Water
- Restrooms
- Information
- Picnic
- Gate

**Health Tip:** Form good exercise habits – make walking a part of your regular exercise routine. Add more exercise to your day by parking farther from the office or store and walking some extra steps.

# Hayward Regional Shoreline

Grant Avenue to Interpretive Center via San Francisco Bay Trail

**Length:** 9.94 round trip **Elevation Gain:** Approximately 50 ft.

**Location:** San Lorenzo/Hayward

**GPS Coordinates:** 37.669627, -122.157556

**Intensity:** Moderate



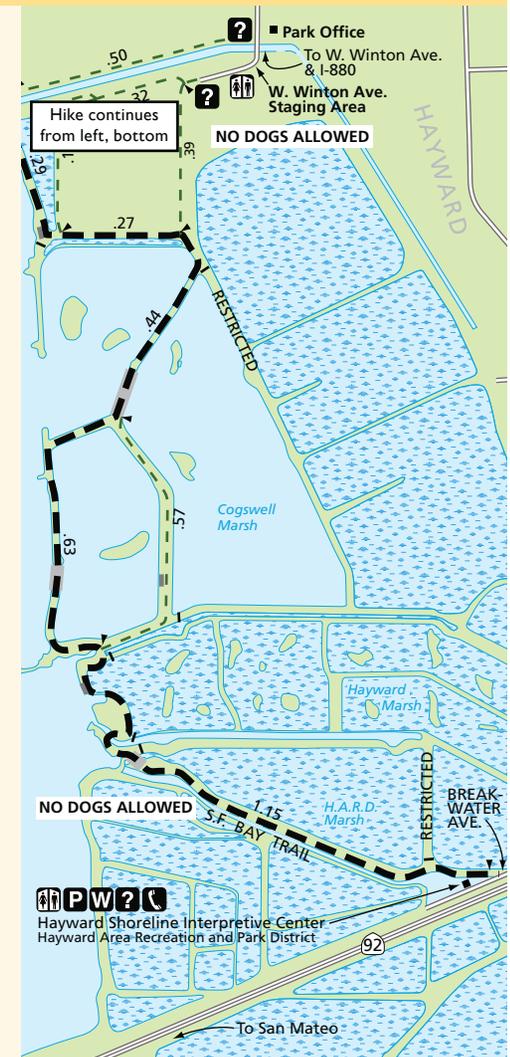
**Park Features:** Hayward Regional Shoreline consists of 1,811 acres of salt, fresh, and brackish water marshes, seasonal wetlands and public trails. The shoreline includes Hayward, Cogswell, and Oro Loma marshes, all crucial elements of the thriving ecosystem utilized by many species of nesting birds. Activities at the shoreline include hiking, bicycling, jogging, bird-watching, blanket-picnicking and fishing. Fishing is allowed from the levees, except in the marsh areas. A state fishing license is required for those ages 16 and over. Dogs are not allowed south of Winton Avenue to protect nesting and feeding wildlife.

**Trail Highlights:** The wide, multi-use gravel trail is a popular escape for local residents to exercise outdoors, take in impressive Bay views, or enjoy the simplicity of the peaceful, natural environment. Egrets, avocets, and willets are likely to be spotted, and red tailed hawks may pass overhead. Benches are available at regular intervals. There is no drinking water so bring your own. A restroom is located at the mouth of San Lorenzo Creek, very close to the starting point and along the route. Leashed dogs are allowed on the trail, but not south of W. Winton Avenue Flood Control Channel.

**Trail Directions:** From the parking lot, head northwest along the trail from Grant Ave, towards San Lorenzo Creek. The trail veers left, then left again, passing the only restroom along this route. Continue straight (southward) for the next 1.81 miles, as you cross bridges, pass benches, and view the Oro Loma Marsh to your left. At the next junction, keep right as the trail bulges west near Hayward Landing. Turn right to continue along the shoreline. The trail then heads inland for .27 miles. Turn right at the next junction to head south again. After .44 miles, keep left to travel alongside the Cogswell Marsh. After Cogswell Marsh, the trail veers right. At the next junction, make a left to continue south. The last 1.15 miles take you on a windy route along Hayward Marsh to the Hayward Shoreline Interpretive Center at Breakwater Ave. Retrace your steps to finish this 9.94-mile challenge.

**Driving Directions:** From Interstate 880 north, take the Hesperian Boulevard exit. Turn left onto Hesperian Blvd. Turn right onto Grant Ave. Drive 1.8 miles and turn right into the parking lot for Hayward Regional Shoreline.

From Interstate 880 south, take the I-238 exit toward I-580/Stockton/Fresno. Keep right at the fork, and follow signs for Washington Ave. Turn left onto Beatrice St. Take the first right onto Washington Ave. Turn right onto Grant Ave. Drive 1.3 miles, and turn right into the parking lot for Hayward Regional Shoreline.



0 1/8 1/4 3/8 1/2 Mi.

- Featured Trail--Hiker, Bike
- - - Hiker, Bicycle Trail
- ▼ .28 ▼ Mileage Between Points

- P** Parking
- W** Drinking Water
- ♿** Restrooms
- ?** Information
- ☎** Telephone
- Gate

**Park Hours:** 5 a.m. to 10 p.m.

**Fees:** None.

**Website:** [www.ebparks.org/parks/hayward](http://www.ebparks.org/parks/hayward)

# Kennedy Grove Regional Recreation Area

Laurel Loop/Upper Sea Foam/Black Oak Loop/Kennedy Creek/ Laurel Loop Trails

**Length:** 3.52-mile loop **Elevation Gain:** Approximately 1,047 ft.

**Location:** El Sobrante

**GPS Coordinates:** 37.947751, -122.266352

**Intensity:** Moderate



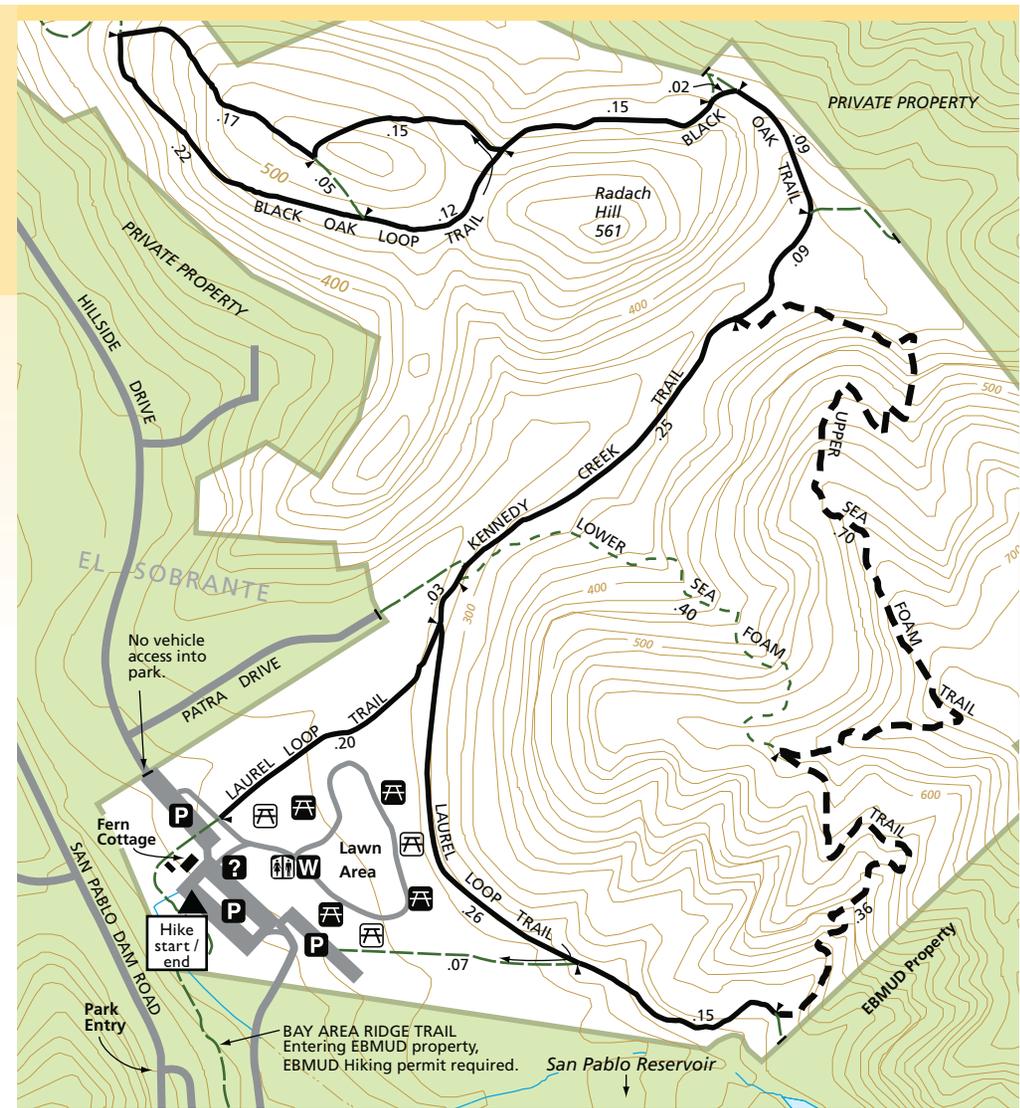
**Park Features:** Long before this 222-acre area became a park, it was the site of ranchos, wheat fields, and stations for the California Nevada Railroad. The park's picnic areas are named for some of the historic railroad stops. The park was dedicated on October 22, 1967, named to honor the late President John F. Kennedy. Kennedy Grove Regional Recreation Area offers a comfortable setting for group picnics or informal gatherings of friends and families.

**Trail Highlights:** The trail begins in a wonderful eucalyptus grove, a peaceful setting for picnics and gatherings. It then ascends high above and adjacent to the San Pablo Reservoir, and takes you through the shaded chaparral, filled with coast live oak, coyote brush, toyon, poison oak, monkey flower, ferns, and more. This route offers a great lookout point for birdwatching and pleasant benches along the way. Restrooms, water, and maps are available at the starting point.

**Trail Directions:** From the lot, begin northwest on the Laurel Loop Trail, heading towards Kennedy Creek Trail. After .20 miles, make a sharp right turn to continue onto Laurel Loop Trail. Hike .26 miles, and continue straight on Laurel Loop Trail. After .15 miles, turn left onto Laurel Loop as it ascends into a single track trail. After .36 miles uphill, make a sharp right onto Upper Sea Foam Trail. Hike .70 miles, then turn right onto Black Oak Trail. After .35 miles, turn right at the fork of Black Oak Loop Trail. After .15 miles, you will see a picnic table to your right; make a right here. After .17 miles, at the next junction, stay to the left to continue on Black Oak Loop. Hike .22 miles and continue straight back to Kennedy Creek Trail. As Black Oak Trail turns into Kennedy Creek Trail, you will pass by both Upper and Lower Sea Foam Trails to your left. Continue straight, passing through the recreation area, onto Laurel Loop Trail, and back to the parking lot.

**Driving Directions:** From Interstate 80 east, take exit 18 for San Pablo Dam Rd. and turn right onto San Pablo Dam Rd. Drive 4.4 miles and turn left into Kennedy Grove Recreation Area. Pass through the kiosk and continue straight to a sign labeled "Fern Cottage." Turn right at the sign and park in this overflow lot.

From Interstate 80 west, take exit 19A for El Portal Dr. and turn left onto El Portal Dr. Turn left onto San Pablo Dam Rd. Drive 3.5 miles and turn left into Kennedy Grove Recreation Area. Pass through the kiosk and continue straight to a sign labeled "Fern Cottage." Turn right at the sign and park in this overflow lot.



Featured Trail--Hiker, Horse, Bike  
 Featured Trail--Hiker, Horse  
 Hiker, Horse, Bike Trail  
 Hiker, Horse Trail  
| .28 | Mileage Between Points

P Parking  
W Drinking Water  
♿ Restrooms  
⛶ Reservable Picnic  
? Information  
 Gate

↑ North  
⛶ Picnic

0 200 400 Feet  
 Contour interval 20 feet

**Park Hours:** 8 a.m. – sunset; seasonal hours vary

**Fees:** \$5 season-weekends and holiday parking fee; \$2 dog fee

**Website:** [www.ebparks.org/parks/kennedy](http://www.ebparks.org/parks/kennedy)

# Lafayette Moraga Regional Trail

Lafayette Moraga Trail/School Street/Country Club Drive/  
Lafayette Moraga Trail/Canyon Road

**Length:** 15.3 miles (7.65 miles one way) **Elevation Gain:** Approximately 600 ft.

**Location:** Lafayette and Moraga

**GPS Coordinates:** 37.886158, -122.093865

**Intensity:** Easy to Moderate



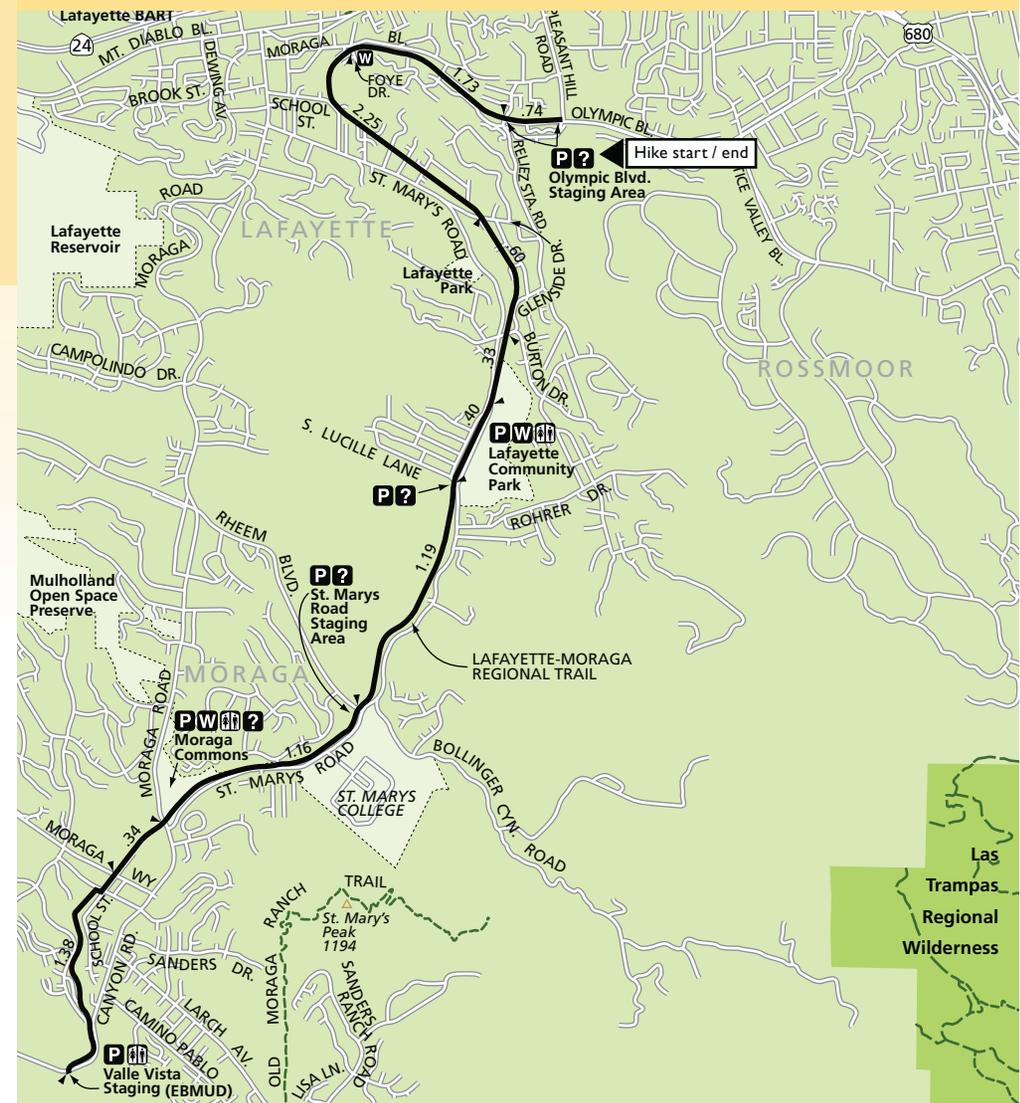
**Park Features and Trail Highlights:** The Lafayette-Moraga Regional Trail, a 7.65-mile linear park, parallels St. Mary's Road through Lafayette and Moraga. It is intended for hiking, bicycling, and equestrian use. We begin this trail on the north end, at the Olympic Boulevard Staging Area, adjacent to Pleasant Hill Rd. By beginning at this end, most of the elevation is gained during the first half of the trip. Once you reach the Valle Vista Staging Area to turn back and complete the challenge, the second half is mostly downhill cruising. For an easy start, and an end with the more challenging portion, begin at the Valle Vista Staging Area in Moraga.

This route is "easy to moderate" because you can easily decrease the distance to make it an easy challenge since it is an out-and-back trail (not a loop trail). The entire challenge is 15.3 miles, but you can make it 2 miles, for example, by traveling one mile from the starting point and turning back.

**Trail Directions:** Begin westward on Lafayette Moraga Trail, accessible from Pleasant Hill Rd. Follow this paved trail as you cross over neighborhood streets and crosswalks. After 1.6 miles, complete a short section on Brookdale Court, then continue back onto the paved trail. After another 1.2 miles, cross over a wooden bridge. In .4 miles from the bridge, cross St. Mary's Rd. and continue on the trail on the far side of the road. In another 1.6 miles, cross Rheem Blvd. Shortly after, you will pass St. Mary's College on your left. After another 1.1 miles, cross Moraga Rd. and continue straight on the trail, passing through Moraga Commons. After Moraga Commons, the wide, paved trail ends, but the Lafayette-Moraga Trail continues along School Street. Cross Country Club Drive and turn right onto the sidewalk. Shortly after, there is a turnoff to your left to get back on the paved trail. Cross over a bridge, then continue for one more mile. The trail ends here as you turn left onto Canyon Rd. and reach the midpoint of this challenge at the EBMUD Valle Vista Staging Area. This is a great chance to take a rest or restroom break before retracing your steps back to the beginning.

**Driving Directions:** From Interstate 680 (north or south), take exit 45B for Olympic Boulevard. Head west on Olympic Boulevard. Directly after Pleasant Hill Road, turn right into parking lot.

From Highway 24 east, take exit 14 for Pleasant Hill Road and keep right at the fork. Then turn right onto Pleasant Hill Road. Turn right onto Olympic Blvd., and then immediately turn right into the parking lot.



Featured Trail--Hiker, Horse, Bike  
 Hiker, Horse, Bike Trail  
 Hiker, Horse Trail  
28 Mileage Between Points

P Parking  
W Drinking Water  
P? Restrooms  
? Information

North  
↑
0 1/4 1/2 3/4 1 Mi.

**Park Hours:** 5 a.m. to 10 p.m.

**Fees:** None.

**Website:** [www.ebparks.org/parks/trails/lafayette\\_moraga](http://www.ebparks.org/parks/trails/lafayette_moraga)

# Sibley Volcanic Regional Preserve

**Sibley Staging Area to Overlook/Skyline National/Volcanic Loop/  
Quarry Road/Quarry Trail/Volcanic Loop/Round Top Loop/Overlook Trails**

**Length:** 3.5-mile loop **Elevation Gain:** Approximately 513 ft.

**Location:** Orinda

**GPS Coordinates:** 37.847596, -122.198664

**Intensity:** Moderate



**Park Features:** East Bay residents have the remnants of a volcano in their backyard at Sibley Volcanic Regional Preserve. Originally called Round Top Park, the preserve was later named in honor of Robert Sibley, Park District cofounder. Sibley shares with Temescal and Tilden the distinction of being one of the East Bay Regional Park District's original parks. Round Top is made up of lava and volcanic debris left over from a 10-million-year-old volcano.

**Trail Highlights:** This loop trail crosses weathered basalt, and passes geologic features on its journey around Round Top, one of the area's highest peaks (elevation 1,763 ft. above sea level). Enjoy sweeping views before entering a eucalyptus/bay laurel forest. The staging area includes informative geologic exhibits, maps with self-guided nature trail text explaining the geological phenomena around the park, and restrooms and drinking fountains.

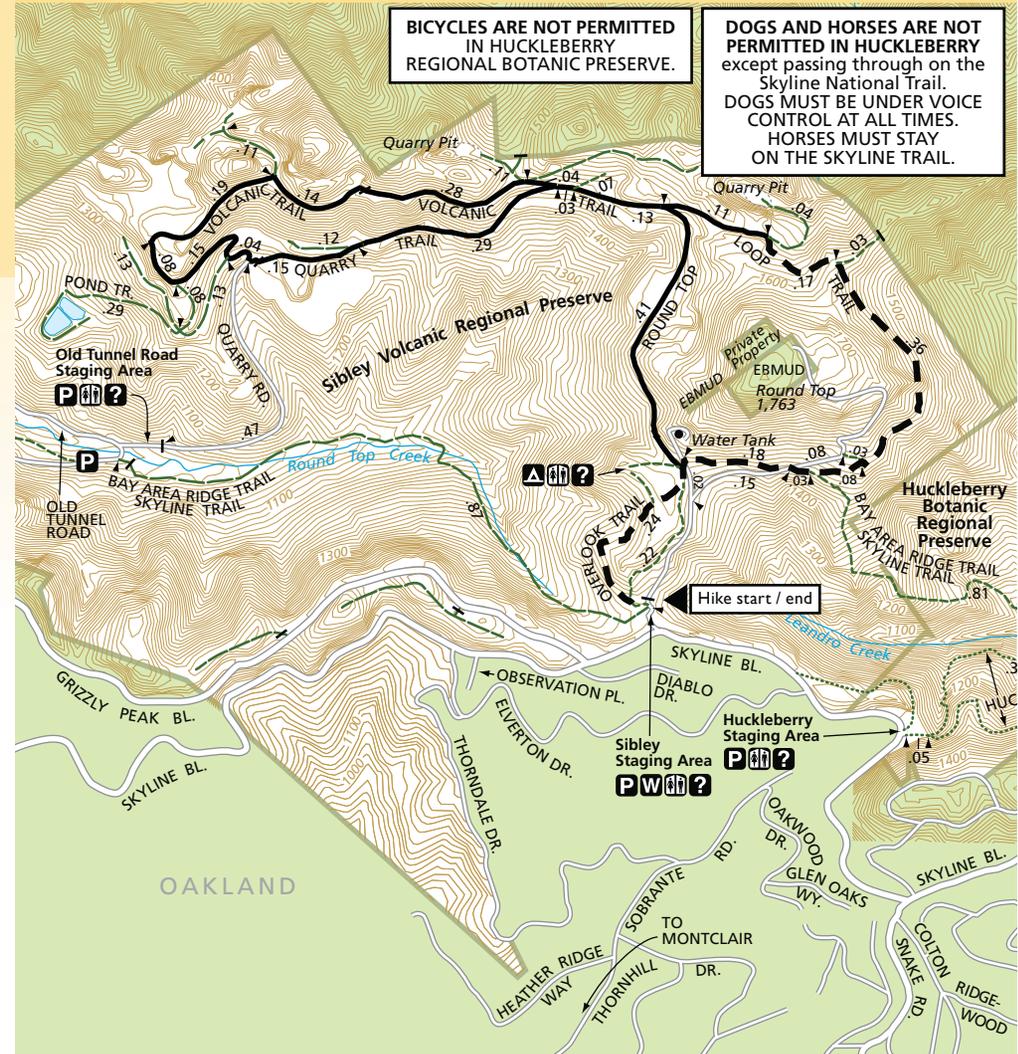
**Trail Directions:** Begin northeast on the Overlook Trail. Keep left at the fork and continue for .24 miles. Cross Round Top Rd. and continue straight into the forest on Skyline National Trail, a single-track trail. Follow this trail around Round Top for the next .93 miles. Continue straight/right onto Volcanic Trail Loop for .81 miles with the canyon to your left and volcanic features to your right. We encourage you to visit these features along the way, and read about them in your trail map. Make a left onto Quarry Road. Continue on the winding paved road for .27 miles until the junction with Quarry Trail to your left and go through a cattle gate. Continue on Quarry Trail for .44 miles and continue straight onto Volcanic Trail Loop. Hike .16 miles and turn right on Round Top Trail Loop Trail. Make a right onto Overlook Trail, and retrace your steps back to parking lot.

**Driving Directions:** From Highway 24 East, take exit 7A toward Fish Ranch Rd. Merge onto Old Tunnel Rd. Turn right onto Fish Ranch Rd. Turn left onto Grizzly Peak Blvd. Drive 2.4 miles and turn left onto Skyline Blvd. Turn left into Sibley Staging Area. From Highway 24 West, exit 7A toward Fish Ranch Rd. and turn right at the stop sign to go up the hill. Turn left onto Grizzly Peak Blvd., continue 2.4 miles and turn left onto Skyline Blvd. Turn left into Sibley Staging Area. **6800 Skyline Blvd., Oakland.**

**Park Hours:** 7 a.m. to 10 p.m.

**Fees:** None.

**Website:** [www.ebparke.org/parks/sibley](http://www.ebparke.org/parks/sibley)



	Featured Trail--Hiker, Horse, Bike	North 	0 1/8 1/4 Mi. Contour interval 10 feet
	Featured Trail--Hiker, Horse		
	Hiker, Horse, Bike Trail		Parking
	Hiker, Horse Trail		Drinking Water
	Hiker Only Trail		Restrooms
	Mileage Between Points		Picnic
			Group Camp
			Gate

**Health Tip:** Walk for 15 to 20 minutes, four to five times a week, and feel the difference in your health. Keep a daily journal of your exercise and what you eat to help you stick to a "Health Maintenance" plan.

## Briones Regional Park

**Ivan Dickson Loop (Bear Creek Staging Area to Old Briones Road/Seaborg/Briones Crest/Spengler/Old Briones Road/Briones Crest/Deer Creek/Pereira/Ivan Dickson Point/Pereira/Deer Creek Trails)**

**Length:** 12.1-mile loop **Elevation Gain:** Approximately 4,012 ft.

**Location:** Martinez

**GPS Coordinates:** 37.925784,-122.162433

**Intensity:** Challenging



**Park Features:** Briones rolling hills are home to diverse flora and fauna and gorgeous wildflower displays in season. Park District naturalists occasionally lead walks to view the park's natural and historic features.

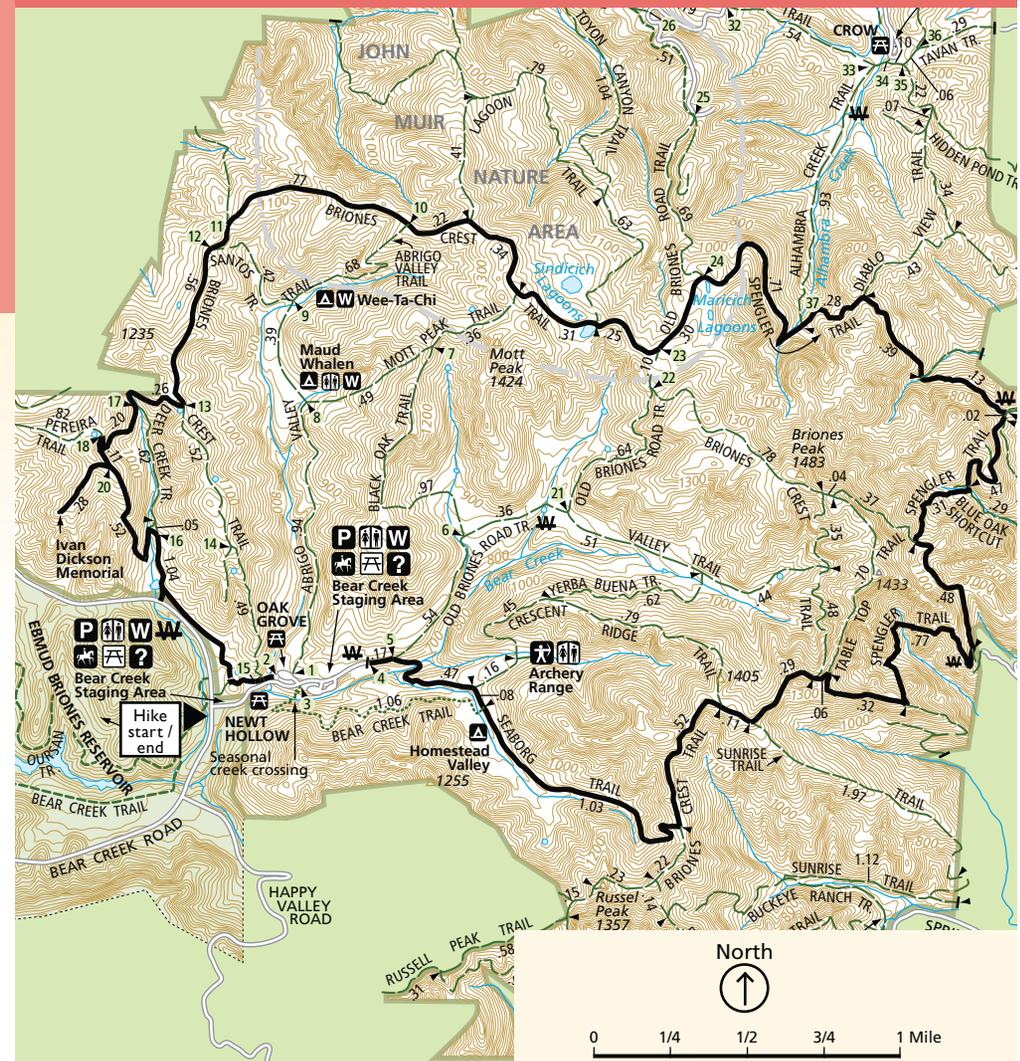
**Trail Highlights:** This route allows adventurers to explore the entire park, offering expansive views of Carquinez Strait, Mt. Diablo, and the Las Trampas hillsides. Bring water – there is none along the way. Restrooms are located at the trailhead and near the Homestead Valley Group Camp.

**Trail Directions:** Begin at the east end of the Bear Creek Staging Area. Pass through the gate onto Old Briones Road Trail. In .17 miles, turn right onto Seaborg Trail to begin the Ivan Dickson Trail Loop. Follow Seaborg Trail for 1.5 miles, past the Homestead Valley Group Camp and up a hill, cross through a gate, then turn left onto Briones Crest Trail at trail post 70. Cross through another gate after .92 miles to continue straight onto Spengler Trail. After passing another gate, make a right onto Spengler Trail at trail post 56 to head north and downhill. Hike .32 miles and turn left to stay on Spengler – there is no trail post at this turn; if you reach a private property sign you have gone too far.

Over the next 3.54 miles, follow signs to stay on Spengler Trail. After passing Alhambra Creek Trail to your right, hike .71 miles to the Maricich Lagoons and bear left onto Old Briones Road Trail. Hike .30 miles and turn right onto Briones Crest Trail. Over the next 2.45 miles follow signs for Briones Crest Trail. Turn right onto Deer Creek Trail at trail post 13. At trail post 17, continue straight on Deer Creek Trail (to Pereira Trail). Hike .20 miles to the ridge top and turn left on Pereira Trail towards the Ivan Dickson Memorial. Hike .11 miles and turn right at trail post 20. Hike .28 miles to see the Ivan Dickson Memorial. Retrace your steps and go right onto Pereira Trail. Hike .52 miles and turn right onto Deer Creek Trail at trail post 16. Hike 1.04 miles, staying to the left, back to the staging area.

**Driving Directions:** From Highway 24 East, take exit 9 toward Moraga. Take a sharp left onto Camino Pablo. Drive 2.3 miles and turn right onto Bear Creek Road/Wildcat Canyon Road. Drive 4.4 miles and turn right into park.

From Highway 24 West, take exit 13 toward Central Lafayette/Moraga. Turn left onto Deer Hill Rd. Turn right onto Happy Valley Road. Drive 3.9 miles, and turn right onto Bear Creek Road. Turn right into park.



- |           |                                    |   |                    |   |             |
|-----------|------------------------------------|---|--------------------|---|-------------|
| —         | Featured Trail--Hiker, Horse, Bike | P | Parking            | ▲ | Res. Camp   |
| - - -     | Hiker, Horse, Bicycle Trail        | 🐎 | Equestrian Parking | 🏹 | Archery     |
| - · - · - | Hiker, Horse Trail                 | W | Drinking Water     | 🍷 | Picnic      |
| ⋯         | Hiker Only Trail                   | 🚻 | Restrooms          | 🐎 | Horse Water |
| 12 25     | Post Numbers/Mileages              | ? | Information        | - | Gate        |

**Park Hours:** 8 a.m. to sunset; seasonal hours vary

**Fees:** \$3 per vehicle; \$2 dog fee.

**Website:** [www.ebparcs.org/parks/briones](http://www.ebparcs.org/parks/briones)

# Contra Loma to Black Diamond

East Shore/West Shore/Ridge/Lake View/Homestead/Old Homestead Loop/  
Acorn/Ridge/Stewartville Trails

**Length:** 7.7-mile loop **Elevation Gain:** Approximately 1,593 ft.

**Location:** Antioch

**GPS Coordinates:** 37.972122, -121.823756

**Intensity:** Challenging

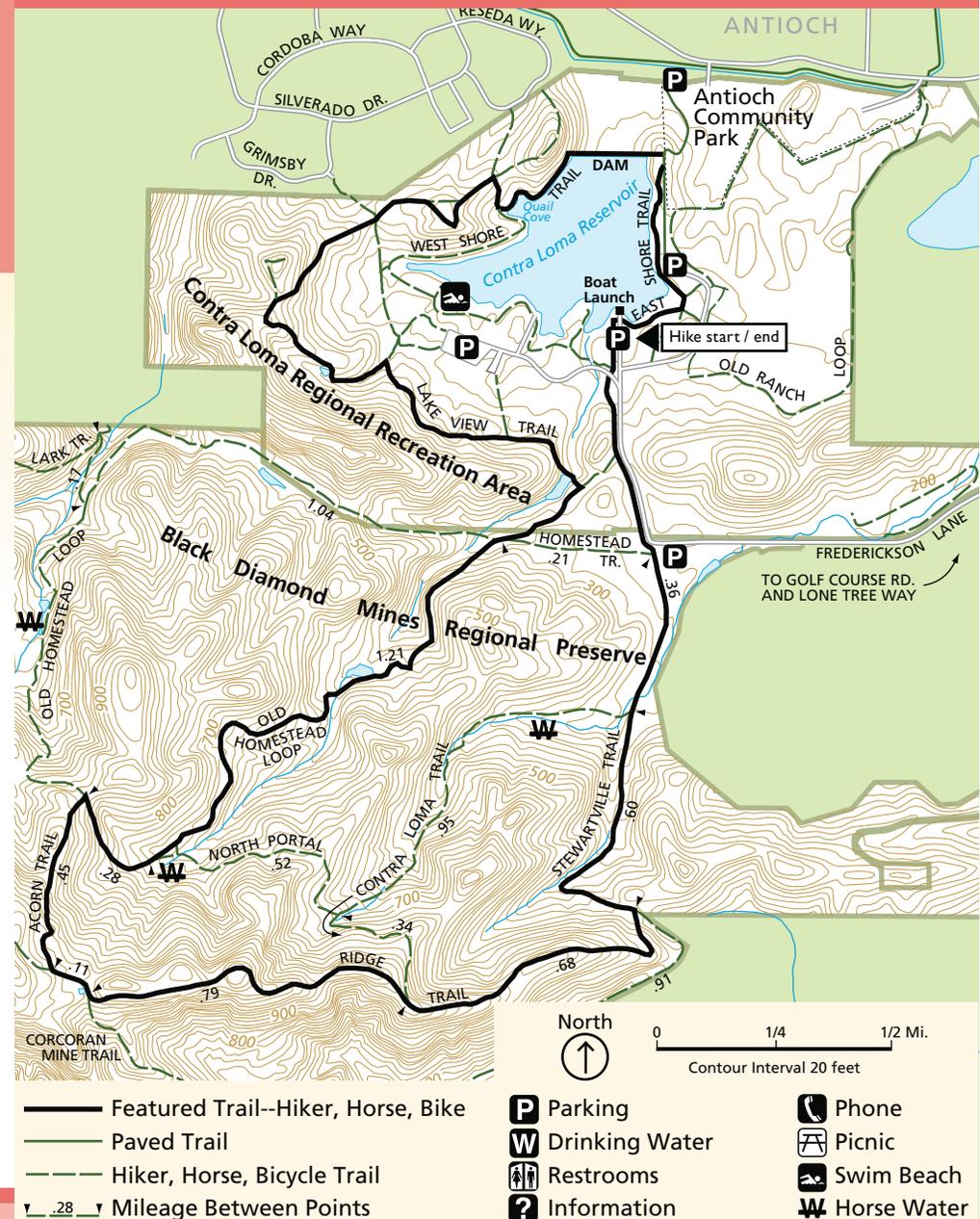


**Park Features:** Two parks are featured on this hike. Contra Loma Regional Park, a 780-acre oasis, includes an 80-acre reservoir for year-round fishing, hiking, biking, picnicking, and nature studies, and a lifeguarded swim lagoon. Black Diamond Mines Regional Preserve trails traverse areas of grassland, foothill woodland, mixed evergreen forest, chaparral, stream vegetation and exotic plantings. Coyotes can be seen.

**Trail Highlights:** Experience two different parks, see gorgeous views of the Delta and Mount Diablo, and perhaps enjoy a cooling swim. Bring plenty of water as the temperatures heat up spring through fall and there is little shade. Water and restrooms are available at the starting point.

**Trail Directions:** Begin at the boat launch area and head east along the East Shore Trail. Follow it along the lake as it turns north and then west across a wide, fenced dam. The trail then turns south, transitioning into West Shore Trail. In .23 miles you will reach Quail Cove. Pass by the first uphill trail to your right but take the second from West Shore Trail. This is unmarked on the map, but very obvious. At this uphill you should be hiking southwest and towards the Lower Vista. Take a rest at the Lower or Upper Vista benches. Continue straight and northwest, away from the lake. In 100 yards, turn left on the Ridge Trail. At the next junction pass through two cattle gates and begin on Lake View Trail. Follow this loop around the lake. After 1.08 miles, cross through a cattle gate to your right and continue on Lake View Trail to Black Diamond Mines. Hike .19 miles then turn right onto Homestead Trail. After .20 miles continue straight (southwest) through the 4-way intersection onto Old Homestead Loop. Hike 1.49 miles uphill on this trail, passing North Portal Trail, and turn left onto Acorn Trail. Hike .45 miles and turn left onto the Ridge Trail. Shortly after, at the stock pond, stay left on the Ridge Trail for 1.47 miles, passing Contra Loma Trail and make a left on Stewartville Trail. Hike for .96 miles, then meet up with Frederickson Trail, which is a paved trail on the south side of Frederickson Lane. Take this trail to the left and back through the Contra Loma park entrance and to the boat launch parking lot.

**Driving Directions:** From Highway 4 (east or west), take the exit for Lone Tree Way. Turn south onto Lone Tree Way. Turn right onto Golf Course Rd. Turn right onto Frederickson Ln. At the end of the road turn right and proceed into the park. After passing through the kiosk, continue straight, and park in the boat launch parking lot. The trail begins on your right.



**Park Hours:** Sunrise-sunset; seasonal hours vary

**Fees:** \$5 per vehicle; \$2 per dog.

**Website:** [www.ebparks.org/parks/contra\\_loma](http://www.ebparks.org/parks/contra_loma)

# Lake Chabot Regional Park

Lake Chabot Marina to West Shore/Bass Cove/Columbine/Live Oak/  
Cameron Loop/East Shore Trails

**Length:** 8.95-mile loop **Elevation Gain:** Approximately 812 ft.

**Location:** Castro Valley

**GPS Coordinates:** 37.716460, -122.103950

**Intensity:** Challenging



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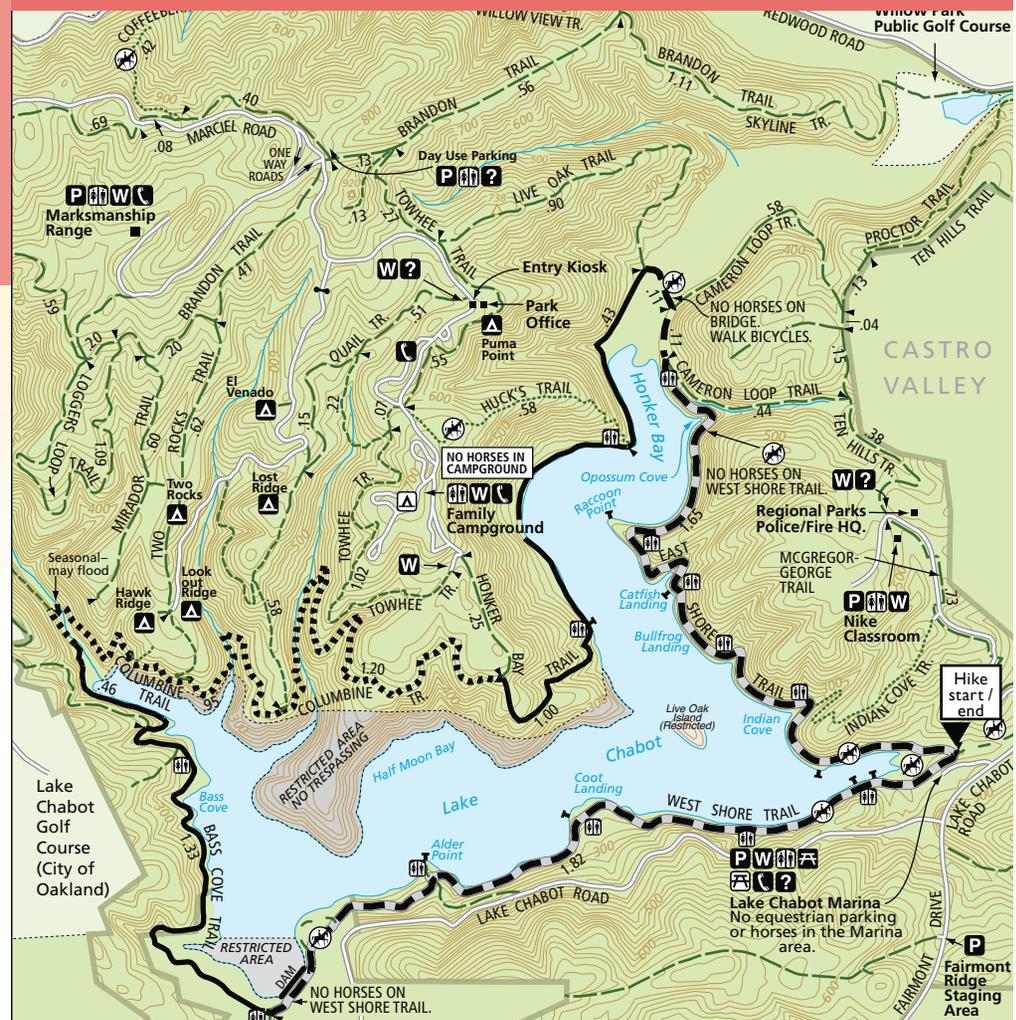
**Park Features:** Lake Chabot is a stunning 315-acre lake that was once a primary water source for Oakland residents. Currently, the lake serves as a standby emergency water supply. It is stocked with fish which anglers love. The tree-lined shores and surrounding hillsides provide trails for hiking and many for biking. Birding and boating are popular activities. Boating is limited to electric trolling motors or non-motorized craft to protect water quality. Swimming is not allowed.

**Trail Highlights:** Begin at the Marina Staging Area, a starting point filled with amenities including a café with food and drinks, restrooms and drinking fountains. The route offers spectacular views of Lake Chabot. In summer, large groves of trees create a generous amount of shade. This trail is long and strenuous at times, so bring plenty of water, sunscreen, and bug repellent. There are outhouses along every trail, except for the Columbine Trail.

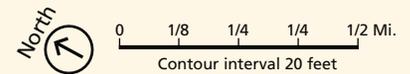
**Trail Directions:** Begin at the Marina Café/Boat Launch Area. Head northwest on the paved West Shore Trail for 1.82 miles. Past the dam, turn right onto Bass Cove Trail. After 1.33 miles, keep right to stay on Bass Cove Trail. In .46 miles, turn right onto Columbine Trail. This trail can become overgrown during spring and summer months, so watch for poison oak: leaves of three, let them be! Continue along the Columbine Trail, as you pass many side trails to your left. After ascending into a eucalyptus grove and traveling 2.15 miles on the Columbine Trail, turn right to descend onto Honker Bay Trail. Hike alongside the lake for 1.43 miles then turn right onto Live Oak Trail. Cross a narrow bridge and after ascending the stairs, turn right onto East Shore Trail. Shortly after, keep right at the fork to continue along East Shore Trail. Enjoy the spectacular views of the lake as you take this trail back to the starting point.

**Driving Directions:** In Castro Valley on I-580 westbound take the Strobridge Avenue exit. Turn right on Strobridge, right on Castro Valley Boulevard, and left on Lake Chabot Road. Lake Chabot Marina is about two miles ahead on the right. In Castro Valley on I-580 eastbound, exit at Redwood Road and go left. Turn left at Castro Valley Boulevard, right at Lake Chabot Road. Lake Chabot Marina is about two miles ahead on the right.

From I-580 in San Leandro, exit at Fairmont Drive and go east (uphill). The marina entrance will be to the left at the bottom of the hill.



- Featured Trail--Hiker, Horse, Bike
- - - Featured Trail--Hiker, Bike
- ..... Featured Trail--Hiker, Horse
- Hiker, Horse, Bike Trail
- - - Hiker, Horse Trail
- ..... Hiker Only Trail
- 28 Mileage Between Points



- P Parking
- W Drinking Water
- Restrooms
- Reservable Picnic
- Picnic
- Phone
- Information
- Group Camp

**Park Hours:** sunrise to sunset; seasonal hours vary

**Fees:** \$5 parking fee; \$2 dog fee

**Website:** [www.ebparks.org/parks/lake\\_chabot](http://www.ebparks.org/parks/lake_chabot)

# Morgan Territory Regional Preserve

Condor/Coyote/Stone Corral/Valley View/Manzanita/Miwok/Blue Oak/  
Hummingbird/Volvon/Prairie Falcon/Volvon/Condor Trails

**Length:** 7.38-mile loop **Elevation Gain:** Approximately 1,640 ft.

**Location:** Tassajara

**GPS Coordinates:** 37.818559, -121.795721

**Intensity:** Challenging



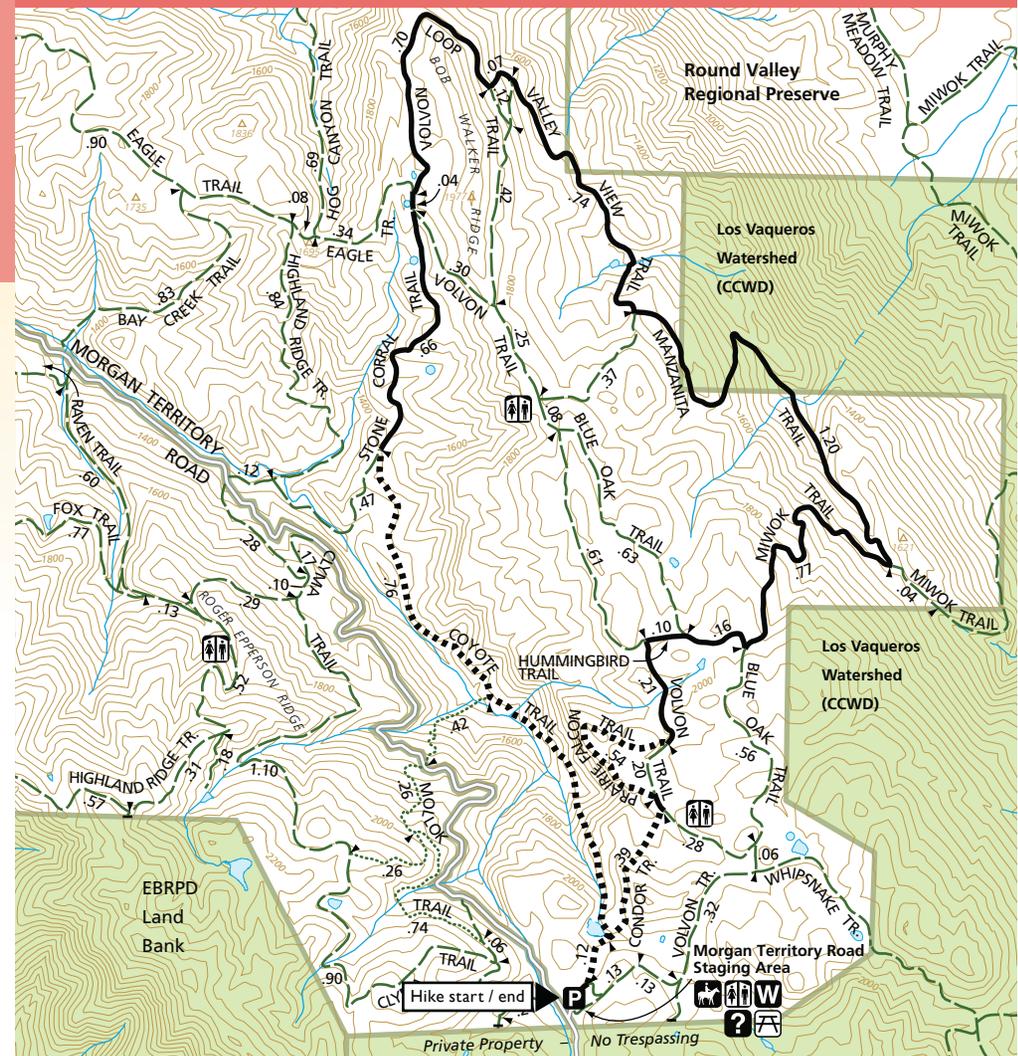
**Park Features:** Acquired in 1976, this park is a key section of a much larger multi-agency open space corridor that protects Mount Diablo and its foothills. Sandstone hills within the park's 4,708 acres are adorned in spring with more than 90 species of wildflowers, including the Diablo sunflower (*Helianthella castanea*), which grows only in the foothills of Mount Diablo. Deer, coyote and even the elusive mountain lion may be seen here, and a variety of raptors frequently soar overhead. The staging area at 9601 Morgan Territory Road has picnic tables, restrooms and drinking water.

**Trail Highlights:** This route features a number of unique habitats, from a creek to dry chaparral-filled hillsides and grasslands to ridge-top oak woodland. Expansive views of Mount Diablo and the eastern slope of the Roger Epperson Ridge lie to the west. Mount St. Helena is found to the north, and to the east, the Bay-Delta, Round Valley Regional Park, Los Vaqueros Reservoir, and the snow-covered Sierra Nevada. Although the difference between the highest point (2,046') and lowest point (1,346') is only 700 feet, the total elevation gain on this hike is 1,640 feet. All hikers are advised to bring a couple liters of water. The best time to hike this trail is in the spring, when temperatures are cool and wildflowers are beginning to bloom.

**Trail Directions:** Begin at the staging area information board and head northwest on Condor Trail. Veer left, descending to a creek bed on Coyote Trail. As you come out of the shaded area after .68 miles, continue on the wide Coyote Trail. After .76 miles, continue straight onto Stone Corral Trail. Pass by Volvon Trail on your right and Eagle Trail on your left, as you loop north to southeast. Go left at Valley View Trail. Hike .74 miles and go left onto Manzanita Trail. Continue for 1.2 mile, then turn right onto Miwok Trail. Head uphill for .77 miles then turn right onto Blue Oak Trail. After a short while, turn left onto Hummingbird Trail and a quick left onto Volvon/Bob Walker Trail. Hike .21 miles and turn right on Prairie Falcon Trail, an exciting, scenic loop. After the loop, turn right onto the Volvon/Bob Walker Trail. Turn right on Condor Trail and follow this trail back to the parking lot.

**Driving Directions:** From I-580 in Livermore exit onto N. Livermore Ave. and turn north. Shortly after N. Livermore curves left (west), turn right onto Morgan Territory Road and follow it for about 5.5 miles to the staging area on the right.

From I-680 in Walnut Creek take Ygnacio Valley Road east to Clayton Road. Turn right. Clayton Road will turn into Marsh Creek Road. Turn right onto Morgan Territory Road. Drive 9.4 miles to the staging area.



- Featured Trail--Hiker, Horse, Bike
- ..... Featured Trail--Hiker Only
- - - Hiker, Horse, Bike Trail
- ..... Hiker Only Trail
- 28 Mileage Between Points
- P Parking
- W Drinking Water
- Restrooms
- Reservable Picnic
- Picnic
- Phone
- Information
- Gate

**Park Hours:** 8 a.m. to sunset; seasonal hours vary

**Fees:** None.

**Website:** [www.ebparks.org/parks/morgan](http://www.ebparks.org/parks/morgan)

## Ohlone Regional Wilderness

### Sunol Visitor Center to Lichen Bark Picnic Area via Ohlone Regional Trail

**Length:** 19.83 – 21.40 miles one way **Elevation Gain:** Approximately 5,127 ft.

**Location:** Sunol Regional Wilderness – Ohlone Regional Wilderness –  
Dell Valle Regional Park

**GPS Coordinates:** 37.515768, -121.829946

**Intensity:** Challenging



**Trail Features:** This trail is extremely challenging and scenic. The region offers a mixture of oak-dotted ridges, rolling grasslands and forested canyons; often with extensive views, and a sustained feeling of being many, many miles away from mankind. If you plan to take this challenge, you will need a hiking permit/map, backpack with water, a water filter, food, clothing layers, and a headlamp. Generally, the hike follows the permit's "red route," with red disks on the trail's intersection signs to guide you. Exposure to sun, wind and thunderstorms are challenges and all water, even from campsite faucets, should be purified. Cell phone coverage is very limited so be prepared to handle an emergency. Wildlife including ticks, rattlesnakes, and cattle may be present. You must sign in and sign out! The sign-in panel is at trail post 12; the sign-out panel is at trail post 40. Don't forget to sign out – you don't want to initiate a rescue effort!

**Trail Directions:** To start, sign in at the panel, then cross Alameda Creek on the metal footbridge east of the Sunol Visitor Center. Immediately turn right along Canyon View Trail. Shortly after the McCorkle Trail intersection (trail post 16), either turn left along "the red route" to trail post 17 (.84 mile) or stay on Canyon View Trail for a pleasant traverse before taking Cerro Este Road up to trail post 17 (1.46 miles). The "the red route" becomes a narrow downhill path 1.28 miles long to the Sunol backpack camping area (toilet and water faucets). The trail then climbs 7 miles to Rose Peak, passing Sycamore Camp and Stars' Rest Camp (toilet and bench near trail post 20). At trail post 26 drop off for Doe Canyon Horse Camp, or at trail post 28 for Maggie's Half Acre Camp that lies just below Rose Peak. No fires are allowed in the outback camps. It is reasonable to allow 8 hours to get there.

Return to trail post 28 and ascend Rose Peak for impressive vistas. There is a short, steep descent into North Fork Indian Creek and then a more gradual ascent to Box Canyon. At trail post 33 either bear right on "the red route" to trail post 35 (1.16 miles) or left to take in Murietta Falls (1.95 miles to trail post 35). The 100-foot Murietta Falls are diminutive, so think modest. The falls are impressive after a storm, of course. They are the tallest in the region and it is a real achievement to have climbed 3,500' to see them.

After a lengthy, fairly level section to trail post 36 there is suddenly a 1,200 ft. descent into Williams Gulch with its welcome stream. Then another challenging 530 ft. ascent over about half a mile up onto Rocky Ridge. A deviation would be to take the attractive Rocky Ridge Trail/Stromer Spring Road from trail

post 38 to 39 (.69 mile compared to .53 mile by "the red route"). Either way, from trail post 38 it is a 1,670 ft. descent, over about 2.4 miles, to either the trailhead at Lichen Bark Picnic Area/car park, or the horse trailhead beyond Vallecitos Trail, where you can start to think back upon conquering this challenge.



**Driving Directions:** From I-680, exit at Calaveras Road/Highway 84 just south of the town of Pleasanton. Turn left onto Calaveras Road and proceed to Geary Road, which leads directly into the park. Parking is in the first parking lot on the left after passing the entrance kiosk, or in the second lot on the left, next to the bridge.

**Park Hours:** 8 a.m. to sunset; hours vary seasonally

**Fees:** \$5 parking fee (seasonal, weekends, and holidays); \$2 dog fee; A hiking permit/map is required and sold at \$2 per person over 12 years of age, and are valid for one year (the trail map is included). Permits are obtainable from the entrance kiosks at Sunol Regional Wilderness, Del Valle Regional Park, and at the District reservations office at 1-888-EBPARKS, option 2. Children are free, but need to be with a parent, guardian or adult leader aged 21 or older. Camping is allowed only at designated campsites, at \$5 per person/night. To make your camping reservations, call 1-888-EBPARKS (888-327-2757, option 2); TDD (Hearing Impaired) 510-633-0460. Groups of 15 or more must make reservations two weeks in advance.

**Website:** [www.ebparks.org/parks/ohlone](http://www.ebparks.org/parks/ohlone)

# Old Moraga Ranch Regional Trail

Rancho Laguna Park to Camino Pablo/Sanders Ranch Road/  
Moraga Ranch Trail/Sanders Ranch Road/Camino Pablo

**Length:** 7.1 round trip **Elevation Gain:** Approximately 2,854 ft.

**Location:** Moraga

**GPS Coordinates:** 37.809665,-122.113895

**Intensity:** Challenging

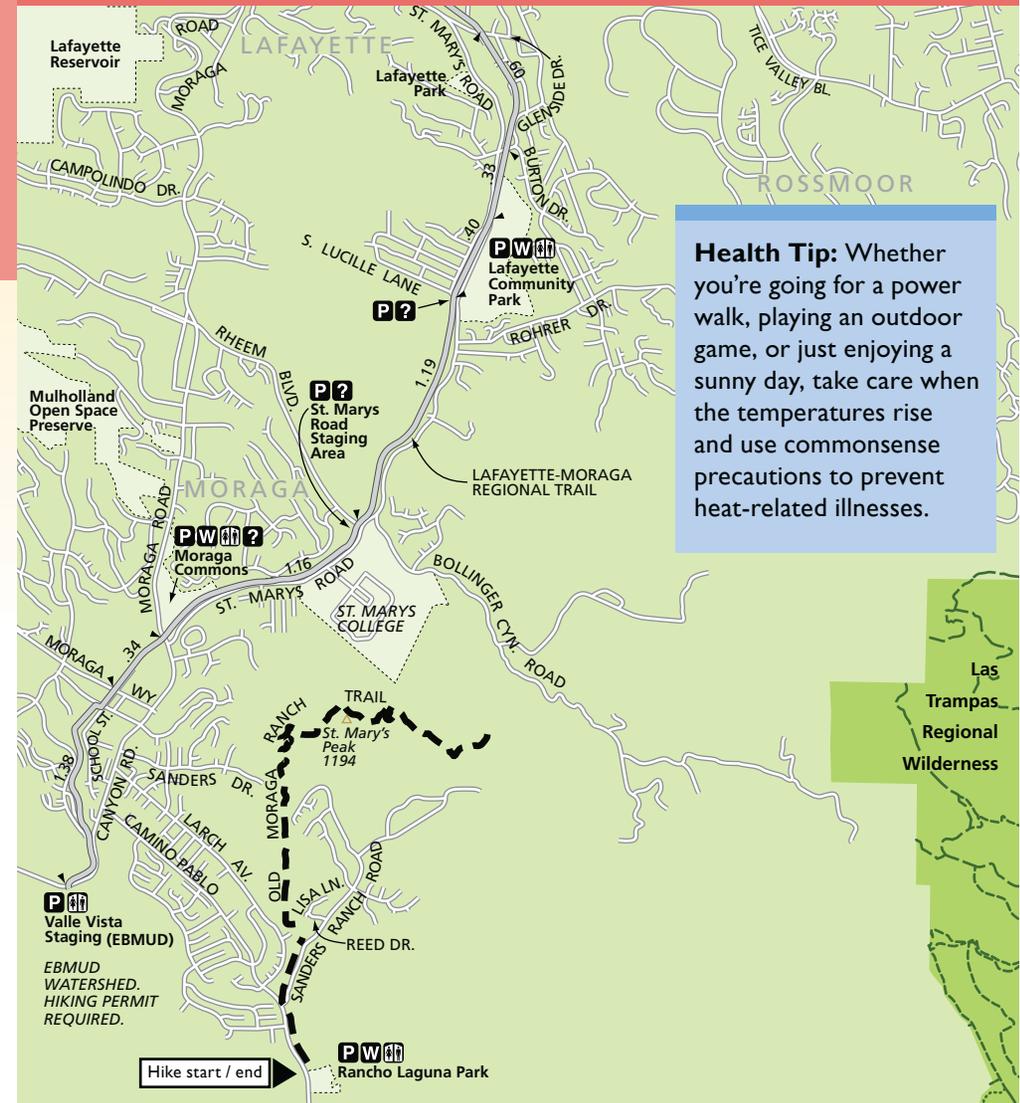


**Park and Trail Features:** The Old Moraga Ranch Regional Trail is one of the oldest (1972) in the District. Starting in a small park in Moraga, the trail quickly transports you from the neighborhood to sweeping views of Moraga, Las Trampas Regional Park, St. Mary's College, the Santa Cruz Mountain Range, the Bay, and more. Lack of shade and high grass in spring and summer months have made fall and winter the best time to visit this trail. Restrooms and water are at the Rancho Laguna Park starting point. Hikers should bring plenty of water, snacks, and sunscreen for this challenge.

**Trail Directions:** From Rancho Laguna Park, hike back to Camino Pablo and turn right. Follow the sidewalk north for .30 miles. Cross the Sanders Ranch Road and make a right onto the sidewalk, into the gated community. Walk .40 miles and turn left into the trees at the EBRPD trail post. Warning: the trail is not obvious and does not look like a likely place to hike, especially in spring/summer months, but there is a trail post. Follow along the creek over three wooden bridges. Then as you cross through the cattle gate, follow the trail as it ascends and then descends down into a creek bed. Cross through the cattle gate and begin a big ascend. Continue straight (north) towards the peaks. As the trail flattens, cross through a cattle gate and begin your ascent to St. Mary's Peak. Warning: again, in spring and summer months, this trail can become overgrown. Be careful not to get confused with fire roads. After reaching the peak, descend down the fire road, eastward. After a few switchbacks, make a sharp right to continue on the Old Moraga Ranch Trail. Cross through a creek bed, covered by oak and California bay trees, and over a dirt bridge. The trail then opens to bare, rolling hills. Make a left, eastward and up the hill. Cross through one last cattle gate, and hike up the hill until reaching the East Bay Regional Park District property sign. Turn around, and retrace your steps back to the start.

**Driving Directions:** From Highway 24 east, take exit 9 toward Orinda/Moraga and turn right (south) towards Moraga onto Camino Pablo. Continue straight onto Moraga Way. Turn right onto Canyon Road. Turn left onto Camino Pablo. After 1.6 miles, turn left and park at Rancho Laguna Park.

From Highway 24 west, exit toward Central Lafayette/Moraga. Turn right onto Deer Hill Road. Take the first right onto 1st St. and a slight right to stay on 1st St. Turn right onto Mt. Diablo Blvd. Take the first left onto Moraga Rd. Continue onto Canyon Rd. Turn left onto Camino Pablo. After 1.6 miles, turn left and park at Rancho Laguna Park.



**Health Tip:** Whether you're going for a power walk, playing an outdoor game, or just enjoying a sunny day, take care when the temperatures rise and use commonsense precautions to prevent heat-related illnesses.

- Featured Trail--Hiker, Horse
- Multiuse Paved Trail
- Hiker, Horse, Bike Trail
- .28--- Mileage Between Points



- P** Parking
- W** Drinking Water
- ♿** Restrooms
- ?** Information

**Park Hours:** Sunrise to sunset  
**Fees:** None.  
**Website:** [www.ebparks.org/Assets/files/trails/OldMoragaRanch.pdf](http://www.ebparks.org/Assets/files/trails/OldMoragaRanch.pdf)

# Wildcat Canyon Regional Park

**Wildcat Canyon Staging Area to Wildcat Creek Trail/Havey Canyon/ Nimitz Way/Mezue/San Pablo Ridge/Belgum/Wildcat Creek Trails**

**Length:** 8.03-mile loop **Elevation Gain:** Approximately 2,021 ft.

**Location:** Richmond

**GPS Coordinates:** 37.951990, -122.317979

**Intensity:** Challenging



**Park Features:** Wildcat Canyon Regional Park encompasses 2,430 acres along the Wildcat Creek watershed and the surrounding hills and ridges. On east-facing slopes grow large coast live oaks, bay laurels, and a scattering of big leaf maples and madrones. North-facing hillsides support beautiful stands of bay laurel, fringed with coast live oak, coyote brush, poison oak, elderberry, snowberry, bracken fern, and blackberry. Picnic and barbeque facilities, a children's playground, and restrooms and drinking water are available in the Alvarado Area near the starting point.

**Trail Highlights:** This trail begins on a wide fire road but soon winds through native woodlands and along shaded creek beds, ascending to a lookout point with breathtaking views of San Francisco, the Golden Gate and Bay bridges, and Marin to the west, San Pablo Bay and Point Pinole to the north, and Mt. Diablo, San Pablo Reservoir, Briones, and other East Bay parks to the east. You can refill water bottles about 2 miles into the hike, just before the Havey Canyon turn, and at the intersection of Mezue and Wildcat Creek trails.

**Trail Directions:** Begin at the far end of the Wildcat Canyon Staging Area. Wildcat Creek Trail begins east of the parking lot along a wide, paved fired road. Travel for 2.32 miles, then make a left on Havey Canyon Trail and head east into the forested area. Continue for 1.5 miles: you come out into an open field and head north and uphill. Make a left on Nimitz Way. After .68 miles follow signs for San Pablo Ridge Trail. Enjoy the sweeping views. Turn left on the Belgum Trail. Take this trail all the way back to Wildcat Creek Trail, and make a right to return to the parking lot.

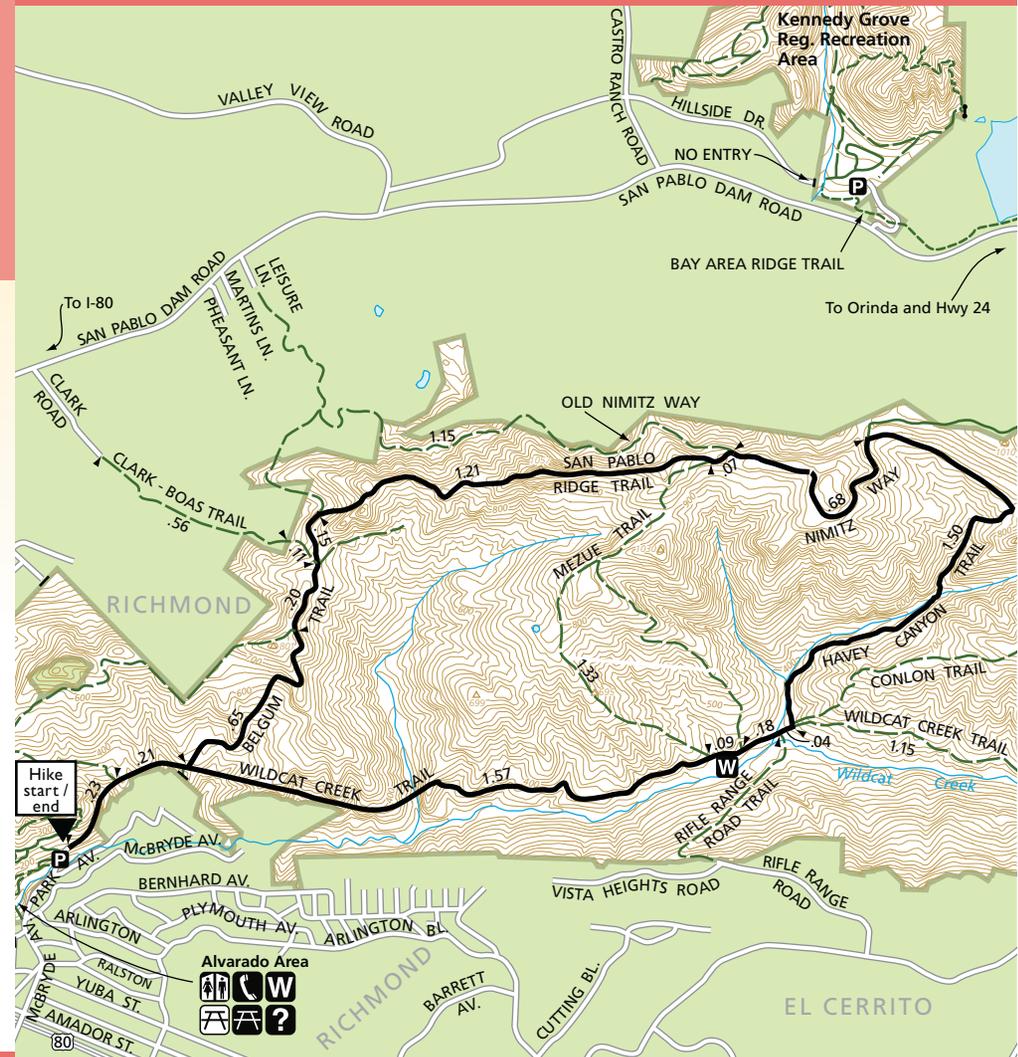
**Driving Directions:** From Interstate 80 west in Pinole, exit McBryde Ave. Turn left onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.

From Interstate 80 east, in El Cerrito, exit toward Solano Ave. Keep left at the fork, follow signs for Solano Ave, and then merge onto Amador St. Turn right onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.

**Park Hours:** 7:30 a.m. – sunset; seasonal hours vary

**Fees:** None.

**Website:** [www.ebparcs.org/parks/wildcat](http://www.ebparcs.org/parks/wildcat)



0 1/4 1/2 3/4 Mi. Contour interval 20 feet

North ↑

- P** Parking
- W** Drinking Water
- ♿** Restrooms
- ⛶** Reservable Picnic
- ⛶** Picnic
- ☎** Phone
- ?** Information

— Featured Trail--Hiker, Horse, Bike

- - - Hiker, Horse, Bike Trail

↑ .28 ↓ Mileage Between Points

**Health Tip:** Aerobic exercise strengthens your heart and lungs and increases your body's ability to use oxygen. Any activity that makes your heart beat faster and work harder can boost your aerobic fitness. Walking is one of the best aerobics exercises you can do.



# Kaiser Permanente and Adjacent Regional Park Trails Challenge Hike Locations

Kaiser Permanente Medical Centers & Offices	East Bay Regional Park District 2014 Trail Challenge Trailhead Locations	
Alameda Medical Offices 2417 Central Ave. Alameda, CA 94501	Redwood Regional Park 7867 Redwood Road Oakland, CA 94619	Martin Luther King Jr. Regional Shoreline Swan Way off of Doolittle Drive Oakland, CA
Antioch Medical Center Emergency Services 4501 Sand Creek Road Antioch, CA 94531	Marsh Creek Regional Trail East Cypress Road off of Main Street Oakley, CA	Black Diamond Mines Regional Preserve 5175 Somersville Road Antioch, CA 94509
Fremont Medical Center & Offices Emergency Services 39400 Paseo Padre Parkway Fremont, CA 94538	Quarry Lakes Regional Recreation Area 2100 Isherwood Way Fremont, CA 94536	Coyote Hills Regional Park 8000 Patterson Ranch Road Fremont, CA 94555
Hayward Medical Center Hospital & Main Campus 27400 Hesperian Blvd. Hayward, CA 94545	Garin/Dry Creek Pioneer Regional Parks Carden Lane off of Stonebrae Country Club Hayward, CA 94544	Coyote Hills Regional Park 8000 Patterson Ranch Road Fremont, CA 94555
Livermore Medical Offices 3000 Las Positas Road Livermore, CA 94551	Round Valley Regional Preserve 19450 Marsh Creek Road Brentwood, CA 94577	Del Valle Regional Park 7000 Del Valle Road Livermore, CA 94550
Martinez Medical Offices 200 Muir Road Martinez, CA 94553	Briones Regional Park 2537 Reliez Valley Road Martinez, CA	Martinez Regional Shoreline at the north end of Berrellesa Street Martinez, CA
Oakland Medical Center Emergency Services & Hospital 280 W. MacArthur Blvd. Oakland, CA 94611	Sibley Volcanic Regional Preserve Old Tunnel Road off of Fish Ranch Road Orinda, CA	Redwood Regional Park 7867 Redwood Road Oakland, CA 94619
Pinole Medical Offices 1301 Pinole Valley Road Pinole, CA 94564	Sobrante Ridge Regional Preserve at the end of Coach Drive Richmond, CA	Crockett Hills Regional Park Crockett Boulevard south of Pomona Street Crockett, CA
Pleasanton Medical Offices 7601 Stoneridge Drive Pleasanton, CA 94588	Iron Horse Regional Trail Alamo Canal Trail entrance Civic Plaza off of Dublin Boulevard Dublin, CA	Pleasanton Ridge Regional Park Foothill Road Pleasanton, CA



Kaiser Permanente Medical Centers & Offices	East Bay Regional Parks 2014 Trail Challenge Trailhead Locations	
Richmond Medical Center 901 Nevin Avenue Richmond, CA 94801	Miller/Knox Regional Shoreline 900 Dornan Drive Richmond, CA 94801	Tilden Regional Park Inspiration Point Parking Lot Wildcat Canyon Road Berkeley, CA
Walnut Creek Medical Center & Offices Emergency Services 1425 South Main Street Walnut Creek, CA 94596	Las Trampas Regional Wilderness 18012 Bollinger Canyon Road San Ramon, CA 94583	Diablo Foothills Regional Park 1700 Castle Rock Road Walnut Creek, CA 94598



## Walking: The Best Path to Fitness and Health

Join the Every Body Walk! Movement • [www.everybodywalk.org](http://www.everybodywalk.org)

Walking 30 minutes a day, five days a week, is the first step toward better health. This simple, take-charge message comes from health advocate Kaiser Permanente, which sponsors Every Body Walk!, a public awareness project about the health benefits of walking.

Every Body Walk! is an online educational campaign aimed at getting Americans up and moving. Their website contains news and resources on walking, health information, maps, walking groups, a personal pledge form, and a place to share stories.

The centerpiece of the everybodywalk.org website is a series of short video vignettes featuring average Americans sharing motivational stories about how walking has changed their lives and lifestyles. The site also includes a wealth of information

from experts about healthy lifestyles that incorporate walking. There is even an “Ask the Expert” section where visitors can post questions.

The site includes a list of hiking trails and pre-planned walking routes searchable by city and state, and includes trail maps, trail descriptions, and photos. The website also provides access to a comprehensive directory of walking groups, including contact information and upcoming walking events for all levels of walkers from beginners to advanced.

### Free Every Body Walk! App

Now available on the iTunes App Store and Android Market, the Every Body Walk! app enables you to personalize your walking plan, connect with walking communities, learn about the latest fitness trends and tips, and more.

**Every Body WALK!**  
[everybodywalk.org](http://everybodywalk.org)



## About Kaiser Permanente



Kaiser Permanente is committed to helping shape the future of health care and is recognized as one of America’s leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser’s mission is to provide high-quality, affordable health care services and to improve the health of members and their communities. Expert medical teams are supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery, and world-class chronic disease management. Find out more about health and well being at [www.kp.org](http://www.kp.org). The Every Body Walk! campaign is powered by Kaiser Permanente. Campaign partners include the American College of Sports Medicine and their Exercise Is Medicine® global initiative. Kaiser Permanente is also a sponsor of the East Bay Regional Park District’s 2014 Trails Challenge.

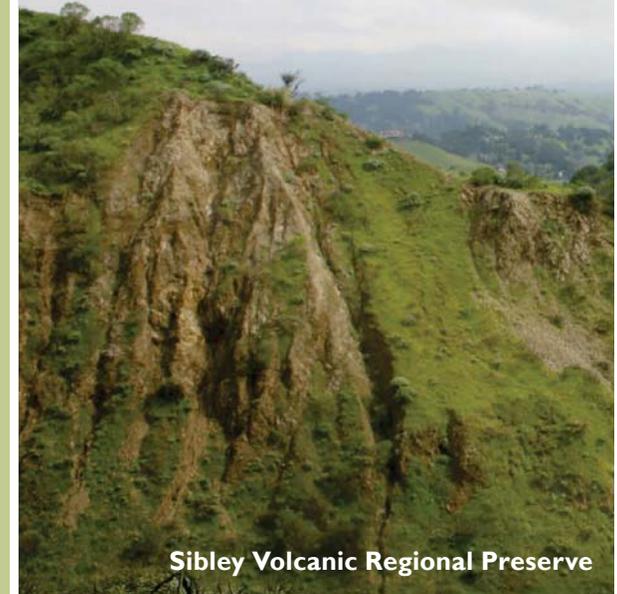


## Take a Walk *Close to Home*

The East Bay Regional Park District offers nearly 200 miles of paved trails, perfect for walking, jogging, cycling, or in-line skating. Find out more at [www.ebparks.org/parks/trails](http://www.ebparks.org/parks/trails). These trails are featured on Kaiser’s Every Body Walk! website: [www.everybodywalk.org](http://www.everybodywalk.org). That website also includes information on local walking groups, including a section on starting your own group.

### Favorite East Bay walking trails include:

Alameda Creek Regional Trail	Delta de Anza Regional Trail
Briones-to-Mount Diablo Regional Trail	Iron Horse Regional Trail
California Riding and Hiking Trail	Lafayette-Moraga Regional Trail
Contra Costa Canal Regional Trail	Marsh Creek Regional Trail



Sibley Volcanic Regional Preserve

# Trails Challenge 2014 Trail Log

- Trail Log Deadline:** December 1, 2014
- Mail in your trail log to receive your 2014 commemorative pin (*while supplies last*).  
**Mail to:**  
 Trails Challenge  
 c/o Regional Parks Foundation  
 P.O. Box 21074  
 Crestmont Station  
 Oakland, CA 94620
- Please fill out our online program evaluation at [www.RegionalParksFoundation.org](http://www.RegionalParksFoundation.org)

**Congratulations! You did it!**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

Please list names of at least five completed trails, or mileage totaling 26.2 miles.

Name of Trail(s)	Miles:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Total Miles Completed:** \_\_\_\_\_



## Membership Benefits

The Membership Program is another great way to get out in the Regional Parks and save money on parking and dog fees while you are hiking the Trails Challenge. There is a package for everyone, and regular Memberships start as low as \$50 per year.

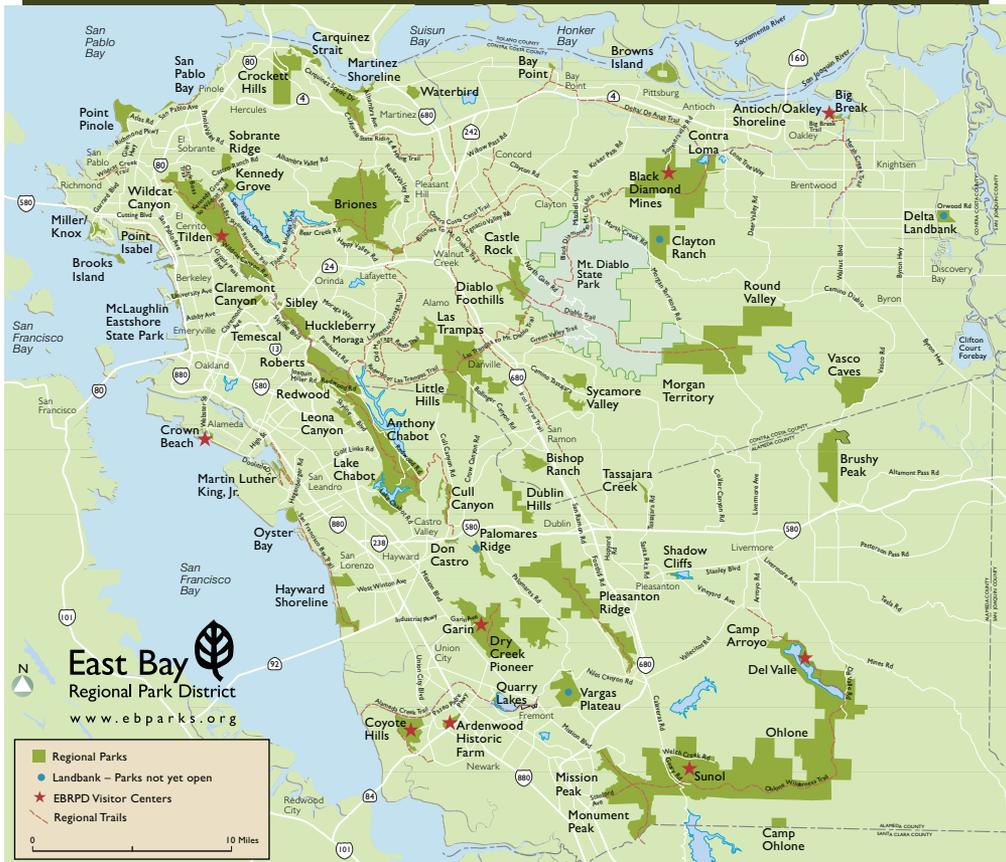
Explore the benefits of Membership, and find out how it can save you time and money.

**Sign up online at [www.ebparks.org](http://www.ebparks.org) under "Get Involved."**



P.O. Box 21074 Crestmont Station • Oakland • CA • 94620  
510-544-2220

[www.RegionalParksFoundation.org](http://www.RegionalParksFoundation.org)



# Trails Challenge 2014 GUIDEBOOK



**East Bay Regional Park District**

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