

A Free Program

# SOB TRAILS CHALLENGE

East Bay   
Regional Park District

Healthy Parks   
Healthy People

# GUIDEBOOK

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





### **Congratulations on joining the 2015 Trails Challenge!**

By taking on the Challenge, you are now joining the thousands of people who support a vital environmental and cultural heritage in the East Bay: our Regional Parks. We hope you enjoy this, our 22nd year of bringing to you the opportunity to explore our beautiful natural resources and make hiking on our trails a lifelong habit. Last year, nearly 10,000 people joined the Challenge and today, it is your turn to discover new parks or reconnect with old favorites.

By participating in the 2015 Trails Challenge, you will also become part of the International Healthy Parks Healthy People movement founded by Parks Victoria in Australia. The movement is based on the philosophy that recognizes the link between a healthy environment and a healthy society. Natural spaces provide many societal benefits and, as a result, healthy parks sustain healthy people. The East Bay Regional Park District began promoting Healthy Parks Healthy People in 2011 to encourage people to use the parks for physical and mental well-being.

You have now the opportunity to discover the benefits of hiking, walking, bicycling, and simply enjoying the outdoors. Parks are a pathway for individuals and families to stay healthy, so come and enjoy our Regional Parks! And on the first Saturday of every month, please join the Healthy Parks Healthy People Bay Area programs held in different parks. For more information, visit our website at [www.ebparks.org](http://www.ebparks.org).

## 2015 Trails Challenge

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

For 22 years, our Trails Challenge has been designed to get you outdoors, exploring on your own, or with family and friends. For this year's program, we have incorporated group activities around the Healthy Parks Healthy People initiative. Please review the "Guided Hikes" section of this guidebook, the Park District's "Regional in Nature" activity guide, and our website – [www.ebparcs.org](http://www.ebparcs.org) – for upcoming activities and events. Check out our popular "Healthy Hikes" and "Hiking with Kids" programs to learn about our natural and cultural resources while staying fit and building a healthy park system.

### Stay Connected



**Instagram/Twitter** - Follow us on Instagram and Twitter – @ebrpd – and tag your hike photos #TrailsChallenge2015



**facebook** - Join us on Facebook for announcements, park activities, and Trails Challenge updates. [www.facebook.com/EastBayParks](http://www.facebook.com/EastBayParks)

### E-News

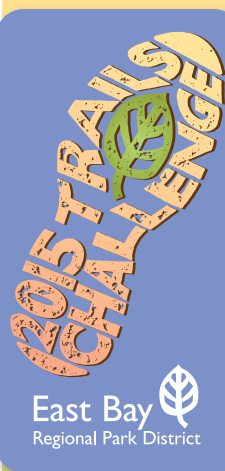
**E-News** - Sign-up for the Park District's monthly e-Newsletter at [www.ebparcs.org](http://www.ebparcs.org)/subscribe.



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



**TrailSafe Smartphone Web App** - Access safety tips, trail use etiquette and public safety phone numbers. Share your location with trusted friends on Facebook and Twitter. To learn more, go to [ebparkstrailsafe.org](http://ebparkstrailsafe.org).



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



Photo: Jerry Ting

Oyster Bay Regional Park



Photo: Hillary Van Austen

Sunol Regional Park



Photo: Hillary Van Austen

Redwood Regional Park



Photo: Mar Desandic

Coyote Hills Regional Park

# East Bay

Regional Park District

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

**F**rom sunlit shores to shade-covered hillsides, the East Bay Regional Park District spans more than 119,000 acres in 65 parks, including 1,200 miles of trails in Alameda and Contra Costa counties, offering experiences as diverse as the land itself. Our mission is to provide recreational opportunities, to ensure the natural beauty of the land, and to protect wildlife habitat. Whether you are a visitor or a volunteer, you'll find a world of discovery and enjoyment right here in your own backyard. So go out, discover and explore your East Bay Parks, get healthy, stay fit, and embrace life.



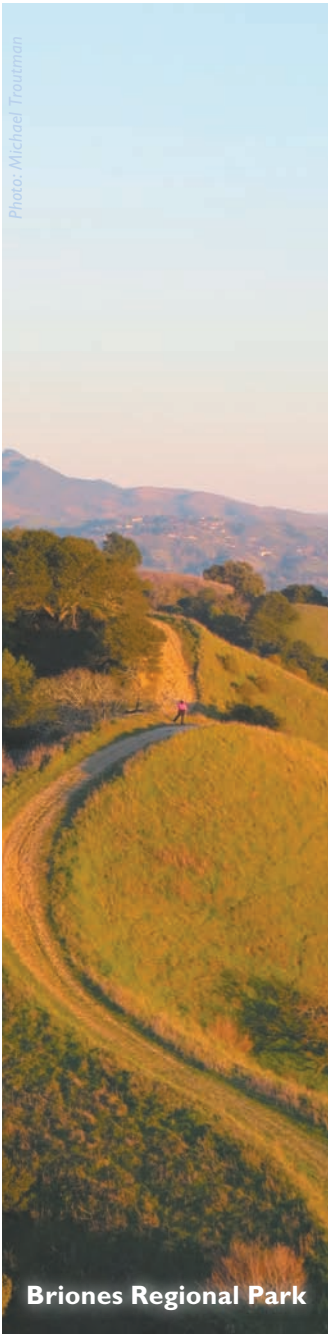


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# How to Complete the Trails Challenge

Photo: Michael Troutman



**Briones Regional Park**

## 1) Choose Your Trails:

This guidebook is designed to help you choose trails that meet your interests and abilities.

In the following pages, you will find:

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

## 2) Log Your Outings:

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

When you have completed at least five trails, or 26.2 miles (a marathon distance), submit your log electronically at [www.regionalparksfoundation.org/trails-challenge-2015/logs](http://www.regionalparksfoundation.org/trails-challenge-2015/logs), or return your log to:

Trails Challenge  
ATTN: Reservations Department  
2950 Peralta Oaks Court  
Oakland, CA 94605

You have until December 1, 2015, to turn in your trail log to receive your 2015 pin. Pins will be mailed out mid-December (while supplies last).

## Plan Your Outing

### Briones Regional Park

Photo: Deane Little

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

or family member your route and expected time of return, take plenty of water, and know the location of an emergency phone before starting. When possible, go with a friend. Use the TrailSafe Web app for safety tips and to “check in” with friends. Most importantly, have fun! Use the following guidelines to determine how far to go and what level of intensity suits you.

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

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

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

#### Challenger Checklist:

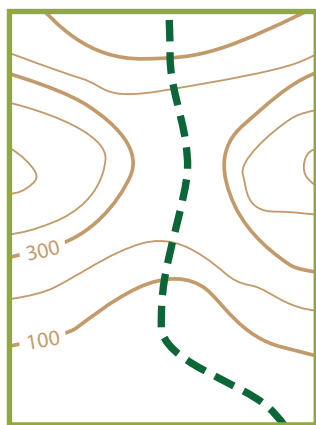
- Water for yourself and your animal(s)
- Trail map
- High energy snacks
- Money for fees when applicable
- First aid kit
- Camera and binoculars (optional)
- Extra clothing
- Trekking poles (optional)
- Sunglasses/hat
- Flashlight (optional)
- Sunscreen
- Compass (optional)
- Insect repellent

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

## Using a Map and Compass



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



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

### Map Reading Tips

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

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

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

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

## Orienting a Map with Your Compass

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

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

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

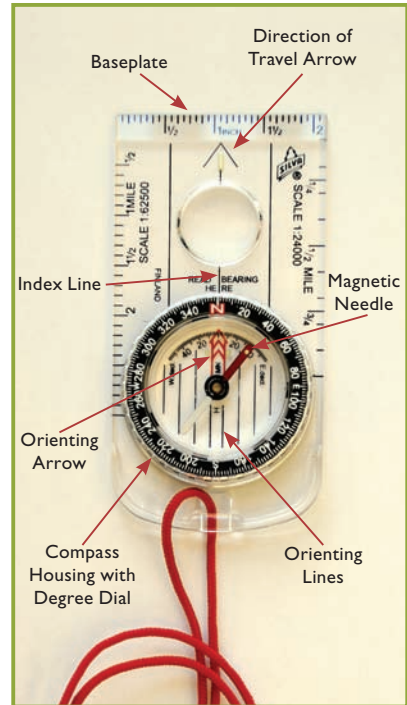
1. Position your map on a flat, smooth surface.
2. Turn your compass dial so due north is at its index line.
3. Place your compass on your map with the edge of the base plate parallel to the north-south meridian lines on the map. Now, the orienteering lines and direction-of-travel arrows should all be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

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

## Orienting Your Map by Your Surroundings

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

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



## Wildlife Encounters

### Snakes:

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

### Grazing Animals:

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



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

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

### Wild Animals:

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

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



### Ticks and Lyme Disease:

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

### How to Avoid Ticks:

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

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

### What Does a Tick Look Like?



Photo: UC Berkeley

MALE FEMALE

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

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

### What are the Symptoms of Lyme Disease?

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

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

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

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

### Poison Oak:

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

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

Remember “*Leaves of three, let it be; if it’s hairy, it’s a berry.*”

## Hiking with Dogs in the Parks



### Before You Leave Home:

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

### While You Are Hiking:

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

### After Hiking:

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

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



Carquinez Strait  
Regional Shoreline

Photo: Marc Crumpler

## Hiking With Kids

Ages	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.

### Prepare:

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

### Rules:

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

### Activities:

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

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

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



Del Valle  
Regional Park

## Tips for Trail Users



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



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



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



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



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



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

### Trail Etiquette:

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





## Benefits of Being Fit

Brought to you by Kaiser Permanente

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

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

### Enjoying Regular Physical Activity Can:

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

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

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



KAISER PERMANENTE® thrive



Redwood Regional Park

Photo: Sean O'Steen



## Free 2015 Guided Hikes and Events

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

### Healthy Parks Healthy People Bay Area Hikes :

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

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

### Tuesday Twilights:

Enjoy sunset with the family in a different Regional Park on Tuesday evenings throughout the summer. These naturalist-guided walks vary in difficulty and terrain and are usually not suitable for organized groups. Bring water, snacks, and a flashlight. Wear layered clothing and good hiking shoes. For more information and a complete schedule, contact Sunol Visitor Center at (510) 544-3249.

### Wednesday Walks:

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

### Women on Common Ground:

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

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







### The Over-the-Hills Gang!

Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks. For more information and a complete schedule, call the Naturalist staff at the Environmental Education Center: (510) 544-2233.

### Hiking with Kids:

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



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



## Safety and Hiking in the Heat

Brought to you by Kaiser Permanente

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



Photo: John Kay

Sunol Regional Park



Photo: Nick Fullerton

Wildcat Canyon Regional Park



Photo: Shelly Lewis

Briones Regional Park

# Featured Trails

Photo: Davor Desanic

Coyote Hills Regional Park





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

<b>East Bay Regional Park Park Office Phone Number</b>	<b>City</b>	<b>Trails</b>	<b>Page</b>
<b>Don Castro Regional Recreation Area</b> <i>1-888-327-2757, Option 3, then 4527</i>	Hayward	<i>Whispering Creek Trail/ Ridgetop Trail</i>	26
<b>Robert W. Crown Memorial State Beach</b> <i>1-888-327-2757, Option 3, then 4522</i>	Alameda	<i>Crab Cove Visitor Center to USS Hornet: SF Bay Trail</i>	28
<b>Bay Point Regional Shoreline</b> <i>1-888-327-2757, Option 3, then 4596</i>	Bay Point	<i>Harrier Loop Trail</i>	30
<b>Carquinez Strait Regional Shoreline</b> <i>1-888-327-2757, Option 3, then 4514</i>	Martinez	<i>Carquinez Overlook Loop Trail</i>	32
<b>Oyster Bay Regional Shoreline</b> <i>1-888-327-2757, Option 3, then 4548</i>	San Leandro	<i>SF Bay Trail/ Unmarked Park Loop</i>	34
<b>Miller/Knox Regional Shoreline</b> <i>1-888-327-2757, Option 3, then 4544</i>	Richmond	<i>SF Bay/Shipyard 3 Trails</i>	36
<b>Lake Chabot Regional Park</b> <i>1-888-327-2757, Option 3, then 4536</i>	Castro Valley	<i>Ten Hills/Cameron Loop/ Ten Hills Trails</i>	38

# TRAILS CHALLENGE 2015

Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Intensity
●	●	Partial Use				1.28 Loop	Easy
●	●	●		●	●	4.12 Round Trip	Easy
●	●	●	●	●	●	1.1 Loop	Easy
●	●	●	●			1.42 Loop	Easy
●	●	●		Partial Use	Partial Use	2.25 Loop	Easy
●	●	●	●	●	●	4.4 Round Trip	Easy
●	●	●	●			2.08 Loop	Easy to Moderate









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

<b>East Bay Regional Park Park Office Phone Number</b>	<b>City</b>	<b>Trails</b>	<b>Page</b>
<b>Coyote Hills Regional Park</b> <i>1-888-327-2757, Option 3, then 4519</i>	Fremont	<i>Bayview/Red Hill/ Bayview Trails</i>	40
<b>Five Canyons Open Space</b> <i>1-888-327-2757, Option 3, then 3073</i>	Castro Valley	<i>Deer Canyon/ Shady Canyon Trails</i>	42
<b>Anthony Chabot Regional Park</b> <i>1-888-327-2757, Option 3, then 4502</i>	Oakland	<i>Jackson Grade/Cascade/ Columbine/Bass Cove/ Goldenrod Trails</i>	44
<b>Redwood Regional Park</b> <i>1-888-327-2757, Option 3, then 4553</i>	Oakland	<i>Stream Trail/ East Ridge Trail/ Canyon Trail</i>	46
<b>Sunol Regional Wilderness</b> <i>1-888-327-2757, Option 3, then 4559</i>	Sunol	<i>Camp Ohlone Road/ Cerro Este/McCorkle Trails</i>	48
<b>Diablo Foothills Regional Park</b> <i>1-888-327-2757, Option 3, then 4526</i>	Alamo	<i>Foothills/Stonegate/ Hanging Valley/Mokelumne/ Stonegate/Twin Ponds/ Foothills Trails</i>	50





# TRAILS CHALLENGE 2015

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Intensity
●	●	●	●	Partial Use	Partial Use	3.89 Loop	Moderate
●	●	Partial Use	●			2.11 Loop	Moderate
●	●	Partial Use	●			3.8 Loop	Moderate
●	●	Partial Use	Partial Use			6.2 Loop	Moderate
●	●	●	●			3.43 Loop	Moderate
●	●	●	●			3.98 Loop	Moderate









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

<b>East Bay Regional Park Park Office Phone Number</b>	<b>City</b>	<b>Trails</b>	<b>Page</b>
<b>Anthony Chabot Regional Park</b> <i>1-888-327-2757, Option 3, then 4502</i>	Castro Valley	<i>Redtail/Grass Valley/ Brandon/Deer Canyon/ Redtail Trails</i>	52
<b>Del Valle Regional Park</b> <i>1-888-327-2757, Option 3, then 4524</i>	Livermore	<i>Dog Run/East Shore/ Heron/Swallow Bay/ East Shore Trails</i>	54
<b>Las Trampas to Mt. Diablo Regional Trail</b> <i>1-888-327-2757, Option 3, then 4517</i>	Danville	<i>Las Trampas to Mt. Diablo Regional Trail</i>	56
<b>Briones Regional Park</b> <i>1-888-327-2757, Option 3, then 4508</i>	Lafayette	<i>Lafayette Ridge/ Buckeye Ranch/Springhill/ Lafayette Ridge Trails</i>	58
<b>Morgan Territory Regional Preserve</b> <i>1-888-327-2757, Option 3, then 4546</i>	Livermore	<i>Mollock/Coyote/ Stone Corral/Volvon/ Condor/Mollock Trails</i>	60
<b>Tilden Regional Park</b> <i>1-888-327-2757, Option 3, then 4562</i>	Orinda	<i>Vollmer Peak/ Lower Big Springs/ Seaview/Vollmer Peak</i>	62
<b>Wildcat Canyon Regional Park</b> <i>1-888-327-2757, Option 3, then 4567</i>	Richmond	<i>Wildcat Creek/Sylvan/Peak/ Nimitz Way/San Pablo Ridge/ Belgum/Wildcat Creek Trails</i>	64



# TRAILS CHALLENGE 2015

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Intensity
●	●	●	●			3.92 Loop	Challenging
●	●	●	●			8.68 Loop	Challenging
●	●		●			8.76 Round Trip	Challenging
●	●	●	●			7.06 Loop	Challenging
●	●	Partial Use	Partial Use			4.53 Loop	Challenging
●	●	Partial Use	●			4.14 Loop	Challenging
●	Partial Use	Partial Use	Partial Use			10.25 Loop	Challenging

## Don Castro Regional Recreation Area

### Whispering Creek Trail/Ridgetop Trail

**Length:** 1.28-mile loop **Elevation Gain:** Approximately 344 ft.

**Location:** Hayward

**GPS Coordinates:** 37°41'27"N, 122°3'19"W

**Intensity:** Easy



**Park Features:** This 101-acre park is a jewel to local residents, offering a variety of activities and access to wilderness in an urban setting. The park's main attraction is a swim lagoon with lifeguards on duty from Easter through Labor Day. The fishing lake is stocked regularly with trout and catfish for an angler's delight. Make sure to get a permit before fishing. Picnicking sites around the park invite family and friends to gather and enjoy time outdoors. Sites are available on a first-come, first-served basis (with the exception of reservable sites around the lagoon).

**Trail Highlights:** Don Castro offers 3.5 miles of trails that connect to the Chabot-to-Garin and Bay Area Ridge trails. These trails continue outside the park for additional treks through Five Canyons Open Space and Cull Canyon Regional Recreation Area. While exploring these trails keep an eye out for deer, frogs, raccoons, and other wildlife.

**Trail Directions:** From the parking lot head back toward the entry kiosk and across the entry bridge to the Whispering Creek Trail marker on the lake-side of the road. Start here, following the contour of the fishing lake for .41 miles before approaching a fork in the trail. Stay left at the fork and follow the shoreline for .24 miles. After crossing a small creek, take either the upper or lower portion of the Whispering Creek Trail – both will bring you to a bridge crossing with connections to the Chabot-to-Garin and Bay Area Ridge trails. Turn left to cross the bridge, then stay left on the Ridgetop Trail. Follow for .18 miles, then stay right on the multi-use trail up a small hill. Continue right as the Ridgetop Trail loops around and up. Continue for .21 miles back to the swim lagoon and parking area.

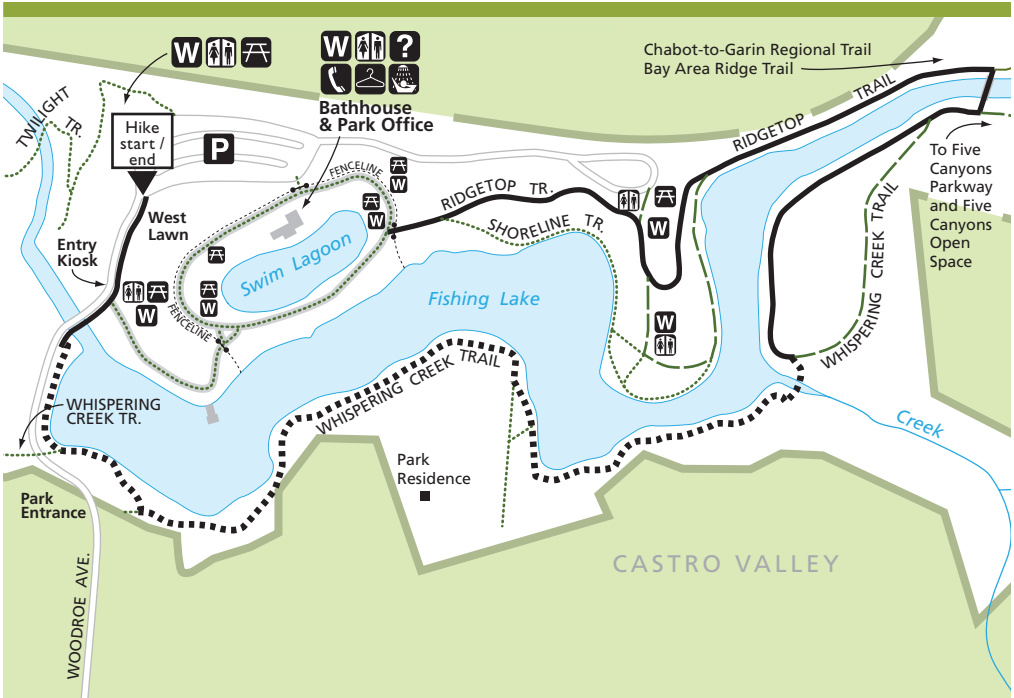
**Driving Directions:** From I-580 E from Oakland take the Grove Way exit in Castro Valley. Turn right at the exit onto Grove Way; left on Center Street; left on Kelly; and left on Woodroe to the park entrance.

From I-580 W take the Castro Valley exit and continue west onto E Castro Valley Blvd. to Grove Way; left on Grove; left on Center; left on Kelly; and left on Woodroe to the park entrance.

**Park/Gate Hours:** 8 a.m. to dusk (seasonal)

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

**Website:** [www.ebparks.org/parks/don\\_castro](http://www.ebparks.org/parks/don_castro)



- Featured Trail—Hiker, Horse, Bike
- ⋯ Featured Trail—Hiker Only
- - - Hiker, Horse, Bike Trail
- ⋯ Hiker Only Trail
- ⋯ Paved Hiker Trail

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

- Reservable Picnic
- Picnic
- Changing Room
- Shower

0 1/2 1/8 Mi.



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

## Robert W. Crown Memorial State Beach

*Crab Cove Visitor Center to USS Hornet: SF Bay Trail*

**Length:** 4.12-mile round trip **Elevation Gain:** Approximately 40 ft.

**Location:** Alameda

**GPS Coordinates:** 37°46'9"N, 122°16'4"W

**Intensity:** Easy



**Park Features:** Bay Area locals and neighborhood friends have long loved the shores of Alameda. This 2.5-mile stretch of shoreline (once known as the “Coney Island of the West”) is commemoratively named for the late Assemblyman Robert W. Crown. Today the shoreline lacks the roller coasters and thrill rides it once had, but the beaches are popular for swimming, board sports, kayaking and more. Private equipment rentals and lessons are available during the summer season.

The shoreline is an important habitat for native birds and sea creatures. At low tide, visitors explore the abundant wildlife that exists below the water’s surface. The Crab Cove Visitor Center offers extensive knowledge about the shoreline to the public and charter groups. Interpretive programs are offered on the weekends, and on weekdays by reservation.

**Trail Highlights:** This featured route follows the SF Bay Trail to Encinal Beach. From Encinal Beach continue for about a half mile to the USS Hornet Museum, which is open daily for tickets, tours, and a comprehensive history exhibit. The trail is mostly paved (gravel just before Encinal Beach). Parts of this route utilize city streets, so double check your understanding of the route before taking off.

**Trail Directions:** Portions of this route are on city streets. Turn right on the paved trail at the end of McKay Ave. (in front of park office). Follow through a small gate (this gate and the one at Central Avenue remain open from dawn to dusk). Continue for .4 miles, passing by the private residences of Crown Harbor toward Central Avenue. Upon meeting Central Avenue turn left. Follow the sidewalk for .6 miles. After passing in front of Encinal High School, turn left down the road marked SF Bay Trail and Encinal Boat Ramp to Encinal Beach; this is a long, straight stretch to the parking lot – be aware of cars as you head to the shore. After passing through the parking lot, turn right on the SF Bay Trail and continue for about a half mile to the USS Hornet Museum. Explore the exhibit or retrace your steps back to the Crown Cove Visitor Center.

**Driving Directions:** In Alameda, follow Webster Street across town. Turn right on Central Ave., go one block, and turn left onto McKay Ave. (at Fosters Freeze). Crab Cove is toward the end of McKay on the left.

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





0 1/8 1/4 Mi.



**—** Featured Trail--Hiker, Bike  
**—** Paved Bike Path

- Visitor Center
- Restrooms
- Parking
- Reservable Picnic
- Drinking Water
- Picnic

**Fees:** \$5 parking fee (when attended)  
**Website:** [www.ebparks.org/parks/crown\\_beach](http://www.ebparks.org/parks/crown_beach)  
**Park Hours:** 5 a.m. to 10 p.m.

## Bay Point Regional Shoreline

### Harrier Loop Trail

**Length:** 1.1-mile loop **Elevation Gain:** Approximately 26 ft.

**Location:** Bay Point

**GPS Coordinates:** 38°2'21"N, 121°57'45"W

**Intensity:** Easy



NO DOGS ALLOWED IN MARSH AREAS

**Park Features:** This area is the approximate meeting point of the San Francisco Bay Estuary and Sacramento/San Joaquin River Delta. It preserves nearly 150 acres of natural space in an otherwise industrial environment. The undeveloped shoreline is home to many creatures that live in these marsh habitats. Bird watching, shoreline fishing, picnicking, and other informal recreational activities are popular with visitors. Anglers looking to make a catch find the public shoreline access at McAvoy Harbor to be a favorite fishing spot. The shoreline also boasts incredible views of Suisun Bay.

**Trail Highlights:** The shoreline at Bay Point is predictably windy – be prepared with a windbreaker (especially in colder months, which can be foggy). The Harrier Trail (gravel) is an enjoyable and easy route. Try to spot native birds like white-tailed kites and northern harriers from the trail! For an additional shoreline and trail experience, explore the unmaintained path that leads to the J Channel and far shoreline. There is no potable water at this Regional Shoreline. Be prepared: bring water, and expect wind!

**Trail Directions:** From the staging area, follow the fire trail west (parallel to the railroad tracks). Continue straight, passing an unmarked intersection on the right where the Harrier Loop will return. The trail will take a sharp right heading north at the park boundary; follow it and then continue parallel to the boundary with Federal property. Stay on the trail as it turns right through cattails and marsh grasses. After the route bends south, it will return to the intersection noted previously. Turn left at the intersection to return to the staging area.

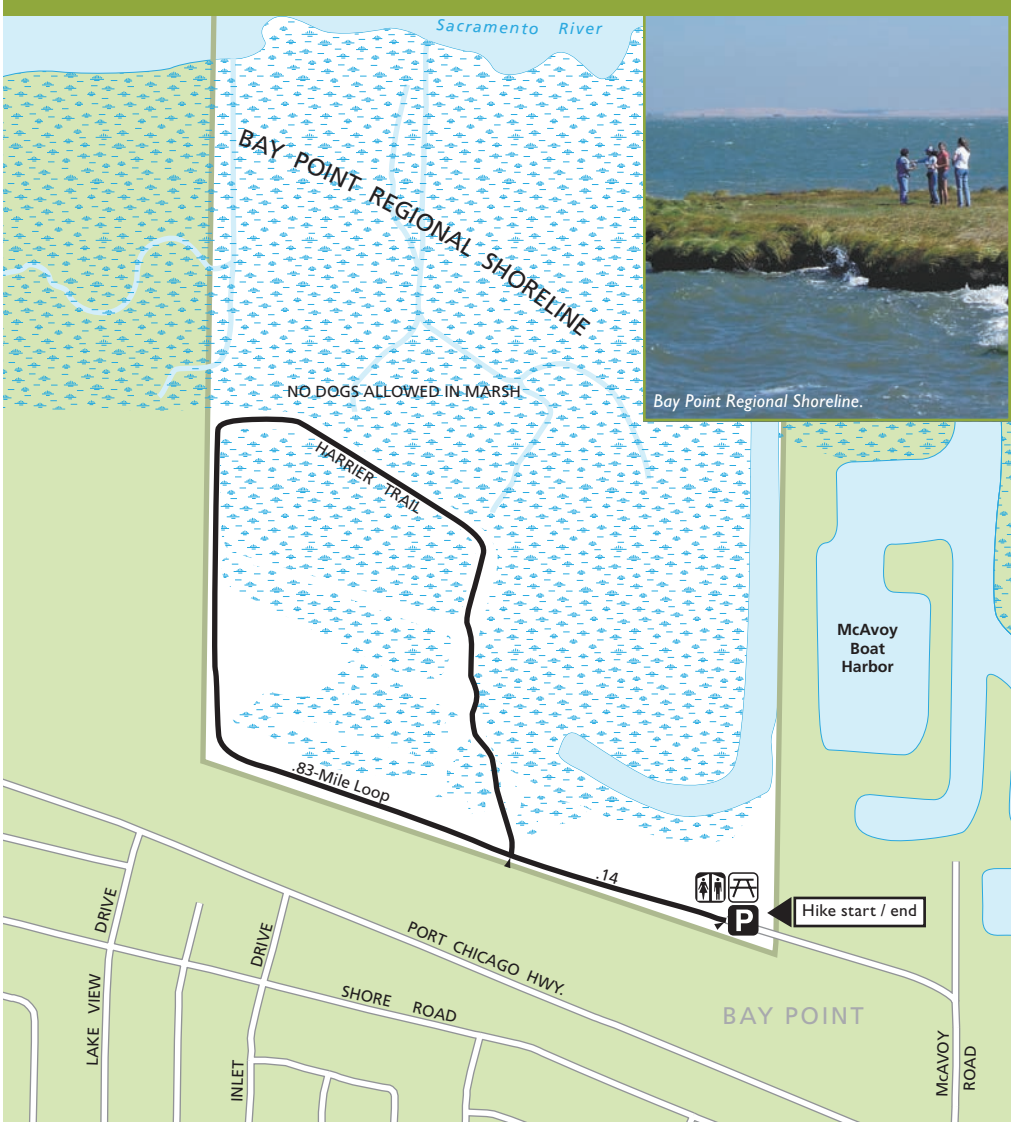
**Driving Directions:** From Highway 4 in Bay Point, exit at Bay Point/San Marco Blvd. and turn left onto San Marco Blvd., towards the river. San Marco Blvd. becomes Willow Pass Road. After about one mile, turn left onto Port Chicago Highway. Proceed for about 1.25 miles and turn right onto McAvoy Road. The parking area is ahead on the left.

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

**Gate Hours:** 8 a.m. to 4 p.m.

**Fees:** None

**Website:** [www.ebparks.org/parks/bay\\_point](http://www.ebparks.org/parks/bay_point)



Bay Point Regional Shoreline.

NO DOGS ALLOWED IN MARSH

HARRIER TRAIL

.83-Mile Loop

.14

McAvoy Boat Harbor

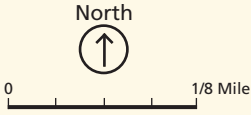
Hike start / end

BAY POINT

— Featured Trail—Hiker, Horse, Bike

▼ .28 ▼ Mileage Between Points

- P** Parking
- Restrooms
- Picnic



**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.

## Carquinez Strait Regional Shoreline

### Carquinez Overlook Loop Trail

**Length:** 1.42-mile loop **Elevation Gain:** Approximately 388 ft.

**Location:** Martinez

**GPS Coordinates:** 38°3'0"N, 122°11'48"W

**Intensity:** Easy



**Park Features:** This parkland comprises 1,415 acres of bluffs and shoreline between the towns of Crockett and Martinez. It is home mule deer, the gray fox, and many small mammals. Birds such as the western meadowlark and American goldfinch forage and nest in the area. Visitors might also spot owls, hawks, and other birds of prey nesting in the eucalyptus.

Equestrians, hikers, bikers, and picnickers enjoy this scenic space. Boats cruise through the strait into the river delta. Remnants of a grain warehouse, residences, and a brick office building in the Eckley area are reminders of the history of this area.

**Trail Highlights:** Gusts of winds and dancing grass welcome visitors to this Regional Shoreline. This trail offers unique views across the Carquinez Strait to Dillon Point and west to the Carquinez Bridge. Eucalyptus groves give shelter from the shoreline breezes along the inside loop of the trail. Sounds of tugboats in the waterway enhance the charm of this beautiful and historic area.

**Trail Directions:** From the Bull Valley Staging Area begin on the wide unpaved trail leading east. At a fork in the trail after .11 miles, turn left, contouring the hill by the strait. In .40 miles at the trail marker, turn right and follow this path as it passes some picnic areas and footpaths that wander off to explore the views. In about a quarter-mile, two distinct trails appear to the right; pass them and continue on the loop trail. As the loop returns, pass the earlier trail marker on your left. Continue straight for .51 miles on the hillside stretch back to Bull Valley Staging Area.

**Driving Directions:** From Highway 4 west of Martinez, exit at Cummings Skyway. Turn right on Crockett Blvd., then right again on Pomona Street in Crockett. Pomona Street becomes Carquinez Scenic Drive. Proceed to the staging area, which will be on the left.

From I-80 in Crockett, exit onto San Pablo Avenue or Pomona Street, depending on your direction of travel (San Pablo Avenue will become Pomona Street east of I-80). Go east on Pomona into Crockett and follow directions above.

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

**Gate Hours:** 8 a.m. to dusk (seasonal)

**Fees:** None

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



## Oyster Bay Regional Shoreline

### SF Bay Trail/Unmarked Park Loop

**Length:** 2.25-mile loop **Elevation Gain:** Approximately 204 ft.

**Location:** San Leandro

**GPS Coordinates:** 37°42'34" N, 122°11'33" W

**Intensity:** Easy



**Park Features:** Oyster Bay Regional Shoreline is an oasis among an urban environment. It showcases the tangible results of recycling, cooperation, and natural revival. Oyster Bay was once a booming oyster farm before becoming a municipal landfill in the 1900s. The community secured the land for restoration in the 1960s. The old landfill is still undergoing conversion to parkland. These efforts make the space what it is today – a wonderful habitat for wildlife and outdoor recreation.

**Trail Highlights:** The park loop trail showcases refreshing bay views as wind gusts over the water. Picnic tables and benches are nestled among the trees and alongside the trails of the park. The trails are popular with bicyclists, joggers, walkers, and dogs.

The Oyster Bay Trail offers a self-guided tour with marked signposts for its visitors, and you can add mileage onto your trail log by exploring this route. Grab a brochure at the information post at the park's Neptune entrance and follow the numbered posts inside the park.

**Trail Directions:** From the entrance on Neptune Drive, go about 250 feet then turn left onto the wide, paved San Francisco Bay Trail. This portion of the trail passes three signposts of the self-guided tour. After post #3, stay straight on the SF Bay Trail and descend gradually to the water. From here enjoy 1.2 miles of flat, shoreline trail. At Bill Lockyer Bridge stay straight on the dirt trail as the SF Bay Trail goes left. After about 800 ft. (on the dirt path) make a sharp right onto a larger, unmarked dirt trail. Continue for about 600 feet, then turn left at the next large, unmarked trail. When you see a fork in the trail, continue left. This segment of the trail parallels the Davis Street Station for Material Recycling and Transfer. At a third fork in the trail, past signpost #8, stay left, and head downhill. The trail will lead back to the Neptune Drive entrance .23 miles from here.

**Driving Directions:** From I-880 in San Leandro, exit at Marina Blvd. and drive west. Turn right onto Neptune Drive. Parking is at the end of Neptune Drive.

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

**Fees:** None

**Website:** [www.ebparks.org/parks/oyster\\_bay](http://www.ebparks.org/parks/oyster_bay)












"Rising Wave" sculpture.  
Oyster Bay Regional Shoreline.

0 1/8 1/4 Mile



-  Featured Trail--Paved Hiker, Bike
-  Featured Trail--Hiker, Bike
-  Hiker, Bike Trail

-  Parking
-  Restrooms

-  Picnic
-  Guideposts

**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.

## Miller/Knox Regional Shoreline

### SF Bay/Shipyard 3 Trails

**Length:** 4.4-mile round trip **Elevation Gain:** Approximately 108 ft.

**Location:** Richmond

**GPS Coordinates:** 37°54'55"N, 122°23'3"W

**Intensity:** Easy



**Park Features:** This charming stretch of shoreline serves a variety of visitors. It offers excellent picnic, playground, and lawn areas where families and friends gather. Harmonious landscaping and secluded coves provide prime swimming spots for visitors. A network of trails extends through the park and beyond. A fishing pier welcomes anglers to throw a line. Hills offer panoramic views of the North Bay Area. Across the street is the Golden State Model Railroad Museum. The exhibit educates visitors about the Santa Fe Railroad system, which once operated here. We encourage you to be curious and explore the beauty and history of the area.

**Trail Highlights:** The highlighted route is part of a large network that connects parks and open spaces all around the Bay Area. This portion of the SF Bay Trail parallels a developed road with landscaped and industrial features. The trail wanders from a natural atmosphere to manicured lawns. After contouring the water, the trail weaves through manufacturing plants. It then reaches the historic SS Red Oak Victory Ship. Ultimately, this route offers a utilitarian place to get out for a walk.

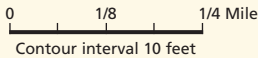
**Trail Directions:** Begin this route by starting south on the SF Bay Trail (which runs parallel to any of the parking lots on Dornan Drive). Pass the playground and loop around the reservable picnic areas on the trail. Turn left at the shoreline to stay on the SF Bay Trail. As the trail veers off toward Ferry Point and the fishing pier in less than a quarter-mile, stay left and proceed to the staging area on Dornan Drive and Brickyard Cove Road. Continue east on the SF Bay Trail for .7 miles as it follows Brickyard Cove Road. At Seacliff Drive, cross the road and stay right on the trail as it contours the water. Continue along the well-signed Shipyard 3 Trail for another .7 miles past the Richmond General Warehouse and other industrial and port entities. This route ends and turns around at the SS Red Oak Victory ship. Explore the exhibit and then retrace the route back to the Miller/Knox parking lot.

**Driving Directions:** From I-580 W in Richmond, exit at Canal Blvd. Turn left (south) at the light onto Canal Blvd and proceed for about 0.75 miles to Seacliff Drive. Turn right onto Seacliff Drive and proceed about 1.44 miles (Seacliff Drive becomes Brickyard Cove Road) to Dornan Drive. Turn right onto Dornan Drive. The park entrance is less than 0.5 miles ahead on the left.

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



Miller/Knox Regional Shoreline.  
A view of the lagoon, lawn, and fishing pier.



- Featured Trail--Hiker, Horse, Bike
- Hiker, Horse, Bicycle Paved Trail
- ⋯** Hiker, Horse, Bike Trail
- ▼ .28 ▼** Mileage Between Points
- P** Parking
- W** Drinking Water
- ♿** Restrooms
- 👶** Playground
- 🍴** Reservable Picnic

**Gate Hours:** 8 a.m. to dusk (seasonal)  
**Fees:** None  
**Website:** [www.ebparke.org/parks/miller\\_knox](http://www.ebparke.org/parks/miller_knox)

## Lake Chabot Regional Park

### Ten Hills/Cameron Loop/Ten Hills Trails

**Length:** 2.08-mile loop **Elevation Gain:** Approximately 1004 ft.

**Location:** Castro Valley

**GPS Coordinates:** 37°43'16"N, 122°05'43"W

**Intensity:** Easy-to-Moderate



**Park Features:** The shores and hills of Lake Chabot Regional Park offer multiple activities and hikes for visitors. Wildlife is abundant on the shorelines, in the trees, and on the trails. The lake is popular and well stocked for prospective anglers. This source of fish also encourages birds of prey to stick around for dinner! Trails in the park accommodate hikers, bikers, and equestrians. Group and family campsites are reservable year-round. There is no swimming allowed at Lake Chabot as it is a reserve water supply for the City of Oakland.

**Trail Highlights:** Enjoy this easy-to-moderate trail along a multi-use path in Lake Chabot Regional Park. On the loop, trailside oaks offer gracious shade as water flows down small creeks to the lake below. A steady climb leads you back to the Ten Hills Trail junction towards the EBRPD Public Safety headquarters.

**Trail Directions:** From the Public Safety headquarters (across from the Nike Classroom), go out the gate and turn right. An information board will identify the Ten Hills Trail and the beginning of this route. Follow the trail for .38 miles, then turn left at the Cameron Loop Trail marker. Follow the wide dirt trail for .44 miles; it will go downhill with a small stream to your left before leveling out at the bottom. Stay straight (right) to continue on the Cameron Loop Trail. Continue past a bridge on the left. Shortly after passing the golf course, make the climb back up to the top. At the junction, turn right onto the Ten Hills Trail. Stay on this main path all the way back to the original information board.

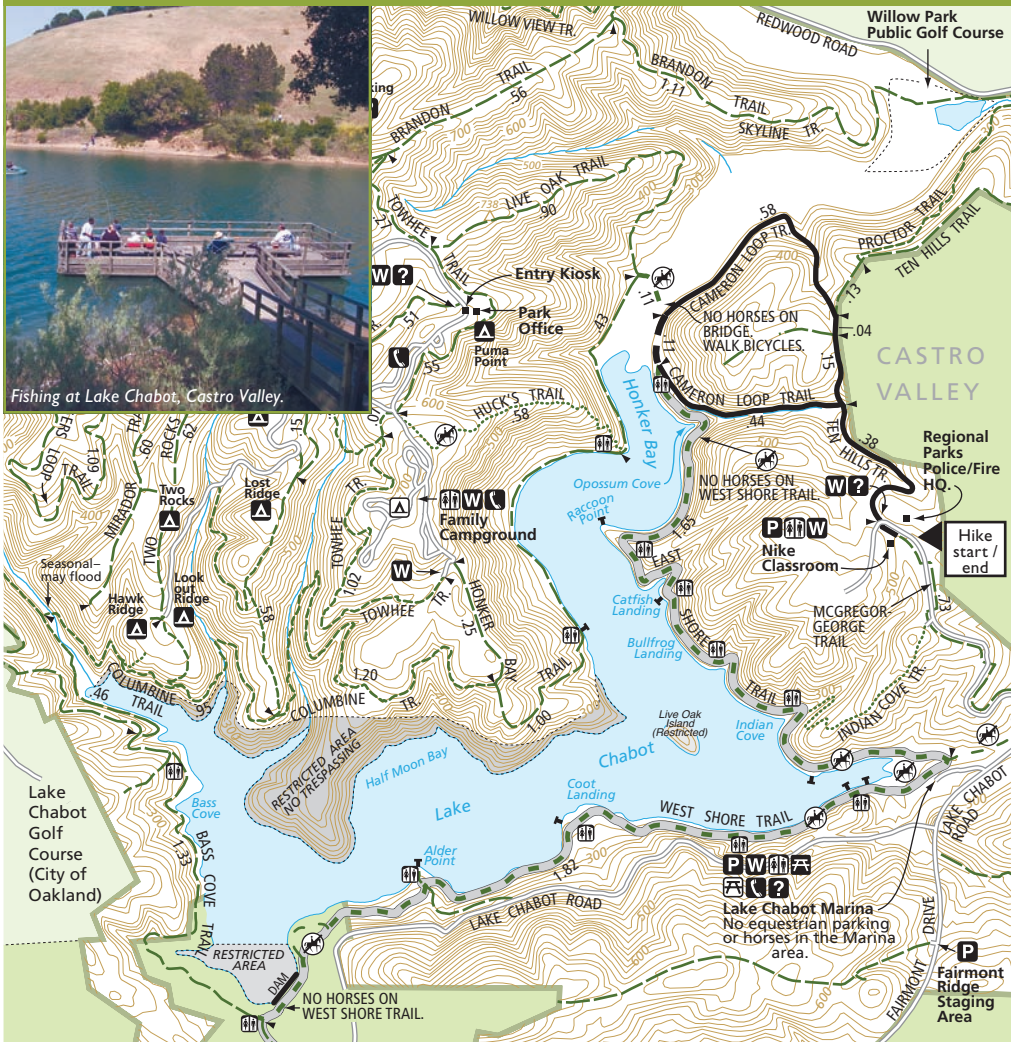
**Driving Directions:** From I-580 E towards Hayward, take the 150th Ave./Fairmont exit in San Leandro and go to the second signal light – which will be Fairmont. Turn left and follow Fairmont up and over the hill. Fairmont will become Lake Chabot Road. A few hundred feet beyond the Marina entrance to Lake Chabot, turn left at the brown “Public Safety Headquarters” sign and follow the winding road uphill. Park in the lot across from Public Safety Headquarters.

From I-580 W towards Oakland, take the Strobridge Avenue exit in Castro Valley. Turn right at the stop sign and turn right again at the first stop light onto Castro Valley Blvd. Turn left at the next light onto Lake Chabot Road. Turn right at the brown “Public Safety Headquarters” sign before reaching the Marina – follow the winding road uphill and park in the lot across from Public Safety Headquarters.





Fishing at Lake Chabot, Castro Valley.



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



0 1/8 1/4 1/4 1/2 Mi.  
Contour interval 20 feet

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

**Park/Gate Hours:** 6 a.m. to dusk (seasonal)  
**Fees:** None (at Nike Classroom Parking)  
**Website:** [www.ebparks.org/parks/lake\\_chabot](http://www.ebparks.org/parks/lake_chabot)

## Coyote Hills Regional Park

### Bayview/Red Hill/Bayview Trails

**Length:** 3.89-mile loop **Elevation Gain:** Approximately 1,182 ft.

**Location:** Quarry Staging Area, Fremont

**GPS Coordinates:** 37°33'4"N, 122°5'7"W

**Intensity:** Moderate



PARTIAL  
USE

PARTIAL  
USE

**Park Features:** Coyote Hills offers diverse lessons in history and many activities. At the Visitor Center you can learn about Ohlone history, settlers and ranching, salt production, bio-sonar research, and more! Naturalist-led walks, tours of the Tuibun Ohlone Village, and visits to the Nectar Garden are also available.

Other features include picnic areas, group camps, the Alameda Creek Trail, the marsh boardwalk, and the wildlife refuge. Coyote Hills is a haven for cyclists, joggers, walkers, bird-watchers, nature explorers, and picnickers.

**Trail Highlights:** Limber up for quick climbs up and down the Red Hill Trail. What's the reward? Astounding views of the salt marshes of the San Francisco Bay and rock formations graced by California's State Flower. Picnic areas on hilltops offer 360-degree views. The hike back along the Bay View Trail offers a nice cool-down and level path back to the staging area.

**Trail Directions:** Begin at the Quarry Staging Area off Patterson Ranch Road. Follow the Bay View Trail west for .28 miles until coming across Dairy Glen Campground. Stay left before the campground, following the Meadowlark-to-Bayview Trail for .14 miles (with the South Marsh at left). At the intersection with No Name Trail and Apay Way, make a hard right at an unmarked signpost. This clear trail leading uphill is the Red Hill Trail. Continue for 1.17 miles – climbing and descending the native hills to the northernmost section of the park. At the end of Red Hill Trail turn left onto the paved Bayview Trail. Continue for 2.16 miles. The flat, paved path, which contours the salt evaporation ponds, will return to the staging area.

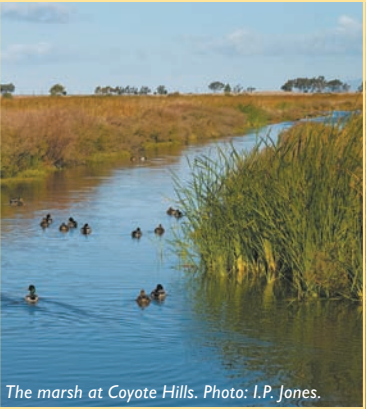
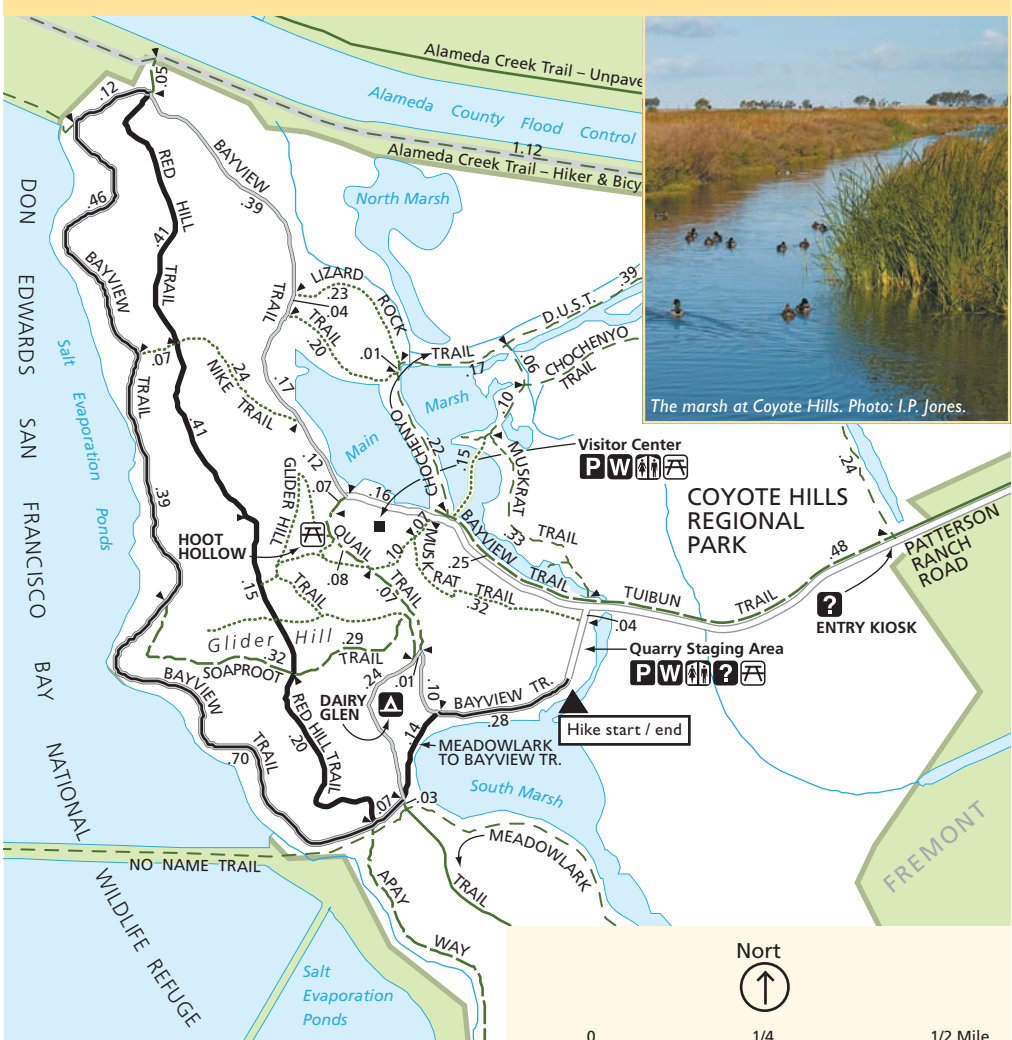
**Driving Directions:** Coyote Hills Regional Park is located at 8000 Patterson Ranch Road in Fremont. The park's main entrance is at the west end of Patterson Ranch Road/Commerce Drive. From I-880, take Highway 84 west, and exit at Paseo Padre Parkway. Turn right and drive north about one mile. Turn left on Patterson Ranch Road. After 1.08 miles, turn left into the Quarry Staging Area.

**Park Curfew/Hours:** 8 a.m.to dusk (seasonal)

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

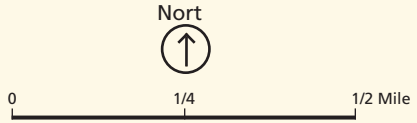
**Website:** [www.ebparks.org/parks/coyote\\_hills](http://www.ebparks.org/parks/coyote_hills)





- Featured Trail--Hiker, Horse, Bike
- Featured Trail--Paved Hiker, Horse, Bike
- Featured Trail--Hiker Only
- Paved Hiker, Horse, Bicycle Trail
- Hiker, Horse, Bicycle Trail
- Hiker, Bicycle Trail
- .....** Hiker Only Trail

- P** Parking
- W** Drinking Water
- ♿** Restrooms
- ?** Information
- ⚠** Reservable Camp
- 🍃** Picnic



**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.

## Five Canyons Open Space

### Deer Canyon/Shady Canyon Trails

**Length:** 2.11-mile loop **Elevation Gain:** Approximately 860 ft.

**Location:** Castro Valley

**GPS Coordinates:** 37°41'1"N, 122°2'34"W

**Intensity:** Moderate



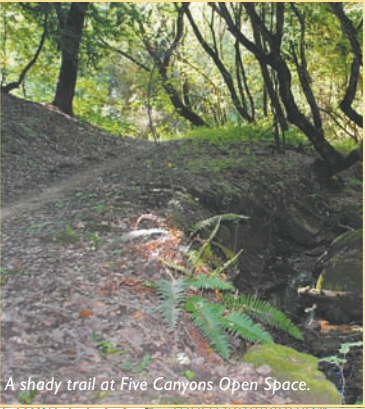
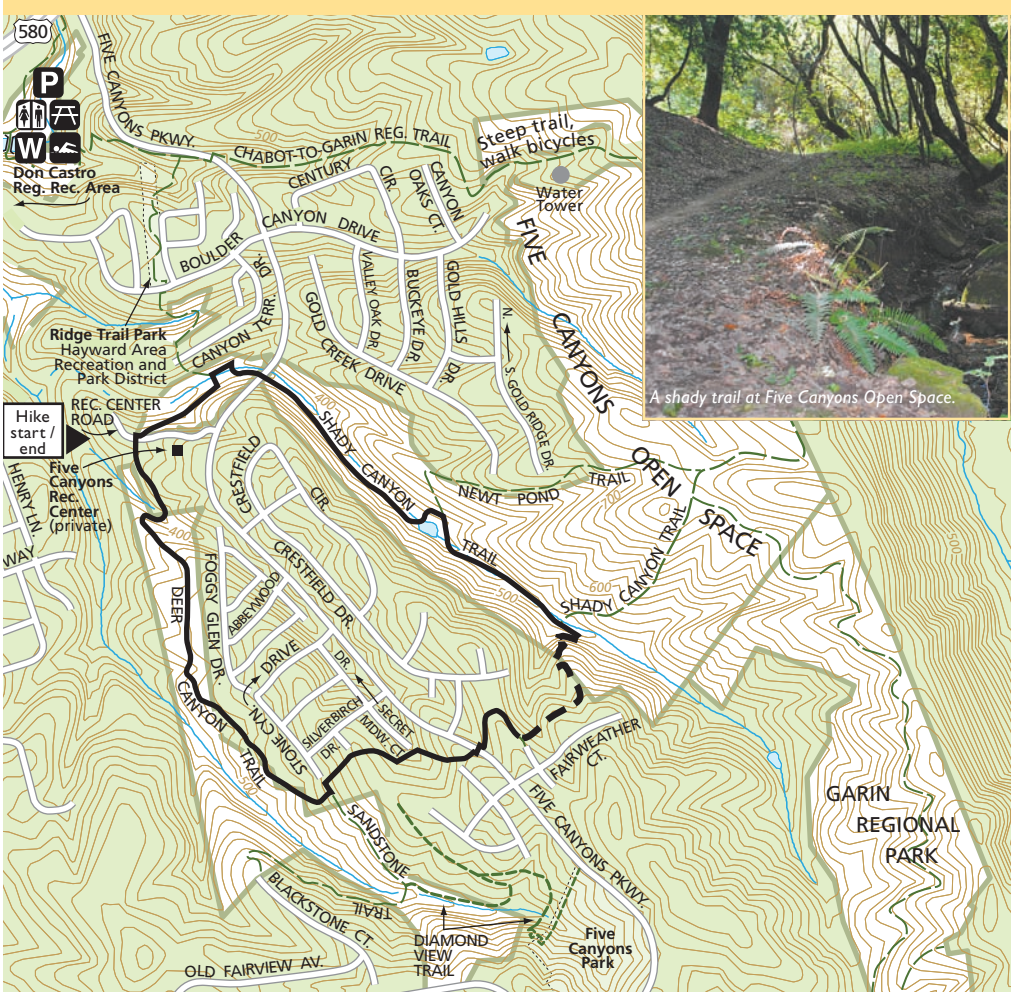
**Park Features:** This open space in Castro Valley offers a five-mile trail system with abundant recreational opportunities. Trails running through the parkland connect to nearby Don Castro Regional Recreation Area and Garin/Dry Creek Regional Parks. They include a vital segment of the Bay Area Ridge Trail. Baseball diamonds, playgrounds, and more are available via collaborations with Alameda County Public Works and Hayward Area Recreation and Park District.

**Trail Highlights:** The highlighted trail is an enjoyable loop through a residential zone and into a charming oak-covered canyon. Be careful and watch your step along the steep 1,100-ft. descent into Shady Canyon. A small stream escorts visitors to a nature atmosphere and enhances the route back to the trailhead. Seasonal windswept ponds are a pleasure to passersby.

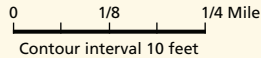
**Trail Directions:** This route begins southbound on the Deer Canyon Trail behind the Hayward Recreation Center. Follow the well-traveled path for .69 miles behind local residences to an intersection with the Sandstone Trail. Turn left, then immediately right onto the paved trail by the gate. Follow this portion of the trail with the community to your left and towers on a hill on your right. After a quarter mile continue on the trail across Five Canyons Parkway and ascend gradually to the park boundary. From here the trail will dive into Shady Canyon through .22 steep miles of switchbacks surrounded by forest. At the bottom, turn left onto Shady Canyon Trail. Continue for .23 miles through the canyon, then veer left to stay on the trail. Shortly after passing below Five Canyons Parkway, stay left on the path. The original trailhead will appear about .15 miles after this fork.

For an additional hill challenge, turn right onto Shady Canyon Trail after the forested switchbacks. Climb to the top of the hill in .31 miles. Stay left on the trail, then turn left on Newt Pond Trail. Follow around and downhill until meeting back with Shady Canyon Trail in .46 miles. Turn right at the junction and continue toward Five Canyons Parkway (above).

**Driving Directions:** From I-580 E, take the Grove Way exit and turn left. Turn right onto E. Castro Valley Blvd. then turn right onto Five Canyons Pkwy. after 0.5 mi. Stay on Five Canyons Pkwy. for one mile, then turn right onto Recreation Center Road. Street parking is marked at the private Recreation Center by the Deer Canyon Trailhead.



A shady trail at Five Canyons Open Space.



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

- P** Parking
- W** Drinking Water
- ♿** Restrooms
- 🏊** Swimming
- 🏠** Reservable Picnic

**Park Curfew/Gate Hours:** 8 a.m. to dusk  
**Fees:** None  
**Website:** [www.ebparcs.org/parks/five\\_canyons](http://www.ebparcs.org/parks/five_canyons)

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

## Anthony Chabot Regional Park

*Jackson Grade/Cascade/Columbine/Bass Cove/Goldenrod Trails*

**Length:** 3.8-mile loop **Elevation Gain:** Approximately 1550 ft.

**Location:** Clyde Woolridge Staging Area, Oakland

**GPS Coordinates:** 37°45'16"N, 122°7'6"W

**Intensity:** Moderate



**Park Features:** This exceptional park invites visitors to explore, recreate, and enjoy the great outdoors. It is one of the first parks acquired by the District and has been cherished for nearly 70 years. Trails expand beyond park boundaries and connect to many parks and open spaces throughout the East Bay. Diverse recreational activities include group camping, backpacking, biking, boating, and golfing – the list goes on! See the park brochure or website for additional information.

**Trail Highlights:** Be prepared for a steep descent at the beginning of this trail. At the bottom of Jackson Grade this route follows the west side of Grass Valley Creek. Canopies of oak cover the trail along the level path. Limber up before beginning up the Goldenrod Trail – a long ascent followed by small hills will return you to the staging area.

**Trail Directions:** Begin at the gate on the north end of the Clyde Woolridge Staging Area (do not leave valuables in your car). Pass Goldenrod Trail on the left and follow Jackson Grade (a wide, dirt, multi-use path marked by “steep grade” signage) downhill for .39 miles. This portion of the trail descends quickly – be aware of footing and slipping hazards. As the path levels out at the bottom of the grade, make a sharp right turn onto the Cascade Trail (before the stone bridge). From here, Grass Valley Creek runs for approximately 1.5 miles before reaching Lake Chabot.

After 1.03 miles on the Cascade Trail, continue following the creek contour by staying straight on Columbine Trail for .46 miles. This area is subject to seasonal flooding – be prepared by checking weather conditions before making the trek. At the next intersection stay straight on the Bass Cove Trail, which leads to the shores of Lake Chabot. Stay on Bass Cove Trail for only .46 miles before turning right on Goldenrod Trail. Begin the ascent back to the staging area. Stay right as bends in the trail present themselves. Prepare for a slow and steady climb over 1.46 miles on Goldenrod Trail. Continue until reaching the original gate back to the Clyde Woolridge Staging Area.

**Driving Directions:** To reach Clyde Woolridge Staging Area, take I-580 E to the Keller Ave. exit towards Mountain Blvd. Turn left on Keller Ave., then right on Skyline Blvd. The staging area is on the left near the intersection of Skyline Blvd. and Grass Valley Road.





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

North

0      1/4      1/2 Mi.  
 Contour interval 20 feet at right, 40 feet at left

Parking	Picnic
Equestrian Parking	Phone
Drinking Water	Information
Restrooms	Group Camp

**Park Hours:** 5 a.m. to 10 p.m.  
**Campground Gate Hours:** 8 a.m. to 10 p.m.  
**Fees:** None  
**Website:** [www.ebparks.org/parks/anthony\\_chabot](http://www.ebparks.org/parks/anthony_chabot)

## Redwood Regional Park

### Stream Trail/East Ridge Trail/Canyon Trail

**Length:** 6.2-mile loop **Elevation Gain:** Approximately 1,528 ft.

**Location:** Canyon Meadow Staging Area, Oakland

**GPS Coordinates:** 37°48'45"N, 122°8'9"W

**Intensity:** Moderate



PARTIAL  
USE

PARTIAL  
USE

**Park Features:** Groves of trees and creek-side terraces welcome visitors to this hidden redwood forest. This enchanting space is just 15 minutes from downtown Oakland. Trails offer variety in type and challenge as they course through the park. There is also a diversity of wildlife throughout the area. Deer, squirrels, and raccoons are common. Those with a keen eye can spot a rare golden eagle or an Alameda striped racer from the trail. Rainbow trout migrate seasonally up Redwood Creek. A historical fishway by Redwood Gate assists the fish on their annual migration upstream to spawning grounds.

Park activities include picnic sites with meadows, lawns, and children's play areas. Multi-use and narrow hiking trails are popular throughout the park. Picnic sites and group campsites are available by reservation. Equestrian accommodations are found near the east entrances of the park.

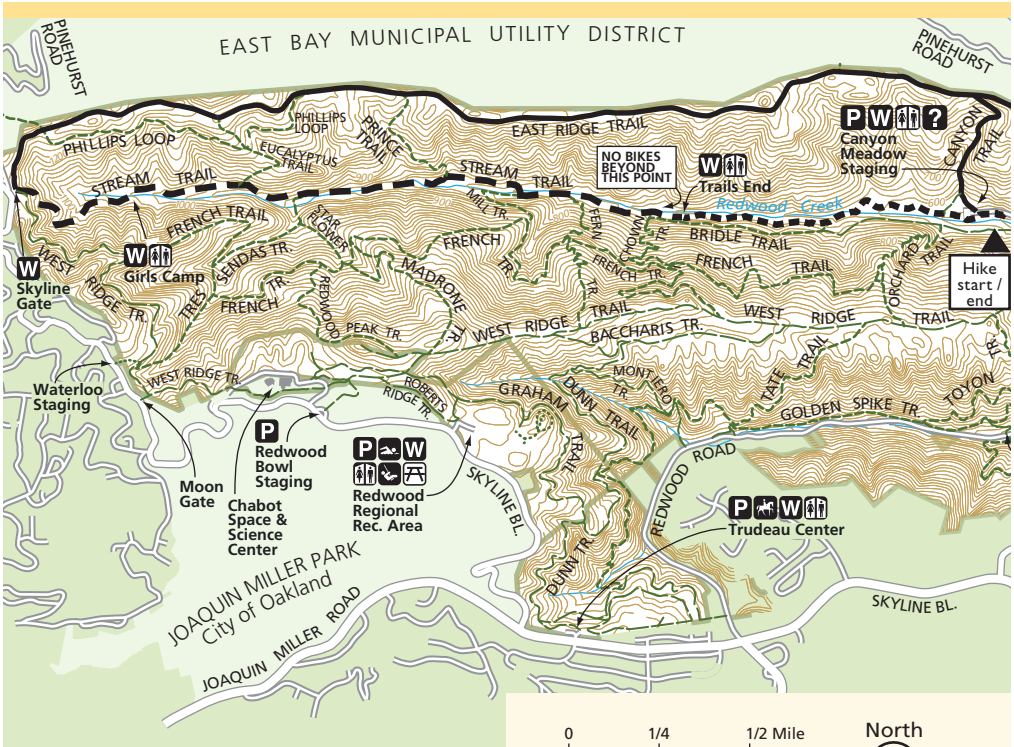
**Trail Highlights:** This loop trail begins along the contours of a modest creek on the canyon floor. Sun exposure and opportunities for vistas increase as the path rises to the heights of the East Ridge. Water is available at Canyon Meadow, Girls' Camp, and the Skyline Gate Staging area. Travelers should be prepared with sun protection and water, particularly for the ridge portion of the trail.

**Trail Directions:** From the Canyon Meadow Staging Area follow the Stream Trail into Redwood Park. This trail is paved for .89 miles before becoming a narrow dirt path for hikers and equestrians. At "Trail's End," continue on the Stream Trail for 1.9 miles through the canyon, occasionally crossing the stream at a small bridge. After Girls' Camp make a short ascent to the Skyline Gate Staging Area.

At the Skyline Gate Staging Area, turn right and enter through the gate onto the East Ridge Trail. Stay on this trail for 2.9 miles, which brings you most of the way back to Canyon Meadow via a parallel but higher route to the Stream Trail. At Canyon Trail (Road) turn right and go downhill for .36 miles back into the Canyon Meadow Staging Area by the Quail picnic site.

**Driving Directions:** From Highway 13 take the Redwood Road exit and go east (uphill). At the top of the hill you will cross Skyline Blvd. and pass the Skyline Ranch Equestrian Center on the right. Farther along you will pass Piedmont Stables on the left. After a few more staging areas, turn left at the Redwood Gate entrance. Proceed to the furthest parking lot by Canyon Meadow Staging Area.





- Featured Trail--Hiker, Horse, Bike
- - -** Featured Trail--Hiker, Horse
- · - · -** Featured Trail--Hiker, Bicycle
- Hiker, Horse Bike Trail
- - - -** Hiker, Horse Trail
- · · · ·** Hiker Only Trail

- P** Parking
- W** Drinking Water
- ♿** Restrooms
- ?** Information
- 🏊** Pool
- 🎡** Playground
- 🍷** Picnic



Hikers in the shade of redwoods, Redwood Regional Park.

**Park Hours:** 5 a.m. to 10 p.m.  
**Fees:** \$5 parking fee (seasonal); \$2 dog fee  
**Website:** [www.ebparcs.org/parks/redwood](http://www.ebparcs.org/parks/redwood)

## Sunol Regional Wilderness

### Camp Ohlone Road/Cerro Estel/McCorkle Trails

**Length:** 3.43-mile loop **Elevation Gain:** Approximately 1922 ft.

**Location:** Geary Road, Sunol

**GPS Coordinates:** 37°30'30"N, 121°49'33"W

**Intensity:** Moderate



**Park Features:** This natural wonderland offers a variety of topographies for wildlife habitat. This wilderness has been home to Native Americans, travelled by wanderers, and grazed by cattle. It provides refuge to some of the last mountain lions and eagles in the East Bay. Learn more about the park at the Green Barn Visitor Center. Naturalist and self-guided tours are available for park visitors. Camping, picnicking, hiking, backpacking, and equestrian trail rides are among the many activities enjoyed at this park.

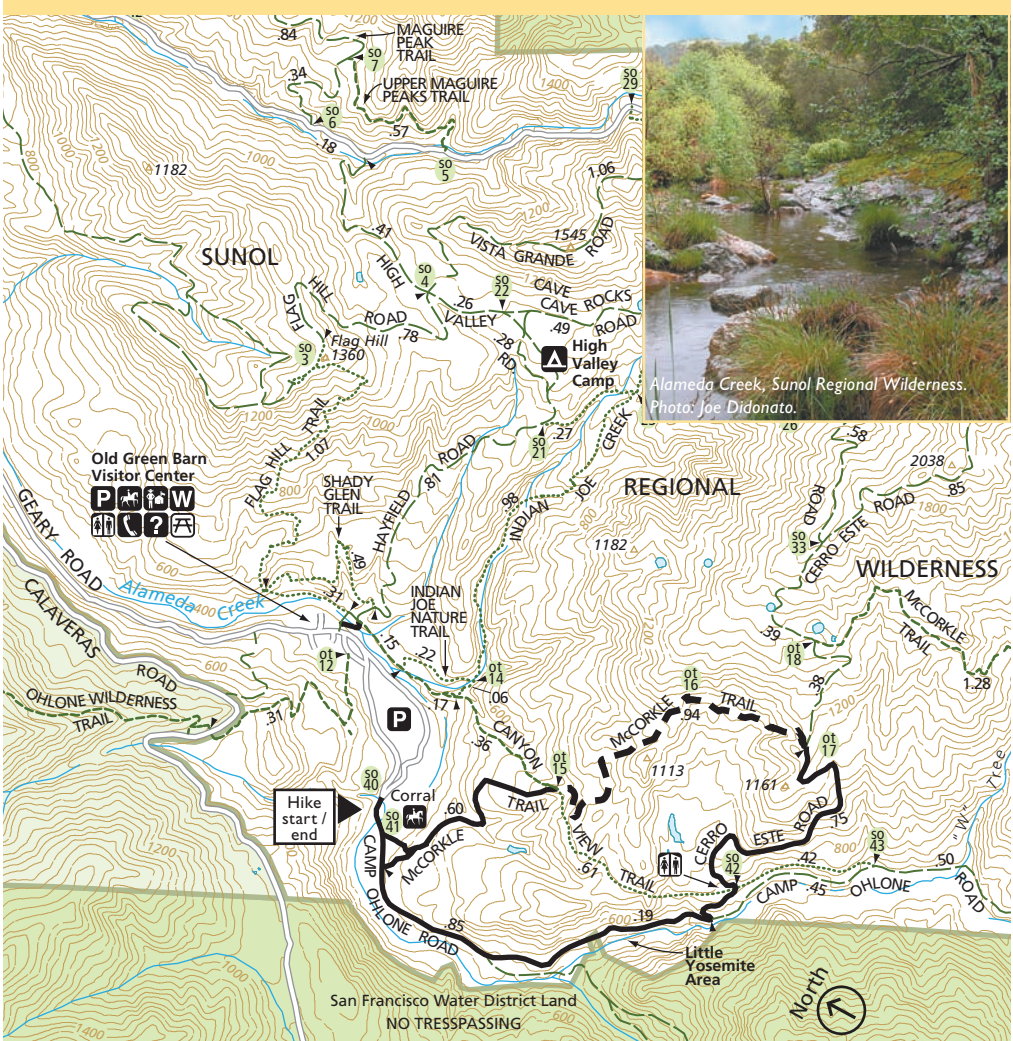
**Trail Features:** Along the hike, enjoy geologic features on what was once an ancient seabed. After exploring the Little Yosemite area, head uphill. A steady ascent affords incredible views east. Vistas of the Calaveras Reservoir appear from the ridge, where fresh breezes welcome trail visitors. A descent through pockets of oak trees and sun-kissed hills completes the hike and returns visitors to the original trailhead on Camp Ohlone Road.

**Trail Directions:** From the parking lot at the end of Geary Road, go straight through the large gate onto Camp Ohlone Road. Follow for 1.1 miles to the Little Yosemite Area (passing a “no swimming” sign and single-track trails on the right). Alameda Creek flows parallel to the trail and invites visitors to boulder hop at the Little Yosemite Area. Back on the road, go uphill (left trail) to the Cerro Este Trail. Signage can be confusing at the intersection with Canyon View Trail in .19 miles, so bring a park map on your hike.

Continue on Cerro Este Road – the trail follows the right side of a fenced corner. A steady hill is worth your effort for the next .74 miles as canyon and ridgeline views emerge. At the intersection with McCorkle Trail, turn left. A descent through rolling hills surfaces in 1.54 miles. At the trail end, follow the path as it runs briefly along a fence and left through a gate back to Camp Ohlone Road. Turn right to cross the bridge and arrive back at the original parking lot.

**Driving Directions:** From Fremont take I-680 N and exit at Calaveras Road. Turn right onto Calaveras Road, then left onto Geary Road. Follow Geary into the park.

From Oakland/Berkeley, drive east on I-580 to the junction with I-680 in Pleasanton. At the junction go south on I-680 and exit at Calaveras Road/Highway 84 just south of the town of Pleasanton. Turn left onto Calaveras Road; right to Geary Road, and follow Geary into the park.



Alameda Creek, Sunol Regional Wilderness. Photo: Joe Didonato.

- |  |                                    |                                  |                    |     |             |       |
|--|------------------------------------|----------------------------------|--------------------|-----|-------------|-------|
|  | Featured Trail--Hiker, Horse, Bike | 0                                | 1/4                | 1/2 | 3/4         | 1 Mi. |
|  | Featured Trail--Hiker, Bike        | Contour interval 40 feet at left |                    |     |             |       |
|  | Hiker, Horse, Bike Trail           |                                  | Parking            |     | Restrooms   |       |
|  | Hiker, Horse Trail                 |                                  | Equestrian Parking |     | Telephone   |       |
|  | Hiker Bike Trail                   |                                  | Visitor Center     |     | Information |       |
|  | Mileage Between Points             |                                  | Drinking Water     |     | Picnic      |       |

**Park Curfew/Gate Hours:** 8 a.m. to dusk (seasonal)

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

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



## Diablo Foothills Regional Park

*Foothills/Hanging Valley/Mokelumne/Stonegate/Twin Ponds/ Foothills Trails*

**Length:** 3.98-mile loop **Elevation Gain:** Approximately 2,304 ft.

**Location:** Livorna Staging Area, Alamo

**GPS Coordinates:** 37°52'14"N, 122°0'36"W

**Intensity:** Moderate



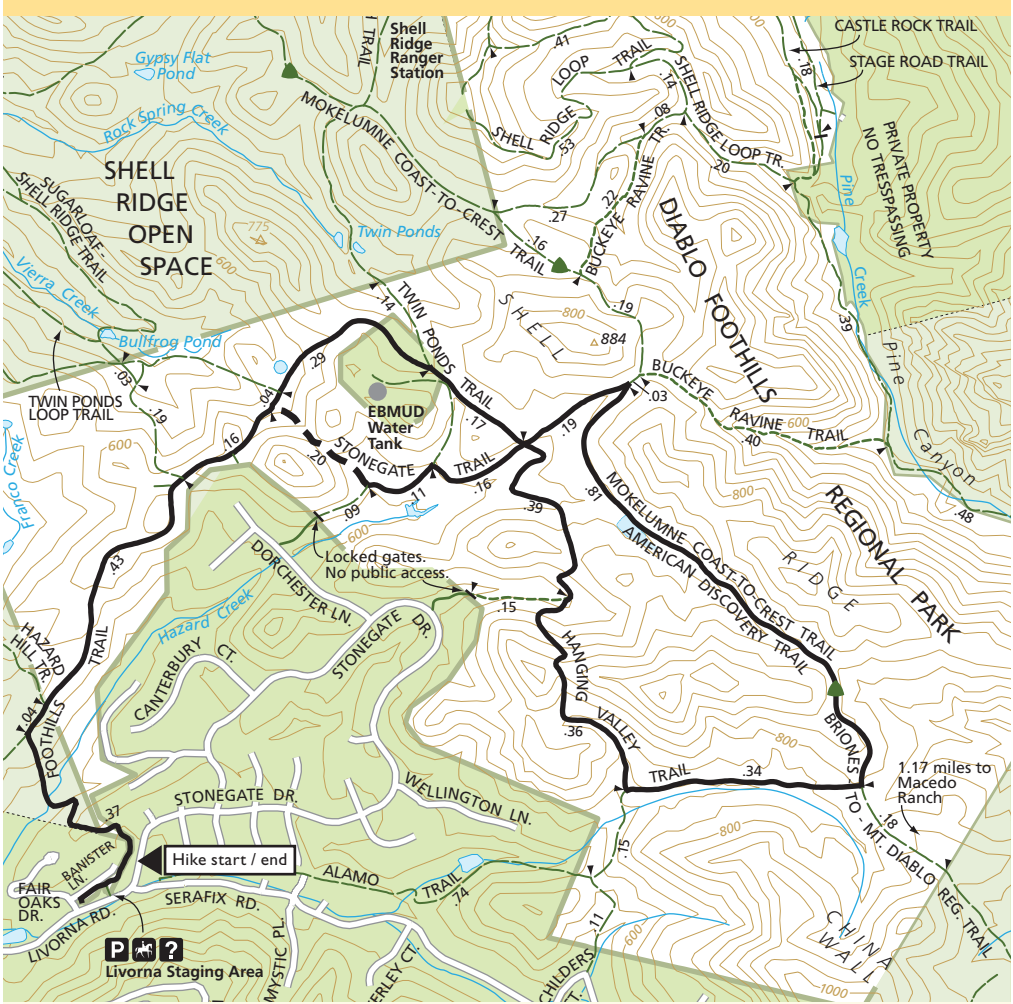
**Park Features:** The foothills of Mt. Diablo are alive with yellow wildflowers in the springtime and golden grasses in the fall. Fresh breezes sweep through the hills where small animals scramble below the canopy of tall grasses. Diablo Foothills is part of a larger open space that includes Mt. Diablo State Park, Shell Ridge Open Space, and Castle Rock Regional Recreation Area. This area has long been valued by people in the Bay Miwok culture. It shares history with the Spanish settlers and ranchers who used the hills as potential ranchland. Today it is valued as a prized Regional Park.

**Trail Highlights:** The trek offers a serene atmosphere and well-balanced physical challenge. Cool descents and level areas often follow hill challenges. Bring sun protection and water as there are no refill options on the trail. Restrooms are not available in this portion of the park so be sure to take care of personal needs before heading out on the trail.

**Trail Directions:** Begin at the information board at the Livorna Staging Area. Leaving the parking lot behind, proceed into the park on the Foothills Trail. Stay right as both a footpath and Hazard Hill Trail appear to the left. Continue straight for 1.06 miles then turn right onto Stonegate Trail. After passing through some foothills a wider path will appear. Turn left; this will keep you on the Stonegate Trail. In .11 miles turn right to stay on the Stonegate Trail and follow for another .35 miles. At the intersection with Mokelumne Coast-to-Crest Trail make a sharp (almost U-turn) right. Follow this Regional Trail for .81 miles, then turn right onto Hanging Valley Trail.

In .34 miles turn right to continue on Hanging Valley as Alamo Trail breaks off to the left. Continue for .75 miles, then cross Stonegate Trail and head toward the EBMUD water tank on the Twin Ponds Trail. After .17 miles you'll reach the junctions by the water tank; turn left onto Foothills Trail (this is the second of the small intersections). In .33 miles the trail will return to the route travelled at the beginning of this hike. Familiar landmarks, residences, and trail markers will help guide the way back for the next mile to the Livorna Staging Area.

**Driving Directions:** From I-680 exit at Livorna Road. Head east on Livorna Road for about three miles to the Livorna Staging area, located just west of Stonegate Drive in Alamo.



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

- Parking
- Equestrian Parking
- Restrooms
- Information



**Park Curfew/Gate Hours:** 7:30 a.m. to dusk (seasonal)

**Fees:** None

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

## Anthony Chabot Regional Park

Redtail/Grass Valley/Brandon/Deer Canyon/Redtail Trails

**Length:** 3.92-mile loop **Elevation Gain:** Approximately 1,556 ft.

**Location:** Castro Valley

**GPS Coordinates:** 37°45'32"N, 122°6'19"W

**Intensity:** Challenging



**Park Features:** This beautiful park stretching from Oakland to Castro Valley is a recreational delight. Park activities include camping, a marksmanship range, 70 miles of hiking and riding trails, equestrian boarding, and more. Visitors also enjoy informal recreation activities like kite-flying or bird-watching in this diverse space. The park consists of 5,607 acres, which have been acquired strategically over time. Trails and boundaries connect to popular Redwood and Lake Chabot Regional Parks. They offer both adventure and serenity to guests.

**Trail Highlights:** As sounds of motorcycles and cars dissipate from the road above, this trail begins on a mostly flat stretch. It then descends to the valley below along a forested multi-use path. Water trickling down Grass Valley Creek echoes along the flat, cool bottom of the valley. A solid climb offers a hill challenge on the way back to the staging area. Cyclists whiz by these popular biking trails – hikers should be aware and stay to the shoulder of the trail, just as bicyclists should slow down and call out or ring a bell. Also note that cattle grazing occurs along Redtail and Grass Valley trails.

**Trail Directions:** From the Marciel Gate Staging Area start north on the Redtail Trail (keeping Redwood Road to your right). Continue downhill on Redtail Trail as Cottontail Trail appears to the left. Follow for 1.29 miles. The trail will descend gradually all the way to Grass Valley Creek. The next trailhead is visible on your descent. Upon reaching it, turn left onto Grass Valley Trail. After .52 miles it will reach an intersection with Brandon Trail. Turn left and head uphill, leaving the stone bridge behind you. The next 1.26 miles make a gradual ascent past the Cottontail and Escondido trails. At Deer Canyon Trail, go left for a final uphill climb for about a quarter mile. Upon coming to the Redtail Trail turn left and follow it across Marciel Road. The trail will arrive at the staging area approximately .36 miles from the road crossing.

**Driving Directions:** From I-580 W in Castro Valley, take the Castro Valley exit and turn left at Castro Valley Blvd. At Redwood Road, turn right. After 5.8 miles turn left at Marciel Gate Staging Area on Marciel Road.


From I-580 E in Castro Valley, take the Redwood Road exit and turn left onto Redwood. After 5.8 miles turn left at Marciel Gate Staging Area on Marciel Road.

From Hwy 13 in Oakland, exit at Redwood Road. Continue straight on Redwood Road for 3.7 miles. At Pinehurst, stay right on Redwood Road and proceed for 4 miles. Turn right at Marciel Gate. Do not leave valuables in your car.













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

North 

0 1/4 1/2 Mi.  
Contour interval 20 feet at right, 40 feet at left

 Parking	 Picnic
 Equestrian Parking	 Phone
 Drinking Water	 Information
 Restrooms	 Group Camp

**Park Hours:** 5 a.m. to 10 p.m.  
**Campground Gate Hours:** 8 a.m. to 10 p.m.  
**Fees:** None  
**Website:** [www.ebparks.org/parks/anthony\\_chabot](http://www.ebparks.org/parks/anthony_chabot)

## Del Valle Regional Park

### *Dog Run/East Shore/Heron/Swallow Bay/East Shore Trails*

**Length:** 8.68-mile loop **Elevation Gain:** Approximately 2,664 ft.

**Location:** Livermore

**GPS Coordinates:** 37°35'10"N, 121°42'14"W

**Intensity:** Challenging



**Park Features:** This beautiful park is a favorite for many people. It features a 5-mile-long lake that facilitates a variety of water-oriented recreational activities. The surrounding hills offer beautiful oak-covered trails for hikers, equestrians, and cyclists. Del Valle is the gateway to the southeastern border of Ohlone Regional Wilderness – a 9,737-acre open space that is habitat to a variety of wildlife.

The Rocky Ridge Visitor Center on the west side of the lake offers information about the area's riveting history and park activities such as naturalist-led programs, campfires, hikes, and scenic boat tours of the lake.

**Trail Highlights:** Enjoy the beauty of Del Valle away from busy shores at the southern part of the lake. Oak trees canopy the trail as it heads east over rolling hills. Panoramic views and a variety of scenery and vistas can be viewed from these peaks. The trek back along the shoreline brings visitors to clear waters and offers intimate encounters with nature.

**Trail Directions:** Begin at the East Shore Trail by the Del Valle Marina (go through the gate by the boat launch). Follow for 1.20 miles past Hetch Hetchy and Venados group camps. Stay right and through a gate as the trail approaches Badger Cove. After narrowing out for a slight uphill stretch the trail splits. Stay straight, then left, on the largest, East Shore Trail. Follow up and down some moderate hills for 2.29 miles to the Heron Bay Trail marker. Turn left.

Follow Heron Bay Trail as it descends to the shoreline and loops back up to the East Shore Trail. Turn right on the East Shore Trail and continue uphill, passing the entrance to the Heron Bay Trail at the right. For variety on the hike back, follow the Swallow Bay Trail along the shoreline. Swallow Bay Trail is a single-track dirt path that is not marked at every crossing but always returns to the East Shore Trail. Upon meeting the East Shore Trail at Badger Cove continue on the multi-use path back to the Dog Run/Del Valle Marina area.

**Driving Directions:** Exit I-580 in Livermore at North Livermore Avenue. Head south and proceed through town (North Livermore Avenue will become South Livermore Avenue). About 1.5 miles outside town turn right at Mines Road. Go about 3.5 miles and continue straight on Del Valle Road (Mines Road goes left). The park entrance is about four miles ahead. After passing the park entry kiosk turn right and continue to the end of the road to the Del Valle Marina.



## Las Trampas to Mt. Diablo

### *Las Trampas-to-Mt. Diablo Regional Trail*

**Length:** 8.76-mile round trip **Elevation Gain:** Approximately 3300 ft.

**Location:** Hap Magee Ranch Park to Mt. Diablo State Park, Danville

**GPS Coordinates:** 37°50'20"N, 122°0'59"W

**Intensity:** Challenging



**Park Features:** This hike showcases the efforts to connect parks in Contra Costa County and all around the Bay Area. It begins just outside beautiful Las Trampas Regional Wilderness and travels to the large rolling hills of Mt. Diablo State Park. These spaces preserve unique geological features and native wildlife in close proximity to urban settings.

**Trail Highlights:** This Regional Trail travels through urban and open space areas to one of the East Bay's most notable places – Mt. Diablo State Park. Visitors may encounter wild turkeys and other wildlife on the hills that roll behind and through neighborhoods. Be prepared to walk on some city streets on this trail, although the natural portion of the trail strongly dominates the route.

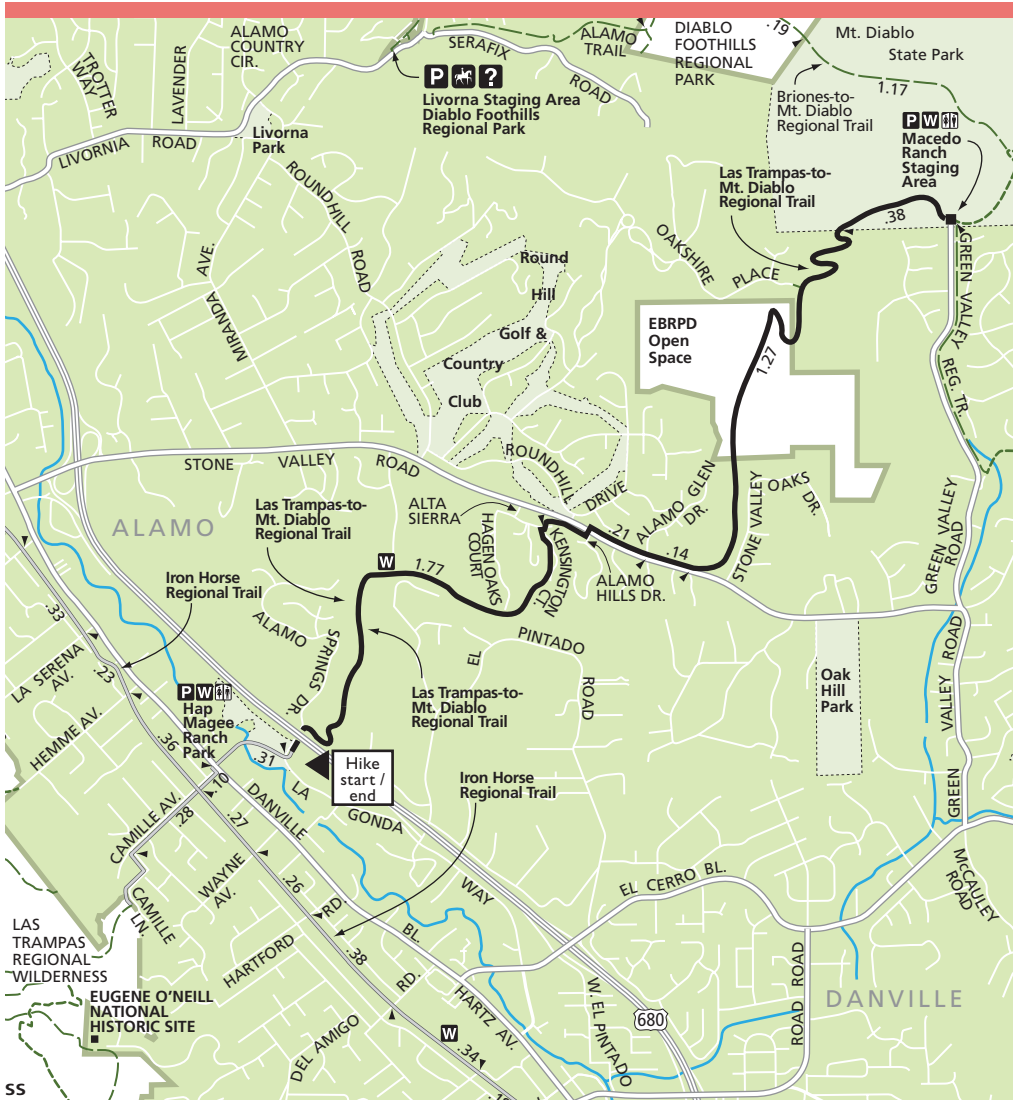
**Trail Directions:** Locate the trailhead near the entrance of Hap Magee Ranch Park. Go under the I-680 overpass and begin up the marked trail on your right. The trail will shortly leave the noise of the interstate and blend into quiet hills and residential areas. After 1.2 miles, stay left on the gravel trail around a residential home at Kensington Court. In approximately 900 feet, cross a road to stay on the trail (marked on the right). The trail will then come to busy Stone Valley Road. Turn right and stay roadside for about 1,000 ft. until the trail marker by the crosswalk is clear. Cross the road and stay right (parallel to the road) for approximately .4 miles.

The trail will pass in front of water district property, then turn left at a marked gate. Follow, and in 1.2 miles with a private residence to the left, the trail will come to a gate. Before reaching it turn right then left onto a foot trail to pass through its neighboring gate into EBPRD parkland. The trail ascends and then comes to another gate in .64 miles. Turn left through the gate and then stay right on the trail as new visitors may enter from the left. In 1.02 miles and through one more gate, turn right; the trail will end at Macedo Ranch Staging Area in Mt. Diablo State Park. Retrace your steps carefully on the 4.38-mile hike back.

**Driving Directions:** From Walnut Creek, follow I-680 S to El Pintado Road in Danville. Take the El Pintado Road exit and turn right. Turn right onto La Gonda Way and follow to Hap Magee Ranch Park on your left in .5 miles.

From Dublin, follow I-680 N. At El Cerro Blvd exit, then turn left. Turn right onto La Gonda Way and follow to Hap Magee Ranch Park on your left in .5 miles.





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

- 0    1/4    1/2    3/4    1 Mi.    North
- North
- Parking
  - Equestrian Parking
  - Restrooms
  - Drinking Water
  - Information

**Park Curfew/Gate Hours:** Subject to Hap Magee Ranch Park Rules  
**Fees:** None  
**Website:** [www.ebparcs.org/parks/trails](http://www.ebparcs.org/parks/trails)



## Briones Regional Park

*Lafayette Ridge/Buckeye Ranch/Springhill/Lafayette Ridge Trails*

**Length:** 7.06-mile loop **Elevation Gain:** Approximately 4,157 ft.

**Location:** Lafayette

**GPS Coordinates:** 37°49'34"N, 121°48'7"W

**Intensity:** Challenging



**Park Features:** Briones preserves a natural haven amidst the bustle of East Bay cities. Panoramic views, hillsides of wildflowers, and an extended trail system make up this beautiful open space. Keep an eye out for deer and other wildlife in the meadows. Picnicking, hiking, horseback riding, and bird-watching are some of the park's most popular activities. An archery range and group camping are also popular within the nearly 6,256 acres of parkland.

**Trail Highlights:** Prepare for a series of up-and-down climbs on this ridge trail. Although the difference in elevation is over 800 feet from bottom to top, the cumulative gain is more than 4,100 feet. The ridgeline trail makes many climbs and descents as it travels through panoramic vistas. There is no water available on this trail so bring water and be prepared. Sun protection and proper stretching will greatly enhance the hike.

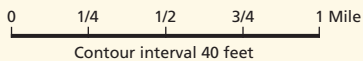
**Trail Directions:** From the Lafayette Ridge Staging Area follow the main trail for 700 feet. Turn left onto the Lafayette Ridge Trail for approximately .75 miles. Stay right on the Lafayette Ridge Trail as the Las Trampas-to-Briones Trail breaks off to the left. Continue for .70 miles, hugging the hillside behind some local residences. At the next clear intersection of trails, make a right, then a short left, to stay on the Lafayette Ridge Trail. Continue on this wide, dirt path for 1.57 miles, passing some trailheads on your right. At Buckeye Ranch Trail turn right and descend into the valley for .83 miles. Stay on the main trail as Sunrise Trail branches in from the left. Upon coming to a small staging area turn right onto the Springhill Trail (before the parking lot). Enjoy a .87-mile climb back up to the Lafayette Ridge Trail – keep an eye out for butterflies along the way! At the intersection with the Lafayette Ridge Trail turn left. Retrace your steps back to the staging area on Pleasant Hill Road.

**Driving Directions:** From Hwy 24 in Lafayette take the Pleasant Hill Road exit and follow signs for Pleasant Hill Road N. Make a U-turn at Springhill Road, then enter the Lafayette Ridge Staging Area on the right.

**Park Hours:** 8 a.m. to dusk (seasonal)

**Fees:** None

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



- Featured Trail--Hiker, Horse, Bike
- - -** Hiker, Horse, Bicycle Trail
- - - -** Hiker, Horse Trail
- .....** Hiker Only Trail
- 12 25**  
**28** Post Numbers/Mileages

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

- A** Res. Camp
- ♣** Archery
- 🍃** Picnic
- 🐎** Horse Water
- Gate

**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.

## Morgan Territory Regional Preserve

*Mollock/Coyote/Stone Corral/Volvon/Condor/Mollock Trails*

**Length:** 4.53-mile loop **Elevation Gain:** Approximately 1,913 ft.

**Location:** Livermore

**GPS Coordinates:** 37°49'33"N, 121°48'08"W

**Intensity:** Challenging



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PARTIAL  
USE

**Trail Features:** Enjoy the vistas, sandstone, and groves of oak trees in this 4,780-acre preserve. Multi-use and narrow trails network through the space. Backpacking camps are reservable for the avid hiker. Flora and fauna flourish within the preserve. It is not uncommon to spot a coyote over the hill or a hawk soaring above. Cattle graze the grassy slopes, reminding visitors of ranches built by Jeremiah Morgan and his companions in the 1800s.

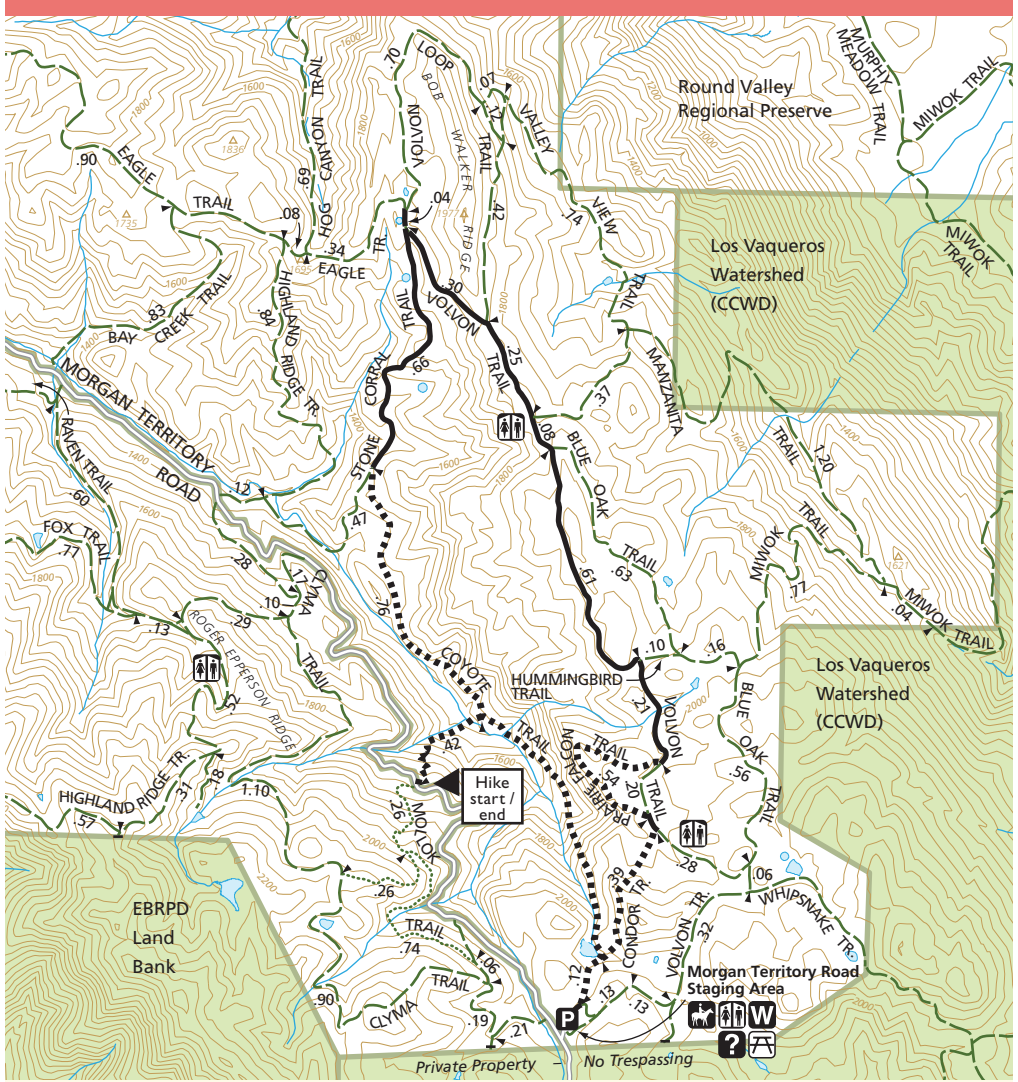
**Trail Highlights:** The trail begins creekside in a wooded canyon, then passes through several types of terrain and ecological zones. Tremendous views present themselves as the trail stretches to the skyline and through groves of oak. Visitors can see Mt. Diablo to the west, Mount St. Helena to the north, and the Delta, central valley, and Sierra to the east. Soaring hawks screech above as chaparral and sandstone-filled landscapes complete the loop back to the shaded streams of the Coyote Trail. Bring sun protection and plenty of water as there is no spot to refill on the trail.

**Trail Directions:** Begin 0.9 miles past the staging area on Morgan Territory Road. Head downhill on the Mollock Trail; signs will be visible from the road. Be cautious of poison oak on this .42-mile stretch. Cross a small stream and then turn left onto the Coyote Trail. Follow it for .76 miles. At the Stone Corral Trail connection, stay right and continue for .66 miles. At the Volvon Trail marker, make a sharp right. After 1.45 miles, turn right onto the single-track Prairie Falcon Trail. This portion of trail reveals amazing views into the canyon and returns to the Volvon Trail after .54 miles.

Upon returning to Volvon, turn right, then turn right again (almost immediately) onto the Condor Trail. Head downhill for .39 miles and make a sharp right onto the Coyote Trail – hugging the east side of a small pond (the park residence and staging area will be visible in the opposable distance). Be cautious of your footing across some rocks on the trail and down a steep descent before leveling at the bottom. Continue until you reach the Mollock Trail marker. Turn left to cross the stream and head back up Mollock Trail to Morgan Territory Road.

**Driving Directions:** From I-580 E exit and turn left onto N. Livermore Ave. After N. Livermore curves left, turn right onto Morgan Territory Road. Continue for 6.4 miles past the park staging area to the Mollock Trailhead (.9 miles beyond).

From I-680 in Walnut Creek take Ygnacio Valley Road east; turn right on Clayton Road (which will turn into Marsh Creek Road). Turn right onto Morgan Territory



<p>— Featured Trail—Hiker, Horse, Bike</p> <p>..... Featured Trail—Hiker Only</p> <p>--- Hiker, Horse, Bike Trail</p> <p>..... Hiker Only Trail</p> <p>↕.28↕ Mileage Between Points</p>	<p><b>P</b> Parking</p> <p><b>W</b> Drinking Water</p> <p><b>♿</b> Restrooms</p> <p><b>⛺</b> Reservable Picnic</p>	<p>North ↑</p> <p>0 1/4 1/2 Mi.</p> <p>Contour interval 40 feet</p> <p><b>⛺</b> Picnic</p> <p><b>☎</b> Phone</p> <p><b>?</b> Information</p> <p>- Gate</p>
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Road and drive 8.5 miles to the Mollock Trailhead (.9 miles before the staging

**Park Hours:** 5 a.m. to dusk (seasonal)

**Fees:** None

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



## Tilden Regional Park

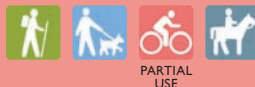
*Vollmer Peak/Lower Big Springs/Seaview/Vollmer Peak*

**Length:** 4.14-mile loop **Elevation Gain:** Approximately 1,916 ft.

**Location:** Orinda

**GPS Coordinates:** 37°52'56"N, 122°13'24"W

**Intensity:** Challenging



**Park Features:** Tilden opened to the public in 1936 and has been a prized East Bay park ever since. The recreational, historical, and environmental features here are diverse. Activities include hiking, swimming, picnicking, camping, golf, steam trains, a merry-go-round, and more! The park includes a 740-acre preserve with over ten miles of trails and connections to Wildcat Canyon Regional Park. See the District's website for additional information.

**Trail Highlights:** The trails of Tilden offer charming wooded paths and extensive views of the bay. The distinctive bridges over San Francisco Bay can be seen from the ridgeline. Wildflowers garnish the hillsides. Eastern views showcase the San Pablo and Briones reservoirs over acres of open space.

**Trail Directions:** Head downhill on the Vollmer Peak Trail, located at the far end of the upper parking lot by the steam train concession. Follow it for .54 miles, parallel to South Park Drive. Stay straight past Lupine Trail. In .19 miles turn left toward the road. Follow a footpath along South Park Drive for about 800 ft. Pass the parking lot and continue on Lower Big Springs Trail. Head uphill for .97 miles, passing Quarry Trail on the left. At the junction with Seaview Trail turn right. Trek uphill, enjoying the vistas and nature. About a half-mile past the Upper Big Springs Trail, stop at Arroyo and an unmarked trail. Follow the trail on the left for about 600 feet; take a quick left, then an immediate right, to connect with the Vollmer Peak Trail. Continue for .27 miles where the trail will return to the beginning point.

**Driving Directions:** Tilden is located in the Berkeley hills north of Highway 24. From Walnut Creek take the Fish Ranch Road exit east of the Caldecott Tunnel. Drive uphill, then turn right at Grizzly Peak Blvd. Turn left at the Lomas Cantadas entrance (signs for the Steam Train). Go straight and park in the lot above the Steam Train concession.

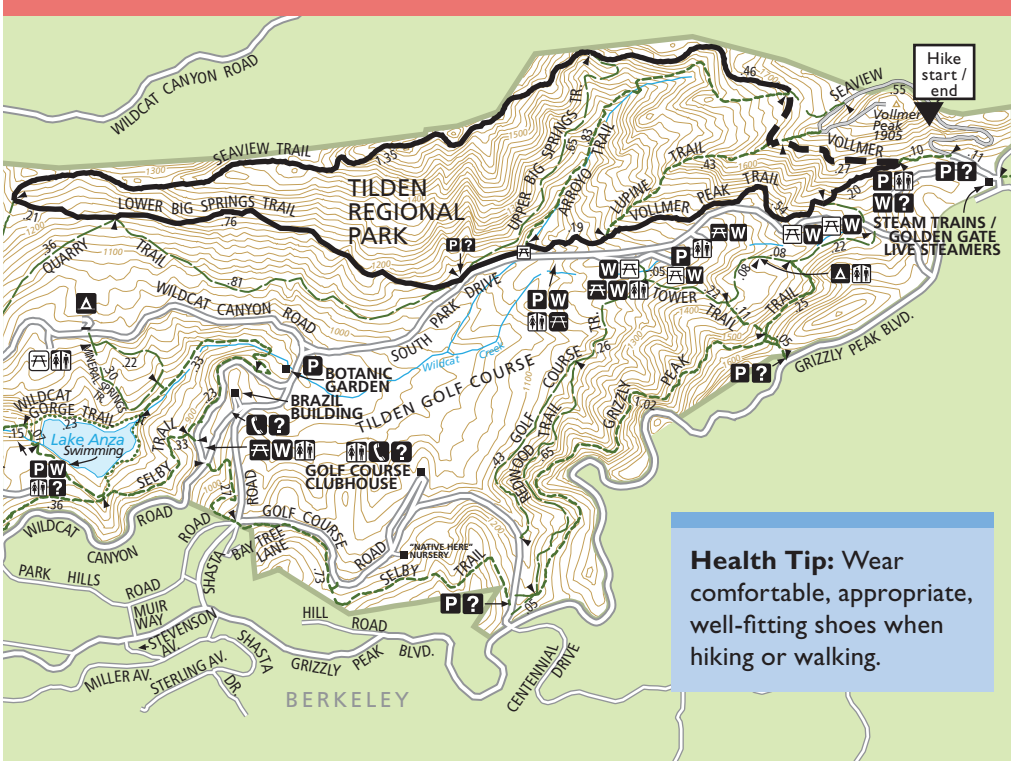
From Berkeley via Centennial Dr. turn right on Grizzly Peak Blvd. and follow directions above.

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

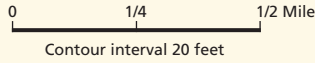
**Fees:** None

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





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



- Parking
- Drinking Water
- Restrooms
- Information
- Phone
- Res. Picnic
- Picnic
- Res. Camp



The panorama from Tilden Regional Park's Völlmer Peak. Mt. Diablo at right.

## Wildcat Canyon Regional Park

*Wildcat Creek /Sylvan/Peak/Nimitz Way/San Pablo Ridge/Belgum/  
Wildcat Creek Trails*

**Length:** 10.25-mile loop **Elevation Gain:** Approximately 3,609 ft.

**Location:** Richmond

**GPS Coordinates:** 37°57'7"N, 122°19'6"W

**Intensity:** Challenging



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PARTIAL  
USE

**Park Features:** This expanse of parkland invites visitors to enjoy incredible vistas of the Wildcat Creek watershed and its surrounding ridges. The park is rich in history, particularly around Alvarado Park, which is included on the National Register of Historic Places. The 25+ miles of trails at Wildcat Canyon are a pleasure for hikers, equestrians, and cyclists.

**Trail Highlights:** This loop follows the perimeter of the park. It offers a well-rounded challenge, variety in trail experience, and diversity of the Bay Area's natural parkland. A flat walk at the beginning makes a great warm-up for the hills that come later. The eastern portion of the trail explores parts of Tilden Nature Area and affords breathtaking views from the Rotary Peace Grove. Bring sun protection and drinking water.

**Trail Directions:** From the Wildcat Canyon/Alvarado Staging Area go uphill and through the gate onto the Wildcat Creek Trail. The wide-road trail will later become a two-track path. After about 2 miles, continue straight, passing several trailheads (mostly on the left). Continue for another 1.86 miles. Turn left on Sylvan Trail before Jewel Lake. Stay left on Sylvan at the trail intersection and after .27 miles, continue left on Peak Trail. The trail will gradually climb through eucalyptus trees to Wildcat Peak. At the top, stay straight as a footpath appears on the left side of the trail. About .2 miles from here, take a side trip to the marked Rotary Peace Grove and enjoy the view. Return to the trail and continue to Nimitz Way. Turn left and follow the paved trail for 2.81 miles. After passing a ranch yard, turn left, then right, onto San Pablo Ridge Trail. Follow the contour of the trail for 1.21 miles. When the hills recede, turn left onto the Belgum Trail. Stay on this trail for one mile until returning to the Wildcat Creek Trail. Turn right and head back for about a half mile to your starting point.

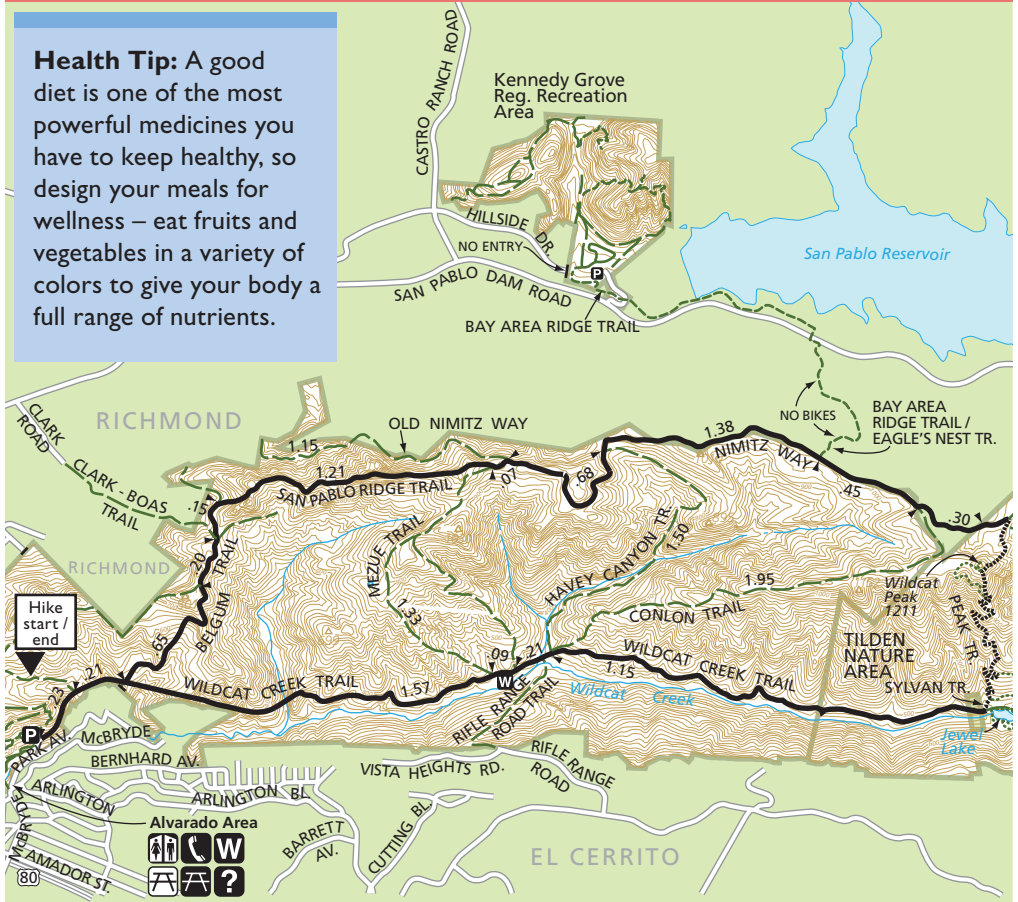
**Driving Directions:** From El Cerrito, take I- 80 E (toward Sacramento) to Richmond and exit at Solano Ave. Turn left at the bottom of the off ramp onto Amador. Continue on Amador to the second stop sign, which will be McBryde Ave. Turn right and continue straight through the stop sign onto Park Ave. The Wildcat Canyon/Alvarado Staging Area is on the left in approximately 1/4 mile.

From North Richmond and Pinole, take I-80 W to the McBryde exit. At the bottom of the ramp, turn left onto McBryde Ave. Follow the directions above.

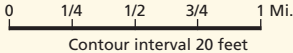
**Park Curfew/Gate Hours:** 7:30 a.m. to dusk (seasonal)

**Fees:** None **Website:** [www.ebparcs.org/parks/wildcat](http://www.ebparcs.org/parks/wildcat)

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



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



- P** Parking
- W** Drinking Water
- Restrooms
- Reservable Picnic
- Picnic
- Phone
- Information



View of Angel Island (center) and the Golden Gate Bridge from Wildcat Canyon Regional Park. Photo: Marc Crumpler.



# Kaiser Permanente and Adjacent Regional Park Trails Challenge Hike Locations

Kaiser Permanente Medical Centers & Offices	East Bay Regional Park District 2015 Trail Challenge Trailhead Locations	
Alameda Medical Offices 2417 Central Ave. Alameda, CA 94501	Robert W. Crown Regional Shoreline Crab Cove Visitor Center 1252 McKay Avenue Alameda, CA 94501	Oyster Bay Regional Shoreline North end of Neptune Drive San Leandro, CA 94577
Antioch Medical Center Emergency Services 4501 Sand Creek Road Antioch, CA 94531	Bay Point Regional Shoreline Located at the end of McAvoy Road Bay Point, CA 94565	Morgan Territory Regional Preserve 9401 Morgan Territory Road Eastern Contra Costa County
Fremont Medical Center & Offices Emergency Services 39400 Paseo Padre Parkway Fremont, CA 94538	Sunol Regional Wilderness 1895 Geary Road Sunol, CA	Coyote Hills Regional Park Quarry Staging Area 8000 Patterson Ranch Road Fremont, CA 94555
Livermore Medical Offices 3000 Las Positas Road Livermore, CA 94551	Del Valle Regional Park 7000 Del Valle Road Livermore, CA 94550	Morgan Territory Regional Preserve 9401 Morgan Territory Road Eastern Contra Costa County
Martinez Medical Offices 200 Muir Road Martinez, CA 94553	Carquinez Strait Regional Shoreline Bull Valley Staging Area Carquinez Scenic Drive Martinez, CA 94553	Briones Regional Park Lafayette Ridge Staging Area Pleasant Hill Road Lafayette, CA 94549
Oakland Medical Center Emergency Services 3600 Broadway Oakland, CA 94611	Tilden Regional Park (by Steam Trains) Lomas Cantadas Orinda, CA 94563	Redwood Regional Park Canyon Meadow Staging Area 7867 Redwood Road Oakland, CA 94619
Richmond Medical Center 901 Nevin Avenue Richmond, CA 94801	Miller/Knox Regional Shoreline 900 Dornan Drive Richmond, CA 94801	Wildcat Regional Park Alvarado Staging Area 5755 McBryde Avenue Richmond, CA 94806
San Leandro Medical Center 2500 Merced Street San Leandro, CA 94577	Oyster Bay Regional Shoreline North end of Neptune Drive San Leandro, CA 94577	Anthony Chabot Regional Park Clyde Woolridge Staging Area Oakland, CA 94619
San Leandro Medical Center 2500 Merced Street San Leandro, CA 94577	Lake Chabot Regional Park (Public Safety Headquarters) 17930 Lake Chabot Road Castro Valley, CA 94546	Anthony Chabot Regional Park Marciel Road Castro Valley, CA 94552





<b>Kaiser Permanente Medical Centers &amp; Offices</b>	<b>East Bay Regional Park District 2015 Trail Challenge Trailhead Locations</b>	
Walnut Creek Medical Center Emergency Services 1425 South Main Street Walnut Creek, CA 94596	Briones Regional Park Lafayette Ridge Staging Area Pleasant Hill Road Lafayette, CA 94549	Tilden Regional Park (by Steam Trains) Lomas Cantadas Orinda, CA 94563
Walnut Creek Medical Center Emergency Services 1425 South Main Street Walnut Creek, CA 94596	Hap Magee Ranch Park (Las Trampas-to-Mt. Diablo Regional Trail) 1025 La Gonda Way Danville, CA 94526	Diablo Foothills Regional Park Livorna Staging Area Livorna Road Alamo, CA 94507





## Walking: The Best Path to Fitness and Health

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

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

Every Body Walk! is an online educational campaign aimed at getting Americans up and moving. The 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 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, with trail maps, trail descriptions, and photos. The website also provides access to a comprehensive directory of walking groups, including contact information, and upcoming walking events for all levels of walkers, from beginners to advanced.

### Free Every Body Walk! App

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

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



KAISER PERMANENTE® thrive

## About Kaiser Permanente



Kaiser Permanente is committed to helping shape the future of health care. It is recognized as one of America's leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser's mission is to provide high-quality, affordable health care services and to improve the health of its members and their communities. Expert medical teams are supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery, and world-class chronic disease management. Find out more about health and well being at [www.kp.org](http://www.kp.org). The Every Body Walk! campaign is powered by Kaiser Permanente. Campaign partners include the American College of Sports Medicine and their Exercise Is Medicine® global initiative. Kaiser Permanente is also a sponsor of the East Bay Regional Park District's 2015 Trails Challenge.

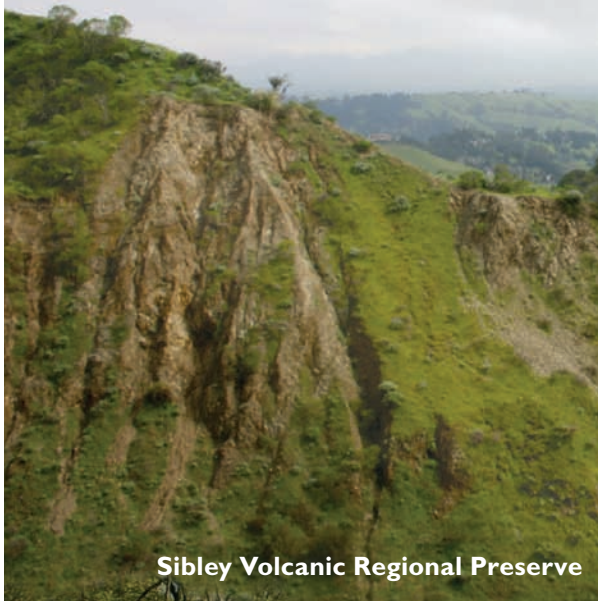


## Take a Walk *Close to Home*

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

### **Favorite East Bay walking trails include:**

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



**Sibley Volcanic Regional Preserve**

# Trails Challenge 2015 Trail Log

**1. Trail Log Deadline:** December 1, 2015.

**2.** To receive your 2015 commemorative pin (*while supplies last*) submit your log electronically at [www.regionalparksfoundation.org/trails-challenge-2015/logs](http://www.regionalparksfoundation.org/trails-challenge-2015/logs), or mail to:

Trails Challenge  
ATTN: Reservations Department  
2950 Peralta Oaks Court  
Oakland, CA 94605

**3.** Please fill out our online program evaluation at [www.RegionalParksFoundation.org](http://www.RegionalParksFoundation.org)

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

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

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

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

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

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

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



## Membership Benefits

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

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

**Sign up online at [www.RegionalParksFoundation.org](http://www.RegionalParksFoundation.org)**



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

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



# 2015 TRAILS CHALLENGE GUIDEBOOK

**East Bay**   
Regional Park District

*Healthy Parks  
Healthy People* 

**East Bay Regional Park District**

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