



2018

TRAILS  
CHALLENGE

25<sup>TH</sup> ANNIVERSARY

East Bay Regional Park District

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



2 Trails Challenge is a program of East Bay Regional Park District in partnership with...  KAISER PERMANENTE.  thrive

## Congratulations on joining the 2018 Trails Challenge.

This year marks our 25th anniversary of bringing you this opportunity to discover new parks or reconnect with old favorites. Every year more than 10,000 people join this program, keeping fit outdoors.

Trails Challenge is part of the global Healthy Parks Healthy People (HPHP) movement, which underscores the connection between individual and societal health and a thriving parks system. Spending time in nature, hiking, walking or bicycling brings many physical, mental and social benefits. On the first Saturday of every month, please join the HPHP Bay Area programs held in different parks.

When you are out in the parks, check out our newest upgrades:

- Dotson Family Marsh at Point Pinole Regional Shoreline – 150 acres of restored marshland and a 1.5-mile extension of the SF Bay Trail.
- Atlas Road Bridge and Staging Area at Point Pinole Regional Shoreline.
- Renovated Old Green Barn Visitor Center at Sunol Regional Wilderness.
- The new Havey Creek Bridge Crossing in Wildcat Canyon.
- New convenience camping cabins at Del Valle Regional Park.
- The new solar panels at Shadow Cliffs Regional Park offset the District's total energy usage by 96%, and provide shaded parking.

We thank Kaiser Permanente for generously sponsoring the Trails Challenge and continuing to support our vision of offering it as a free program to the public. See you out on the trails!

Robert Doyle



General Manager  
East Bay Regional Park District



# Trails Challenge 2018

**F**or 25 years, the Trails Challenge has been designed to get you outdoors, exploring on your own, with friends, or with loved ones. This year's Trails Challenge highlights 20 of our most interesting parks and unique trails for all abilities. We have included easy, moderate, and difficult routes, leading hikers to scenic destinations through a variety of parklands. We've also included information about special features in the selected parks. Keep in mind you can use any trail route to complete the Challenge, not just those listed in this year's Guidebook, by exploring at least five trails or 26.2 miles (the distance of a marathon).

Be sure to visit our **2018 Trails Challenge Web Page** at [ebparks.org](http://ebparks.org).

**Briones Regional  
Park, Martinez**

## Stay Connected



**Instagram** – @ebrpd and tag your hike photos  
#TrailsChallenge2018



**Twitter** – @ebrpd  
#TrailsChallenge2018



**facebook** – Join us.



**EBRPD Monthly E-Newsletter** – [ebparks.org/subscribe](http://ebparks.org/subscribe)



**Every Body Walk! App** – Free mobile app available from the Android Market or iTunes App Store.

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# How to Complete the Trails Challenge

## 1) Choose Your Trails

In the following pages, you will find:

- Trail difficulty ratings based on personal fitness level.
- A checklist of hiking/walking supplies and rules to remember.
- At-a-glance trail charts with information about accessibility, mileage, and intensity level.
- Park maps with highlighted trail routes.
- Detailed trail descriptions and noteworthy features.
- Safety information. (Please see pages 18–23 for featured park phone number to inquire about trail conditions before your walk).

Use the following guidelines to determine how far to go and which level of intensity suits you:

### EASY

- Relatively flat with good trail conditions (paved or packed gravel).
- Lengths vary from 1-3 miles.
- 1-2 hours or less to complete a hike.
- Generally suitable for strollers.

### MODERATE

- Significant elevation gain (500-1,000 feet) with good to rugged trail conditions.
- Lengths vary from 3-6 miles.
- 2-4 hours to complete.
- Requires good physical condition.

### CHALLENGING

- Significant elevation gain (1,000+ feet) with good to rugged trail conditions.
- Lengths vary from 6-20+ miles.
- 4-8 hours to complete.
- Requires good physical condition.

## 2) Log Your Outings

After each hike, record the trail's name and distance in your trail log on page 64 (or on a separate piece of paper).

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

Turn in your log by 12/1/2018 to receive your 2018 pin. Pins will be mailed 7-to-10 business days after log is received (while supplies last).



Photo: Hillary Van Austen

**Tilden Regional Park, Berkeley**

# Plan Your Outing

## When choosing a trail:

- Consider your physical condition, trail length and intensity, as well as weather conditions.
- Read the enclosed trail descriptions.
- Before heading out: Always tell a friend or family member your route and expected time of return.
- Take plenty of water.
- Go with a friend when possible.
- Have fun!

## Challenger Checklist

Necessary Items	Recommended Items	Optional
Water for yourself	High energy snacks	Camera and binoculars
Water for your animal(s)	Sunglasses and hat	Trekking poles
Sturdy, supportive, closed-toe shoes	Sunscreen	Flashlight
Trail map	Insect repellent	Compass
Money for fees where applicable		

## Tips for Trail Users

### 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.



Photo: Carl LaRue

**Lake Chabot Regional Park, Castro Valley**

# Hiking with Kids

## Before the Hike:

- Make sure your child wears 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.

## Go over the 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.

Age Appropriate Hiking Distances	
Ages	Approximate Mileage
6 months–2 years	Keep it short
3-6 years	1-3 miles, with many stops
7-11 years	2-5 miles
12 and up	Up to 7 miles

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



Photo: Hillary Van Austen

**Point Isabel Regional Shoreline, Richmond**

# Hiking with Dogs in the Parks

## Before You Hike:

- Know the dog rules that apply to your chosen park/route (dog entry fees, off leash area, etc.)
- Bring enough water for your dog.
- Bring snacks and toys if needed.
- Make sure you have a six-foot-long leash and any harness if 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.
- Avoid the hottest times of day and hike shaded routes.
- Dog should have current tags in case of separation.

**VERY IMPORTANT!** If your dog deposits waste along the trail, pick it up with your dog waste bag. **PLEASE TAKE DOG WASTE BAG WITH YOU.** Everyone likes a clean park, so please do your part.

## After Hiking:

- Search for foxtails and other weeds in your dog's coat, nose, paws, and ears.
- Wash your dog if you think they had contact with poison oak as it can be transmitted to you or others from their fur.

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



Photo: Michael Short

**Sibley Volcanic Regional Preserve, Oakland**

# Wildlife Encounters

## 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 (ticks are best seen on light colored clothing).
- 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, children, and pets for ticks thoroughly and frequently!

### **What Does a Tick Look Like?**

In California, the Western black-legged tick is the major carrier of Lyme disease. The adult female is reddish-brown with black legs, about 1/8-inch long. Males are smaller and entirely brownish-black. Both are teardrop shaped.

### **What are the Symptoms of Lyme Disease?**

Early symptoms 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

Poison oak is common in California. It can grow as a shrub or vine, sometimes reaching up into the tops of trees. The glossy leaflets grow in groups of three, changing from light green in the spring to pink or red in the summer. The “poison” is the oil found throughout the plant, so touching the stem can even cause a reaction on the skin. Avoiding poison oak is the best prevention, so stay on the trail to help avoid contact. If you do come in contact with poison oak, wash immediately with soap and water. Calamine lotion relieves itching. If the rash spreads, see a physician. Remember “Leaves of three, let it be; if it’s hairy, it’s a berry.”

# Wildlife Encounters

## Snakes

Most snakes found in California are harmless, but the Northern Pacific rattlesnake has a venomous bite if provoked. The color and pattern of both rattlesnakes and gopher snakes create excellent camouflage with soil, making it easy to mistake a rattlesnake for a harmless gopher snake. Therefore, use caution around ANY snake you see in the wild, and do not approach or attempt to handle it.

### **What to do if bitten by a rattle snake:**

- Stay calm.
- Call 911 or send someone for help.
- Lay down with the affected area lower than the heart.
- If alone, 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.

## Grazing Animals

Cattle are large animals, weighing 1,000 pounds or more. While not aggressive by nature, cattle can respond in a potentially dangerous manner if aggravated.

### **What to do if you encounter cattle on trails:**

- Try not to startle them.
- Keep your distance and walk around groups, not 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.



**Sunol Regional Wilderness, Sunol**

## 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. These animals may become dangerous should they be surprised or confronted, or if they begin to associate humans with food.

### **What to do if you encounter wildlife:**

- Keep your distance.
- **DO NOT** feed, approach, or pet wild animals.
- Keep pets and small children near you in wilderness areas.

## Brought to you by Kaiser Permanente Get Healthy Today!

Kaiser Permanente has sponsored the Trails Challenge since 2005, making it free for all participants. This generosity stems from Kaiser's belief that everyone can bring health and wellness into their daily lives.

Here is a short list of the benefits gained from just 30 minutes of exercise a day:

- More energy.
- Improved concentration and memory.
- Achieving and maintaining a healthy weight.
- Stronger bones, muscles, and joints.
- Improved balance, flexibility, and posture.
- Reduction of stress and anxiety.
- Better sleep.
- Lower blood pressure.
- Reduced risk of heart disease, stroke, type 2 diabetes, and osteoporosis.
- Protection against cancer of the colon, breast, and cervix.



**Lake Chabot Regional Park, Castro Valley**

## Brought to you by Kaiser Permanente Watch the Heat!

- 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.
- Older adults and children are at a higher risk for heat-related illness and should be extra cautious. Remind children to drink plenty of fluids before, during, and after activity.
- If you are overweight, have health problems, take medicines, or use alcohol, you may be at a higher risk for heat-related illness. You may also have trouble even if you're accustomed to exercising in warmer weather.
- In hot weather, drink plenty of fluids before, during, and after activity. Water or sports drinks are best. This helps prevent dehydration and heat-related illness. Water is all you need if you are exercising for less than an hour. For longer exercise periods, sports drinks contain carbohydrates and minerals called electrolytes that may help your endurance and keep you from getting muscle cramps.

**Call 911** immediately if you have stopped sweating or have other signs of heatstroke, such as a fast heart rate, dizziness, high body temperature, mental confusion, or loss of energy. Heatstroke is very dangerous.



Photo: Jerry Ting

### ***Vargas Plateau Regional Park, Fremont***



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](http://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.



Photo: Hillary Van Austen

**Sunol Regional Wilderness, Sunol**



Photo: Isa Polit-Jones

**Dublin Hills Regional Park, Dublin**



**Del Valle Regional Park, Livermore**



# Kaiser Permanente Medical Centers and Offices and Adjacent Regional Parks



## Kaiser Permanente Medical Centers and Offices

<b>Alameda Medical Offices</b> 2417 Central Avenue, Alameda, CA 94501	<b>Oakland Medical Center • Emergency Services</b> 3600 Broadway, Oakland, CA 94611
<b>Antioch Medical Center • Emergency Services</b> 4501 Sand Creek Road, Antioch, CA 94531	<b>Richmond Medical Center</b> 901 Nevin Avenue, Richmond, CA 94801
<b>Fremont Medical Center &amp; Offices • Emergency Services</b> 39400 Paseo Padre Parkway, Fremont, CA 94538	<b>San Leandro Medical Center</b> 2500 Merced Street, San Leandro, CA 94577
<b>Livermore Medical Offices</b> 3000 Las Positas Road, Livermore, CA 94551	<b>Walnut Creek Medical Center • Emergency Services</b> 1425 South Main Street, Walnut Creek, CA 94596
<b>Martinez Medical Offices</b> 200 Muir Road, Martinez, CA 94553	



*Point Isabel Regional Shoreline, Richmond*



# Featured Trails

Photo: Shelly Lewis



# At-A-Glance Easy Hikes



East Bay Regional Park Park Office Phone Number	City	Trails	Page
<b>Contra Loma Regional Park</b> <i>1-888-EBPARKS, Option 3, then 4518</i>	Antioch	<i>Old Ranch Loop</i>	24
<b>Crown Memorial State Beach</b> <i>1-888-EBPARKS, Option 3, then 4522</i>	Alameda	<i>Shoreline Trail to Salt Marsh Overlook</i>	26
<b>Cull Canyon Regional Recreation Area</b> <i>1-888-EBPARKS, Option 3, then 4523</i>	Castro Valley	<i>Chabot to Garin/Cull Canyon Road/Heyer Road/Service Road/ Lake View/Columbia Drive</i>	28
<b>Point Pinole Regional Shoreline/ Dotson Family Marsh</b> <i>1-888-EBPARKS, Option 3, then 4551</i>	Richmond	<i>SF Bay Trail/China Clipper Spur/Cordgrass Jetty</i>	30
<b>Point Isabel Regional Shoreline</b> <i>1-888-EBPARKS, Option 3, then 4550</i>	Richmond	<i>SF Bay Trail to “Rosie the Riveter” WWII Visitor Center</i>	32
<b>Vargas Plateau Regional Park</b> <i>1-888-EBPARKS, Option 3, then 4568</i>	Fremont	<i>Golden Eagle Trail to View Point</i>	34
<b>Waterbird Regional Preserve</b> <i>1-888-EBPARKS, Option 3, then 4566</i>	Martinez	<i>Meadowlark Ridge Loop</i>	36

# At-A-Glance Easy Hikes

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Intensity
●	●	●	●			2.7 Loop	Easy
●	Leash Required	●		●	●	3.5 Round Trip	Easy
●	●	Partial Use	●			2.25 Loop	Easy
●	Leash Required	●		Partial Use	Partial Use	1.5 Round Trip	Easy
●	●	●		●	●	6.25 Round Trip	Easy
●	●	●	●			2.5 Round Trip	Easy
●		●	●			1.75 Loop	Easy

# At-A-Glance

## Moderate Hikes



<b>East Bay Regional Park Park Office Phone Number</b>	<b>City</b>	<b>Trails</b>	<b>Page</b>
<b>Del Valle Regional Park</b> <i>1-888-EBPARKS, Option 3, then 4524</i>	Livermore	<i>Squirrel Gulch/Ridgeline/ Eagle Crest/Ridgeline</i>	38
<b>Dublin Hills Regional Park</b> <i>510-544-3030</i>	Dublin	<i>Calaveras Ridge Regional Trail</i>	40
<b>Garin/Dry Creek Pioneer Regional Parks</b> <i>1-888-EBPARKS, Option 3, then 4530</i>	Hayward	<i>May/High Ridge Loop/ Tolman Peak/South Fork/ Tolman Peak/High Ridge Loop/ May</i>	42
<b>Lake Chabot Regional Park</b> <i>1-888-EBPARKS, Option 3, then 4536</i>	Castro Valley	<i>East Shore/Indian Cove/ McGregor/Ten Hills/Cameron Loop/East Shore Trails</i>	44
<b>Sibley Volcanic Regional Preserve</b> <i>1-888-EBPARKS, Option 3, then 4554</i>	Oakland	<i>Overlook/Round Top/Volcanic/ Quarry/Skyline Trails</i>	46
<b>Sunol Regional Wilderness</b> <i>1-888-EBPARKS, Option 3, then 4559</i>	Sunol	<i>Indian Joe Nature/Indian Joe Creek/Cave Rocks Road/ High Valley Road/Flag Hill Road/ Flag Hill</i>	48
<b>Tilden Regional Park</b> <i>1-888-EBPARKS, Option 3, then 4562</i>	Berkeley	<i>Lake Anza/Wildcat Gorge/ Meadows Canyon/Currant/ Wildcat Gorge/Lake Anza</i>	50

# At-A-Glance

## Moderate Hikes

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Intensity
●	●	●	●			4.7 Loop	Moderate
●	●	●	●			5.2 Round Trip	Moderate
●	●	Partial Use	●			5 Loop	Moderate
●	●	Partial Use	Partial Use	Partial Use	Partial Use	4 Loop	Moderate
●	●	Partial Use	●			3 Loop	Moderate
●	●	Partial Use	Partial Use			4.45 Loop	Moderate
●	●	●	●			3.5 Loop	Moderate

# At-A-Glance

## Challenging Hikes



East Bay Regional Park Park Office Phone Number	City	Trails	Page
<b>Black Diamond Mines Regional Preserve</b> <i>1-888-EBPARKS, Option 3, then 4506</i>	Antioch	<i>Nortonville/Black Diamond/ Black Diamond Way/ Black Diamond/Nortonville</i>	52
<b>Briones Regional Park</b> <i>1-888-EBPARKS, Option 3, then 4508</i>	Martinez	<i>Diablo View/Spengler/ Old Briones Road/Lagoon/ Toyon Canyon/Pine Tree/Orchard</i>	54
<b>Diablo Foothills Regional Park</b> <i>1-888-EBPARKS, Option 3, then 4526</i>	Alamo	<i>Alamo/Hanging Valley/ Briones-to-Mt.Diablo Regional/ Little Yosemite/Stage Road/ Buckeye Ravine/Mokelumne</i>	56
<b>Las Trampas Regional Wilderness</b> <i>1-888-EBPARKS, Option 3, then 4537</i>	Alamo	<i>Ringtail Cat/Madrone/ Las Trampas Ridge/Corduroy Hills/ Madrone/Ringtail Cat</i>	58
<b>Morgan Territory Regional Preserve</b> <i>1-888-EBPARKS, Option 3, then 4546</i>	Livermore	<i>Clyma/Highland Ridge/ Raven/Highland Ridge/Clyma</i>	60
<b>Wildcat Canyon Regional Park</b> <i>1-888-EBPARKS, Option 3, then 4567</i>	Richmond	<i>Wildcat Creek/Sylvan/Wildcat Peak/Nimitz Way/San Pablo Ridge/Belgum/Wildcat Creek</i>	62

# At-A-Glance

## Challenging Hikes

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Intensity
●	●	●	●			7 Loop	Challenging
●	●	●	●			5.42 Loop	Challenging
●	●	Partial Use	●			7 Loop	Challenging
●	●	Partial Use	Partial Use			8.25 Loop	Challenging
●	●	●	●			9 Loop	Challenging
●		Partial Use	Partial Use			8 Loop	Challenging

# Contra Loma Regional Park

## Old Ranch Loop

**Length:** 2.7-mile loop **Elevation Gain:** 185 feet

**Location:** Antioch

**GPS:** 37.965515, -121.8223279

**Intensity:** Easy



**Park Features:** Contra Loma's 780 acres of parkland offers a diverse range of recreational activities such as swimming, boating, fishing and hiking. The park has an 80-acre reservoir and a swim lagoon that has a sandy beach, concession stands, and shaded picnic areas.

The reservoir is stocked with catfish, black and striped bass, bluegill, trout, and red-eared sunfish for fishing. A Daily Fishing Access Permit is required to fish and is available for purchase at the park entry kiosk.

**Trails Highlights:** A scenic, looping trail has wide views of the reservoir, delta and neighboring golf course. The unpaved trail travels through rolling grasslands and scattered oak woodlands, with wildflowers in season. This trail has very little shade and no water, so try to do this trail early in the day or outside of the summer months.

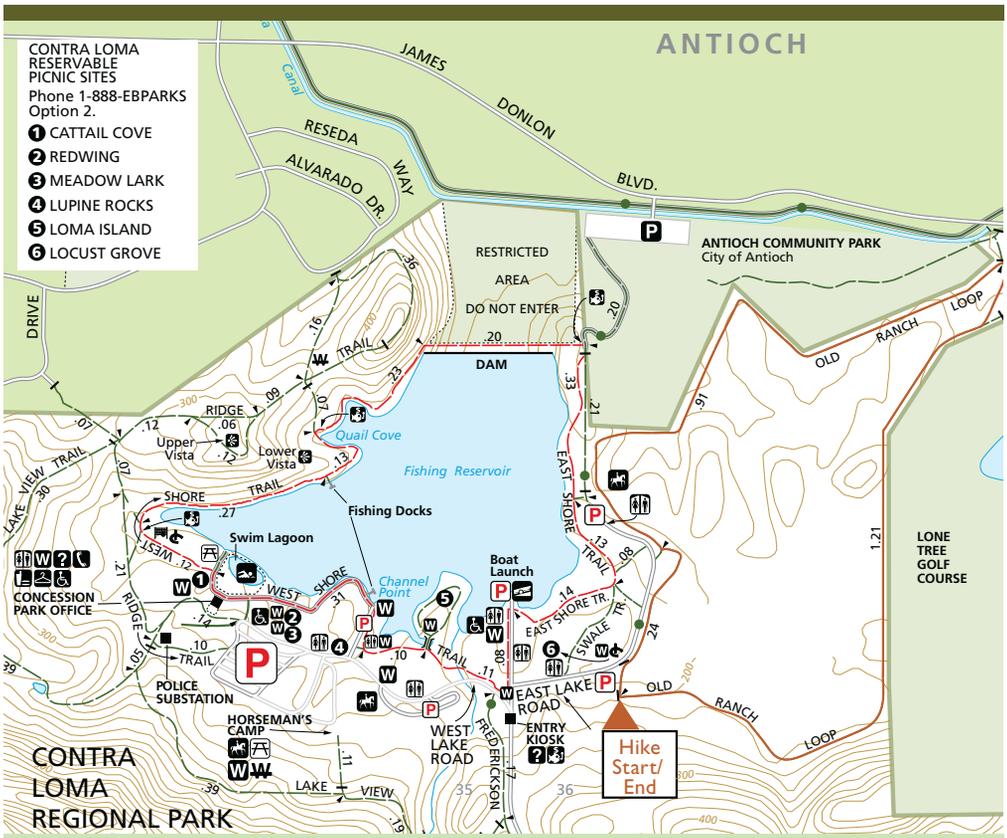
**Trail Directions:** After passing entry kiosk, make first right at East Lake Rd. Park in the parking lot near the corrals, and access the trail through the cattle gate. Make a left onto Old Ranch Loop Trail and head away from the corral. The trail will loop around and bring you back to where you started in just under 3 miles.



# ANTIOCH

CONTRA LOMA RESERVABLE PICNIC SITES  
Phone 1-888-EBPARKS  
Option 2.

- 1 CATTAIL COVE
- 2 REDWING
- 3 MEADOW LARK
- 4 LUPINE ROCKS
- 5 LOMA ISLAND
- 6 LOCUST GROVE



## LEGEND

Red trails indicate easy, short-loop trails

- Featured Trail
- Hikers, Horses & Bicycles
- Trail On Paved Surface
- American Discovery Trail/ Mokolunne Coast-to-Crest Trail
- Mileage Between Points
- Paved Road
- Creek



0 1/8 1/4 Mile  
Contour interval 20 feet

- Parking
- Equestrian Staging
- Boat Launch
- Restrooms
- Drinking Water
- Swim Lagoon
- Changing Rooms
- Food Concession
- Disabled Accessible
- Horsehoes
- Volleyball Court
- Fishing Permit Machine
- Phone
- Information
- Picnic
- View Point
- Horse Water
- Pond
- Gate
- Fence

**Driving Directions:** To reach Contra Loma from Highway 4 in Antioch, exit on Lone Tree Way, go right on Golf Course Rd. and right on Frederickson Lane to the park.

**Park Hours:** Sunrise to dusk

**Fees:** \$5 per vehicle; \$4 per trailered vehicle. Buses: \$25/per bus. \$2 per dog. Guide/service dogs free. Beach Access; \$3 ages 16-61, \$2 age 1-15, \$2 seniors 62+ or disabled, Free under 1 year of age.

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

**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.

# Crown Memorial State Beach

## Shoreline Trail: Salt Marsh Overlook

**Length:** 3.5 mile round-trip **Elevation Gain:** 20 feet

**Location:** Alameda

**GPS Coordinates:** 37.7660936, -122.271548

**Intensity:** Easy (ADA accessible)



**Park Features:** From the late 1880s until just prior to World War II, Alameda Beach was a renowned amusement center and the largest beach on San Francisco Bay. Now operated by the East Bay Regional Park District, the park is devoid of the roller-coasters and thrill rides that it once sported. However, it now offers swimming, kayaking, beachcombing, birdwatching, and more. There are over 2.5 miles of shoreline with ample beach and water access, and the Elsie Roemer Bird Sanctuary at the far end. The unique Crab Cove Visitor Center features exhibits on San Francisco Bay, including 800-gallon aquarium filled with marine life.

**Trails Highlights:** Scenic views of the shallow bay waters and the far cities and hills, as well as easy beach access, moderate temperatures and a flat, paved trail, make this route accessible to everyone. This trail will end at the Salt Marsh Overlook which provides a nice viewing area for shorebirds. Bring your binoculars and field guide to help identify the birds you see. This route also makes for a pleasant bike ride.

**Trail Directions:** Start at the Crab Cove Visitor Center. Head south on the Shoreline Trail and follow it to its end at the Salt Marsh Overlook. The pathway will take you along the beach on the right and the city on the left. You will pass many points to access the beach, as well as numerous bathrooms and water fountains on the way. Upon reaching the Salt Marsh Overlook, take a break if you like; then turn around and retrace your steps to return to the starting point.



Photo: Eric Sahlin



**Driving Directions:**

Once through the Oakland/Alameda Tube, you'll be on Webster St. Follow Webster to its end at Central Ave. Turn right on Central and then take the first left onto McKay Ave. Watch for the Crab Cove parking lot on your left.

**Park Hours:** 5 a.m. to 10 p.m. unless otherwise posted or permitted.

**Fees:** \$5 per vehicle when kiosk is attended, \$4 per trailered vehicle, \$25 per bus, \$2 per dog. Guide/service dogs free; no dogs allowed on beach. On the lawn and pathway dogs must be on leash at all times.

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



**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.

# Cull Canyon Regional Recreation Area

*Chabot to Garin Regional Trail/Cull Canyon Road/Heyer Road/Service Road/  
Lake View Trail/Columbia Drive*

**Length:** 2.25-mile loop **Elevation:** 350 feet

**Location:** Castro Valley

**GPS:** 37.710479, -122.055430

**Intensity:** Easy



**Park Features:** Home to shaded trails, shallow creek crossings, ridge-top breezes, and a 1.5-acre white sand swimming lagoon, Cull Canyon Regional Recreation Area is an award winning East Bay playground. The lagoon itself was the first of its kind. When it was made, a secondary dam was constructed to provide an inner swimming area complete with a sandy beach. Never previously tried, this innovation made the swim area independent of what was then a water reservoir. The park won the 1966 Governor's Award for Exceptional Distinction for Recreational Development. The park is also home to many picnic areas, grassy play areas, and a newly restored seasonal creek adjacent to the main dam.

**Trails Highlights:** Take a break from the heavy I-580 traffic and enjoy a short but serene hike around Cull Canyon. The trails begins in a dense, shaded woodland, and then leads up to the main road. It passes the small dam before ascending, and then hugs the ridgeline, looking down on the swim lagoon and seasonal creek below.

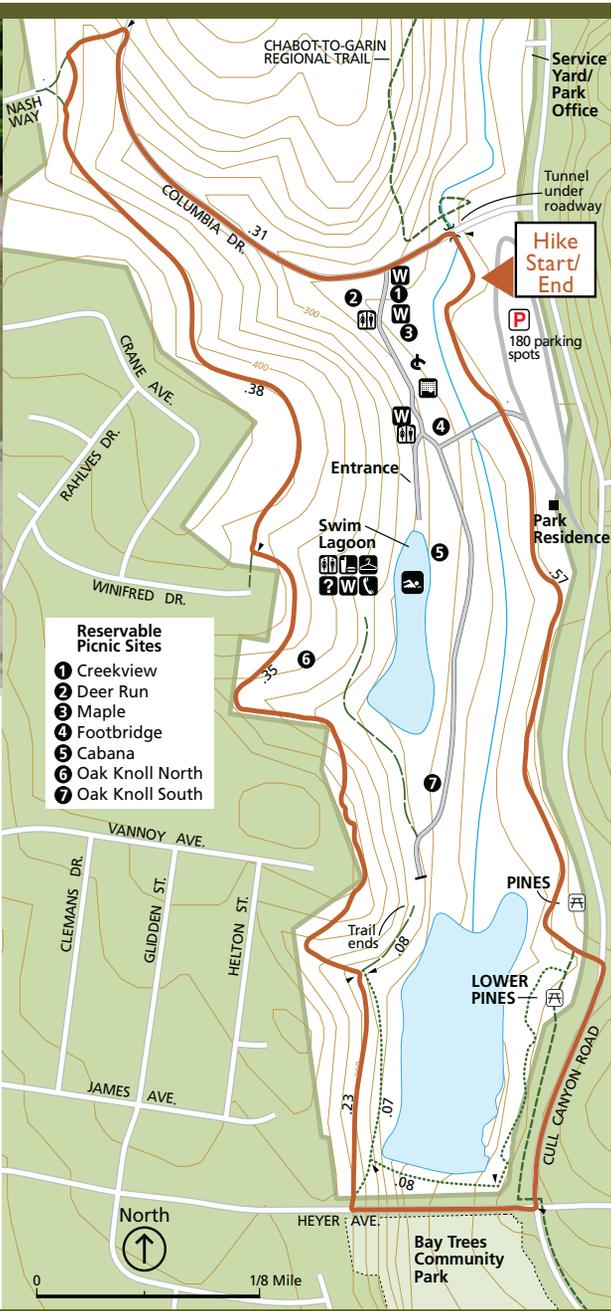
**Trail Directions:** Park in the main lot and head towards the footbridge that leads into the park. Instead of crossing the bridge, turn left on the Chabot to Garin Regional Trail. Follow the trail past the park residence on your left. After .38 miles you will come to a fork. Take the path heading uphill to Cull Canyon Road. Make a right and walk beside Cull Canyon Road until you pass the dam. At the dam, turn right on Heyer Road and follow the sidewalk until reaching the gravel service road. The service road has a brown wood gate. Follow the service road. When you reach the trail post that marks Lake View Trail, turn left to go up the hill. Follow Lake View Trail as it hugs the fence line of the houses. When you reach the fork, turn right at the sign panels. Follow the trail for another .36 miles. When the trail crosses a creek, follow it around to Columbia Drive. Turn right on Columbia Drive. Columbia Drive will lead you back to the parking lot.

**Driving Directions: From I-580 eastbound** in Castro Valley, take the Grove Way exit. Turn to the north (left) on Grove Way. Turn left onto Cull Canyon Rd. and continue to the park entrance on the left-hand side.

**From I-580 westbound**, take the Castro Valley exit and continue west (left) on Castro Valley Blvd. to Crow Canyon Rd. Turn right on Crow Canyon, then left on Cull Canyon Rd. and continue to the park entrance on the left.



Photo: Hillary Van Austen



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

**Fees:** No fee

**Website:** [ebparks.org/parks/cull\\_canyon](http://ebparks.org/parks/cull_canyon)

# Point Pinole Regional Shoreline: Dotson Family Marsh

*San Francisco Bay/China Clipper Spur/Cordgrass Jetty Trails*

**Length:** 1.5 Miles round-trip **Elevation Gain:** 14 feet

**Location:** Richmond

**GPS:** 37.9816695, -122.3632406

**Intensity:** Easy



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**Park Features:** This new park area is named in honor of the Dotson family, a multi-generational family known for environmental advocacy in the West Contra Costa County area and beyond. Dedicated in 2017, the area has undergone significant habitat restoration to mitigate potential future damage from rising sea levels as well as coast and inland flooding.

**Trails Highlights:** This 1.5-mile out and back hike is an easy and pleasant shoreline walk on the edge of San Pablo Bay. The trail leads all the way out to the jetty point, where you can see across the bay and up towards Point Pinole. This is also a nice trail for a picnic or bike ride; the trail passes a new picnic area just before the San Francisco Bay Trail meets up with the unpaved China Clipper Spur Trail.

**Trail Directions:** Take the San Francisco Bay Trail from the parking lot and cross over the bridge. Follow the SF Bay Trail until you reach the picnic area, then make a left onto the China Clipper Spur Trail, which will snake around. At the next trail post make a left onto the Cordgrass Jetty Trail, which will lead you all the way out to the point of the jetty. To return to the parking lot, follow Cordgrass Jetty Trail back the way you came, make a right at the trail post to get back on China Clipper Spur Trail. China Clipper Spur Trail will intersect with the San Francisco Bay Trail, where you turn right to head back to the parking lot.

**Driving Directions:** *From I-580* take the Richmond Parkway for about 3.75 miles. Turn left on to Goodrick Ave. The entrance is at the end of Goodrick Ave., approximately .25 miles.

*From I-80* take the Richmond Parkway and go west towards the Bay. Cross San Pablo Ave. and continue on the Richmond Parkway. Turn right on to Goodrick Ave., the entrance is at the end of Goodrick Ave. Mileage from I-80 to the park entrance is about 3.75 miles.

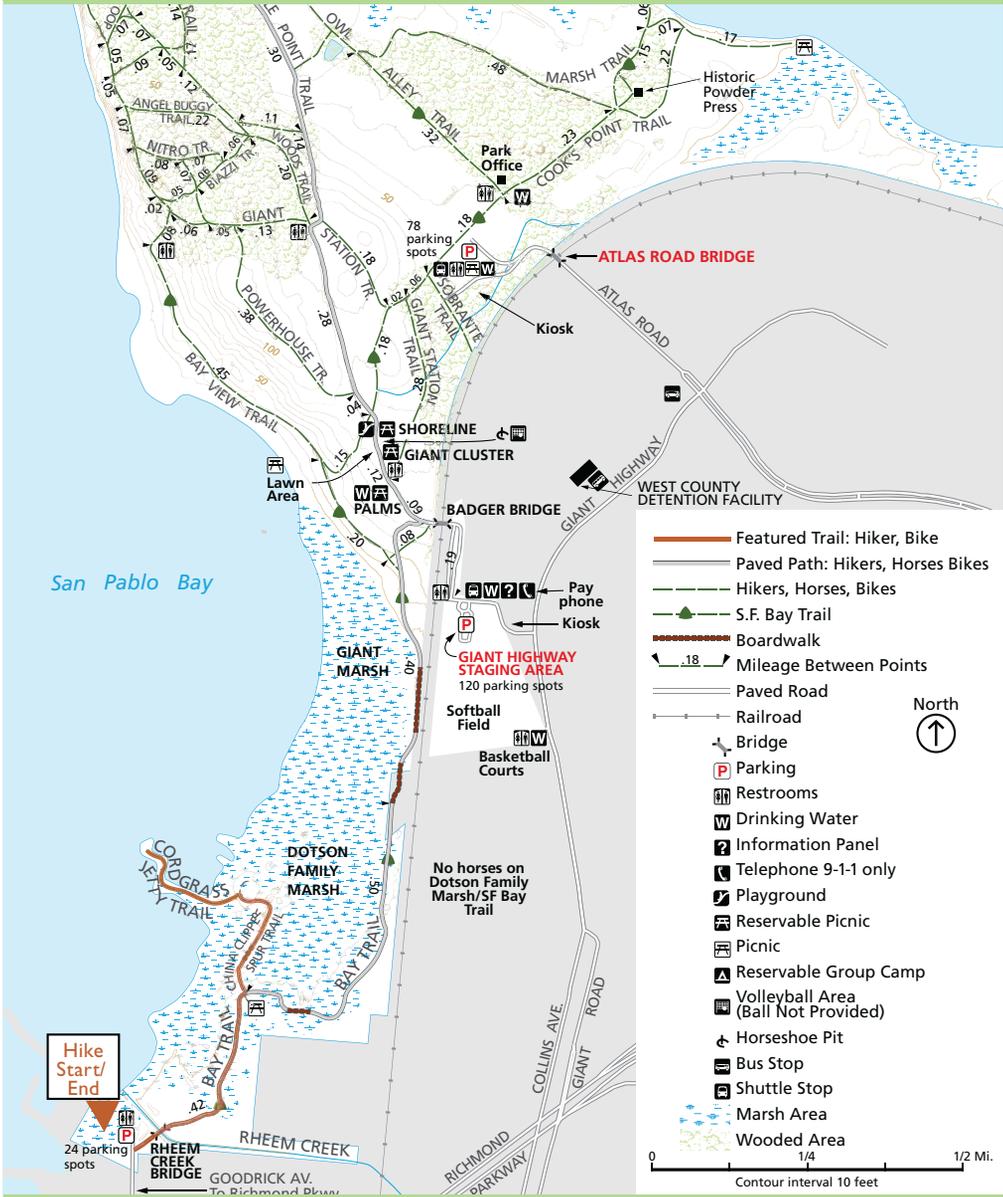
**Park Hours:** 5am to Dusk

**Fees:** No Fees

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



Photo: Sukirat Kaur



# Point Isabel Regional Shoreline

*San Francisco Bay Trail to Rosie the Riveter World War II Homefront National Historical Park Visitor Center*

**Length:** 6.25-mile round-trip **Elevation:** Approximately 75 feet

**Location:** Richmond

**GPS:** 37.900929, -122.324709

**Intensity:** Easy



**Park Features:** There are beautiful views of San Francisco Bay, the Golden Gate Bridge, Marin County and Brooks Island from this popular 23-acre park. The San Francisco Bay Trail runs through the park continues in both directions along the shoreline for miles. One of the park's most popular features is the large dog play area, which allows dogs to be off leash. The shoreline also offers birdwatching opportunities, fishing, bike riding, kite flying, kayaking and picnicking. The park draws over one million visitors annually.

**Trails Highlights:** This trail is completely paved; it not only offers pristine views of the bay, but also the marshlands and hills to the East. This scenic trail follows the San Francisco Bay Trail along the waterfront passing through two local parks before reaching the Rosie the Riveter World War II Homefront National Historical Park. The visitor center there is free and open daily 10 a.m. to 5 p.m. Pack water, lunch and sunblock for an active day exploring the Richmond shoreline and its rich historical past.

**Trail Directions:** Park at the Rydin Road parking lot. Walk toward the bathrooms and pick up the paved path to the East that is outside the fences and behind the bathrooms. This is the San Francisco Bay Trail. Follow the SF Bay Trail to the left, to the North; stay on the trail, keeping the water on your left. You'll pass a connecting side route on the right, and you'll cross a short bridge within the first mile. After about 1 mile, you will cross another short bridge and come to a fork in the path. Stay left, keeping along the SF Bay Trail and the shoreline. Turn right at Shimada Friendship Park, to go through the parking lot and cross Marina Bay Parkway. Follow the paved trail, passing apartments on the right, and reconnect with the SF Bay Trail on the waterfront. Turn right and continue along the SF Bay Trail as it winds around and along the inner harbor and public boat launch area. After another 1.5 miles, you will reach the Rosie the Riveter World War II National Historical Park visitor center. To return to the starting point, simply turn around and retrace your steps.

**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.



Photo: Shelly Lewis



**Driving Directions: To Rydin Rd. entrance:** From either I-580 or I-80, take Central Ave. west to Rydin Rd. Continue to the end of Rydin. Turn left into the parking lot.

**To Isabel St. entrance:** You can also enter the dog park from Isabel Street. Exiting on to Central, continue to the end of Central; turn right onto Isabel St. Turn right into the parking lot.

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

**Fees:** No fees

**Website:** [ebparks.org/parks/pt\\_isabel](http://ebparks.org/parks/pt_isabel)

# Vargas Plateau Regional Park

## Golden Eagle Trail to View Point

**Length:** 2.5 miles **Elevation:** 390 feet

**Location:** Fremont

**GPS:** 37.5744761, -121.9323724

**Intensity:** Easy



**Park Features:** This stunning 1,249-acre regional park provides tremendous views from the tops of the East Bay hills. The plateau rises quickly and steeply from the bay plain and towers over one thousand feet above the cities below, overlooking Niles Canyon, Fremont, Union City, Newark and the San Francisco Bay beyond. Atop the plateau a pastoral landscape predominates, and golden eagles, hawks, deer, bobcats, frogs, snakes and a variety of other animals make their home in the open grasslands, ponds and steep wooded canyons. These characteristics make the park a great place for outdoor recreation and nature appreciation on the urban/wildland edge.

**Trails Highlights:** Vargas Plateau is one of the more recent District parks to open to the public. The scenic trail slowly wraps up to the top of a lookout point, offering panoramic views of the surrounding cities (San Jose and Loma Prieta to the south, Mission Peak, Mt Hamilton and Rose Peak to the southeast, Sunol ridge to the north and San Bruno Mt, Twin Peaks and San Francisco to the west). You will notice from the trail posts that the trail you are following is part of the Bay Area Ridge Trail. Vargas Plateau is an open range park so be watchful for roaming cows. Parking and rest rooms available at the Vargas Plateau Staging Area.

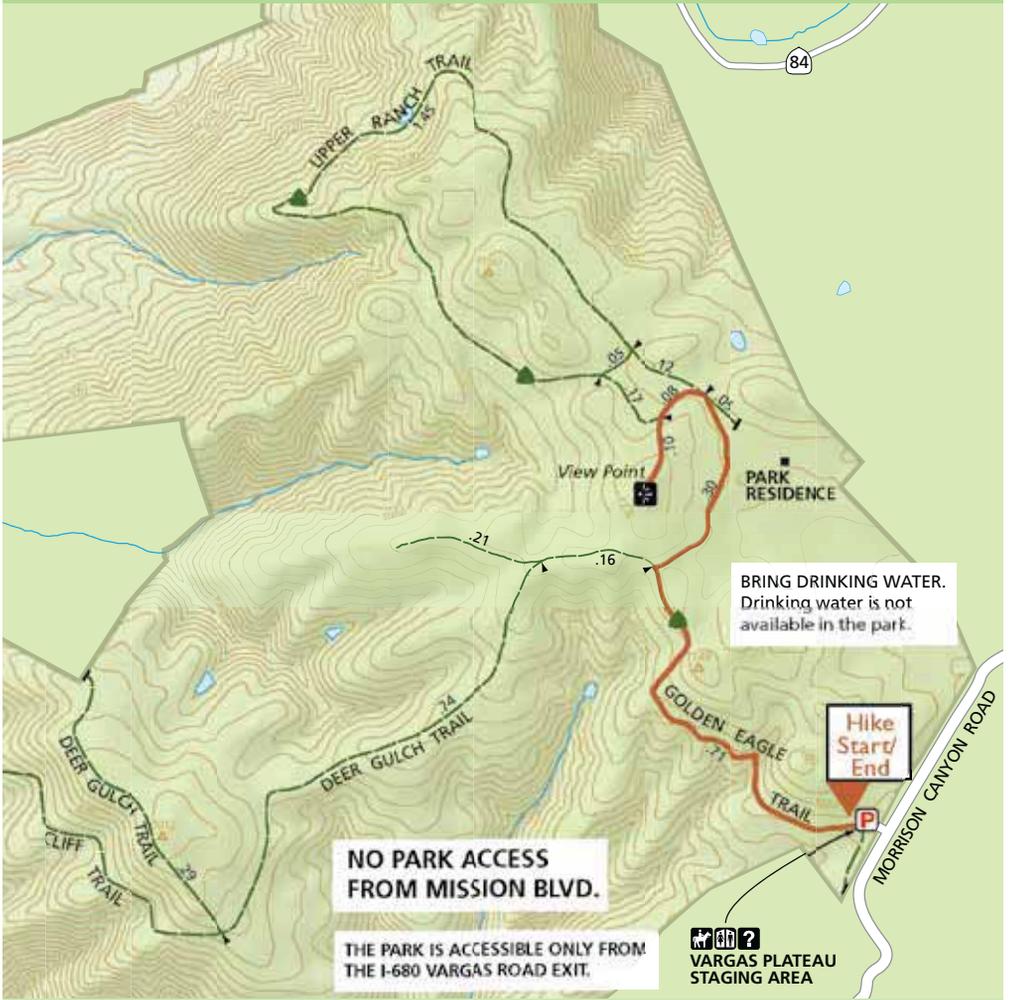
**Trail Directions:** Park at the Vargas Plateau Staging Area, and follow the trail past the restrooms, continuing through the gate. Keep going straight onto Golden Eagle Trail, past the next trail post. Golden Eagle Trail will contour around the hill and continue through another gate. At the second trail, pass through the gate to follow the Upper Ranch Trail. At the next trail post, stay to the left for the View Point Trail. The View Point Trail will ascend to the top of the hill. Take a break at the top of the plateau and enjoy the views. To return to the staging area, retrace your steps, turning right onto Golden Eagle Trail and following it back to the staging area.

**Driving Directions:** *From I-680 in Fremont*, exit at Vargas Rd. and go north. Drive about 1.6 miles to Morrison Canyon Rd. and turn right. The staging area is ahead on the left about 0.4 miles. Car-pooling is strongly recommended as staging area parking is limited. There is no street parking in the area.

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

**Fees:** No fees

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



- Featured Trail--Hiker, Horse, Bike
- Hiker, Horse, Bike Trail
- Bay Area Ridge Trail
- Mileage Between Points

- Parking
- View Point
- Restrooms
- Equestrian Staging
- Information

# Waterbird Regional Preserve

## Meadowlark Ridge Loop

**Length:** 1.75-mile loop **Elevation:** 35 feet

**Location:** Martinez

**GPS:** 38.0229386, -122.0936861

**Intensity:** Easy



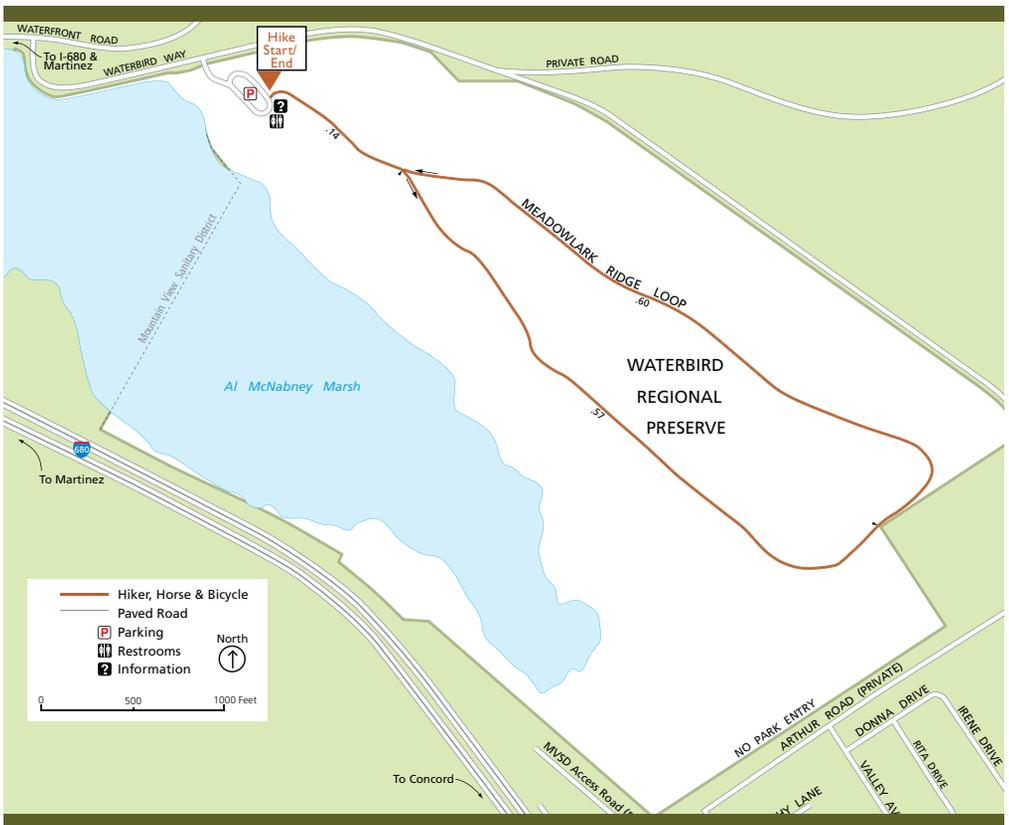
**Park Features:** This small parkland is a 198-acre parcel that is composed of wetlands and grasslands. The main focal point of the preserve is the Al McNabney Marsh, which supports a diverse range of birdlife. The marsh lies on the Pacific Flyway and seasonally provides an important place of refuge for the migrating birds. It is a great place to see all types of birds from waterfowl to raptors – just remember to bring your binoculars, field guides, and drinking water.

**Trails Highlights:** This short loop crosses from the parking lot to the grassy trail and leads very gently uphill, where you can look down on the marsh below. From this vantage point you may spot birds and other wildlife below.

**Trail Directions:** Park at the main parking lot off Waterbird Way and cross through the cattle gate. Through the gate, continue straight onto the Meadowlark Ridge Loop trail. When the trail forks, stay to the right. Remain on the trail as it loops around back toward the parking lot.



**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.



### Driving Directions:

**From Sacramento:** Take I-80 west to the Cordelia junction, then drive south on I-680 to Benicia. About two miles after crossing the Benicia-Martinez Bridge, take the Marina Vista/Waterfront Rd. exit from I-680. At the end of the off-ramp, turn right onto Waterfront Rd., go under the freeway, turn right onto Waterbird Way, and watch for the right turn into the Preserve.

**From San Jose:** Take I-680 north past Concord and Highway 4. About two miles before the Benicia-Martinez Bridge, take the Marina Vista/Waterfront Rd. exit. At the end of the off-ramp turn right onto Waterfront Rd., drive about 1/4 mile, turn right onto Waterbird Way, and watch for the right turn into the Preserve.

**From Oakland:** Take Highway 24 east through the Caldecott Tunnel and drive to Walnut Creek. In Walnut Creek, drive north on I-680, past Concord and Highway 4. About two miles before the Benicia-Martinez Bridge, take the Marina Vista/Waterfront Rd. exit. At the end of the off-ramp turn right onto Waterfront Rd., drive about 1/4 mile, turn right onto Waterbird Way, and watch for the right turn into the Preserve.

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

**Fees:** No Fees

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

# Del Valle Regional Park

## *Squirrel Gulch Trail/Ridgeline Trail/Eagle Crest Trail/Ridgeline Trail*

**Length:** 4.7-mile loop **Elevation Gain:** 705 feet

**Location:** Livermore

**GPS:** 37.5851473, -121.6997774

**Intensity:** Moderate



**Park Features:** Nestled high in the hills, far beyond the vineyards and busy freeways of Livermore, picturesque Del Valle Regional Park offers a diverse range of recreational activities. The centerpiece of the park is a lake five miles long with a variety of water-oriented recreation, ranging from swimming to windsurfing and boating. The surrounding 4,395 acres of beautiful parkland is ideal for hiking, horseback riding, and nature study. The Rocky Ridge Visitor Center on the west side of the lake offers naturalist-led programs, campfires, hikes and boat tours of the lake. The visitor center is open 10:30 a.m. to 5 p.m., weekends Memorial Day through Labor Day.

**Trails Highlights:** This walk leads up into the hills of Del Valle, the less visited part of the park. It offers glimpses of the long lake below and rugged hills beyond. The hills are an open grazing area so be mindful of the roaming cows. This trail is mostly in the open, so bring a hat, water and sunblock; temperatures commonly reach the 90's in the summer.

**Trail Directions:** Park near the Marina and boat launch area (turning right just past the entrance kiosk). From the parking lot, head up the hill directly behind the boat inspection station and through the gate to access Squirrel Gulch Trail. Squirrel Gulch will ascend steeply for about .85 miles. At the next trail post, make a left onto Ridgeline Trail, passing through the large gap in the fence posts. When you reach the top of the hill, stay left onto Eagle Crest Trail. This leads down the hill and around a pond. At the next trail post, stay right and continue uphill on Eagle Crest, turning right onto Ridgeline Trail. Shortly, you will come to an unmarked T crossing: Ridgeline curves left, then you immediately come to a Y; take the right fork of this Y to stay onto Ridgeline Trail. In less than a half a mile you will come to the intersection with Squirrel Gulch Trail, but keep going straight on Ridgeline Trail. The trail will drop downhill into a valley. Follow the trail for roughly 1 mile and it will lead all the way back to the Equine parking lot, close to where you started. When you get to the road, the Marina and boat launch areas are off to the right, down through the parking areas.

**Driving Directions:** The Park is located on Del Valle Rd. off Mines Rd. south of Livermore (parking fee). Exit I-580 eastbound or westbound in Livermore at North Livermore Ave. Head south and proceed through town (North Livermore Ave. will become South Livermore Ave. in town, and then Tesla once out of town). About



# Dublin Hills Regional Park

## Calaveras Ridge Regional Trail

**Length:** 5.2 miles **Elevation Gain:** 541 feet

**Location:** Dublin

**GPS:** 37.7000116, -121.9748852

**Intensity:** Moderate



**Park Features:** Dublin Hills Regional Park encompasses 654 acres within an open space corridor consisting of rolling hills and valleys. The parklands are home to cattle, native and non-native grasslands, scattered trees, great-horned owl, red-tailed hawk, and coyotes. This park is a snapshot of what the east bay resembled before the suburban sprawl. There is ample parking; restrooms are available on site.

**Trails Highlights:** The park features rolling, grassy hills with oak and bay woodlands along the small drainages. The ridgeback trail meanders to its terminus at the small peak of the Calaveras Ridge Regional Trail. This completely exposed trail doesn't provide any shade, dress accordingly. There is a drinking fountain at the Donlon Point Staging Area parking lot; make sure to fill your water containers before starting the hike.

**Trail Directions:** Park at the Donlon Point Staging Area. Pass through the gate behind the restrooms to access the Calaveras Ridge Regional Trail. You will follow this trail the whole way. The trail winds up the hill. Continue straight through the next cattle gate, and straight again past the next trail post, remaining on Calaveras Ridge Regional Trail. At the fork, take the trail closest to the fence line and continue straight past trail post #5. Keep heading uphill and at the fork stay on the trail to the slight left, passing trail post # 9. Keep going straight passing large water trough and follow the trail for just under 1 mile all the way up to the top of the hill. At the top of the hill, enjoy the view, and retrace your steps to return to the staging area.

**Driving Directions: From I-680 southbound in San Ramon,** take Exit 31, the San Ramon Valley Blvd. exit. Turn left on San Ramon Valley Blvd. San Ramon Valley Blvd. becomes San Ramon Rd. Continue south to Dublin Blvd. and turn right (west). Continue west on Dublin Blvd. for two miles. The staging area is on the right.

**From I-680 northbound in Dublin,** take exit 31, the Alcosta Blvd. exit. Turn left on Alcosta, and left again on San Ramon Rd. Continue south to Dublin Blvd. and turn right (west). Continue west on Dublin Blvd. for two miles. The staging area is on the right.

**From I-580 eastbound or westbound,** take exit 44A, the San Ramon Rd./Foothill Rd. exit, and turn north on San Ramon Rd./Foothill Rd. to Dublin Blvd. Turn west on Dublin Blvd. and drive for about two miles. The staging area is on the right.

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

**Fees:** No fees

**Website:** [ebparks.org/parks/dublin\\_hills](http://ebparks.org/parks/dublin_hills)



# Dry Creek Pioneer Regional Park

May/High Ridge Loop/Tolman Peak/South Fork/Tolman Peak/High Ridge Loop/May

Length: 5-mile loop Elevation Gain: 832 feet

Location: Hayward

GPS Coordinates: 37.60733211, -122.01762825

Intensity: Moderate



**Park Features:** Two large, seamlessly connected parklands that offer a diverse range of wildlife and open space for independent nature study. Formerly a ranch, the park offers a seasonal visitor center, picnic areas, a kite-flying field, the historic Dry Creek gardens, and over 20 miles of trail. The park is still an open rangeland, so cows are found throughout the park roaming free.

**Trails Highlights:** This route offers scenic views of the surrounding region, as you traverse rolling grasslands and shady woods. Portions of the trail flank a peaceful creek. Steep inclines give way to flat overlooks that have full 360-degree views of the park and cities nearby.

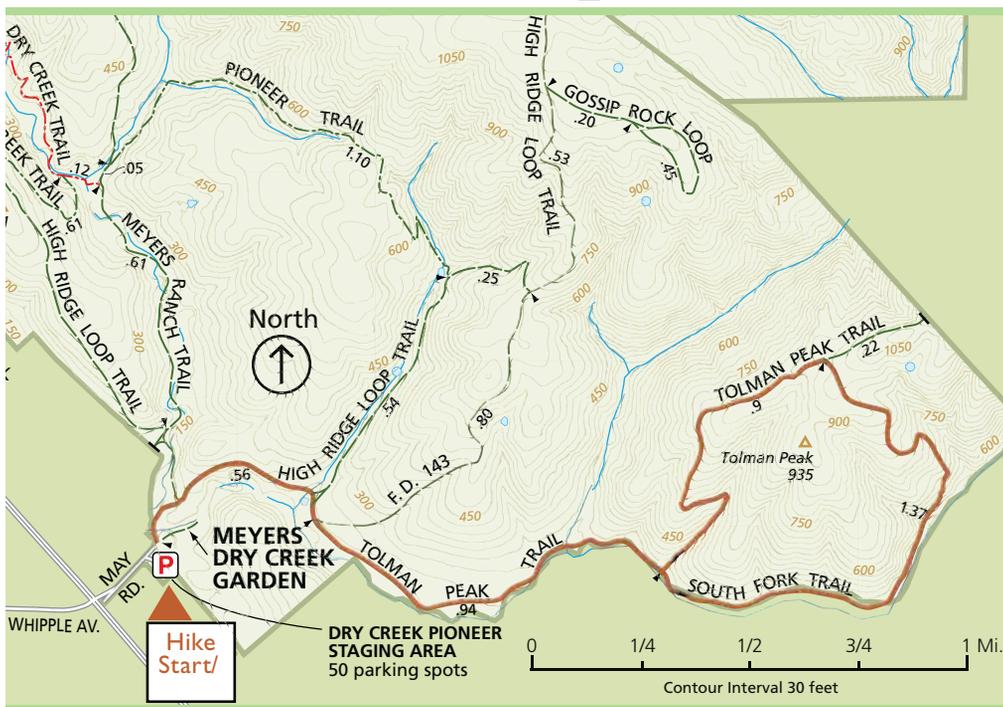
**Trail Directions:** The hike begins at the Dry Creek staging area. Park in the lot off May Road, next to the Meyers Cottage and Dry Creek Garden. Begin your hike on May Trail, proceeding through the entrance gate, another gate, and heading uphill. Continue straight past the next trail post to get on the High Ridge Loop Trail. After a third of a mile you will intersect with Tolman Peak Trail. Follow Tolman Peak Trail past a corral and through a cattle gate until it reaches South Fork Trail.



Photo: Jerry Ting

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

↖ .28 ↗ Mileage Between Points  
**P** Parking



There are two creek crossings along the way. South Fork Trail will lead you down a narrow, shaded path that overlooks a creek. It then ascends rapidly and offers beautiful landscape views of Hayward, Oakland, and the Bay. At the top of the hill, there is a bench to take a break and soak in the view. South Fork Trail loops to meet Tolman Peak Trail again. Turn left onto Tolman Peak Trail and descend the grassy hills. Follow Tolman Peak Trail back the way you came, making a left onto High Ridge Loop Trail and another left onto May Trail back to the parking lot.

**Driving Directions:** *From I-880*, exit at Whipple Rd. in Hayward/Union City and head east toward the hills. When you reach Mission Blvd., continue straight onto May Rd.

*From I-580*, take the I-238 exit and keep left for downtown Hayward. Continue onto Foothill Blvd. for about 2 miles. Use any lane to turn right onto A Street, then turn left onto Missions Blvd. Proceed 5.3 miles south on Mission Blvd. and then turn left onto May Rd. to the Meyers Cottage and Dry Creek staging area.

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

**Fees:** \$5 per vehicle (when kiosk is attended); \$4 per trailered vehicle, \$25 per bus, \$2 per dog. Guide/service dogs free.

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

# Lake Chabot Regional Park

*East Shore Trail/Indian Cove Trail/McGregor Trail/Ten Hills Trail/  
Cameron Loop Trail/East Shore Trail*

**Length:** 4-mile loop **Elevation Gain:** Approximately 880 feet

**Location:** Castro Valley

**GPS:** 37.717285, -122.104350

**Intensity:** Moderate



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**Park Features:** The shores, waters, and hills of Lake Chabot Regional Park offer a variety of outdoor activities and numerous hiking possibilities. Anglers will find the lake well stocked with trout and catfish. The park hosts annual fishing derbies, and features many fishing piers scattered along the shoreline. Rental boats are available at the marina. Beyond water activities, various trails in the park accommodate hikers, bikers, equestrians. There are many picnic sites along the shoreline, offering grassy play areas, barbecues and horseshoe pits.

**Trails Highlights:** Enjoy the moderate trail that starts along the shoreline and then makes its way steeply uphill by way of the shady Indian Cove Trail (hikers only; some segments are slippery when wet). At the top of the hill, you will pass by the District Public Safety Headquarters, and then head back down to the water via Ten Hills Trail and the pleasant, wooded Cameron Loop Trail.

**Trail Directions:** Starting from the Marina parking lot, begin walking on the East Shore Trail. You will pass an exercise area and the Turtle picnic area. Follow East Shore Trail along the waterfront. When you reach Indian Cove Trail, make a right, heading up the hill. Follow Indian Cove Trail all the way to the top, and then cross the street in the cross-walk to access McGregor Gorge Trail. Make an immediate left, uphill, on the trail that parallels the paved road. You will pass parking for the Nike classroom on your left, and park police headquarters on your right. Just beyond, you will find the beginning of Ten Hills Trail. Follow this trail down the hill and turn left at Cameron Loop Trail. Continue downhill on Cameron Loop Trail. When you reach the fork, make a left onto the paved East Shore Trail. This will take you back to the parking lot.

**Driving Directions:** *In Castro Valley on I-580 westbound*, take the Strobridge Ave. exit. Turn right on Strobridge, right on Castro Valley Blvd., and left on Lake Chabot Rd. The Lake Chabot Marina is about two miles ahead on the right.

*In Castro Valley on I-580 eastbound*, exit at Redwood Rd. and go left, go left at Castro Valley Blvd., right at Lake Chabot Rd., and follow the directions above.

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

**Park Hours:** 6am to sunset (varies seasonally)

- Featured Trail - Hiker
- - - Hiker, Horse, Bike
- = = = Hiker, Horse & Bike
- = = = Paved Trail, Hiker, Horse, Bike
- - - Paved Trail, Hiker, Bike
- - - Hikers & Horses Only
- - - Hikers & Bikes Only

- - - Short-Loop Trail, Easy
- ↔ .28 Mileage Between Points
- = = = Paved Road
- Creek; Pond or Lake
- P Reservable Picnic Picnic
- P Parking
- P Equestrian Parking

- ♿ Disabled Access
- ♿♿ Restrooms
- W Drinking Water
- ☎ Phone
- ? Information Panel/ Maps/Brochures
- 🏃 Exercise/Fitness
- 🚫 No Horses
- 🍷 Snack Bar
- 🐟 Bait & Tackle
- 🚤 Boat Rentals
- 🎣 Fishing Pier



**Fees:** \$5 per vehicle, \$4 per trailered vehicle. \$25 per bus. \$2 per dog. Guide/service dogs are free. Dogs must be leashed on paved trails.

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



Photo: Kevin Cox

# Sibley Volcanic Regional Preserve

*Overlook Trail/Round Top Loop Trail/Volcanic Trail/Quarry Road/Skyline Trail*

**Length:** 3-mile loop **Elevation Gain:** 506 feet

**Location:** Oakland

**GPS:** 37.8475787, -122.1989535

**Intensity:** Moderate



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**Park Features:** Not many Bay Area residents know that they have a volcano nearby but Sibley Volcanic Regional Preserve is home to one! This volcano, Round Top, dates to about 10 million years ago and is the source of all the volcanic rock in the park. The unstaffed visitor center provides a thorough geological history of the park through display panels and specimens.

**Trails Highlights:** The trail starts out in a forested understory, then opens into rolling grassland hills, and finally concludes on the shaded Skyline Trail, bringing you back to the staging area. Round Top Trail offers panoramic views of the surrounding hills, valleys, and cities far below. The Volcanic Trail is lined with different types of volcanic rock that help tell the story of the formation of the landscape and how it has changed over time. Pick up a park brochure before you begin your hike to learn more.

**Trail Directions:** Park at the Sibley Staging Area and walk up towards the visitor center. Start on the paved Overlook Trail to the left of the visitor center and continue past the interpretive panels. Go past the trail post to the Backpack Camp, and at the next trail post, make a left and immediately at the next trail post bear left on the Round Top Loop Trail. Follow the directions for Volcanic Trail, staying on the gravel trail and continuing through the gate. In .4 miles, make a left at the fork onto Volcanic Trail. You will immediately pass a lookout bench and trail post #3. At the next fork, make a right on the trail that heads uphill; here there is a trail post marked #5-11. Stay to the left at the next fork and follow the Volcanic Trail until it meets with the paved Quarry Road; turn left onto Quarry Road. Stay on Quarry Road as it descends nearly .6 miles to the gate. Stay left and immediately make another left through another gate to access Skyline Trail. Skyline Trail will take you back to the Sibley Staging Area, climbing somewhat steeply along the creek as you cover .87 miles.

**Driving Directions:** *From Highway 24* take the Fish Ranch Rd. immediately east of the Caldecott Tunnel. Continue 0.8 miles to Grizzly Peak Blvd. Turn left and go 2.4 miles on Grizzly Peak to Skyline Blvd. Turn left and drive .1 mile to the preserve entrance on the left.

**Park Hours:** 7am to 6pm Nov-Feb; 7am to 10pm Mar-Oct

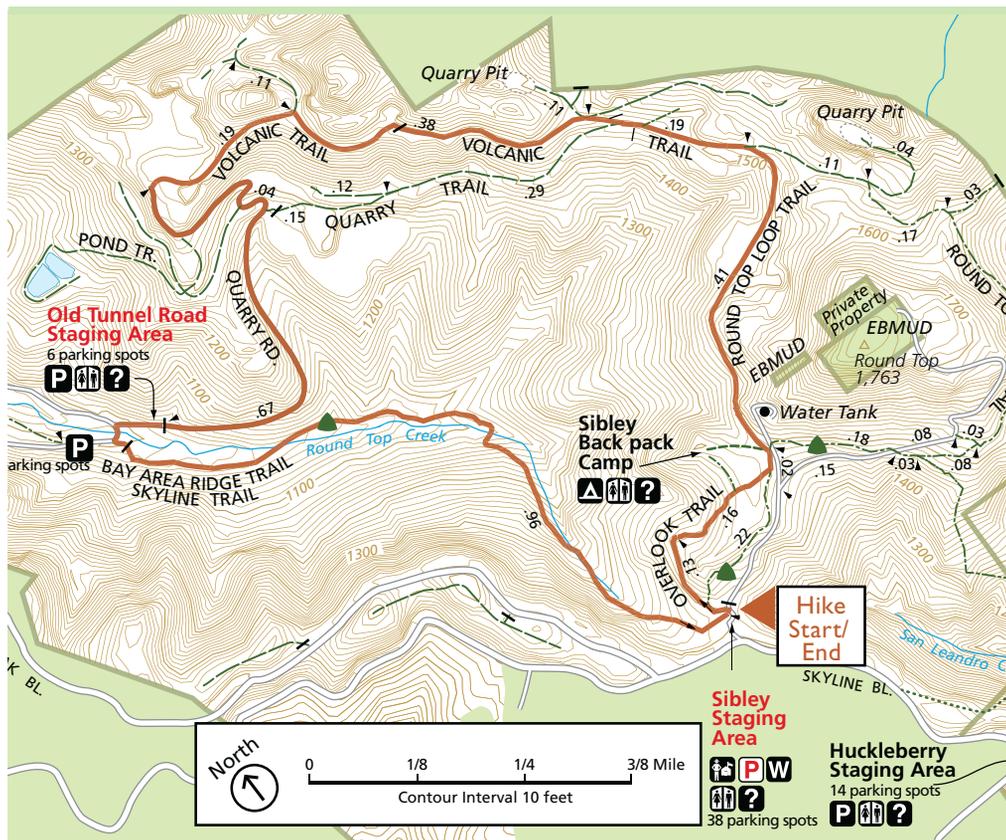
**Fees:** No fees

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

- Featured Trail--Hiker, Horse
- Hiker, Horse, Bike Trail
- Hikers & Horses
- ↖ .28 ↗ Mileage Between Points
- ▲ Symbol denotes Skyline Trail/  
Bay Area Ridge Trail

- P** Parking
- W** Drinking Water
- ♿** Restrooms
- ⛺** Backpack Camp

- 🍷** Picnic
- 👤** Visitor Center
- ?** Information



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

# Sunol Regional Wilderness

*Indian Joe Nature/Indian Joe Creek/Cave Rocks Road/High Valley Road/  
Flag Hill Road/Flag Hill Trails*

**Length:** 4.45-Mile Loop **Location:** Sunol

**GPS Coordinates:** 37.5160375 -121.8318128

**Intensity:** Moderate



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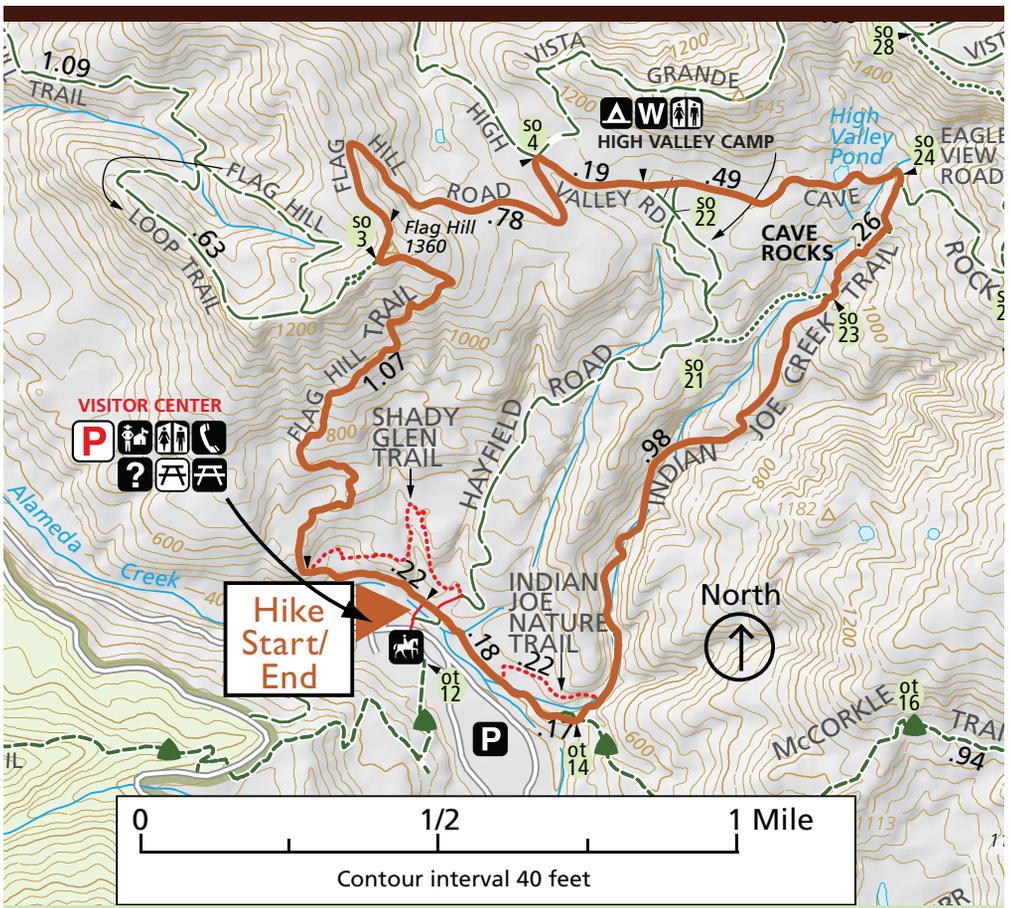
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**Park Features:** This stunning park of rugged peaks and beautiful vistas has a remote wilderness feel. Its 6,859 acres of wilderness were once home to the area's first inhabitants and then became vast ranchlands. Today it offers hiking, nature study, backpacking, and picnicking; it draws thousands of visitors annually. The Old Green Barn Visitor Center offers naturalist-led programs that bring to life the history of the park or interpret its natural features. At its higher reaches, the park features large outcroppings of rocks that offer a glimpse into its marine origins. There is little water available in the park beyond the Visitor Center; be sure to bring adequate supplies with you on the trail.

**Trail Highlights:** This trail offers a partially shaded trail that climbs out of the valley along Indian Joe Creek. Higher up it meanders through grasslands and seasonal wildflower blooms. The rolling hills lead to a rocky ridge top. Here, at Flag Hill, nearly 1,400 feet high, is the pinnacle of this loop, where you'll tower above the valley below and enjoy sweeping views of the region.

**Trail Directions:** From the Visitor Center, cross the footbridge over Alameda Creek and turn right towards Indian Joe Nature Trail and Canyon View Trails. Make a left onto Indian Joe Nature Trail and follow it up a short hill and across the streambed. Turn left on Indian Joe Creek Trail, passing through a small cattle gate. The trail will meander back and forth across the seasonal creek and then begin to climb steeply, eventually passing the large jumble of giant boulders known as Indian Joe Cave Rocks. Explore this area if you like and then continue climbing until the trail meets Cave Rocks Road. Turn left and follow this road (You might see western pond turtles at High Valley Pond on your right) until you reach High Valley Road, just past a large barn. (The historic High Valley Barn offers a good stop for a lunch break, as it has water, picnic tables and bathrooms). Make a right onto High Valley Road past the barn, and then a left onto Flag Hill Road. Follow to the ridgetop and at the stone sign monument, bear right to enjoy the sweeping views from Flag Hill. To descend and return to the starting point, from the monument, follow Flag Hill Trail downhill, to your right. The trail slowly winds down into the valley with a few narrow, rocky and exposed spots. At the bottom, turn left at the sign post pointing you toward Hayfield Road. Finally, make a right onto the footbridge over Alameda Creek, where you began, and return to the parking lot.

**Driving Directions: From Fremont:** Drive north on I-680 and exit at Calaveras Rd. Turn right at the exit onto Calaveras Rd. and proceed about four miles and make a left onto Geary Rd., Geary Rd. will lead directly into the park. Old Green Barn Visitor Center is open on weekends only.



- Featured Trail - Hiker
  - Hiker, Horse, Bike Trail
  - ▲- Ohlone Trail-Hikers & Horses
  - 28- Mileage Between Points
  - so 21- ot 14- Trail Post #s at Trail Intersections
  - - - - - Hikers Only
  - - - - - Hikers & Horses
- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><b>P</b> Parking</li> <li><b>W</b> Drinking Water</li> <li> Restrooms</li> <li> Visitor Center</li> <li> Equestrian Parking</li> <li> Reservable Camping</li> </ul> | <ul style="list-style-type: none"> <li> Picnic</li> <li> Reservable Picnic</li> <li> Phone</li> <li> Information</li> </ul> |
|--|---|

**From the Oakland-Berkeley area:** Drive east on I-580 until it the junction with I-680. Take I-680 south and exit at Calaveras Rd./Highway 84 just after the Sunol exit. At the bottom of the exit turn left onto Calaveras Rd. and proceed as noted above.

**From the Walnut Creek-Danville area:** Drive south on I-680 and exit at Calaveras Rd./Highway 84 just after the Sunol exit. Proceed as noted above.

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

**Fees:** \$5 Seasonal, weekends and holidays, \$4 per trailered vehicle, \$2 per dog. Guide/service dogs free.

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

# Tilden Regional Park

Lake Anza/Wildcat Gorge/Meadows Canyon/Curran/Wildcat Gorge/  
Lake Anza Trails

Length: 3.5 Miles Elevation: 540 Feet

Location: Berkeley

GPS: 37.89700, -122.25359

Intensity: Moderate



**Park Features:** Founded in 1936 from former watershed lands, Tilden is one of the East Bay Regional Park District's three original parks. It was named after Charles Lee Tilden, president of the District's first Board of Directors. Workers from the Works Progress Administration built much of the park's infrastructure during the Great Depression. Tilden's 2,079 acres feature the iconic carousel, steam train, botanical gardens, Little Farm, Environmental Education Center, redwood groves, picturesque views of the bay, picnic areas, and seasonal swimming at Lake Anza.

**Trails Highlights:** Please note: portions of this trail are severely storm-damaged and may be difficult to navigate when wet and muddy. Check District website for possible closures before proceeding. This trail starts at placid Lake Anza and descends along the Wildcat Creek drainage through tall redwoods and shady oak/bay woodlands. It then gently climbs Meadows Canyon through grassland and scrub, eventually dropping back down to the creek.

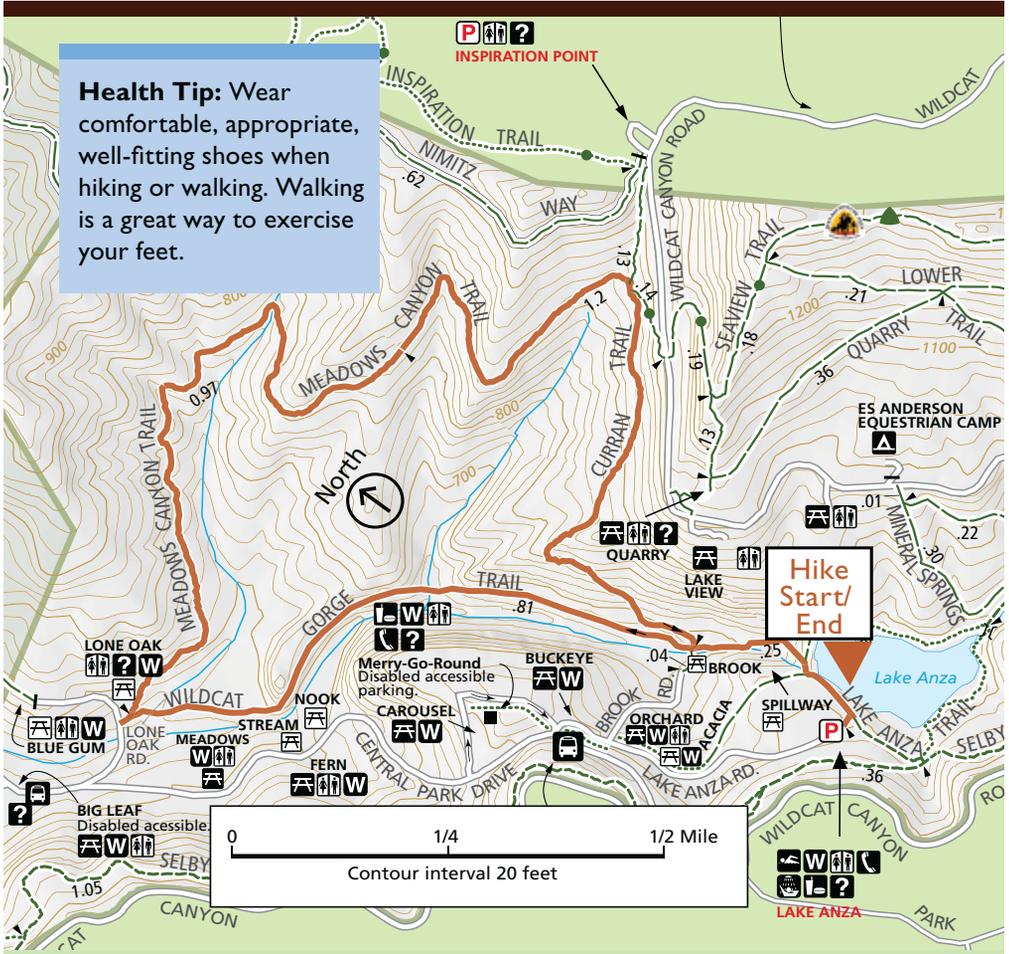
**Trail Directions:** Park at Lake Anza Parking lot; if closed, use the gravel overflow lot outside the gate. Proceed to the Lake Anza entrance near the bathhouse and swim area. Outside the bathhouse area, turn left and follow the paved Lake Anza Trail a few hundred yards. At the Spillway, cross the bridge to your right and then turn left onto the Wildcat Gorge Trail to descend to the creek. At the bottom of the dam, you'll see a small stone building which was the old pump house for the lake. Continue down Wildcat Gorge Trail past the Curran turnoff for approximately 0.75 mile. At the bottom of the canyon, turn right onto Meadows Canyon Trail, near the Lone Oak Picnic area. Due to storm damage, the creek crossing may be difficult.



Photo: Hilary Van Austeren

Follow Meadows Canyon Trail uphill for about 1.5 miles where you'll make a right, near the top, onto the Curran Trail. Descend on the Curran Trail for .62 miles where you'll return to the Wildcat Gorge Trail. Turn left to follow Wildcat Gorge Trail the way you came in and it will connect with the Lake Anza Trail back to the parking lot.

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



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

- Parking
- Drinking Water
- Restrooms
- Shower
- Reservable Picnic
- Food

- Picnic
- Swimming
- Phone
- Bus Stop
- Information

**Driving Directions:** Take the Fish Ranch Rd. exit east of the Caldecott Tunnel, drive uphill, and turn right at Grizzly Peak Blvd. Follow Grizzly Peak to the Shasta Rd. entrance to Tilden. Turn right on Shasta, then left onto Wildcat Canyon Rd., and right on Central Park Drive. Continue about 0.8 mile, and turn right on Lake Anza Rd.

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

**Fees:** No Fees

**Website:** [ebparks.org/parks/tilden.htm](http://ebparks.org/parks/tilden.htm)

# Black Diamond Mines

*Nortonville/Black Diamond/Black Diamond Way/Black Diamond/Nortonville Trails*

**Length:** 7-mile loop **Elevation:** 1200 feet

**Location:** Antioch

**GPS:** 37.958309, -121.8633560

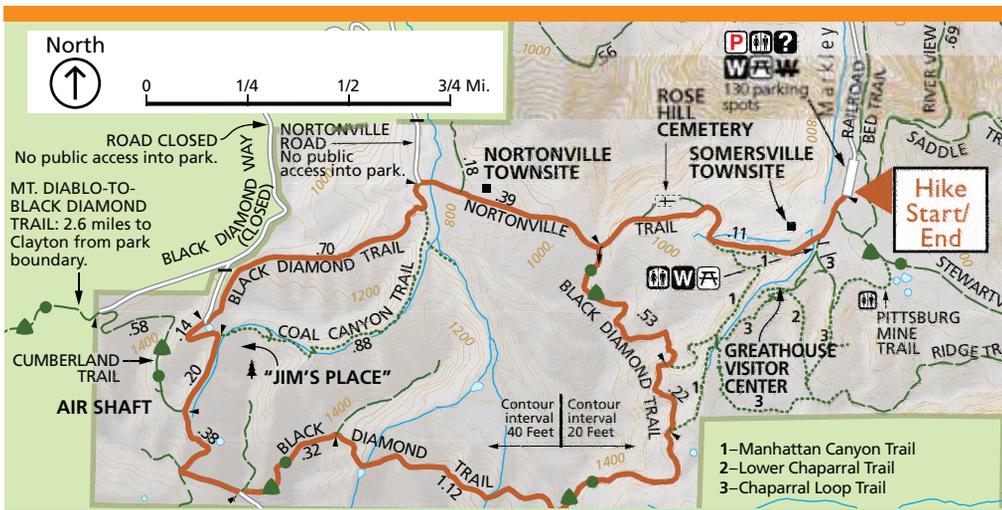
**Intensity:** Challenging



**Park Features:** Once a booming coal mining area, the hills are now quiet and peaceful. Yet, they still offer a glimpse into the past mining history. Five coal mining towns once occupied the Black Diamond area from the 1860s until the early 1900s, the most famous being Nortonville and Somersville. Almost four million tons of coal were removed before coal mining stopped and sand mining began by the Hazel-Atlas glass company. Part of these underground mines are still accessible via guided interpretive tours.

**Trail Highlights:** This route takes you through the heart of the Black Diamond Mines historic area, and offers panoramic views of the surrounding hills and delta. As you initially ascend the ridge, you will pass the Rose Hill Cemetery, which is a grim but fascinating reminder of the town of Nortonville and the challenging lives its citizens lived. Past the graveyard, you will come to a lookout point that offers the first of many panoramic views. Later, descending the Black Diamond Trail, colorful sandstone rock walls tower above the scattered oak woodland. As you make your way down Black Diamond Way keep your eyes open for the giant Coulter Pines, and see if you can find “Jim’s Place”, where the “door” is always open! A little further up Black Diamond Trail is a small side trip to the Air Shaft. Make a right on Cumberland Trail, go about 100 yards and it’s on your left. Turn around and return to Black Diamond Trail to continue uphill on main route. Enjoy other beautiful views and rock formations on the rest of the hike.

**Trail Directions:** Park at the parking lot .8 miles up the road from the Visitor Center. Walk up the trail, past the restrooms, and continue straight and slightly to the right onto Nortonville Trail. Follow the trail posts, staying on Nortonville Trail as it begins to climb towards Rose Hill Cemetery. You may wish to explore the cemetery or bypass it by staying on the main trail. Once past the cemetery, continue uphill and over the ridge, and drop down into Nortonville. Stay left on the trail straight into Coal Canyon and head up the single track trail, straight ahead at the base of the canyon. At the top past Jim’s Place make a left on the paved Black Diamond Trail. Continue uphill until you reach a closed Park Gate. Take the left just before the Gate on a dirt road which is Black Diamond Trail. Continue on this all the way back to the ridge above the cemetery and make a right at the fork onto Nortonville Trail and retrace your steps down past the cemetery, descending back to the parking lot where you began.



- Featured Trail--Hiker, Horse, Bike
- Hiker, Horse, Bike Trail
- - - Hiker Only Trail
- ▲ Mt. Diablo-to Black Diamond Regional Trail (Hiker, Horse, Bike)
- - -▲ American Discovery Trail/ Mokelumne Coast to Crest Trail
- - -▲ Mileage Between Points
- P Parking
- W Drinking Water
- ♿ Restrooms
- ☺ Picnic
- ☎ Phone
- ? Information



**Driving Directions:** From Oakland - Take CA-13 N./Warren Fwy, CA-24 E., I-680 N., CA-242 N. and CA-4 E. to Auto Center Dr./Somersville Rd. in Antioch. Take the Auto Center Dr./Somersville Rd. exit from CA-4 E. Turn right onto Auto Center Dr./Somersville Rd., continue to follow Somersville Rd., destination will be on the right. From Livermore - Follow North Vasco Rd. and CA-4 to Auto Center Dr. in Antioch. Take exit 24-26 from CA-4. Drive 3.7 miles to Somersville Staging Area.

**Park Hours:** Dawn to dusk. Sidney Flat Visitor Center: 10am to 4:30pm

**Fees:** \$5 Seasonal, weekends and holidays, \$4 per trailered vehicle, \$2 per dog

**Website:** [ebparks.org/parks/black\\_diamond](http://ebparks.org/parks/black_diamond)

# Briones Regional Park

Diablo View Trail//Spengler Trail// Old Briones Road Trail//Lagoon Trail//Toyon Canyon Trail//Pine Tree Trail//Orchard Trail

Length: 5.42-mile Loop Elevation: 1,322 feet

Location: Martinez

GPS: 37.9432088, -122.1405413

Intensity: Challenging



**Park Features:** With its rolling, grassy hills and secluded, shady canyons, Briones is a secret wilderness surrounded by the towns of central Contra Costa County. Although the park is close to Lafayette, Walnut Creek, Pleasant Hill, Concord, and Martinez, there are peaks within it from which you can see only park and watershed lands for miles in every direction. From Briones Peak, the highest point in the park, there are panoramic views of Mount Diablo and the Diablo Valley to the east, the Sacramento River and Delta to the north, the East Bay hills and Mt. Tamalpais to the west, and Las Trampas Regional Wilderness to the south.

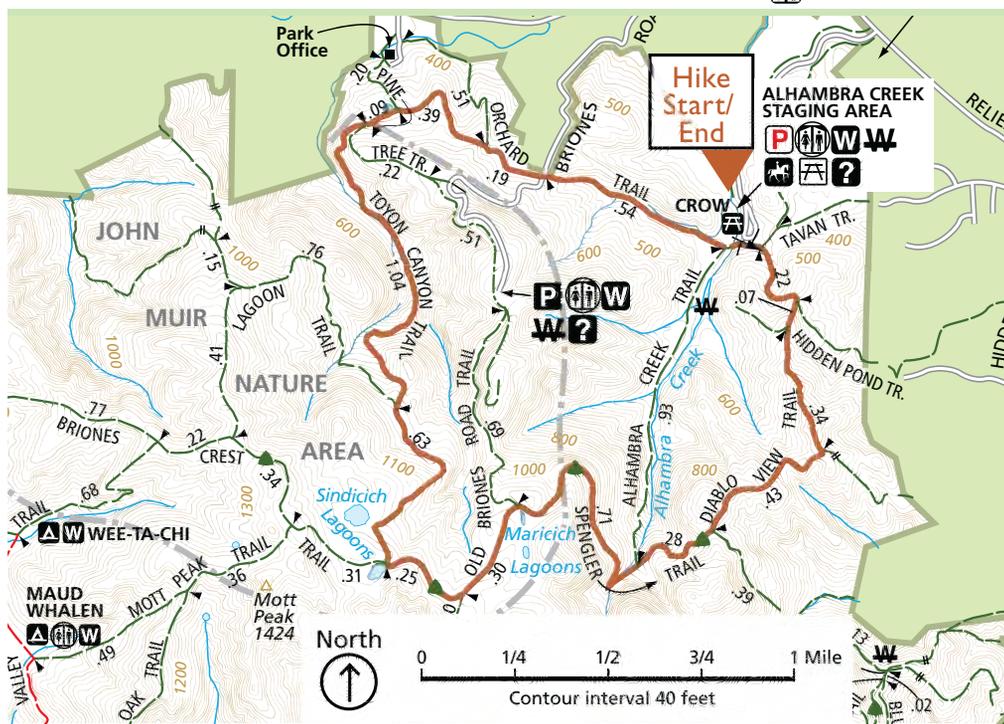
**Trails Highlights:** This trail begins in rolling, grassy hills that offer great views of the East Bay. It then winds its way through shady woodlands before opening near a series of small lagoons in an upper valley. Much of the route is exposed as it traverses the open grassland hills. Be sure to bring sunscreen and a hat. Keep a lookout for wildflowers in season, as well as black-tailed-deer, and coyotes. Alhambra Creek Staging Area has abundant parking, restrooms and water.



Photo: Marc Crumpler

**Trail Directions:** Park at the Alhambra Staging Area, walk into the park through the gate and make a left on Diablo View Trail heading up the hill. Remain on Diablo View Trail continuing past the next trail post and through the gate. Make a right at the following trail post to remain on Diablo View Trail. Turn right when you reach the Spengler Trail, which will make a hairpin turn up the hill. Follow Spengler to the Old Briones Road Trail and turn left near the lower Maricich Lagoon. Make a right onto the Briones Crest Trail, and then, at trail post #38, turn right onto Lagoon Trail. Follow Lagoon Trail for a few minutes and, if you like, stop at the lower Sindicich Lagoon for a break. This lagoon has a bench just past the gate that looks out on the water. Continue on Lagoon Trail and turn right at trail post #43 onto Toyon Canyon Trail. Steeply descend for almost a mile. At trail posts #27 and #28, keep going straight. Go through the next gate at trail post #31 and turn right

- Featured Trail--Hiker, Horse, Bike
- - - Hiker, Horse, Bike Trail
- ▲- Ivan Dickson Trail
- 12 .28 25  
Mileage Between Markers  
With Trail Post Numbers
- P Parking
- E Equestrian Parking
- W Drinking Water
- W Horse Water
- A Picnic
- A Reservable Picnic
- ☎ Phone
- ? Information
- ♿ Restrooms



onto Orchard Trail. Follow Orchard Trail past the houses, crossing Briones Road and going through the gates. Orchard Trail will lead you directly back to the Alhambra Creek Staging Area.

**Driving Directions: Take I-680 N.** to Pleasant Hill Rd. in Lafayette. Take exit 14 from CA-24 W. Continue on Pleasant Hill Rd., take Taylor Blvd. and Reliez Valley Rd. to Brookwood Dr.

**Take I-680 S** to Alhambra Ave. in Martinez. Take exit 9 from CA-4 W., turn left onto Alhambra Ave., right onto Alhambra Valley Rd., left onto Reliez Valley Rd. and right onto Brookwood Dr.

**Park Hours:** Dawn to dusk

**Fees:** \$3 per vehicle (when kiosk is attended); \$3 per trailered vehicle  
\$25 per bus. \$2 per dog. Guide/service dogs free

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

# Diablo Foothills Regional Park

Alamo/Hanging Valley/Briones-To-Mt.Diablo Regional/Little Yosemite/Stage Road/Buckeye Ravine/Mokelumne Coast-To-Crest/Hanging Valley/Alamo Trails

**Length:** 7-mile loop **Elevation Gain:** Approximately 966 feet

**Location:** Alamo

**GPS:** 37.8705764, -122.0100001

**Intensity:** Challenging



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**Park Features:** Diablo Foothills is an imposing and inspiring gateway to the beautiful parklands of Mt Diablo State Park and Walnut Creek Open Space. The foothills' 1,060 acres are valued for their interesting geologic formations, their sweeping panoramas of the San Francisco Bay Region and the rural quality of the adjacent rolling grasslands.

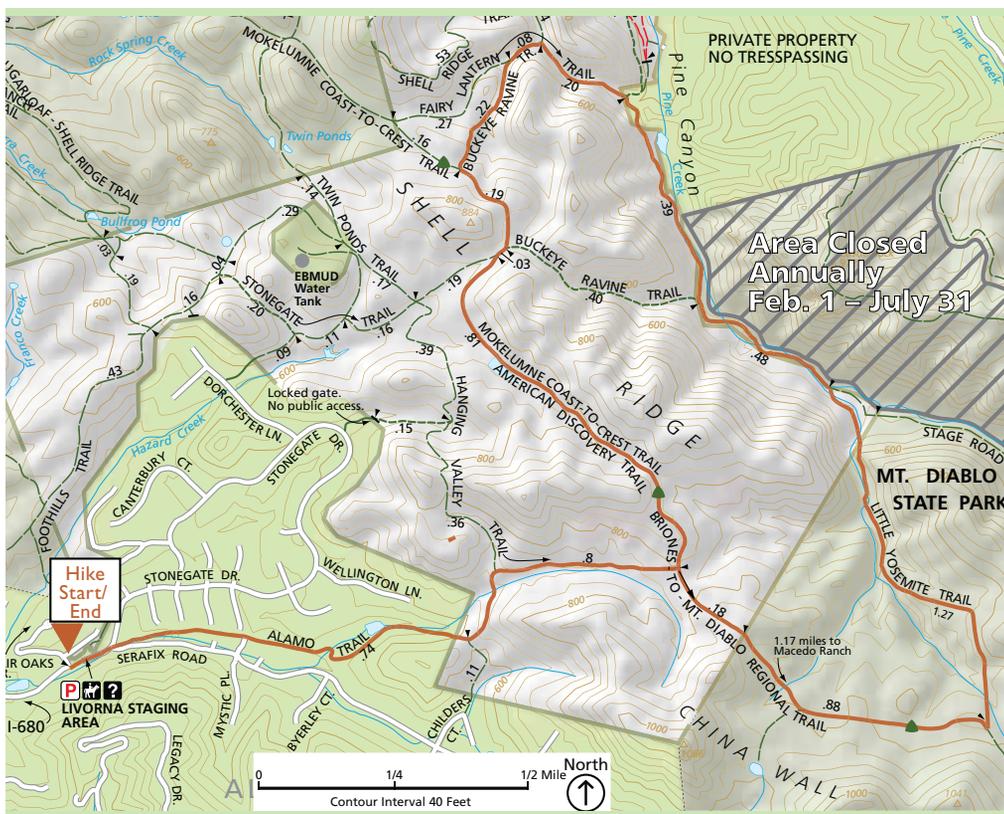
**Trails Highlights:** This route starts out in a suburban neighborhood and follows a regional trail to take you quickly into rustic parklands. You will enjoy rolling hills of scattered oak woodland, beautiful rock outcrops, and a meandering, seasonal creek as you make your way around the loop. In Pine Canyon, keep your eyes open for peregrine falcons, as they are known to use the rocky cliffs for nest sites. Make sure to bring water and use the restroom before you take off for the hike; there are no amenities in the staging area. *Dogs are not allowed on the trails in Diablo State Park.*



**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.

**Trail Directions:** Park at the Livorna Staging Area, cross Livorna Road, and make the first right onto Serafix Road. Once on Serafix Road, take an immediate left through three fence posts to access the Alamo Trail. Follow Alamo Trail behind the housing development and uphill through a cattle gate. Continue uphill past the next trail marker, making your way past the water tank. At the next trail marker turn right onto Hanging Valley Trail. Continue until the next intersection where you will turn right onto the Briones-To-Mt. Diablo Regional Trail. Shortly, you will pass through the gate that divides EBRPD parklands and Mt. Diablo State Park. Stay on the trail as it goes over the rolling hills, passing the giant outcrops of rocks on your right. At the fork in the road stay to the right; at the next trail post, turn left onto Little Yosemite Trail. Follow Little Yosemite Trail as it winds along the hill and follows the seasonal creek. Cross the small wooden footbridge and continue straight; the trail will become Stage Road Trail. Follow Stage Road Trail to the left for about .75 miles and then turn

- Featured Trail--Hiker, Horse
- Hiker, Horse, Bike Trail
- ▲ Paved Path--Hiker, Horse, Bike
- ↔ .28 ↔ Mileage Between Points
- - - Hiker, Horse
- ? Information
- P Parking
- 🐎 Equestrian Parking



left onto Fairly Lantern Trail which leads you to Buckeye Ravine Trail. Ascending the hill, Buckeye Ravine Trail will lead you steeply through the narrows of two hills. At the plateau, make a left at the next trail post onto Mokelumne Coast-To-Crest Trail. At the next immediate fork in the road stay to the left and stay on Mokelumne Coast-To-Crest Trail for .81 miles. Turn right at the next trail post onto Hanging Valley Trail for .34 miles. At the next trail post make a left, continuing downhill on Alamo Trail. Alamo Trail will take you all the way back to the Livorna Staging Area where you parked.

**Driving Directions:** Exit I-680 at Livorna Rd. Head east about three miles to the Livorna Staging area located just west of Stonegate Drive in Alamo.

**Park Hours:** 7:30am to sunset (varies seasonally)

**Fees:** No fees

**Website:** [ebparks.org/parks/diablo\\_foothills](http://ebparks.org/parks/diablo_foothills)

# Las Trampas Regional Wilderness

Ringtail Cat/Madrone/Las Trampas Ridge/Corduero Hills/Madrone/  
Ringtail Cat Trails

**Length:** 8.25-mile loop **Elevation Gain:** 1447 feet

**Location:** Alamo

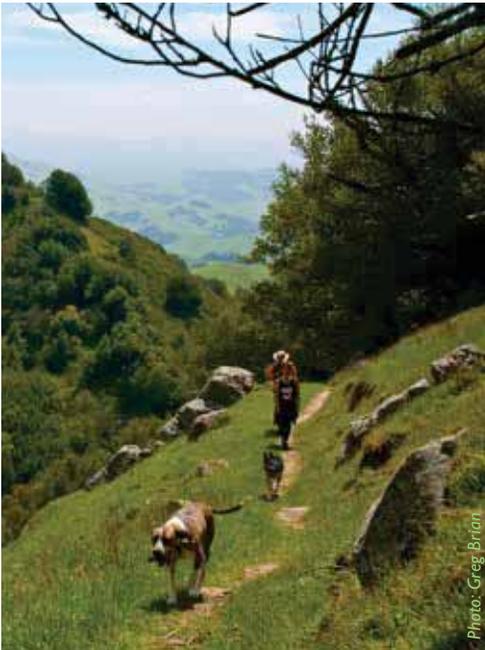
**GPS Coordinates:** 37.8368145, -122.0323545

**Intensity:** Challenging



**Park Features:** Las Trampas Regional Wilderness offers a true sense of wilderness in the Bay Area, with an expanded trail system that allows hikers to enjoy its remote and rugged areas. The park's size and terrain allow visitors a feeling of privacy and escape from urban hustle and bustle. Two major Bay Area faults helped form the steep and rocky hills. This geologically diverse park contains a great variety of rock, from volcanic Pinole Tuff, to metamorphic, fossil-bearing El Sobrante formation, to the ancient beach and shoreline sandstone of the Orinda formation. If you stay vigilant, you may see a fossil on the Las Trampas Ridge Trail. Be sure to carry plenty of water; the park's water supply is inconsistent, and water may be unavailable at any time.

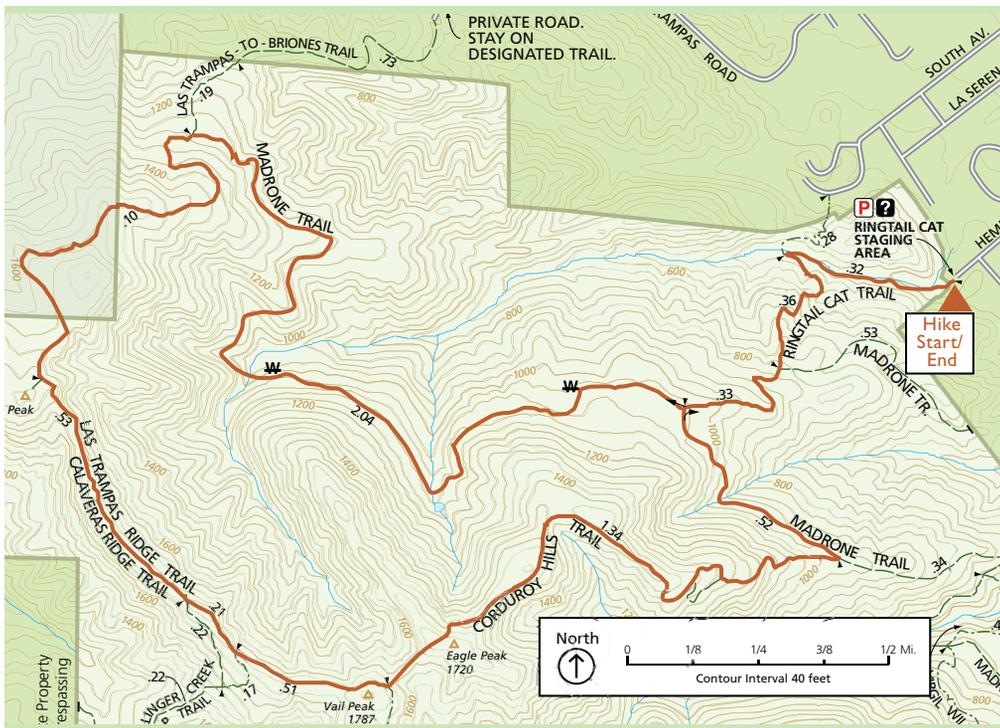
**Trail Highlights:** This route explores the northern portion of the park. The trails traverse a variety of terrains from flat grasslands, shaded woodlands, and beautiful, rolling ridgeback hills. This route offers scenic views of the surrounding areas. There are no bathrooms or water at the staging area or along the route, so please come prepared.



**Trail Directions:** Park at Ringtail Cat Staging Area, and enter the park through the fence opening, making a left onto Ringtail Cat Trail. Go through a gate, bearing left at the next trail post, and continue to ascend on Ringtail Cat Trail. At the next trail post, you will continue straight onto the Madrone Trail. Follow Madrone past the next trail post, staying to the right. Remain on Madrone Trail for just over 2 miles, passing over a seasonal stream and through shaded portions. The trail will take you uphill to a nice bluff that opens to landscape views of the East Bay. There is a bench here; a good place to take a break. At the next intersection go through the cattle gate and turn left onto Las

- Featured Trail- Hiker
- Hiker, Horse, Bike Trail
- - - or - . - . - Hiker, Horse
- ▼ .12 ▼ Mileage Between Points

- P Parking
- ? Information
- W Horse Water



Trampas Ridge Trail. In a short distance, the trail crosses private property; access is allowed for trail use only, so please remain on the trail. Follow Las Trampas Ridge Trail passing through another cattle gate and staying right to keep on the trail. At the next trail post, turn left onto the Corduroy Hills Trail. This beautiful trail is narrow and steep, snaking through sandstone outcrops among diverse chaparral plants. Take a left at the next trail post to stay on Corduroy Hills, descending the steps. Corduroy Hills will connect with Madrone Trail at the bottom of the hill. Turn left onto Madrone Trail. Follow it around the bend, and make a right to descend the way you originally came up. Be sure to continue onto Ringtail Cat Trail and follow it back to the staging area where you began.

**Driving Directions:** From I-680, exit West Stone Valley Rd., left on Danville Rd. and right on Hemme Ave.

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

**Fees:** No fees

**Website:** [ebparks.org/parks/las\\_trampas](http://ebparks.org/parks/las_trampas)

# Morgan Territory Regional Preserve

Clyma/Highland Ridge/Raven/Highland Ridge/Clyma Trails

**Length:** 9-mile loop **Elevation:** Approximately 1,840 feet

**Location:** Livermore

**GPS:** 37.818964, -121.795850

**Intensity:** Challenging



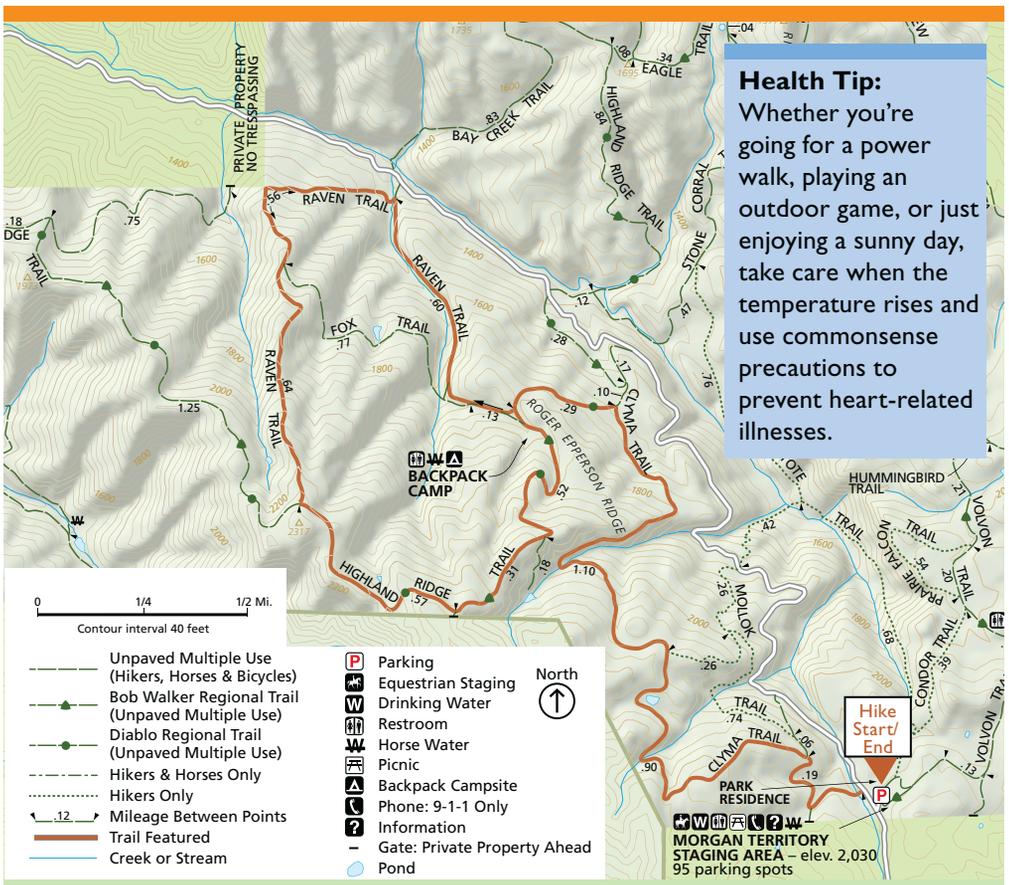
**Park Features:** Morgan Territory is named for Jeremiah Morgan a former gold miner who started ranching the area in 1857. Morgan Territory is located within the traditional homeland of the Volvon, one of five Native American nations in the Diablo area who spoke dialects of the Bay Miwok language. Today, the sandstone hills within the park's 4,708 acres are seasonally adorned with more than 90 species of wildflowers, including the endemic Diablo Sunflower. Deer, coyote and even the elusive mountain lion may be seen here, and a variety of raptors frequently soar overhead. Carry a map; it's a remote park.

**Trails Highlights:** This trail begins in a heavily shaded, narrow wooded canyon and then passes through rolling hills and an old orchard. Raven Trail leads you to the top of the hill where you can see Mt. Diablo to the west, Mount St. Helena to the north, and the Delta, Central Valley, and the Sierra to the east. Take a moment at the top of Raven Trail to look around and take in the beautiful panoramic views. This trail is a very steep climb and there isn't water available on the trails, so be sure to bring plenty. Ample parking, restrooms and water fountains are available at the Morgan Territory Road staging area.

**Trail Directions:** Park at the Morgan Territory Road staging area and walk towards the street-side of the parking lot. Near the park residence, there will be a sign for Clyma Trail. Follow the trail, crossing Morgan Territory Road. Go through the gate and across the small wooden footbridge. Stay on Clyma Trail



Photo: Marc Crumpler



for the next two miles. At the fork, make a left onto Highland Ridge and head uphill. At the next trail post, turn right onto the Raven Trail and at the next fork in the trail stay on the higher path, continuing on Raven Trail. At the next fork, turn left, in a switchback, remaining on Raven Trail. Follow Raven Trail steeply to the top of the hill. At the top of the hill turn left on Highland Ridge Trail. Take Highland Ridge Trail all the way down the hill. Keep following Highland Trail and turn right onto Clyma Trail. Clyma Trail will take you back to the staging area.

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

**From Walnut Creek/Concord**, take Clayton Rd. to Marsh Creek Rd., then turn right onto Morgan Territory Rd. The staging area is 9.4 miles from Marsh Creek Rd.

**Park Hours:** Dawn to dusk

**Fees:** No fees

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

# Wildcat Canyon Regional Park

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

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

**Location:** Richmond

**GPS Coordinates:** 37.951990, -122.317979

**Intensity:** Challenging



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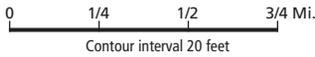
**Park Features:** Wildcat Canyon Regional Park encompasses 2,430 acres along the Wildcat Creek watershed and the surrounding hills and ridges. On east-facing slopes grow large coast live oaks, bay laurels, and a scattering of big leaf maples and madrones. North-facing hillsides support beautiful stands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

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

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

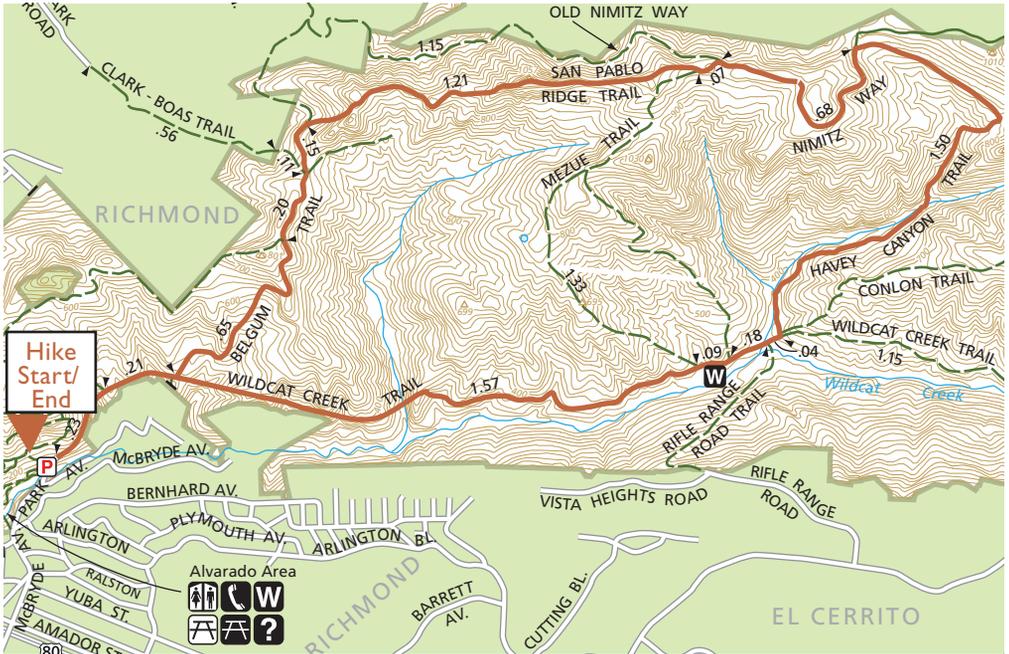


Photo: Marc Crumpler



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

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



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

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

**Park Hours:** 7:30am to sunset (varies seasonally)

**Fees:** No fees

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

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

# Trails Challenge 2018

## Trail Log

- 1. Trail Log Deadline:** December 1, 2018
- 2. To receive your 2018 commemorative pin (*while supplies last*) submit your log electronically at [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**
- 3. Please fill out our online program evaluation at [ebparks.org](http://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:** \_\_\_\_\_



## REGIONAL PARKS Foundation

Supporting East Bay Regional Parks

### 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 \$60 per year.

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

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



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

**RegionalParksFoundation.org**

# East Bay Regional Park District



Healthy Parks Healthy People



# 2018 TRAILS CHALLENGE GUIDEBOOK

East Bay Regional Park District

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