



Healthy Parks Healthy People

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1-888-EBPARKS • ebparks.org

Photo: Sapna Reddy

Del Valle Regional Park, Livermore
Cover: Las Trampas Regional Wilderness, San Ramon



Photo: Jerry Ting



Martin Luther King Jr.
Regional Shoreline, Oakland

Discover the East Bay Regional Parks



Become a Member

Share your love of the parks. Become a member of the Regional Parks Foundation. Your membership lets you visit parks easily, sustains the parklands and introduces underserved communities to the wonder and healing benefits of nature.

Please visit regionalparksfoundation.org to learn more.



Photo: Deane Little



East Bay 
Regional Park District
Healthy Parks Healthy People



Tilden Nature Area, Berkeley

Discover

Beautiful

Moments

Preservation

Founded in 1934, the East Bay Regional Park District preserves and protects 125,000 acres of beautiful open space in Alameda and Contra Costa counties. Our 73 Regional Parks include critical wildlife habitats, shorelines, lakes, creeks, ranchlands and historic sites.

Public Access

Wherever you live in the two counties, there is a beautiful Regional Park within a 15-minute drive. Our Parks Express bus program brings underserved children, school groups and seniors to the parks, while the Regional Parks Foundation's Campership program enables low-income youth to attend summer camps. Many of our paved regional trails connect to public transit hubs and amenities.

Stewardship

We work to ensure a healthy and thriving ecosystem that protects wildlife and habitat. We adapt to the changing climate by restoring wetlands, repairing levees, thinning trees, monitoring algae blooms, and building park facilities and trails above future 2080 sea level. Additionally, our parklands remove carbon dioxide from the air, equivalent to the emissions of 60,000 vehicles annually.

Recreation

There are over 1,250 miles of trails for hiking, biking and horseback riding, as well as picnic areas, campgrounds, swim facilities and golf courses. As a leader of the Healthy Parks Healthy People movement, we invite you to experience physical, mental and social health benefits by spending time in nature.

