

East Bay   
Regional Park District



# TRAILS CHALLENGE

EAST BAY REGIONAL PARK DISTRICT



2017



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

East Bay   
Regional Park District  
**Healthy Parks Healthy People**

  
REGIONAL PARKS  
Foundation  
Supporting East Bay Regional Parks

KAISER  
PERMANENTE  thrive

## **Congratulations on joining the 2017 Trails Challenge!**

By taking on the Challenge, you are now joining the thousands of people who support a vital environmental and cultural heritage in the East Bay: our Regional Parks. We hope you enjoy this, our 24th year of bringing you this special opportunity to explore our beautiful natural resources and get healthy outdoors! Last year, nearly 10,000 people joined the Trails Challenge and today, it is your turn to discover new parks or reconnect with old favorites.

By participating in the Trails Challenge, you become part of the International Healthy Parks Healthy People movement, which explores the connections between a healthy environment and a healthy society, between nature and human health. Open spaces and parks provide many societal, economic and health benefits. The Park District began promoting Healthy Parks Healthy People in 2011 to encourage people to use the Regional Parks for physical, mental and spiritual well-being.

We thank Kaiser Permanente for generously sponsoring the Trails Challenge and supporting our vision to offer it as a free program. Together, we encourage you to discover the benefits of hiking, walking, bicycling, or simply being in the great outdoors. On the first Saturday of every month, please join the Healthy Parks Healthy People Bay Area programs held in different parks. For more information, visit our website at [www.ebparks.org](http://www.ebparks.org).

Robert Doyle



General Manager  
East Bay Regional Park District



This year's Trails Challenge program highlights 20 of our most interesting parks and unique trails for all interests and abilities. The majority of trail routes are "moderate" and ideal for most participants. They lead to scenic destinations through a variety of parklands. Each park description includes information about special features in the selected parks. We have included "easy" and "difficult" routes, but keep in mind that you can use any trail route to complete the Challenge.

For 24 years, our Trails Challenge has been designed to get you outdoors, exploring on your own, or with family and friends. For this year's program, we have incorporated group activities around the Healthy Parks Healthy People campaign. Review the "Guided Hikes and Events" section of this guidebook, the Park District's Regional in Nature activity guide, and our website – [www.ebparks.org](http://www.ebparks.org) – for upcoming activities and events. Also, check out our popular "Healthy Hikes" and "Hiking with Kids" programs to learn about natural and cultural resources in the parks while staying fit and building a healthy park system.

## Stay Connected



**Instagram** - Follow us on Instagram @ebrpd and tag your hike photos #TrailsChallenge2017



**twitter** - Follow us on Twitter @ebrpd and tag your hike photos #TrailsChallenge2017



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

## E-News

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



**Every Body Walk! App** - See page 66 for details about Kaiser's Every Body Walk! app. This mobile app is free and available from the Android Market or iTunes App Store.



Photo: Sarah Sammis



**Five Canyons Open Space**

Photo: Padman Ramankutty



**Del Valle Regional Park**

Photo: Jerry Ting



**Claremont Canyon Regional Preserve**

Photo: Valerie Troutman



**Bishop Ranch Regional Preserve**

**East Bay**   
 Regional Park District  
 www.ebparks.org

**F**rom sunlit shores to shade-covered hillsides, the East Bay Regional Park District spans more than 120,500 acres in 65 parks, including 1,250 miles of trails in Alameda and Contra Costa counties, offering experiences as diverse as the land itself. Our mission is to provide recreational opportunities, to ensure the natural beauty of the land, and to protect wildlife habitat. Whether you are a visitor or a volunteer, you'll find a world of discovery and enjoyment right here in your own backyard. So go out, discover and explore your East Bay Parks, get healthy, stay fit, and embrace life.



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## How to Complete the Trails Challenge



Redwood  
Regional Park

### 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 at [www.ebparks.org](http://www.ebparks.org), or email us at [reservations@ebparks.org](mailto:reservations@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), submit your log electronically to [reservations@ebparks.org](mailto:reservations@ebparks.org), or return your log to:

East Bay Regional Park District  
c/o Reservations Department  
2950 Peralta Oaks Court  
Oakland, CA 94605

You have until December 1, 2017, to turn in your trail log to receive your 2017 pin. Pins will be mailed 7-10 business days after log is received (*while supplies last*).



## Plan Your Outing



Point Pinole Regional Shoreline

**When choosing a trail,** consider your physical 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.

**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. To attempt these hikes, you should be in good physical condition. Be sure to carry plenty of water, a high energy snack, and a first aid kit.

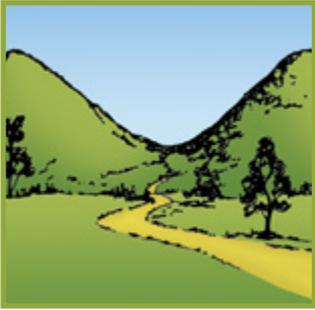
**CHALLENGING:** Trails have significant elevation gain (1,000+ feet), are 6-20+ miles in length, and trail conditions vary from good to rugged. They generally take 4-8 hours to complete. We strongly recommend you be in good physical condition, carry plenty of water, a high energy snack, and a first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

### Challenger Checklist:

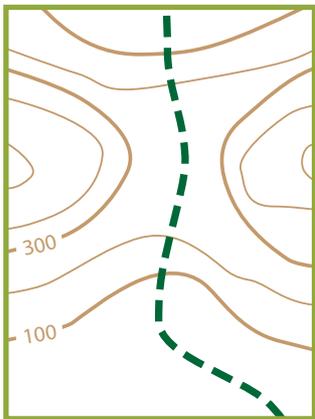
- Water for yourself and your animal(s)
- Trail map
- High energy snacks
- Money for fees where applicable
- First aid kit
- Camera and binoculars (optional)
- Extra clothing
- Trekking poles (optional)
- Sunglasses/hat
- Flashlight (optional)
- Sunscreen
- Compass (optional)
- Insect repellent

Visit our website, [www.ebparks.org](http://www.ebparks.org), for more information about the Regional 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:

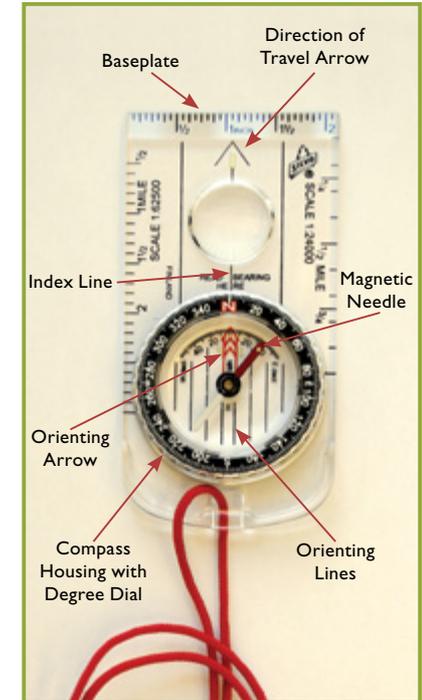
1. Position your map on a flat, smooth surface.
2. Turn your compass dial so due north is at its index line.
3. Place your compass on your map with the edge of the base plate parallel to the north-south meridian lines on the map. Now, the orienteering lines and direction-of-travel arrows should all be 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.

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

### 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.

Photo: UC Berkeley

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 sometimes, but not always 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).
- 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 leaflets 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 prevent 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 "Leaflets of three, let it be; if it's hairy, it's a berry."

## 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 dog 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 whether dogs are allowed and 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)



Photo: Michael Short

Kennedy Grove Regional Recreation Area

## 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.



Martinez Regional Shoreline

Photo: Michael Short

## 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 80 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:

- Stay on designated trails. Do not make switchbacks or take shortcuts!
- Check trail signs for allowable user groups (i.e. cyclists, equestrians).
  - Hikers yield to horses; cyclists and skaters yield to hikers and horses.
  - Keep dogs on leashes unless specifically posted that they can be off leash.
- Leave the wildflowers for wildlife.
- 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!

Visit Kaiser’s Health and Wellness webpage at [www.kp.org](http://www.kp.org) to find online programs, health classes, as well as interactive fitness calculators, videos, and podcasts.



KAISER PERMANENTE. thrive

## Free 2017 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) 544-2550.

### Guided Hikes:

Regional Parks naturalists and recreation staff offer a variety of guided programs each month. You may choose from naturalist-guided marsh and shoreline walks for kids to pole walking for adults, and don't miss the monarch butterfly and birdwatching forays in season. Themed hikes include Wednesday Walks and Saturday and Sunday Strolls year round, and hiking-off-the-turkey hikes at Thanksgiving and Christmas.



### 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 the Tilden Environmental Education Center at (510) 544-2233.

**Please see our *Regional in Nature Activity Guide* or [www.ebparks.org](http://www.ebparks.org) for more information on these programs.**

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



Martin Luther King Jr. Regional Shoreline

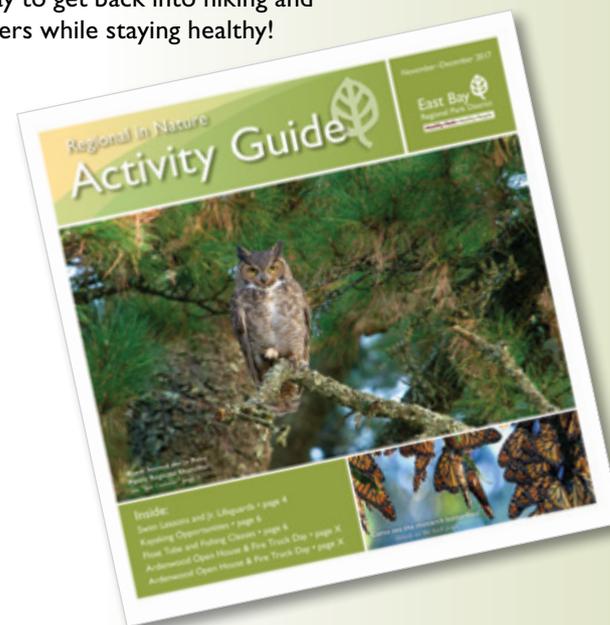
### Healthy Parks Healthy People Bay Area Hikes:

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.**

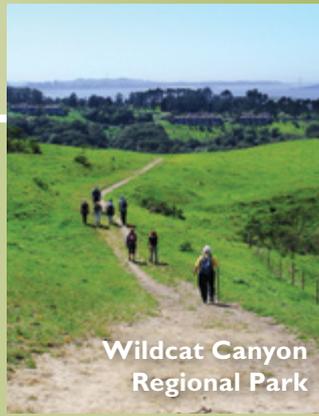


## Safety and Hiking in the Heat

Brought to you by Kaiser Permanente

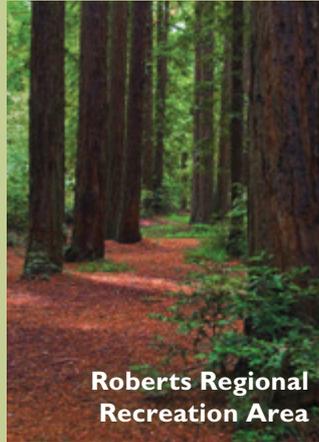
- Be careful when you exercise in temperatures above 80°F (27°C). Find shade, take regular breaks, and drink plenty of fluids. Conditions are considered extremely dangerous at temperatures above 91°F (33°C).
- Watch for signs of heat exhaustion such as nausea, dizziness, cramps, and headache. If you 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.



Wildcat Canyon Regional Park

Photo: Ilana Peterson



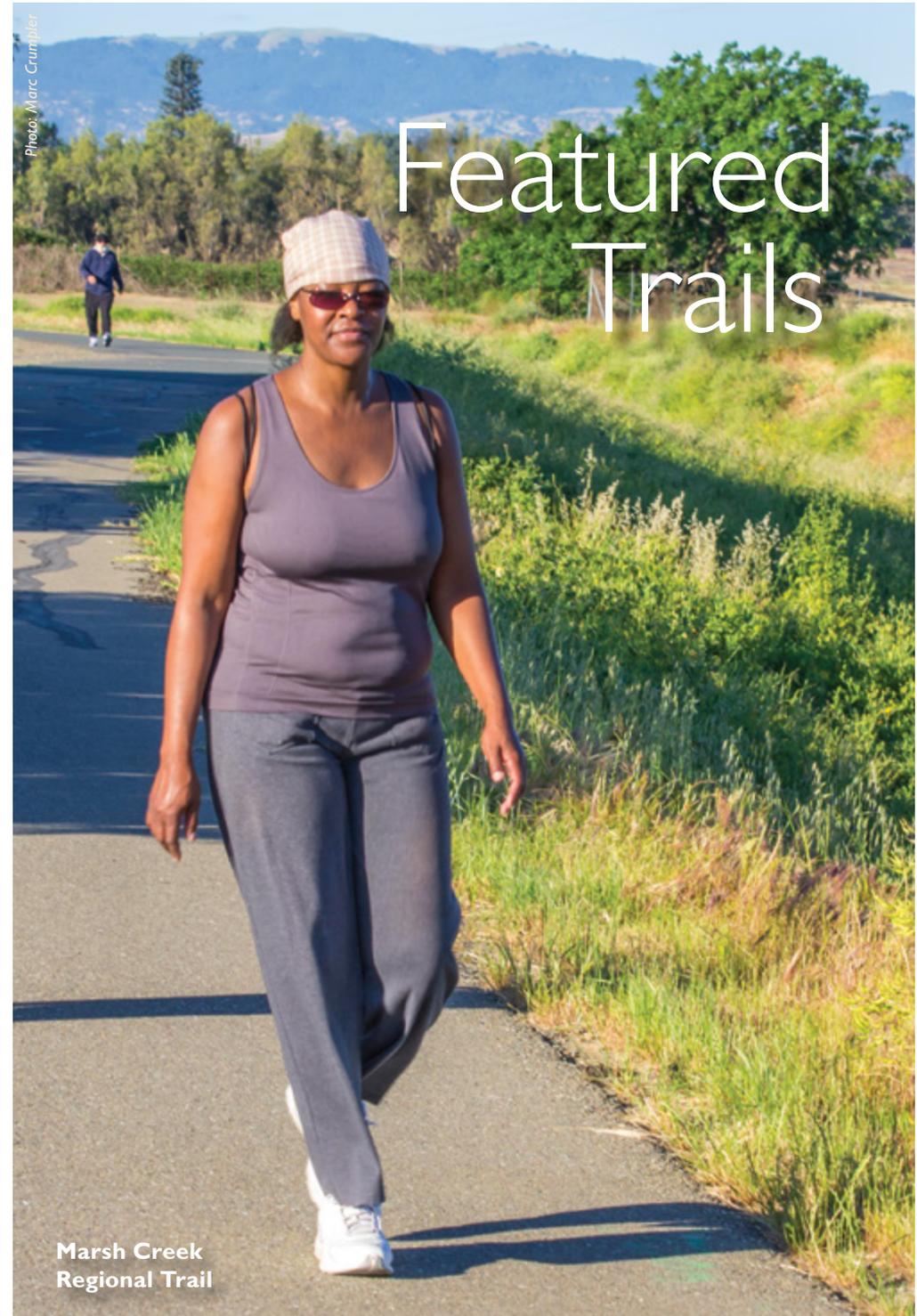
Roberts Regional Recreation Area

Photo: Jerry Ting



Crockett Hills Regional Park

Photo: Michael Lopez



# Featured Trails

Photo: Marc Crumpler

Marsh Creek Regional Trail



## At-a-Glance Featured Trails • EASY •

East Bay Regional Park Park Office Phone Number	City	Trails	Page
<b>Bishop Ranch Regional Preserve</b> 1-888-EBPARKS, Option 3, then 3276	San Ramon	Stream View/Red Tail Hawk/ Grey Fox	24
<b>Martin Luther King Jr. Regional Shoreline</b> 1-888-EBPARKS, Option 3, then 4541	Oakland	Arrowhead Marsh/Elmhurst Creek/Garretson Point/San Leandro Creek Trail West/ Arrowhead Marsh	26
<b>Martinez Regional Shoreline</b> 1-888-EBPARKS, Option 3, then 4542	Martinez	Duck Pond/Killdeer/ Boardwalk/Pickleweed	28
<b>Point Pinole Regional Shoreline</b> 1-888-EBPARKS, Option 3, then 4551	Richmond	Pinole Point/Bay View/Biazzil/ Woods/Packhouse Loop/ Owl Alley/Marsh/Cooks/ Giant Station	30
<b>Roberts Regional Recreational Area</b> 1-888-EBPARKS, Option 3, then 4555	Oakland	Roberts Ridge/West Ridge/ Redwood Bowl Access Road/ Graham/Diablo Vista	32
<b>Leona Canyon Regional Open Space</b> 1-888-EBPARKS, Option 3, then 4538	Oakland	Leona/Pyrite	34



## TRAILS CHALLENGE 2017

Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Intensity
●	●	●	●			2.48 Loop	Easy
●	Leash Required	●	●	●	●	3.84 Round Trip	Easy
●		●	●	Partial Use	Partial Use	1.83 Loop	Easy
●	●	●	●	Partial Use	Partial Use	4.13 Loop	Easy
●	●	●	●			1.22 Loop	Easy
●	●	●	●			4.28 Round Trip	Easy to Moderate



## At-a-Glance Featured Trails • MODERATE •

East Bay Regional Park Park Office Phone Number	City	Trails	Page
<b>Alameda Creek Regional Trail</b> 1-888-EBPARKS, Option 3, then 4501	Union City/ Fremont	Alameda Creek Regional Trail south side	36
<b>Claremont Canyon Regional Preserve</b> 1-888-EBPARKS, Option 3, then 4516	Oakland	Stonewall Panoramic	38
<b>Coyote Hills Regional Park</b> 1-888-EBPARKS, Option 3, then 4519	Fremont	Tuibun/Chochenyo/Lizard Rock/ Bayview/Soaproot/Red Hill/ Nike/Bayview	40
<b>Five Canyons Open Space</b> 510-544-3073	Hayward	Deer Canyon/Shady Canyon/ Newt Pond/Chabot-Garin/ Shady Canyon/Deer Canyon	42
<b>Garin Regional Park</b> 1-888-EBPARKS, Option 3, then 4530	Hayward	High Ridge/Newt Pond/ Old Homestead/ Vista Peak/Old Homestead/ Newt Pond/High Ridge	44
<b>Kennedy Grove Regional Recreation Area</b> 1-888-EBPARKS, Option 3, then 4534	Richmond	Laurel Loop/Lower Sea Foam/ Kennedy Creek/Black Oak/Black Oak Loop/Black Oak/Kennedy Creek/Laurel Loop	46
<b>Marsh Creek Regional Trail</b> 1-888-EBPARKS, Option 3, then 4534	Oakley/ Brentwood	Marsh Creek Trail from E. Cypress Road, Oakley, to Concord Ave, Brentwood, and back	48
<b>Brushy Peak Regional Preserve</b> 1-888-EBPARKS Option 3, then 4512	Livermore	Laughlin Ranch Loop/ Tamcan/Brushy Peak Loop/ West Side Loop	50



## TRAILS CHALLENGE 2017

Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Intensity
●	●	●	●	●	●	8.02 Round Trip	Moderate
●	●		●			2.62 Round Trip	Moderate To Challenging
●	Partial- No Dogs on Chochenyo Trail	Partial Use	Partial Use	Partial Use	Partial Use	4.77 Loop	Moderate To Challenging
●	●	Partial Use	●			4.08 Loop	Moderate
●	●	●	●			5.04 Loop	Moderate
●	●	Partial Use	●			3.48 Loop	Moderate
●	●	●	●	●	●	15.28 Loop	Moderate
●	Leash Required	●	●			6.00 Loop	Moderate To Challenging



## At-a-Glance Featured Trails • CHALLENGING •

East Bay Regional Park Park Office Phone Number	City	Trails	Page
<b>Crockett Hills Regional Park</b> 1-888-EBPARKS, Option 3, then 4521	Crockett	Edwards Creek/Edwards Loop/ Soaring Eagle/Sky/Big Valley/ Tree Frog Loop/Big Valley/Sky/ Soaring Eagle/Sky/Crockett Ranch	52
<b>Del Valle Regional Park</b> 1-888-EBPARKS, Option 3, then 4524	Livermore	East Shore/Hetch Hetchy/ Hidden Canyon/Ridgeline/ Swallow Bay/East Shore/Heron Bay/Swallow Bay/East Shore	54
<b>Anthony Chabot Regional Park</b> 1-888-EBPARKS, Option 3, then 4536	Castro Valley	Redtail/Deer Canyon/Brandon/ Two Rocks/Columbine/ Honker Bay/Towhee	56
<b>Pleasanton Ridge Regional Park</b> 510-544-3030	Pleasanton	Woodland/Oak Tree/ Sycamore Grove/Meadow Pond/ Oak Tree/Ridgeline/Thermalito	58
<b>Redwood Regional Park</b> 1-888-EBPARKS, Option 3, then 4553	Oakland	Golden Spike/West Ridge/ Orchard/French/ Redwood Peak/ West Ridge/Tate	60
<b>Wildcat Canyon Regional Park</b> 1-888-EBPARKS, Option 3, then 4567	Richmond	Wildcat Creek/Sylvan/Wildcat Peak/Nimitz Way/Conlon/Wildcat Creek/Mezue/Nimitz Way/Havey Canyon/Wildcat Creek	62



## TRAILS CHALLENGE 2017

Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Intensity
●	●	●	●			8.48 Round Trip	Challenging
●	●	●	●			9.92 Loop	Challenging
●	●	Partial Use	●			8.92 Loop	Challenging
●	●	Partial Use	●			6.03 Loop	Challenging
●	●	Partial Use	●			7.77 Loop	Challenging
●		Partial Use	Partial Use			10.4 Loop	Challenging

## Bishop Ranch Regional Preserve

Stream View Trail/Red Tail Hawk Trail/Grey Fox Trail

**Length:** 2.48-mile loop

**Elevation Gain:** Approximately 886 feet

**Location:** San Ramon

**GPS Coordinates:** 37.749611, -121.963016

**Intensity:** Easy



**Park Features:** Bishop Ranch is a serene parkland located on 806 acres in San Ramon. Watch for deer, redtail hawks, and turkey vultures while you enjoy lovely views of open skies and Mount Diablo in the northeast. Hiking, jogging, kite flying, dog walking, and picnicking are some of the activities enjoyed on this ridgetop refuge.

**Trail Highlights:** The seasonal creek is active in the winter months and into April, depending on the rainfall. Enjoy the pleasant groves of oak trees sprawling throughout the park. Delight in views of the San Ramon, Dublin, and Pleasanton valleys, with Mount Diablo as the backdrop. There are no restroom facilities, so plan ahead. There is a small water spout located near the trailhead information board for filling a water bottle.

**Trail Directions:** Begin southwest on Grey Fox Trail. Walk .06 miles and take the first right onto Stream View Trail. The trail splits off around the bottom of the seasonal creek: keep to the path left/southwest of the creek (though either route will lead back to the same trail). There is a brief uphill section before the hiker-only section of the Stream View meets the wider multi-use section of Stream View. Take a right at that junction and continue along Stream View above and parallel to the creek. The last section of Stream View Trail heads steeply uphill, away from the creek, gaining an elevation of about 400 feet. Atop this small hill, \*turn left onto Redtail Hawk Trail. Follow the trail for .18 miles, turning left onto Grey Fox Trail to finish the loop. This final stretch of the hike will take you back to the start and grace you with sweeping views of Mount Diablo to the northeast.

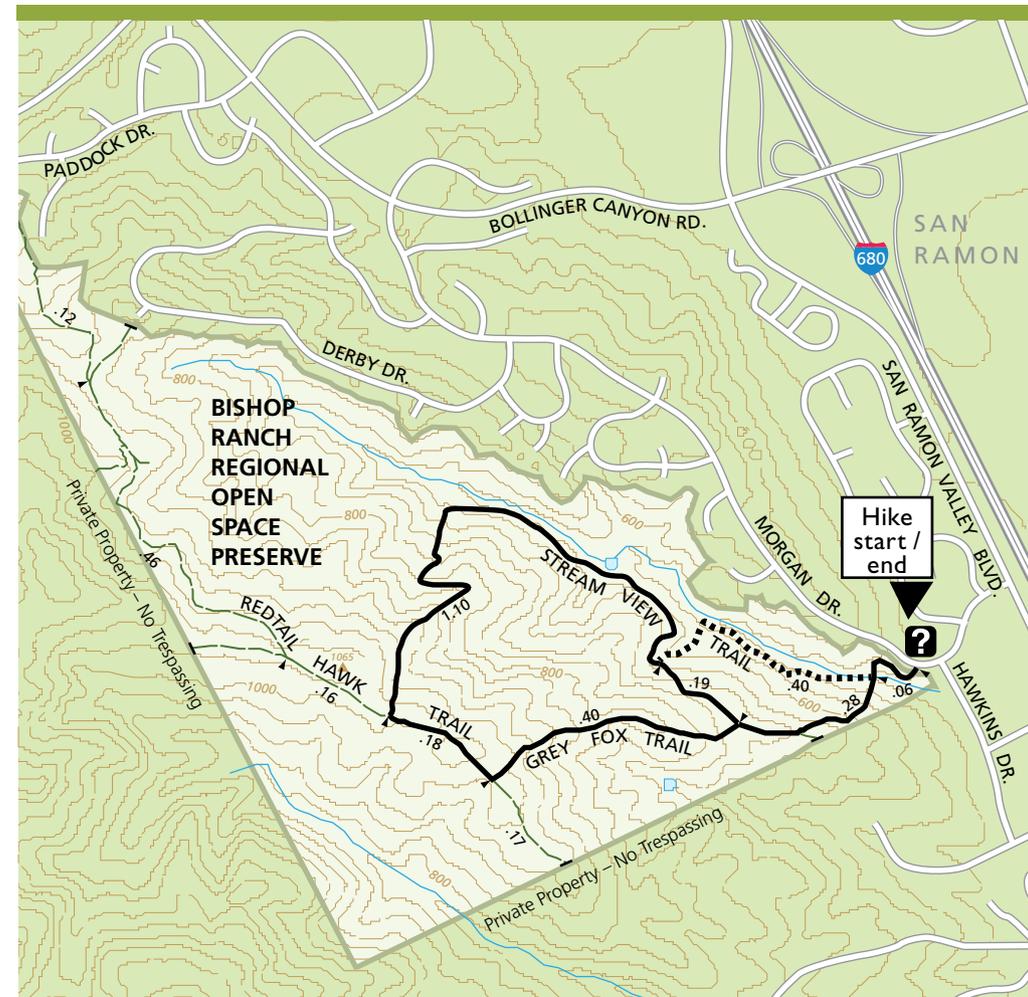
\*If you would like to extend your hike, turn right onto Redtail Hawk Trail. This is an out-and-back hike which adds 1.48 miles total to your hike.

**Driving Directions:** Exit I-680 in San Ramon at Bollinger Canyon Road and go west to San Ramon Valley Boulevard. Turn left (south) on San Ramon Valley Boulevard and drive to Morgan Drive. Turn right (west) on Morgan Drive and go a short distance. Park on Morgan Drive, The trailhead is on the left.

**Park Hours:** 5am – 10pm

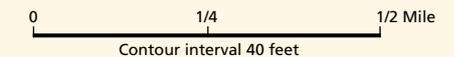
**Fees:** None

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



- Featured Trail—Hiker, Horse, Bike
- ..... Featured Trail—Hiker Only
- Hiker, Horse, Bike Trail

? Information



# Martin Luther King Jr. Regional Shoreline

Arrowhead Marsh Trail/Elmhurst Creek Trail/Garretson Point Trail/  
San Leandro Creek Trail West/Arrowhead Marsh Trail

**Length:** 3.84 miles round trip

**Elevation Gain:** 280 feet

**Location:** Oakland

**GPS Coordinates:** 37.7313889, -122.2071944

**Intensity:** Easy



**Park Features:** Decades of restoration projects at MLK Jr. Regional Shoreline have brought this precious marshland's ecosystem back to life. The restoration of native plants has attracted the return of many bird species, including the endangered Ridgeway's rail and the burrowing owl. The marshlands also attract thousands of migrating birds annually for resting and feeding. Pack a lunch and relax at one of the shoreline's many grassy areas or picnic areas. Be sure to bring sunblock or wear protective clothing because this park has few shaded areas.

**Trail Highlights:** The observation tower next to the Arrowhead Marsh parking lot provides a vantage point for surveying the marshlands. All the trails in this shoreline park are paved and suitable for people of any fitness level. As with all EBRPD lands, dogs are not allowed in the marsh areas. They must be on a leash throughout this park (6-foot maximum). There are water fountains and benches along the route so you can stay relaxed and hydrated on your trip.

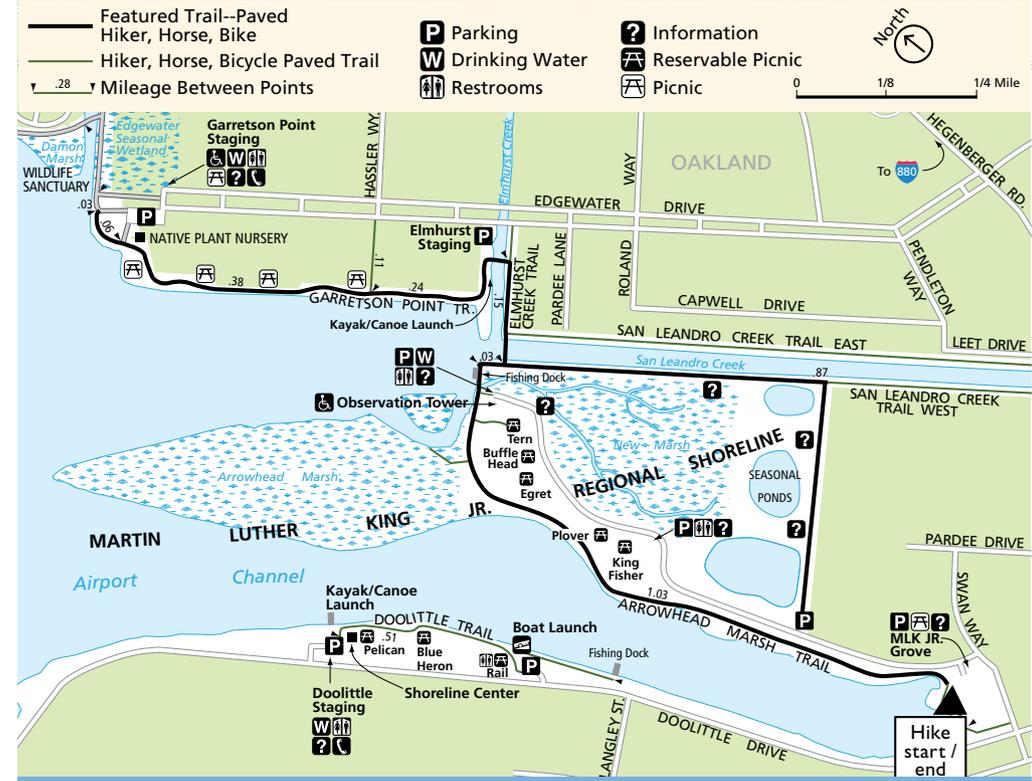
**Trail Directions:** Upon entering the park, make a left to park at the Martin Luther King Jr. Grove. Head north along the Arrowhead Marsh Trail parallel to the waterfront. Don't follow the paved vehicle road, which leads to other staging areas in the park. Hike about 1 mile and take a right onto San Leandro Creek Trail West. Take the next left onto Elmhurst Creek Trail, then left onto Garretson Point Trail. Continue until you reach the Native Plant Nursery, which will be on your right. Relax and enjoy the view of San Leandro Bay! Retrace your footsteps back to San Leandro Creek Trail West and go left. After .87 miles take a right and walk the connecting trail back to the Martin Luther King Jr. Grove parking lot.

**Driving Directions:** From I-880 south: Take exit 36 for Hegenberger and turn right onto Hegenberger Road; follow Hegenberger, make a right onto Pardee Drive, then a left onto Swan Way. Continue one long block; watch for the park entrance sign just past the Oakland Logistics freight terminal. Turn right to enter the park. The MLK Grove will be on your left.

From I-880 north: Take exit 35 for 98th Avenue toward the Oakland Airport; turn left onto 98th, go under the freeway, and turn right on Airport Access Road. Make a slight left to stay on Airport Access Road/Pardee Drive. Cross Hegenberger and go left onto Swan Way, then right to enter the park.



Photo: Michael Short



**Health Tip:** In California, drowning is the leading cause of death, disability, and injury for children under five years of age. Watch your children at all times near any water bodies. Never leave a child alone near water for any reason. A child can drown in less than two minutes, even if he or she knows how to swim.

**Park Hours:** 8am to sunset (varies seasonally)

**Fees:** None

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

# Martinez Regional Shoreline

Duck Pond Trail/Killdeer Trail/Boardwalk Trail/Pickleweed Trail

**Length:** 1.83-mile loop

**Elevation Gain:** 141 feet

**Location:** Martinez

**GPS Coordinates:** 38.0250833, -122.1388528

**Intensity:** Easy



**Park Features:** Martinez Regional Shoreline is a great place to get some sunshine and fresh air. This charming park is located along the Carquinez Strait, which connects to San Pablo Bay. A variety of animals and plants thrive in this marshy environment, and there are benches throughout the park to sit on and enjoy the sights. The park offers fishing from the pier, boating, biking and picnicking, and field areas for sports. The park is adjacent to a horse arena.

**Trail Highlights:** This gentle hike is great if you want to stroll amongst wildlife and an ever-changing habitat. There are interpretive panels throughout the park that tell the history of the area. Dogs are not allowed in the marsh areas and other areas of the park; see map and signs in the park for details.

**Trail Directions:** Park at the Ferry Point parking lot at the end of road. Head north towards the pier and locate the trail just past the grassy area. Turn left onto the trail. The pond will be to your left and the shoreline to your right. As the trail starts to curve around the pond, keep the pond on your left. After .29 miles, turn right onto a boardwalk that crosses a marsh. Turn right after the boardwalk and head towards the Arch Bridge. Turn left after the bridge to stay on the trail. Walk a short

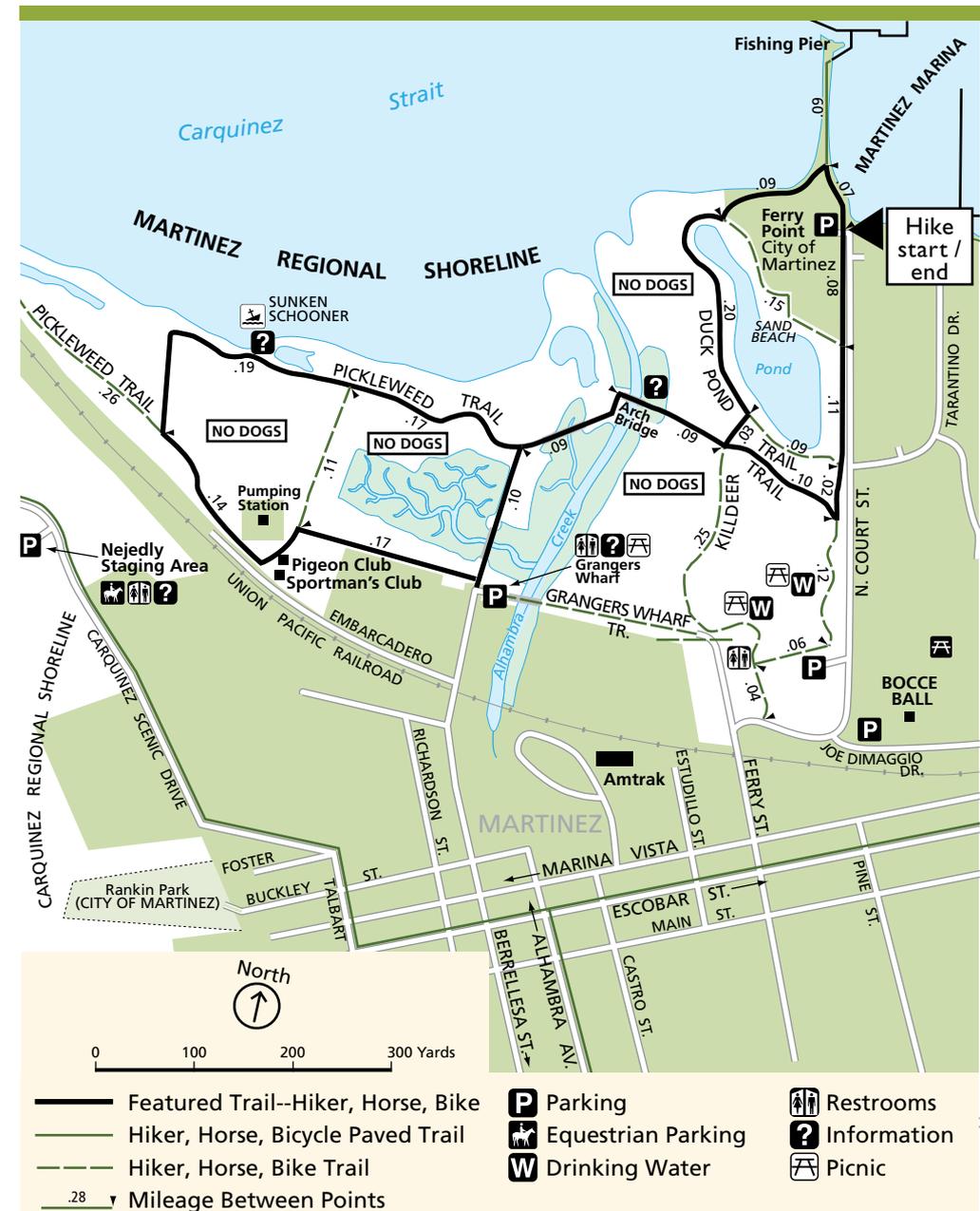
distance, cross another bridge and bear right as you continue on the Pickleweed Trail along the shoreline. Farther along, notice the memorial to the sunken schooner on your right. As you turn left and then left again, the railroad tracks will be on your right. Stay to the right at the next fork. You'll walk between a pumping station and the Sportsman's Club building. Turn right and walk towards a parking area at the end of Berrellesa Street, where there is a restroom and the Grangers' Wharf trailhead. Turn left at the restrooms to go back to the Pickleweed Trail, then turn right to go back over the Arch Bridge. Skip the boardwalk leading towards the pond and continue straight on the Killdeer Trail towards North Court Street. Turn left at North Court Street and return to the parking lot where you began.

**Driving Directions:** From Highway 4 in Martinez, exit at Alhambra Avenue and go north. Turn right on Escobar and left on Ferry Street; follow Ferry Street into the park.

From I-680 in Martinez, exit at Marina Vista and go west. Turn right on Ferry Street into the park.



Photo: Shelly Lewis



**Park Hours:** 8am – dusk; varies seasonally.

**Fees:** None

**Website:** [www.ebparks.org/parks/martinez#reach](http://www.ebparks.org/parks/martinez#reach)

## Point Pinole Regional Shoreline

Pinole Point Trail/Bay View Trail/BiaZZi Trail/Woods Trail/Packhouse Loop Trail/Owl Alley Trail/Marsh Trail/Cooks Trail/Giant Station Trail

**Length:** 4.13-mile loop

**Elevation Gain:** 349 feet

**Location:** Richmond

**GPS Coordinates:** 37.992163, -122.356120

**Intensity:** Easy

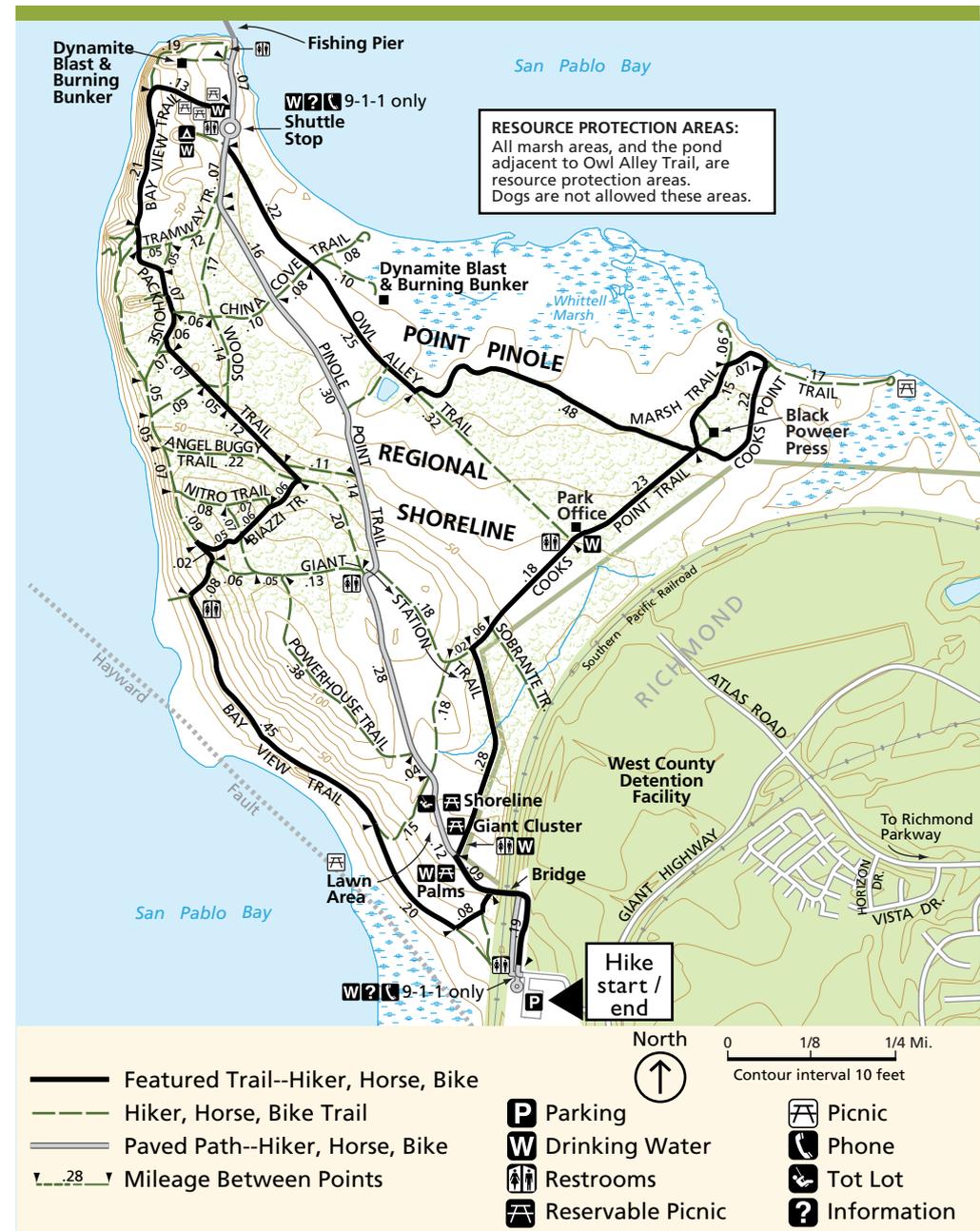


**Park Features:** This popular shoreline park sits on the scenic San Pablo Bay and features 2,315-acres of parkland that was home to dynamite manufacturing from 1881 to 1960. The park is home to more than 100 different animal species including deer, monarch butterflies, hawks, and owls. Along the shoreline bluffs are salt marshes, which are home to a variety of shorebirds and crabs. Park visitors enjoy hiking, picnicking, horseback riding, bicycling, fishing, and crabbing. Partially paved trails course throughout the park and provide use for a variety of wheeled activities.

**Trail Highlights:** This trail brings you right into the park's most vibrant eucalyptus woods, offering an aromatic experience you won't forget. San Pablo Bay is typically breezy, making Point Pinole a perfect recreational site on a hot day. Expect to see many other park visitors as there are a variety of activities available to enjoy here.

**Trail Directions:** From the parking lot, head north, crossing over the bridge on your left and continuing onto Pinole Point Trail. Take the first left to begin Bay View Trail. Hike .73 miles, curving right after the restrooms to stay on the trail. After the curve take the second right to begin BiaZZi Trail, which will lead you into a pleasant eucalyptus forest. Pass the Nitro Trail and an unmarked path on the left. After .17 miles there's a junction with the Angel Buggy and Woods Trails. Go left onto Woods Trail. Continue straight ahead on this trail until it ends at Packhouse Trail; go right. Follow this route for about .13 miles. When the trail splits go left and meander back to the Bay View Trail. Hike Bay View Trail for .47 miles, walk past the shuttle bus stop and roundabout, and turn left after the bathrooms onto Owl Alley Trail. Follow this trail for .49 miles turning left to begin Marsh Trail. Follow this route for .48 miles and turn left at the trail junction to stay on Marsh Trail, hiking around the Black Powder Press. After .15 miles this trail will loop right lead to a junction with Cook's Point Trail. Turn right on Cook's Point Trail. On the left the trail leads out to Cook's Point and does not continue the loop. Back at the powder press junction, Cook's Point Trail turns left. Hike it for .76 miles, then turn left to hike Giant Station Trail for .28 miles. Turn left onto Pinole Point Trail. This trail will lead you to retrace your initial steps which lead over the bridge and back to the parking lot.

**Driving Directions:** From I-80 in Richmond, exit at the Richmond Parkway. From the Richmond Parkway, turn right onto Giant Highway and proceed to the park entrance.



**Park Hours:** 7am – sunset (varies seasonally)

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

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

## Roberts Regional Recreational Area

**Roberts Ridge Trail/West Ridge Trail/Redwood Bowl Access Road/Graham Trail/ Diablo Vista Trail**

**Length:** 1.22-mile loop

**Elevation Gain:** Approximately 558 feet

**Location:** Oakland

**GPS Coordinates:** 37.812318, -122.174562

**Intensity:** Easy



**Park Features:** Roberts Regional is an 82-acre park that is known for its beautiful groves of redwood trees coupled with plenty of recreational activities for everyone. Amenities available for use are a baseball field, swimming pool, a sand volleyball court, an archery range—just to name a few. Roberts is also home to a “Barrier Free” wheelchair accessible children’s play area.

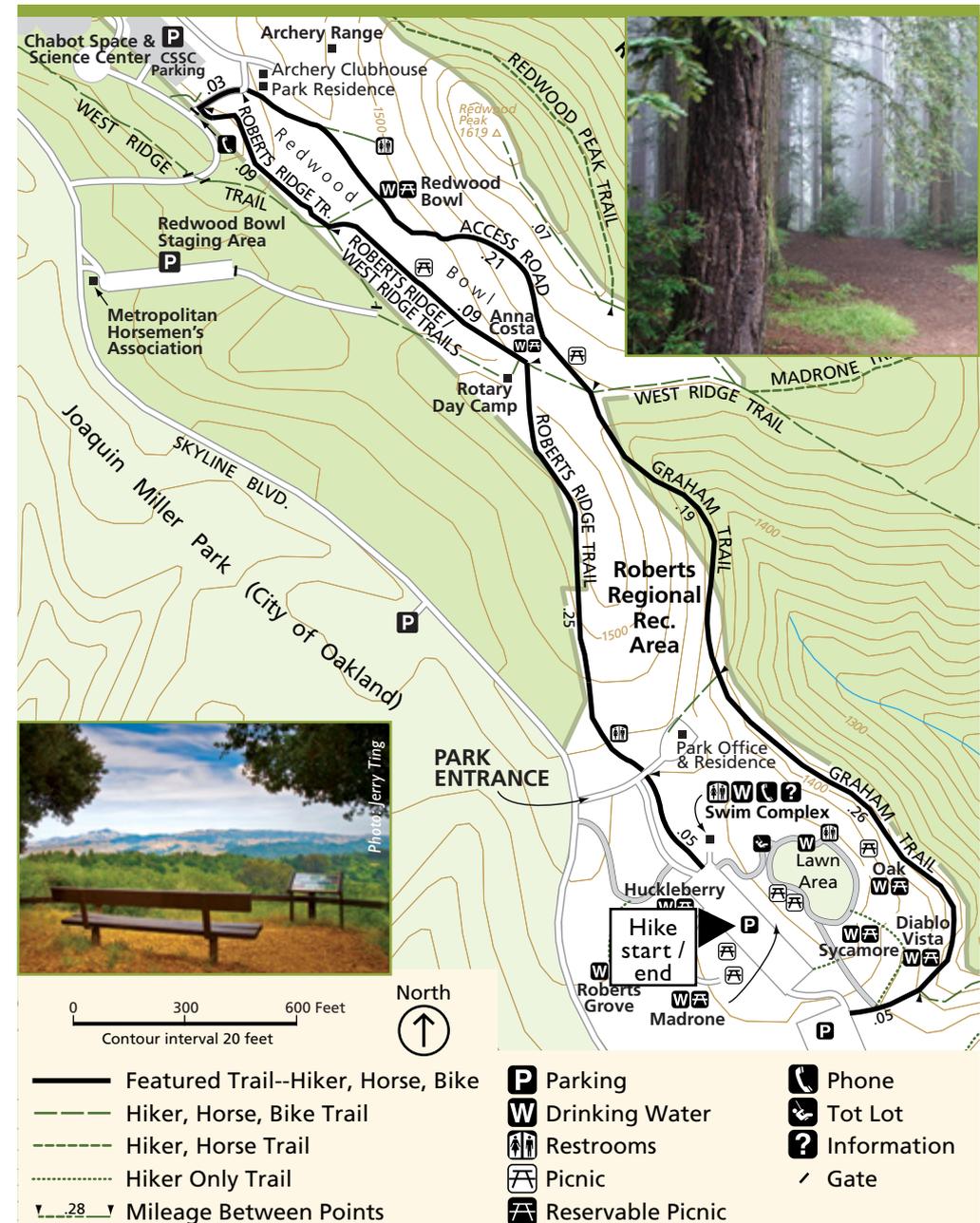
**Trail Highlights:** This quick and refreshing trail amongst breathtaking redwoods will complement any day. Coastal redwoods contribute to cool, moist environments making this hike a great choice on warm days. The route will take you past many of the park’s amenities including the lovely Redwood Bowl which is an off-leash area for furry, four-legged visitors. If you want to extend your hike then take advantage of the park’s many trails marked on the map and enjoy the spectacular views that Roberts has to offer.

**Trail Directions:** From the parking lot, walk northwest along the road in front of the swim complex. Roberts Ridge Trail begins here as a paved trail, crosses the park’s service road, and becomes a forest trail slightly to your left. Look for a small bathroom to guide you on your right. Hike .25 miles then continue left onto West Ridge Trail, a wide fire road. After .09 miles veer right onto Roberts Ridge Trail, just past the Redwood Bowl sign. Hike .09 miles and veer right (towards Archery Range). Hike .03 miles and make a sharp right downhill near the park residence. Hike .21 miles, passing the Archery Range on the left, along the access road and veer right onto Graham Trail (restroom will be straight ahead). Follow Graham Trail, initially downhill, for .50 miles. Turn right onto a connector trail marked “Roberts Park.” Hike .05 to the next junction, and turn right to the Diablo Vista picnic area to catch a view of Mt. Diablo to the northeast. Return to the connector trail that leads to the 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 onto Skyline Blvd. Turn right into Roberts Regional Recreational Area.

**Park Hours:** 8am – sunset (varies seasonally)



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

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

# Leona Canyon Regional Open Space Preserve

## Leona Trail Trail/Pyrite Trail

**Length:** 4.28 miles round trip

**Elevation Gain:** 2,081 feet

**Location:** Oakland

**GPS coordinates:** 37.7753222, -122.1457889

**Intensity:** Easy/Moderate



**Park Features:** Nestled between neighborhoods and Merritt College, Leona Canyon offers a 290-acre sanctuary to those seeking a quick and easy escape into nature. Dog owners and walkers adore this park due to its central location and ease of access. With lush groves of trees hanging over the trails, creekside terraces to rest upon, and canyon overlooks, this park provides just the right amount of space to take a break from your day and breathe fresh air.

There are no developed facilities here and no water provided. Restrooms are available at Merritt College during class hours. Water and restrooms are located at the Anthony Chabot Equestrian Center, 14600 Skyline Blvd. Park maps and a self-guided trail map titled “Local Indian Uses of Plants” are available at the Leona Canyon trailhead.



Photo: Janet Ellis

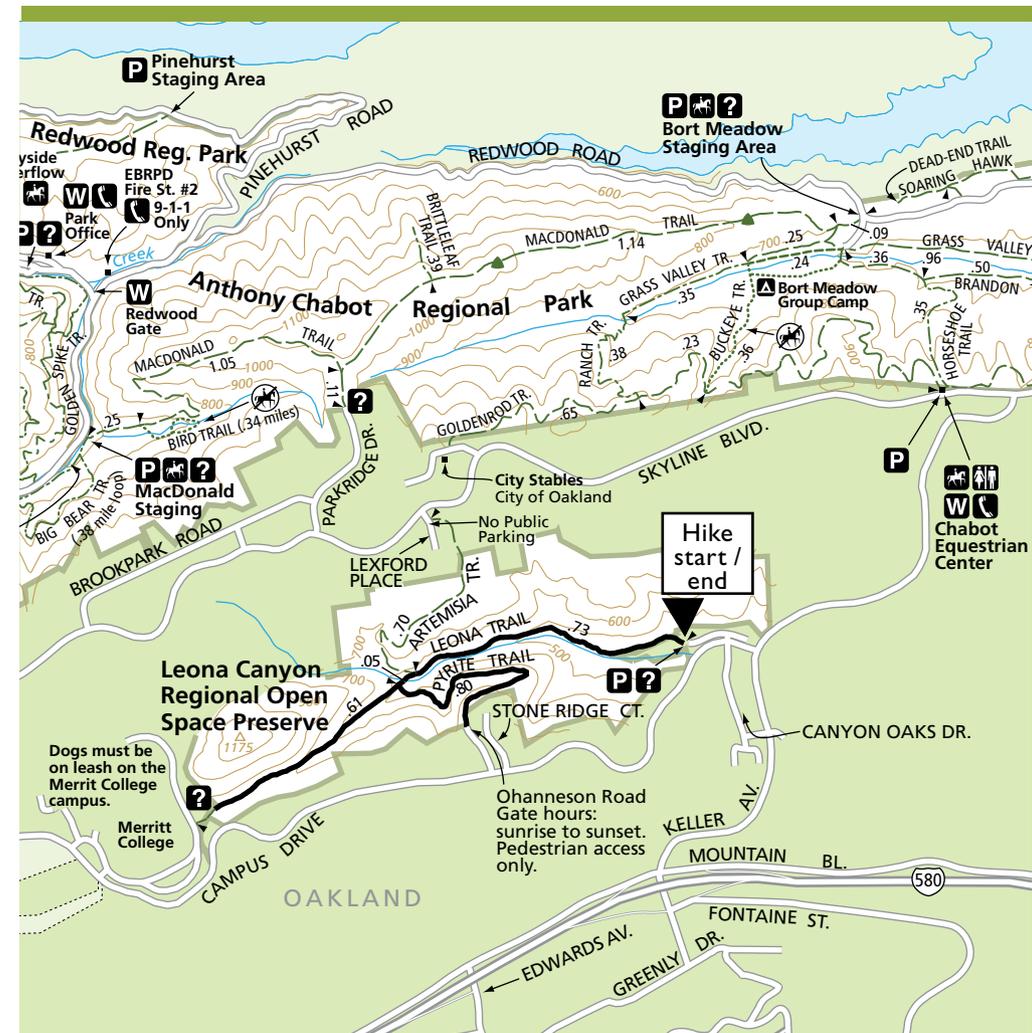
**Trail Highlights:** This route is “easy to moderate” because you can decrease the distance to make it an easier challenge since it is not a loop trail. The entire hike is 4.28 miles, but you could skip the Pyrite Trail (which is steep) and make this hike 2.68 miles instead.

Halfway up when the Pyrite Trail hooks right and levels out, you will find two clearings on the left that offer peaceful terraces for resting with overlooks of Leona Canyon. Whether you

choose to take the Pyrite Trail or prefer an easier hike by staying on the Leona Trail, it is important to know that both trails are out-and-back routes – just retrace your steps to get back to the parking lot.

**Trail Directions:** This trail begins at Leona Canyon’s parking lot below Campus Drive. Enter the park and stay to the right of the pond to begin Leona Trail. Hike 1.34 miles until you reach the end of the trail at Merritt College. Turn around and hike .61 miles back to find the Pyrite Trail on your right. Take a right to begin the steep, but short, trail, which is .80 miles one way. Once you reach the end of the trail, turn around to retrace your steps back to Leona Trail. Turn right here and make your way back to the parking lot.

**Driving Directions:** From I-580 in Oakland, exit Keller Avenue and turn east toward the hills. Turn left onto Campus Drive and make an immediate right into the Ridgemont at Skyline development. Once in the development, turn left and continue to the Leona



Canyon parking lot. Access is also available at Merritt College. The lot charges a fee and is closed on weekends. AC Transit #54 serves Merritt College weekdays only.

**Park Hours:** 5am – 10pm

**Fees:** None

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

# Alameda Creek Regional Trail

## Alameda Creek Regional Trail South Side

**Length:** 8.02 miles round trip

**Elevation Gain:** 311 feet

**Location:** Beard Staging Area, Fremont

**GPS Coordinates:** 37.5869306, -122.0389389

**Intensity:** Moderate



**Park Features:** The Alameda Creek Regional Trail, which runs along the banks of Alameda Creek, connects Fremont's Niles District to San Francisco Bay. The creekside trail provides opportunities to view a large variety of birds that will keep you captivated with their songs and flight patterns overhead. Relax and enjoy several park spaces along the route and be ready to explore the captivating marshlands of Coyote Hills as you hike right up to the bay. Note that dogs must be leashed.

**Trail Highlights:** This trail is considered “moderate” due to its length, not its elevation gain. Note also that there are two trails, one paved on the south bank and the other unpaved on the north bank. The paved, south-side trail is suggested for bicyclists, hikers, joggers, and runners. The unpaved north-side trail is designed for horseback riding. Dogs are allowed off-leash (under voice control) on the unpaved north bank trail, but must remain leashed at all times on the south bank paved trail. The Beard Staging area offers a restroom and water fountain. Facilities are also available in the Visitor Center at Coyote Hills Regional Park if you would like an interesting and pleasant side trip into that parkland with its marshlands, Tuibun village site, bay views and birdwatching opportunities.

**Trail Directions:** Begin at the Beard Staging Area at the north end of Beard Road in Fremont (off Fremont Blvd.). Head west, towards the Bay. After 0.72 miles, you will pass under the I-880 freeway, and will pass under Alvarado Blvd./Fremont Blvd. shortly after that. After another 1.38 miles you will pass under Ardenwood Blvd. From there it is 1.75 miles to your turnaround, where Coyote Hills' Red Hill Trail intersects with the Alameda Creek Trail. If you wish, continue on into the Don Edwards San Francisco Bay National Wildlife Refuge, or explore the marshes and hills of Coyote Hills.

**Driving Directions:** From I-880 heading south take exit 22 for Alvarado Blvd. toward Fremont Blvd. north. Turn left onto Alvarado Blvd., keeping left to stay on this street. Continue onto Fremont Blvd. As you pass over the freeway, go past the stoplight and make a U-turn. Turn right onto Beard Road. The staging area is 0.75 miles ahead.

**Park Hours:** 5am – 10pm

**Fees:** None

**Website:** [www.ebparks.org/parks/trails/alameda\\_creek](http://www.ebparks.org/parks/trails/alameda_creek)



Photo: Akio Higuchi

**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 enjoy yourself and others more.

# Claremont Canyon Regional Preserve

## Stonewall Panoramic Trail

**Length:** 2.62 miles round trip

**Elevation Gain:** 945 feet

**Location:** Oakland

**GPS Coordinates:** 37.8627000, -122.2443167

**Intensity:** Moderate/Challenging



**Park Features:** The first inhabitants of this region were the Huchiun Ohlone Indians. They may have used the Claremont Canyon area for hunting and gathering. Today, Claremont Canyon provides the community with breathtaking panoramic views of the Bay Area.

**Trail Highlights:** Though this trail has an elevation gain of 945 feet with four very steep segments, there are several terraced spots that provide great opportunities to relax and enjoy the view. Along your hike you will see a variety of vegetation including oak, bay laurel, and eucalyptus trees, California sagebrush, and many other plant communities. Claremont Canyon is also home to a variety of animal species including the black-tailed deer, coyote, gray fox, red-tailed hawk, and the western garter snake.

**Trail Directions:** Connect to the trailhead on Stonewall Road. Enter the park and stay to the right to begin Stonewall Panoramic Trail. The trail will make a sharp right and gradually get steeper. Be aware of many unmarked trails that diverge from the Stonewall Panoramic Trail. Once you reach the top, turn around and retrace your steps back to the trailhead.

**Driving Directions:** To reach the Stonewall-Panoramic trailhead from Highway 24, exit Fish Ranch Road immediately east of the Caldecott Tunnel. Go up Fish Ranch Road about one mile to the four-way stop. Continue through the stop; Fish Ranch becomes Claremont Ave. Continue for about 3 miles. Make a right onto Stonewall Road and continue for approximately .25 miles to the trailhead. From Highway 13 in Berkeley: Turn east onto Claremont Ave. and continue about .25 miles. Turn left onto Stonewall Road. The main entrance to the preserve is on Stonewall Road, which is a block north of the Claremont Hotel. Parking is very limited on this narrow street. Lock your vehicle, keep items out of site, and respect the privacy of the residents. AC Transit routes #7 and #9 stop at Ashby Ave. and Claremont Ave. about .3 miles from the trailhead. The #7 bus also stops at Belrose Avenue and Garber Road.

**Park Hours:** 5am – 10pm

**Fees:** none

**Website:** [www.ebparke.org/parks/claremont\\_canyon](http://www.ebparke.org/parks/claremont_canyon)

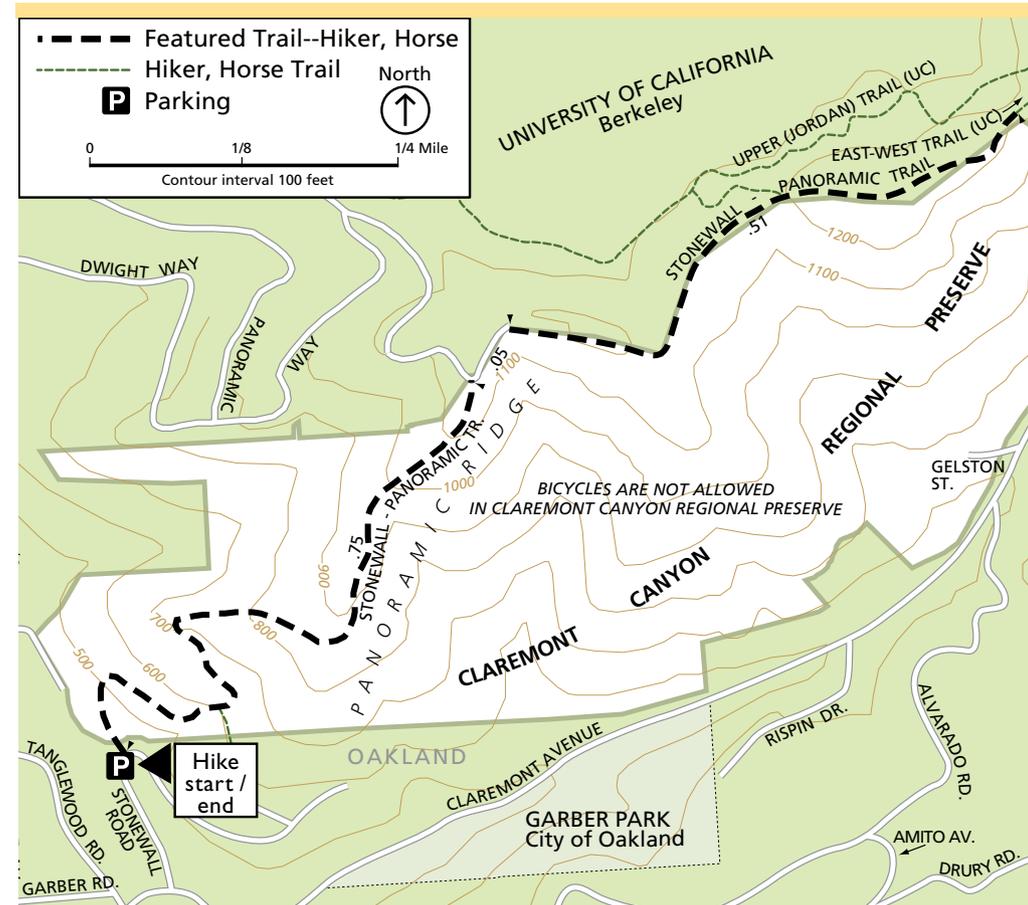


Photo: Bob Walker, collection of the Oakland Museum of California

**Health Tip:** Visit a farmer's market to find fresh new foods to add to your menu, and instead of salt, use herbs and spices for zest and to help lower your blood pressure.

# Coyote Hills Regional Park

**Tuibun Trail/Chochenyo Trail/Lizard Rock Trail/Bayview Trail/Soaproot Trail/Red Hill Trail/Nike Trail/Bayview Trail**

**Length:** 4.77-mile loop

**Elevation Gain:** Approximately 300 feet

**Location:** Fremont

**GPS Coordinates:** 37.5516472, -122.0855472

**Intensity:** Moderate/Challenging



**Park Features:** Coyote Hills Regional Park is a uniquely spectacular park in the East Bay. Resting where the Alameda Creek flows into San Francisco Bay, the hills and marshlands of this parkland provide habitat for a diverse range of plant and wildlife species. Enjoy naturalist-led programs, picnicking, hiking, and bicycling through breathtaking landscapes and vast open spaces. Note that dogs are not allowed on the Chochenyo Trail or in any marsh area.

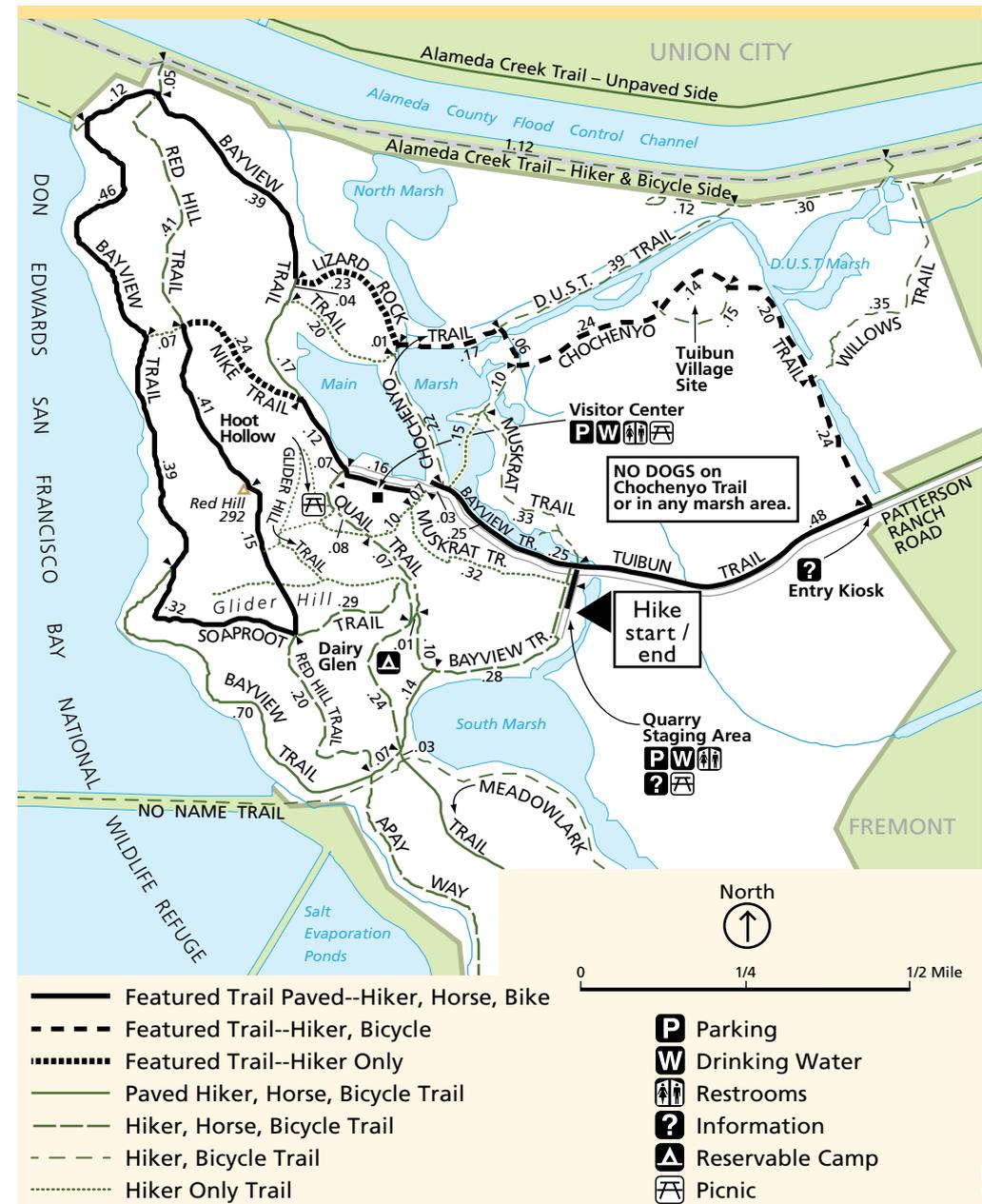
**Trail Highlights:** This hike treks through the marshes of Coyote Hills, providing seclusion in this serene landscape. Enjoy Bayview Trail as it leads you above the salt evaporation ponds, which are full of color and birdlife. These trails are not shaded and there are two water fountains, one at the beginning and towards the end of the trail, so be prepared with sun protection and drinking water. If you can, bring binoculars and take a closer look at the amazing views available in this extraordinary park!



**Trail Directions:** Beginning at the Quarry Staging Area, head north to cross the road and turn right onto Tuibun Trail. Hike .48 miles and turn left onto Chochenyo Trail (near the park entry kiosk). Stay on this trail for .82 miles as it winds through the marshes. Turn right, then left, to stay on Chochenyo, then turn right onto Lizard Rock Trail.

Keep right to follow this trail to Bayview Trail and then turn right. Hike Bayview Trail as it curves around and passes the Red Hill Trail junction (stay on Bayview). From this junction, hike .97 miles, then make a left at the trail junction of Soap Root and Bayview. Follow Soap Root Trail .32 miles to Red Hill Trail. Make a left on Red Hill Trail. The first peak on Red Hill Trail is called Glider Hill. The second peak, Red Hill, is the highest point at Coyote Hills – 292 feet. Stay on this trail for .56 miles, then turn right onto Nike Trail. Hike .24 miles to reach a different portion of the Bayview Trail, which goes past the Visitor Center and back to the Quarry Staging Area (0.5 miles). Turn right into the staging area.

**Driving Directions:** From I-880 in Fremont, take Highway 84 west. Exit at Paseo Padre Parkway, turn right, and drive north about one mile. Turn left on Patterson Ranch Road and proceed into the park.



**Park Hours:** 8am – varies seasonally

**Fees:** \$5 per vehicle; \$4 per trailered vehicle. Buses: \$25/per bus. \$2 per dog, service animals free.

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

## Five Canyons Open Space

*Deer Canyon Trail/Shady Canyon Trail/Newt Pond Trail/Chabot-Garin Trail/Shady Canyon Trail/Deer Canyon Trail*

**Length:** 4.08-mile loop

**Elevation Gain:** 1,118 feet

**Location:** Hayward

**GPS Coordinates:** 37.6870944, -122.0424361

**Intensity:** Moderate

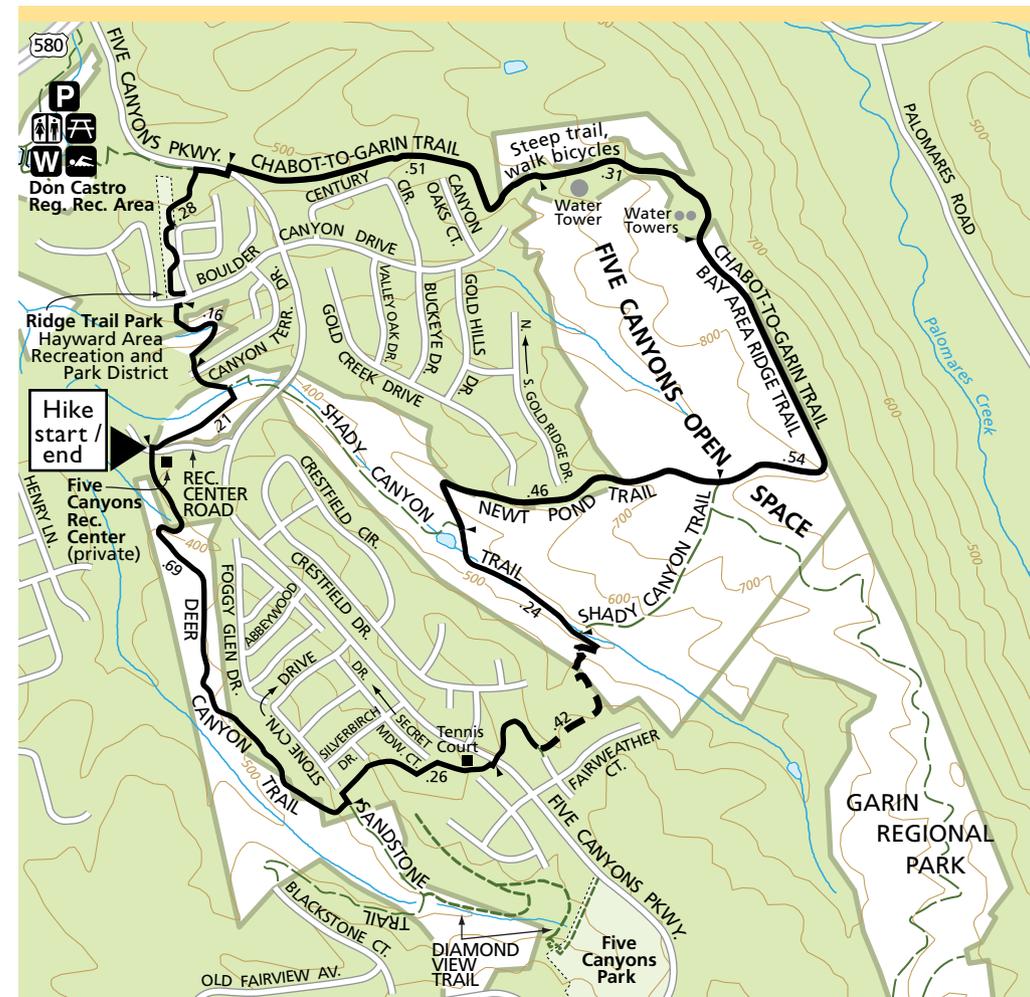


**Park Features:** Five Canyons is an open space park that connects Don Castro Regional Recreation Area and Garin Regional Park. With over 300 acres of open space and 5 miles of trails, Five Canyons offers Castro Valley residents natural spaces and a link with a segment of the Bay Area Ridge Trail, a nine-county ridgeline trail circling the San Francisco Bay region.

**Trail Highlights:** This trail blends scenic ridgelines with paved residential trail segments, offering expansive views of Castro Valley and the quiet experience of charming oak-covered canyons. Portions of this trail are demanding to locate, so pay attention and be cautious when crossing roads. Note that there are no facilities at this open space parkland, so be prepared.

**Trail Directions:** Begin southbound on Deer Canyon Trail behind the private Five Canyons Recreation Center on Recreation Center Road. Hike .69 miles, then turn left onto Sandstone Trail. Walk through the gate and immediately turn right onto the trail, which will lead you beside the residential community on your left and power lines on your right. Turn right onto the next paved road (walk around the vehicle gate), then left onto the gravel trail with a tennis court to your left. Cross Five Canyons Parkway and continue for .42 miles to Shady Canyon Trail. Stay straight and meander .24 miles through the shaded canyon. At the next junction, continue straight to begin Newt Pond Trail. Proceed .46 miles. Go through the gate. At the next trail junction, continue on the Chabot-Garin Trail as you pass the Shady Canyon Trail on the right. After .54 miles you will reach the top of the hill and continue through a gate. This paved trail leads you down a steep hill. After .31 miles and before you reach the residential cove, a dirt trail will reappear on your right. Go through the gate and hike behind the residences for .51 miles. Cross Five Canyons Parkway (Be careful! This is a busy road!) and go right onto the sidewalk. After about 200 feet the Shady Canyon Trail marker will appear on your left; take this paved trail to begin hiking through the neighborhood. Keep right to stay on the trail, walking through a playground. Cross over Boulder Canyon Drive and you will easily locate the dirt trail, which is Shady Canyon Trail. Walk .16 miles and cross Canyon Terrace Drive. Cross the seasonal creek and turn right onto Deer Canyon Trail at the next trail junction, and end where you began.

**Driving Directions:** From I-580 eastbound, take the Grove Way exit (exit 37) and turn left. Turn right onto E. Castro Valley Blvd., then turn right onto Five Canyons



0 1/8 1/4 Mile  
Contour interval 100 feet

North ↑

- Featured Trail--Hiker, Horse, Bike
- - - Featured Trail--Hiker, Horse
- - - Hiker, Horse, Bike Trail
- - - Hiker, Horse Trail
- P Parking
- W Drinking Water
- Restrooms
- Swimming
- Reservable Picnic

Pkwy. Stay on Five Canyons Pkwy. for one mile, then turn right onto Recreation Center Road. Street parking is marked at the private recreation center by the Deer Canyon trailhead.

**Park Hours:** 8am – sunset (varies seasonally)

**Fees:** None

**Website:** [www.ebparcs.org/parks/five\\_canyons](http://www.ebparcs.org/parks/five_canyons)



Photo: Sarah Sammis

## Garin Regional Park

**High Ridge Loop Trail/Newt Pond Trail/Old Homestead Trail/Vista Peak Loop Trail/Old Homestead Trail/Newt Pond Trail/High Ridge Loop Trail**

**Length:** 5.04-mile loop

**Elevation Gain:** 1,100 feet

**Location:** Hayward

**GPS Coordinates:** 37.6281056, -122.0292111

**Intensity:** Moderate



**Park Features:** Visitors can enjoy many activities at this Regional Park, including fishing, birdwatching, hiking, and horseback riding. There is an annual apple festival and a seasonal visitor center that displays antique farming implements (summer weekends only).

**Trail Highlights:** This trail starts off strong with a hefty incline followed by a steep downhill route to the lovely Newt Pond Wildlife Area. Enjoy the welcome shade and the creek here. Hiking along the Vista Peak Loop Trail offers sparse shade. Bring water and clothing for protection from the sun.

**Trail Directions:** Starting with the Visitor's Center and restrooms on your left, walk forward and walk through the cattle gate to begin the .48-mile ascent to Newt Pond Trail. Either trail will lead you to Newt Pond Trail, with the wider trail on the right being gentler. If taking the wider trail, turn left at the top of the hill where the trail marker is and then go to the next marker and go right onto Newt Pond Trail. If taking the steeper trail on the left, turn left onto Newt Pond Trail at the top of the hill. Meander downhill for .32 miles and cross over the Newt Pond Wildlife Area stream. Just ahead, turn left onto Old Homestead Trail, then right at Vista Peak Loop Trail. Hike .25 miles, then turn right to stay on the trail. Keep left for the next 1.45 miles, then right for .25 miles to get back to Old Homestead Trail and Newt Pond Trail and back to the Visitor Center.

**Driving Directions:** From I-580 eastbound take the I-238 exit and keep left for downtown Hayward. Continue onto Foothill Blvd. for about 2 miles. Take a slight left onto Mission Blvd. Follow Mission Blvd. for about 5.5 miles and then turn left onto May Road in Union City.

From I-580 westbound take the Strobridge Avenue exit. At the end of the ramp turn right onto Strobridge Avenue. At the first stop light turn left onto Castro Valley Blvd. Follow Castro Valley Blvd. under the freeway and then turn left onto Foothill Blvd. Continue on Foothill Blvd. for about 2 miles. Take a slight left onto Mission Blvd. Follow Mission Blvd. for about 5.5 miles and then turn left onto May Road.

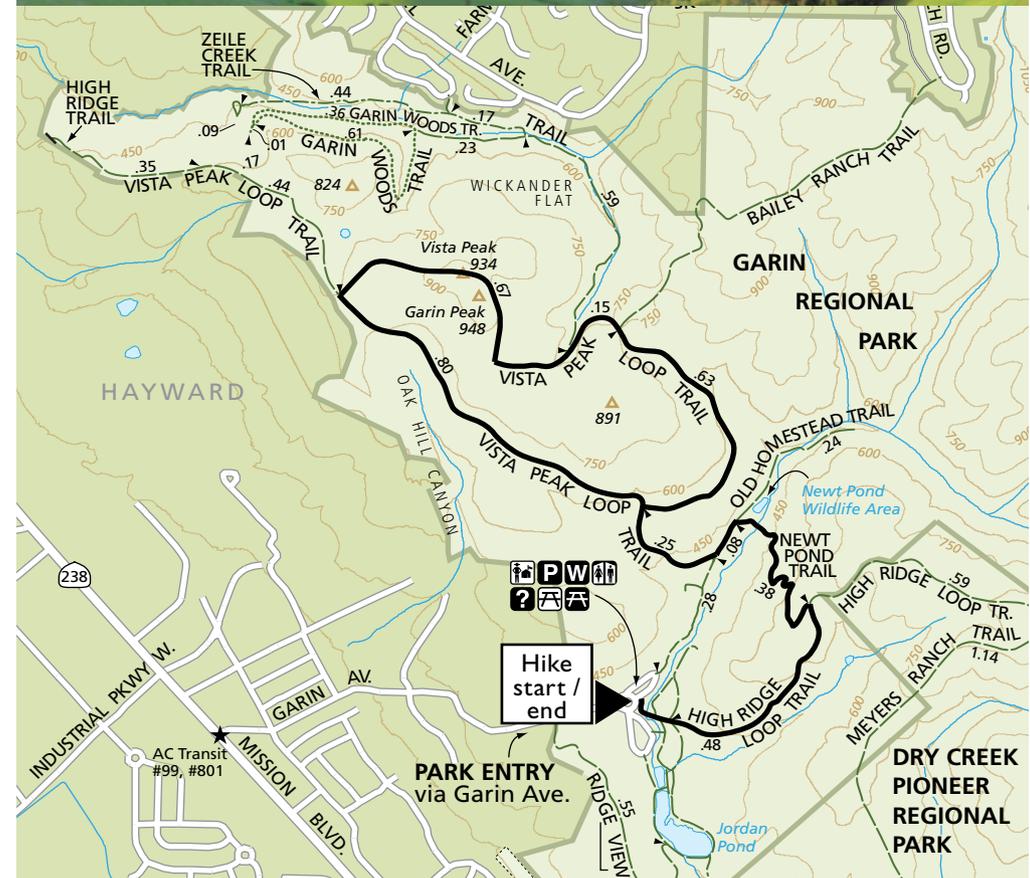
**Park Hours:** 8am – dusk (varies seasonally)

**Fees:** \$5 per vehicle (when kiosk is attended). \$2 per dog. Guide/service dogs free.

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



Photo: Deane Little



**Health Tip:** When you get outside and enjoy fun activities – hiking, walking, boating, or swimming – it's important to stay hydrated. Drink plenty of water during light activities, and sports drinks with electrolytes and carbohydrates for more strenuous activities.

## Kennedy Grove Regional Recreation Area

**Laurel Loop Trail/Lower Sea Foam Trail/Kennedy Creek Trail/Black Oak Trail/Black Oak Loop Trail/Black Oak Trail/Kennedy Creek Trail/Laurel Loop Trail**

**Length:** 3.48-mile loop

**Elevation Gain:** 1,638 feet

**Location:** El Sobrante

**GPS Coordinates:** 37.947751, -122.266352

**Intensity:** Moderate



**Park Features:** Kennedy Grove sits at the base of the San Pablo Dam and its entrance is shaded with large, fragrant eucalyptus trees. This parkland is ideal for hiking, picnicking, day camps, and bird watching. There is a spacious turf meadow, and volleyball and horseshoe equipment may be rented for a minimal fee.

**Trail Highlights:** Look out on Lower Sea Foam Trail for great views of the San Pablo Dam. Keep an eye out for resident fauna including hummingbirds, hawks, deer, and other species. Portions of this trail are shaded, mostly by groves of coast live oak and bay laurel trees. Picnic tables are located along the Black Oak Loop Trail, offering an ideal lunch spot amongst Richmond's rolling hills!

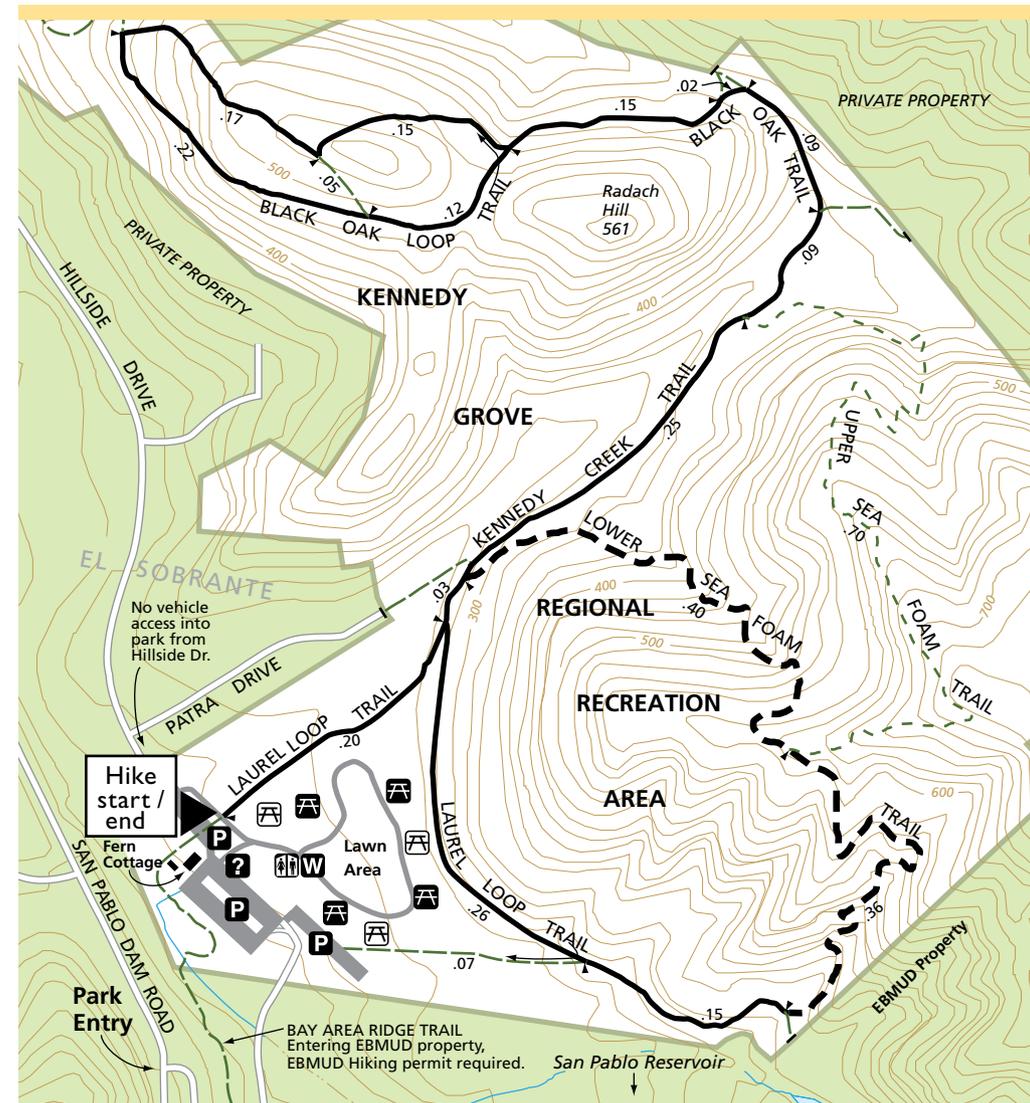


**Trail Directions:** From the parking lot, begin northeast on Laurel Loop Trail to the left of the playground. At .20 miles Laurel Loop Trail makes a sharp right as it continues to skirt the picnic area on the right. After .26 miles continue straight onto Lower Sea Foam Trail. At another .15 miles, Sea Foam Trail turns left, ascends, and becomes a single track trail. Lower Sea Foam Trail will climb .36 miles before descending .40 miles and

ending at Kennedy Creek Trail. Go right, and after .25 miles the trail will become Black Oak Trail. Continue .35 miles and take the right fork of Black Oak Loop Trail. Hike .15 miles and take a right onto the trail near the picnic tables. At the next trail junction stay to the left to continue on Black Oak Loop Trail. Continue east on the Black Oak Loop Trail .69 miles and continue back to Kennedy Creek Trail. You will pass both the Upper and Lower Sea Foam Trails on your left on your way back to the parking lot.

**Driving Directions:** From I-80 east, take exit 18 for San Pablo Dam Road. Turn right onto San Pablo Dam Road and continue to the park entrance on your left.

From I-80 west, take exit 19A for El Portal Drive. Turn left onto El Portal Drive. Turn left onto San Pablo Dam Road and continue to the park entrance on your left.



- Featured Trail—Hiker, Horse, Bike
  - - - Featured Trail—Hiker, Horse
  - Hiker, Horse, Bike Trail
  - - - Hiker, Horse Trail
  - ↕ .28 ↕ Mileage Between Points
  - North ↑
  - P Parking
  - W Drinking Water
  - Restrooms
  - Reservable Picnic
  - Picnic
  - Information
  - Gate
- 0 200 400 Feet  
Contour interval 20 feet

**Park Hours:** 8am – sunset; varies seasonally.

**Fees:** \$5 parking fee on weekends and holidays; \$2 dog fee

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

## Marsh Creek Regional Trail

Marsh Creek Regional Trail from East Cypress Road Staging Area, Oakley, to Concord Avenue, Brentwood, and back

**Length:** 15.28-mile round trip

**Elevation Gain:** 650 feet

**Location:** Oakley/Brentwood

**GPS Coordinates:** 37.9909306, -121.6958444

**Intensity:** Moderate



**Park Features:** Marsh Creek Regional Trail runs from Oakley to Brentwood, meandering alongside Marsh Creek through farmland of East Contra Costa County. You'll walk alongside the lovely creek, which connects to many community parks and greenbelts along the way, offering pleasant breaks from the trail.

**Trail Highlights:** This trail is labeled "moderate" based on the length as opposed to elevation gain. In fact, Marsh Creek Trail is fully paved and presents no slope difficulties for persons desiring flat ground or using wheelchairs. Community parks along the route include a Creekside Park in Oakley and in Brentwood; the Brentwood Aquatic Complex is located just off the trail and would be a great addition to your hike on a hot day! However, there is an entrance fee to the aquatic complex. Be prepared with drinking water for this trip. The first five miles is in full sun. The route from Central Park to Concord Ave. is shaded and offers benches and picnic tables.

**Trail Directions:** Begin by heading west from the staging area to go over the bridge to Main Street. Use the crosswalk to cross East Cypress Road and head back to the trail. Go right. Safely cross over street roads at Laurel Road and Delta Road and continue down the trail. Cross safely at Sunset Road and head right towards Main Street, using the crosswalk to cross Main Street, and continue left along the trail. Use the tunnels under Sand Creek Road and O'Hara Avenue to continue. Cross safely over street roads at Central Boulevard and Dainty Avenue, then under Balfour Road. Turn left when you enter Creekside Park and continue south through the park; turn right onto Creek Road and follow it all the way to Concord Avenue, where you can turn around and head back.

**Driving Directions:** The southern terminus/trailhead is at Concord Avenue and Creek Road in Brentwood. The northern terminus/trailhead is at E. Cypress Road just east of Main Street in Oakley.

**Park Hours:** 5am – 10pm

**Fees:** None

**Website:** [www.ebparks.org/parks/trails/marsh\\_creek](http://www.ebparks.org/parks/trails/marsh_creek)



Photo: Derek Lewis



**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.

## Brushy Peak Regional Preserve

Laughlin Ranch Loop Trail/Tamcan Trail/Brushy Peak Loop Trail  
West Side Loop Trail

**Length:** 6-mile loop

**Elevation Gain:** Approximately 2,103 feet

**Location:** Livermore

**GPS Coordinates:** 37.747083, -121.708260

**Intensity:** Moderate/Challenging



**Park Features:** This parkland provides a pleasant getaway with active wildlife on the ground and in the sky. Brushy Peak is a 1,702-foot landmark at the juncture of the San Francisco Bay Area, the California Delta, and the Central Valley. Many animals live in these hills and oak groves, including meadowlarks, coyotes, rabbits, and several species of hawks and reptiles.

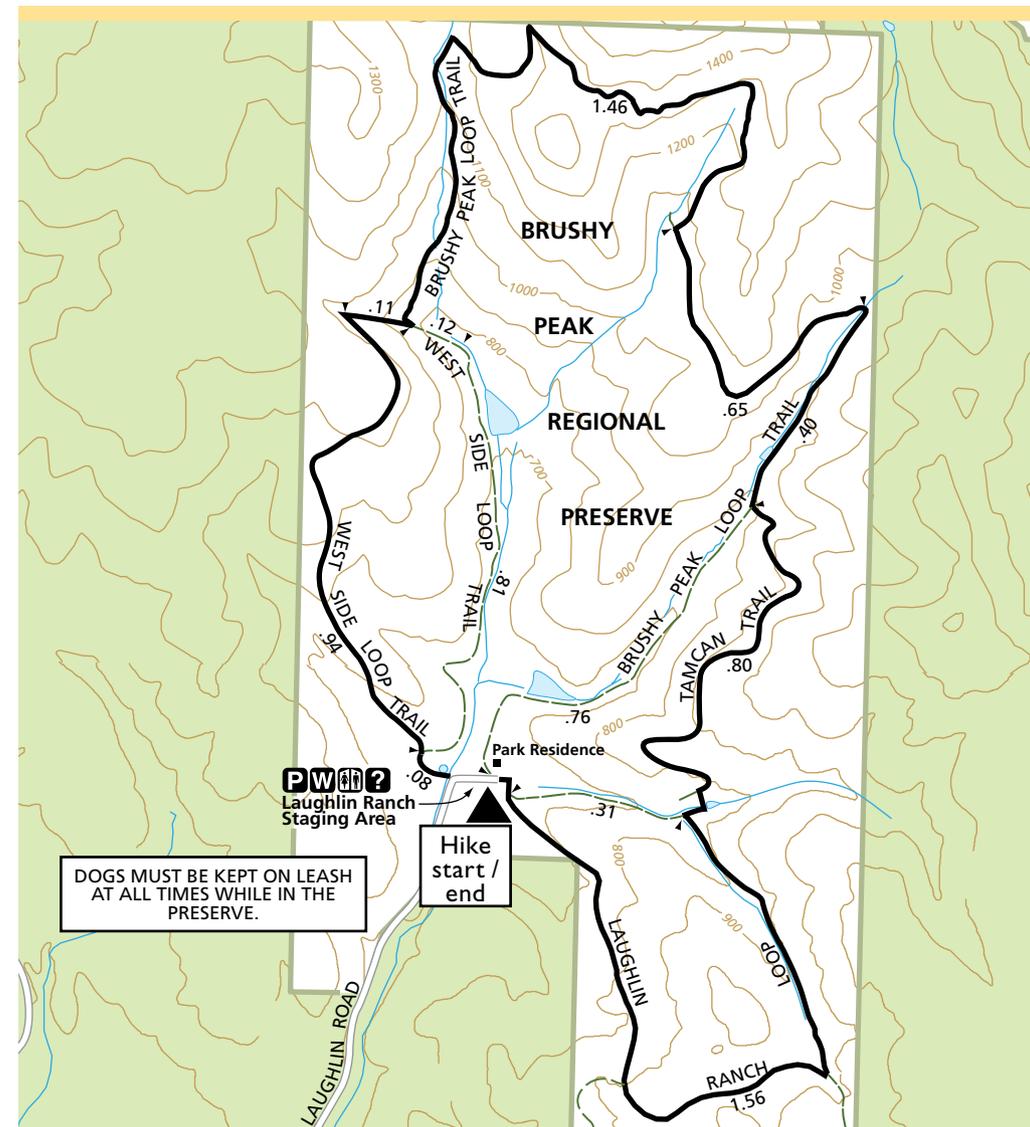
**Trail Highlights:** This trail is rated “moderate to challenging” because the elevation gain is gradual and doesn’t feel strenuous. Most of this route is exposed to sun, making this trail hike best during the fall, winter, and early spring months. There is a single restroom and limited drinking water, so be prepared.



**Trail Directions:** Locate Laughlin Ranch Loop to the right and behind the restroom at the parking lot. Continue straight on this trail, slowly ascending. As you reach the end of this 1.56-mile loop you will go through a cattle gate and onto Tamcan Trail. It makes a quick left, and then curves right. Follow along the Tamcan Trail for .80 miles and go through

another cattle gate, then turn right onto Brushy Peak Loop. This trail ascends north and leads you to the anticipated shade of oak trees. Hike for 2.51 miles and enjoy as you begin your descent towards West Side Loop Trail. Go right onto West Side Loop to enjoy a beautiful finale to your hike. Go through the cattle gate and continue back to the parking lot.

**Driving Directions:** From I-580 westbound in Livermore, take the N. Greenville Road/Laughlin Road exit (Exit 57). Turn left at the exit onto Altamont Pass Road, then right onto Laughlin Road and drive about 2 miles into the park. From I-580 eastbound, take the Vasco Road/Brentwood exit (Exit 55) and turn left at the exit onto Vasco Road (follow the signs for Vasco Road northbound), then right onto Northfront Road. Take Northfront a short distance to Laughlin Road and follow it to the park.



— Featured Trail—Hiker, Horse, Bike

- - - Hiker, Horse, Bicycle Trail

┆.28┆ Mileage Between Points



0 1/4 1/2 Mi.  
Contour Interval 100 feet

P Parking

W Drinking Water

Restrooms

Information

**Park Hours:** 8am – sunset (varies seasonally)

**Fees:** None

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

# Crockett Hills Regional Park

Edwards Creek Trail/Edwards Loop Trail/Soaring Eagle Trail/Sky Trail/Big Valley Trail/Tree Frog Loop/Big Valley Trail/Sky Trail/Soaring Eagle Trail/Sky Trail/Crockett Ranch Trail

**Length:** 8.48-mile round trip

**Elevation Gain:** 2,355 feet

**Location:** Crockett

**GPS Coordinates:** 38.0488972, -122.2214611

**Intensity:** Challenging



**Park Features:** Crockett Hills features panoramic views of the San Pablo Bay, the Carquinez Bridge, the Delta, and Mount Diablo. Enjoy the park's grasslands and discover how they provide habitat to the many raptor species, including the red-tailed hawk, American kestrel, golden eagle, great horned owl, and the Cooper's hawk. Other animals living among these hills include the gray fox, mule deer, raccoon, eastern fox squirrel, and gopher snake. Biking, hiking, and horseback riding are some of the activities enjoyed here.

**Trail Highlights:** This sunny route is a peaceful, yet challenging, escape into one of the Park District's many parklands that are former ranch lands. Enjoy the hills and keep an eye on the sky as you're likely to see several wild birds soaring high above.

**Trail Directions:** Locate the trails to the south of the parking lot and begin the hike by turning left onto Edwards Creek Trail. After .42 miles, turn right onto the Edwards Loop Trail. Hike for .65 miles and turn right again onto the Edwards Loop/Woodrat Trail. Walk for a short distance to the tunnel and go through the tunnel and through the cattle gate. Go straight to begin Soaring Eagle Trail. This trail will meander through the hillside for 1.61 miles before joining the Sky Trail. Go right at that junction. Next, turn right onto Big Valley Trail. After .47 miles, turn left at the third junction to continue on Big Valley Trail (Kestrel Loop will be ahead). After .75 miles, pass the old barn and Warep Trail. Jog left to begin Tree Frog Loop. Follow Tree Frog Loop .32 miles to its intersection with Chorus Frog Trail, then turn around to hike back to Sky Trail via Big Valley Trail. Turn left onto Sky Trail from Big Valley Trail. After .27 miles stay straight on Sky Trail, which will lead you back through the tunnel. Once out of the tunnel, turn left onto Crockett Ranch Trail and hike back to the staging area.

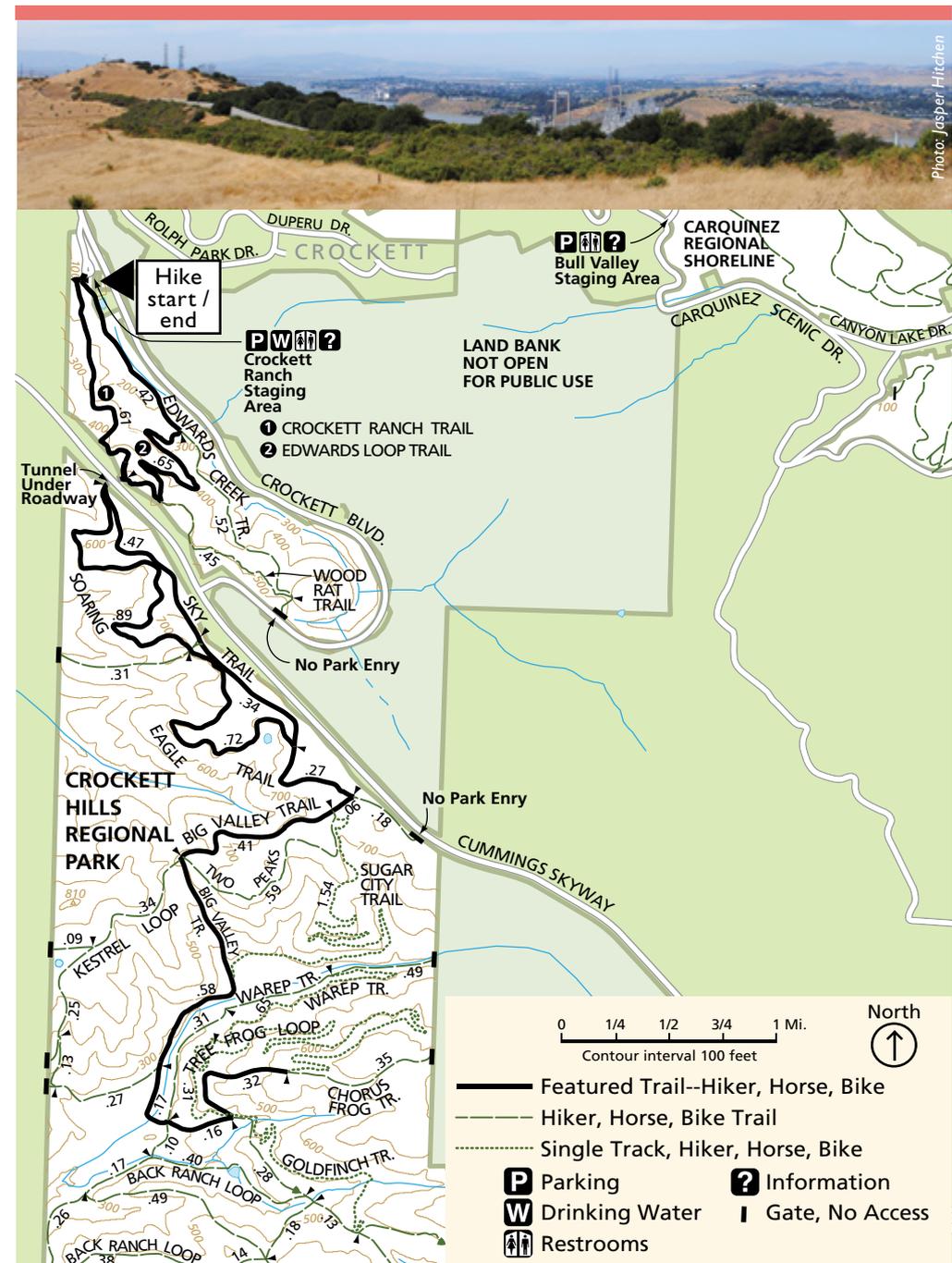
**Driving Directions:** From Hwy. 4, exit at Cummings Skyway and drive north to Crockett Blvd. Turn right onto Crockett Blvd. and drive to the staging area on the left, about .5 miles from Pomona Street in Crockett.

From I-80, exit Cummings Skyway and drive southeast to Crockett Blvd. Turn left onto Crockett Blvd. and drive to the staging area on the left.

**Park Hours:** 8am – varies seasonally.

**Fees:** None

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



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

## Del Valle Regional Park

East Shore Trail/Hetch Hetchy Trail/Hidden Canyon Trail/Towards Ridgeline Trail/Ridgeline Trail/Swallow Bay Trail/East Shore Trail/Heron Bay Trail/Swallow Bay Trail/East Shore Trail

**Length:** 9.92-mile loop

**Elevation Gain:** Approximately 2,664 feet

**Location:** Livermore

**GPS Coordinates:** 37.5865333, -121.7038528

**Intensity:** Challenging



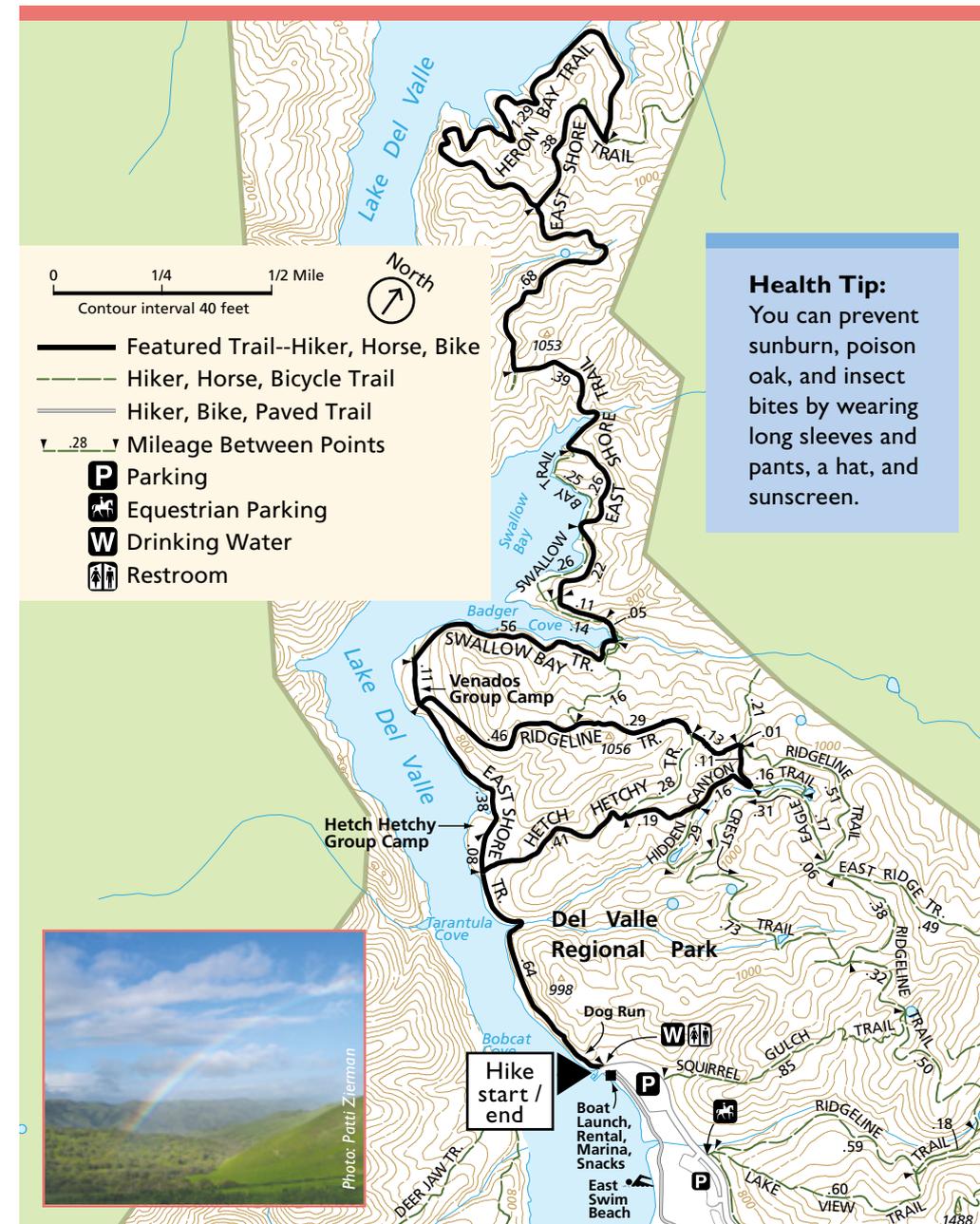
**Park Features:** Lake Del Valle is a 5-mile-long lake and recreation area surrounded by wilderness. There are trails for hikers, equestrians, and cyclists. There are boat rentals, ample swimming areas, and fishing, and camping. For those seeking to get away from home for a day or two but not wanting to travel far, this is the park to visit! Note: be prepared for sun exposure.

**Trail Highlights:** Whether hiking alongside the lake or enjoying the oak groves, you'll find yourself a world away from city life and enjoying the fresh air of the stunning Del Valle region.

**Trail Directions:** Begin at the East Shore Trail by the Del Valle Marina, go through the gate by the boat launch. Follow trail for .64 miles and turn right onto Hetch Hetchy Trail. After .41 miles stay right and hike for another .19 miles to join the Hidden Canyon Trail. Go straight and hike .16 miles and turn left onto the unnamed trail which, after .11 miles, will lead you to the Ridgeline Trail. Turn Left onto Ridgeline Trail. After .88 miles turn right onto East Shore/Swallow Bay Trail. Continue on this route for .11 miles then stay to the right to continue on the single-track Swallow Bay Trail. After .56 miles, go left on the East Shore Trail fire road, which runs parallel to Swallow Bay Trail for .64 miles. After a moderate uphill hike for another 1.07 miles, turn left onto Heron Bay Trail. Follow Heron Bay Trail as it descends to the shoreline and overlooks the lake. For an alternate route back, after 1.07 miles from the East Shore/Heron Bay intersection, locate the Swallow Bay Trail on your right and walk along Lake Del Valle's shoreline. Watch out for rattlesnakes and other water-loving creatures as this lake provides a perfect habitat for many of the area's varied animal species. Swallow Bay Trail will return you to East Shore Trail where you will continue until you reach the start of the hike.

**Driving Directions:** Take I-580 eastbound or westbound toward Livermore. Take the North Livermore Ave. exit south through town. North Livermore becomes South Livermore, then Tesla Road. Turn right onto Mines Road and continue straight as the road becomes Del Valle Road. This leads you directly to the main entrance of Del Valle Regional Park.

**Park Hours:** 5am to 10pm



**Gate Hours:** 6am or 7am to dusk (varies seasonally)

**Fees:** \$6 parking fee; \$2 dog fee

**Website:** [www.ebparcs.org/parks/del\\_valle](http://www.ebparcs.org/parks/del_valle)

# Anthony Chabot Regional Park

**Redtail Trail/Deer Canyon Trail/Brandon Trail/Two Rocks Trail/Columbine Trail/Honker Bay Trail/Towhee Trail/Brandon Trail/Redtail Trail**

**Length:** 8.92-mile loop

**Elevation Gain:** 2,290 feet

**Location:** Oakland

**GPS Coordinates:** 37.7593500, -122.1054500

**Intensity:** Challenging



**Park Features:** This is one of East Bay Regional Park District's most popular parks. Hikers, campers, cyclists, equestrians, anglers, and naturalists all find enjoyment here and at adjacent Lake Chabot. Over 70 miles of trails can be explored in this 3,304-acre park.

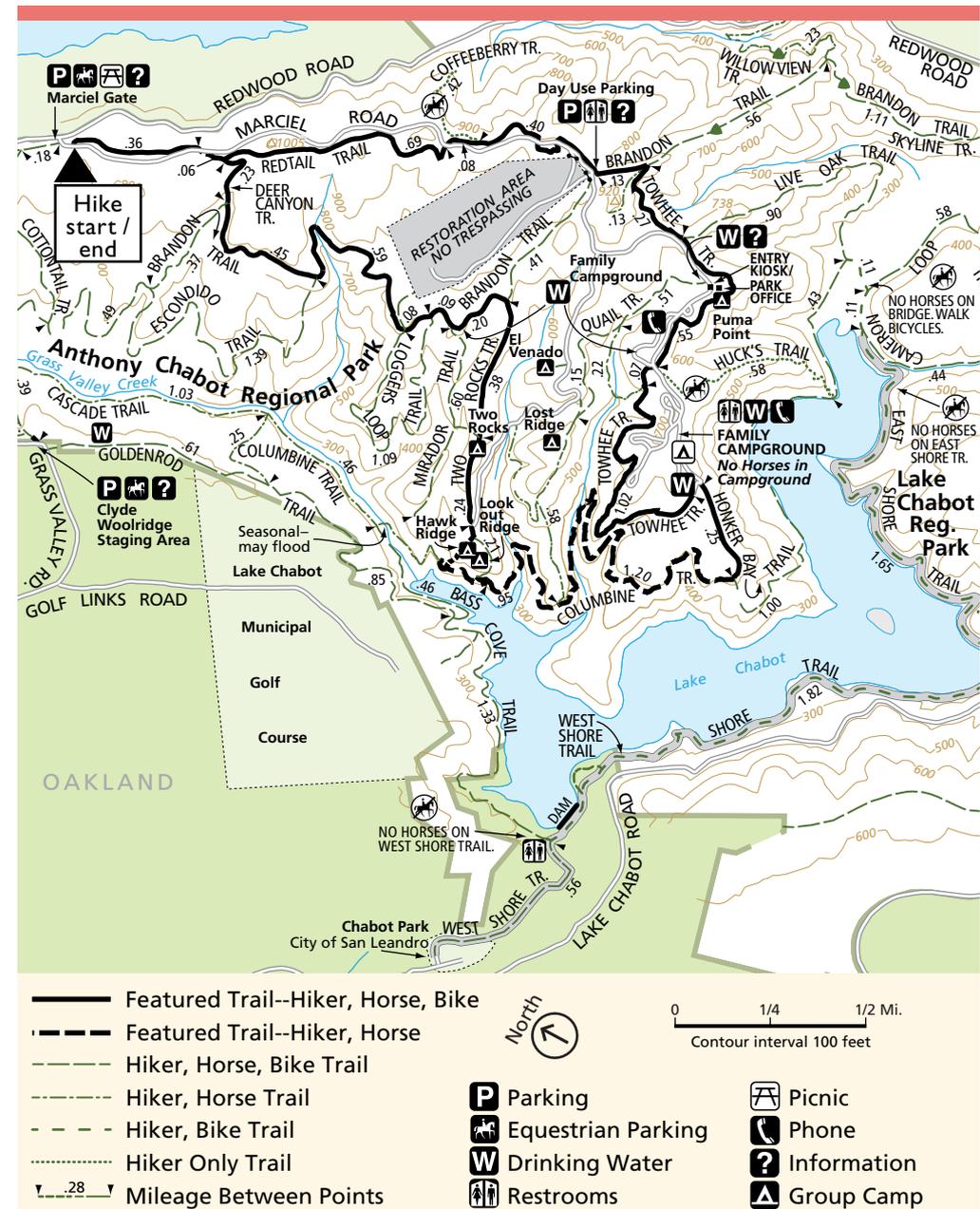
**Trail Highlights:** This route traverses through the hills that make up Anthony Chabot Regional Park. Hike through towering tree cover, native shrubs, and fields of wildflowers, with several points opening up to overlooks of Lake Chabot. There are several water fountains on this route.

**Trail Directions:** Head southeast from the parking lot of Marciel Road to begin Redtail Trail. Hike .36 miles and cross over the road at the marked crosswalk. Veer right to begin Deer Canyon Trail. Hike downhill .23 miles, and turn left to begin the Brandon Trail. After the water spigot located on your right, turn right at the next trail junction onto Two Rocks Trail. Continue past Two Rocks Group Camp, turn right at the bottom of the road towards Hawk Ridge Group Camp. Travel past the meadow on your right, and turn right at the trail post at the end of the meadow. Make your way downhill and turn left onto Columbine Trail. After 2.15 miles, turn left to hike uphill on Honker Bay Trail towards the Family Campgrounds and another water fountain. Locate the Towhee Trail, which sits to the left just before entering the campground. Hike this trail for 1.91 miles, it will wind around the campground and Puma Point Group Camp. Continue uphill on Towhee Trail past Live Oak Trail towards a bench with a view overlooking the park.

Turn left onto Brandon Trail. This will lead you to a day-use parking lot and a restroom; turn right to begin Redtail Trail. Continue on Redtail Trail for 1.59 miles, crossing Marciel Road several times before arriving back at the Marciel Gate parking lot.

**Driving Directions:** From I-580 east take exit 24 for 35th Avenue. Turn left onto 35th Avenue. 35th becomes Redwood Road. Continue on Redwood Road, past Skyline Blvd. into Redwood Canyon. Pass Pinehurst Road on the left. After a few miles, watch for the entrance to Marciel Gate on the right and turn into the parking lot. From Highway 13 in Oakland, take the Redwood Road exit and go east, up the hill. Follow the instructions from Skyline Blvd. above.

From I-580 west in Castro Valley, take exit 36A for Redwood Road; turn right onto Redwood Road. Follow Redwood Road for about 6 miles and watch for the Marciel Gate entrance on the left.



**Park Hours:** 10am – 5pm

**Fees:** None at this entrance

**Website:** [www.ebparke.org/parks/anthony\\_chabot](http://www.ebparke.org/parks/anthony_chabot)

## Pleasanton Ridge Regional Park

Woodland Trail/Oak Tree Trail/Sycamore Grove Trail/Meadow Pond Trail/  
Oak Tree Trail/Ridgeline Trail/Thermalito Trail/Ridgeline Trail/Woodland Trail

**Length:** 6.03-mile loop

**Elevation Gain:** 1,372 feet

**Location:** Pleasanton

**GPS Coordinates:** 37.6144250, -121.8816278

**Intensity:** Challenging



**Park Features:** This 9,086-acre Regional Park is well known for its panoramic views of the tri-valley area. The extensive trail system provides access for hikers, cyclists, dog owners, and equestrians to gorgeous canyon views, ridgetop vistas, and for viewing a variety of woodland species.

**Trail Highlights:** There are many hills to climb during this hike, but the expansive views off the ridge will keep you moving along quickly. Water is available at several locations along this route. Bring a light jacket, as the winds tend to pick-up quickly atop these hills.



Photo: Hillary Van Austen

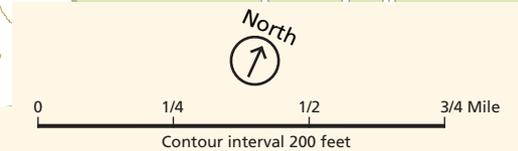
**Trail Directions:** From the parking lot, walk through the cattle gate and turn left to begin an uphill hike for .15 miles. At the next trail junction turn right onto Oak Tree Trail, which hikes along the ridge with the highway to your right. After .49 miles, turn right to begin Sycamore Grove Trail. After .27 miles, turn left at a 4-way crossing onto Meadow Pond Trail. This shaded trail will spilt, with both routes leading you back to the same trail, and you will see a pond after a few hundred feet. In .50 miles, merge right back onto Oak Tree Trail. After .18 miles turn right to walk through another cattle gate and immediately turn right to begin Ridgeline Trail.

Continue on Ridgeline Trail, staying right so as not to merge onto other trails. As the trail begins to narrow, turn left to take the wider trail leading to Thermalito Trail. The trail will curve left towards the tree-covered hills, directing you west. After passing two cattle ponds and hiking .76 miles, turn right to continue on Thermalito Trail. Hike .61 miles and veer right onto a gravel trail. In .16 miles, turn left onto Ridgeline Trail. After .65 miles, stay right to stay on the trail. In .02 miles you will see the cattle gate on your right, go through this gate and go forward to begin Woodland Trail. After a few hundred feet keep to the right to stay on the trail. This trail will meander downhill for .87 miles and return you to the first portion of the route which leads back to the parking lot.

**Driving Directions:** From I-680 in Pleasanton, exit at Castlewood Drive and go west. Turn left (south) onto Foothill Road, towards the town of Sunol. The Foothill Staging Area is about two miles from Castlewood Drive, on the right.



**Health Tip:** A good diet is one of the most powerful medicines you have to keep 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.



- Featured Trail--Hiker, Horse, Bike
- Featured Trail--Hiker, Horse Trail
- Hiker, Horse, Bicycle Trail
- Hiker, Horse Trail
- Post Numbers/Mileages
- Parking
- Equestrian Parking
- Drinking Water
- Restrooms
- Information
- Horse Water
- Gate

**Park Hours:** 8am – 4:30-7pm (varies seasonally)

**Fees:** None

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

## Redwood Regional Park

**Golden Spike Trail/West Ridge Trail/Orchard Trail/French Trail/Redwood Peak Trail/West Ridge Trail/Tate Trail/Golden Spike Trail**

**Length:** 7.77-mile loop

**Elevation Gain:** 2,975 feet

**Location:** Oakland

**GPS Coordinates:** 37.7988528, -122.1538861

**Intensity:** Challenging



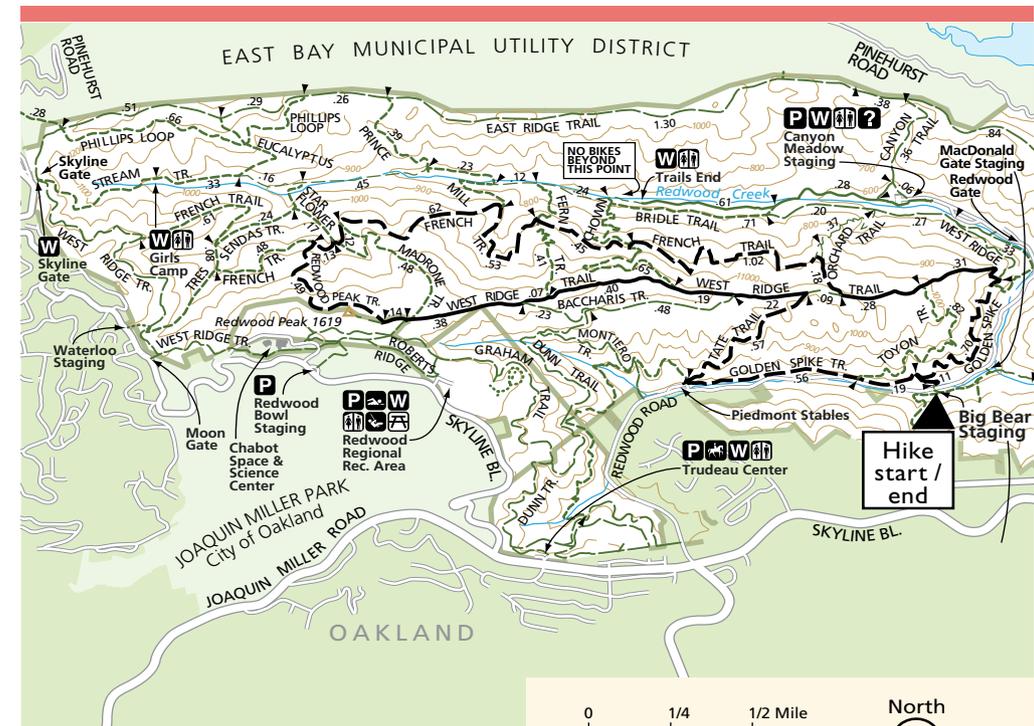
**Park Features:** Redwood Regional Park contains one of the largest stands of coastal redwoods in the East Bay, and this trail takes you right into the thick of their beauty. This fantastic parkland offers multi-use trails, picnic sites, and a peaceful setting, all just a few minutes from downtown Oakland.

**Trail Highlights:** This trail is a mostly shaded, quiet escape from the city. Horseback riders enjoy this trail as well, so be mindful of their presence. There are no maps located at the staging area and no water along the route, so come prepared and enjoy the forest!

**Trail Directions:** Park at Big Bear Staging Area and walk across Redwood Road to locate the unnamed trail leading to the Golden Spike Trail. After .11 miles, Turn right onto Golden Spike. After .67 miles, turn left to hike to West Ridge Trail. In .03 miles, turn left to go north on West Ridge Trail. Next, hike .59 miles on West Ridge Trail, then turn right onto Orchard Trail. Hike .18 miles, turning left to begin French Trail. Continue on French Trail for 2.74 miles and curve right at the next trail marker, then turn immediately left to continue on French Trail for .13 miles. Turn left to begin Redwood Peak Trail. After .49 miles, bear left at the top to take the trail to West Ridge Trail. (Turn right here to add an additional half mile out-and-back hike and visit Redwood Peak at 1,619 feet). In .14 miles you will reach a clearing with a trail marker on your left; turn right and then an immediate left to continue on West Ridge Trail. For 1.26 miles stay left to keep on this trail then go right onto Tate Trail. After .57 miles, you will reach the bottom of the hill and see horse stables; turn sharp left here to begin Golden Spike Trail. In .75 miles turn right onto the unnamed trail that will lead back to the Big Bear Staging Area.

**Driving Directions:** From CA-13 heading south, take the Redwood Road/Carson St. exit. Turn left onto Redwood Road. Big Bear Staging Area will be on your right in 2.9 miles.

From I-580 West: merge onto CA-13 North/Warren FWY following signs for Berkeley. Take exit 1 for Carson Street/Redwood Road. Continue straight onto Mountain Blvd. at the exit, then go right onto Redwood Road. Big Bear Staging Area will be on your right in 2.7 miles.



- Featured Trail—Hiker, Horse, Bike
- - - Featured Trail—Hiker, Horse
- Hiker, Horse Bike Trail
- - - Hiker, Horse Trail
- ..... Hiker Only Trail

- P** Parking
- W** Drinking Water
- ♿** Restrooms
- ?** Information
- ♾** Pool
- 🎡** Playground
- 🍃** Picnic



Photo: Deanne Little

**Park Hours:** 5am – 10pm

**Fees:** \$5 per vehicle at Redwood Gate, \$2 per dog (not including service animals); fees collected on weekends and major holidays. The Big Bear entrance has no fees.

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

# Wildcat Canyon Regional Park

**Wildcat Creek Trail/Sylvan Trail/Wildcat Peak Trail/Nimitz Way/Conlon Trail  
Wildcat Creek Trail/Mezue Trail/Nimitz Way/Havey Canyon Trail  
Wildcat Creek**

**Length:** 10.40-mile loop

**Elevation Gain:** Approximately 1,300 feet

**Location:** Richmond

**GPS Coordinates:** 37.9090200, -122.2649600

**Intensity:** Challenging

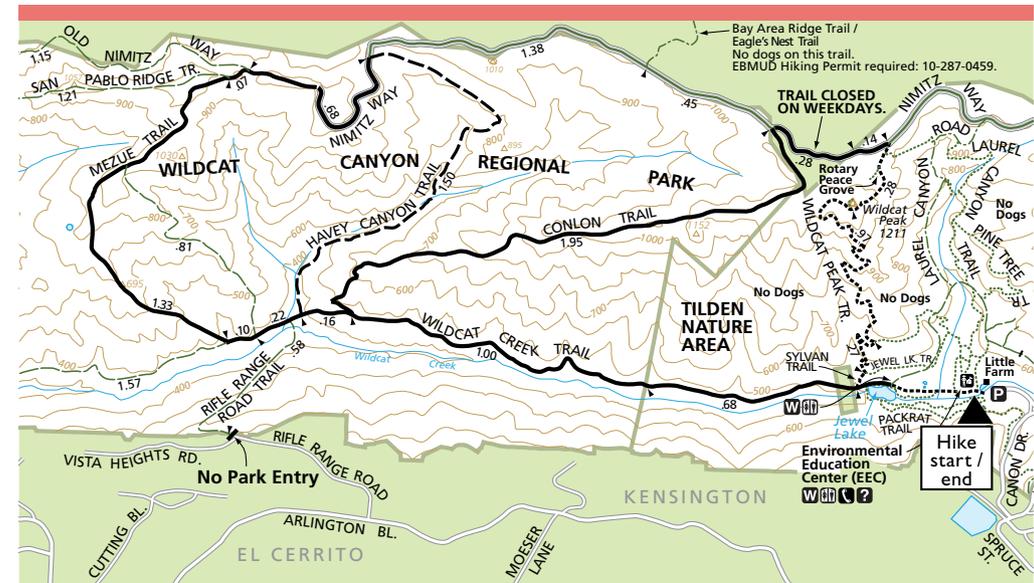


**Park Features:** Explore two Regional Parks with this hike! Tilden Nature Area has the Environmental Education Center, which offers renowned educational programs and the historic Little Farm. Enjoy a self-guided tour around Jewel Lake before you hike up to Wildcat Peak (elev. 1,211) for panoramic views of San Francisco Bay. Wildcat Canyon encompasses 2,789 acres of the beautiful Wildcat Creek watershed and surrounding hills and ridges.

**Trail Highlights:** This route traverses both ridge and valley, and offers pleasant views of the Bay Area. The route is not very shaded, so bring protective gear. Water is available only at the EEC and near Jewel Lake. NOTE: Dogs are not allowed in Tilden Nature Area or at the Little Farm. NOTE: plan this hike for a weekend as the Nimitz Way is closed between Wildcat Peak Trail and Conlon Trail on weekdays.

**Trail Directions:** Start by facing the Environmental Education Center; Wildcat Creek Trail will be on your left. The trail starts as a roadway but quickly becomes dirt and gravel. As you approach Jewel Lake there will be bathrooms, a bench and water – a good place to water-up! Just past Jewel Lake, turn right onto Sylvan Trail. Stay left at its intersection with Jewel Lake Trail. After .27 miles make a left onto the Wildcat Peak Trail. You will reach Wildcat Peak after .97 miles. Visit the Rotary Peace Grove to the left and return to the trail to continue to Nimitz Way. (Note that from this point on weekdays the trail is closed to Conlon Trail.) Turn left onto Nimitz Way and walk for about .42 miles. Turn left onto Conlon Trail and hike downhill for 1.95 miles to reach Wildcat Creek Trail. Turn right and follow the trail for .48 miles until you see a picnic table and (non-operational) water fountain on your left. Directly across from the fountain is Mezue Trail. Take this trail up 1.33 miles, then turn right to hike a different portion of Nimitz Trail. Hike .75 miles and turn right onto Havey Canyon Trail. After 1.5 miles, this trail will run back into Wildcat Creek Trail; turn left onto the trail and continue for about 2 miles back to the Tilden Nature Center parking lot.

**Driving Directions:** From Hwy 24, exit at Fish Ranch Road. Take Fish Ranch Road to Grizzly Peak Blvd. and turn right. Continue on Grizzly Peak Blvd. until you come to the intersection of Spruce Street, Wildcat Canyon Road and Canon Drive. Turn right on Wildcat Canyon Rd., then immediately make a sharp left



0 1/4 1/2 3/4 Mi.  
Contour interval 100 feet

—	Featured Trail—Hiker, Horse, Bike	—	Hiker, Horse, Bike Trail	P	Parking
- - -	Featured Trail—Hiker, Bike	- - -	Hiker, Horse Trail	W	Water
⋯	Featured Trail—Hiker Only	⋯	Hiker Only Trail	♿	Restroom
↑ .28 ↓	Mileage Between Points	⚡	Gate: No Park Entry	📞	Phone
				?	Information

North ↑



**Health Tip:** Wear comfortable, appropriate, well-fitting shoes when hiking or walking. Walking is a great way to exercise your feet.

down Canon Drive. At the bottom of the hill, veer left onto Central Park Drive and follow into the parking lot for the Nature Area.

**Park Hours:** 5am - 10pm

**Fees:** None

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



## Kaiser Permanente Medical Centers and Offices

Kaiser Permanente Medical Centers and Offices	
Alameda Medical Offices 2417 Central Ave. Alameda, CA 94501	Martinez Medical Offices 200 Muir Road Martinez, CA 94553
Antioch Medical Center Emergency Services 4501 Sand Creek Road Antioch, CA 94531	Oakland Medical Center Emergency Services 3600 Broadway Oakland, CA 94611
Fremont Medical Center & Offices Emergency Services 39400 Paseo Padre Parkway Fremont, CA 94538	Richmond Medical Center 901 Nevin Avenue Richmond, CA 94801
Hayward Medical Center Hospital & Main Campus 27400 Hesperian Blvd. Hayward, CA 94545	San Leandro Medical Center 2500 Merced Street San Leandro, CA 94577
Livermore Medical Offices 3000 Las Positas Road Livermore, CA 94551	Walnut Creek Medical Center Emergency Services 1425 South Main Street Walnut Creek, CA 94596



Photo: Jerry Ting

Leona Canyon Regional Open Space



## Kaiser Permanente Medical Centers and Offices and Adjacent Regional Parks



Photo: Deane Little

Garin/Dry Creek Pioneer Regional Parks



## 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.



Leona Canyon



Brushy Peak

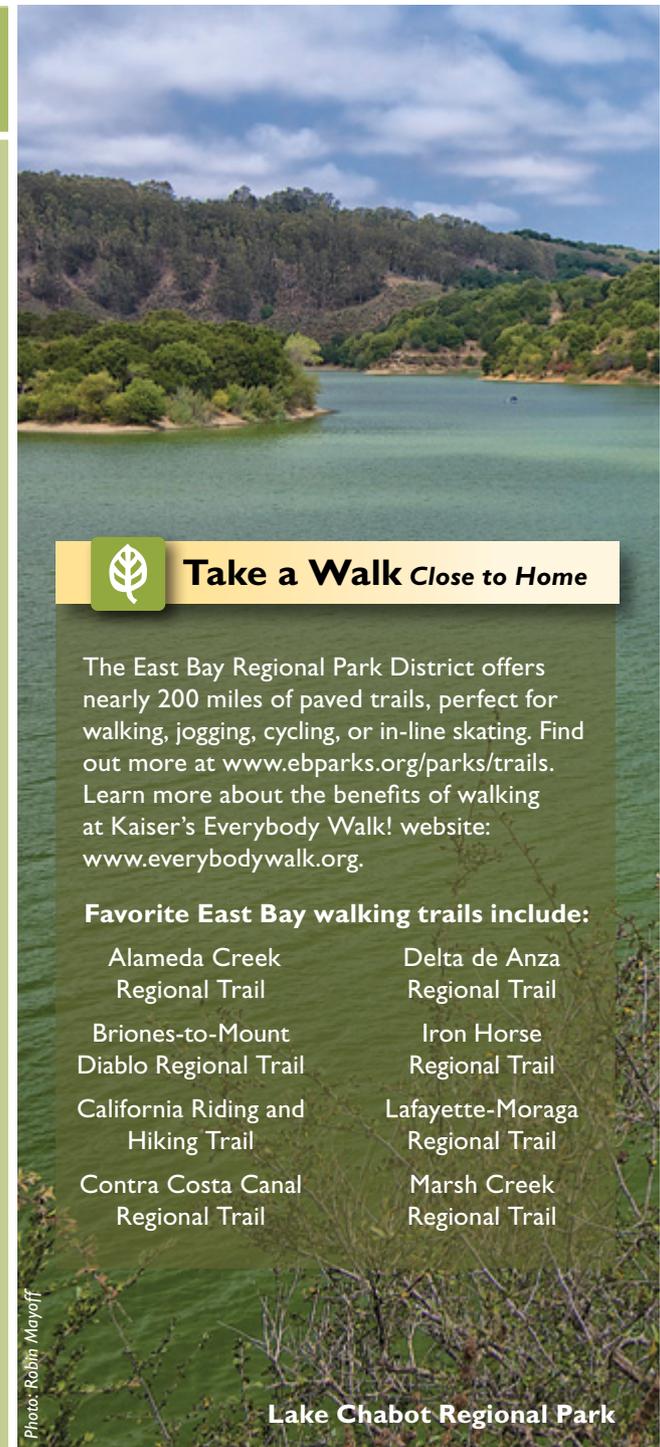


Pleasanton Ridge

## 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 2017 Trails Challenge.

Photo: Robin Mayoff



### 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.ebparcs.org/parks/trails](http://www.ebparcs.org/parks/trails). Learn more about the benefits of walking at Kaiser’s Everybody Walk! website: [www.everybodywalk.org](http://www.everybodywalk.org).

### 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      |

Lake Chabot Regional Park



# Trails Challenge 2017 Trail Log

- Trail Log Deadline:** the deadline is December 1, 2017, but you may mail your completed Trail Log at any time prior to that date.
- To receive your 2017 commemorative pin (*while supplies last*) submit your log electronically to [reservations@ebparks.org](mailto:reservations@ebparks.org) or mail to:  
 East Bay Regional Park District  
 c/o Reservations Department  
 2950 Peralta Oaks Court  
 Oakland, CA 94605
- Please fill out our online program evaluation at [www.ebparks.org](http://www.ebparks.org)

***Congratulations! You did it!***

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

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

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

**Email:** \_\_\_\_\_

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

<b>Name of Trail(s)</b>	<b>Miles:</b>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**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.

**Join online at [www.RegionalParksFoundation.org](http://www.RegionalParksFoundation.org) under “Membership.”**



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

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



**East Bay**  
Regional Park District  
*Healthy Parks Healthy People*

	Regional Parklands
	Landbank – Parks Not Yet Open
	EBRPD Visitor Centers
	Tidewater Boating Center
	Regional Trails
	Kaiser Permanente Medical Centers and Offices

0 10 Miles

# 2017 TRAILS CHALLENGE GUIDEBOOK

**East Bay Regional Park District**

2950 PERALTA OAKS COURT • OAKLAND, CA • 94605-0381

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