



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





Redwood Regional Park, Oakland



Congratulations on joining the 2019 Trails Challenge.

This year both the East Bay Regional Park District and Regional Parks Foundation reach key milestones with the Park District turning 85 years old and the Regional Parks Foundation hitting the half century mark at 50 years old. We are proud to continue our tradition of preserving open space, protecting wildlife habitats and providing recreational opportunities.

For 26 years now, the Park District's Trails Challenge has encouraged healthy activity in the Regional Parks, and helped you find some of the hidden gems in the East Bay. 2019 offers 20 new hiking adventures designed to highlight the beauty and wildlife in the Regional Parks.

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

- Pinole Shores bridge and Bay Trail expansion
- New Pleasanton Ridge Trailhead
- New Black Diamond Mines staircase
- New staging area and boat launch at Contra Loma

We thank Kaiser Permanente for generously sponsoring the Trails Challenge. Come on out and join the 10,000+ people who are participating in the program to keep fit outdoors!

A handwritten signature in black ink that reads "Robert E. Doyle".

Robert Doyle
General Manager



Trails Challenge 2019

For 26 years, the Trails Challenge has been designed to get you outdoors, exploring on your own, with friends, or with loved ones. This year's Trails Challenge highlights 20 of our most interesting parks and unique trails for all abilities. We have included easy, moderate and difficult routes, leading hikers to scenic destinations through a variety of parklands. We've also included information about special features in the selected parks. Keep in mind you can use any trail route to complete the Challenge, not just those listed in this year's Guidebook, by exploring at least five trails or 26.2 miles (the distance of a marathon).

Be sure to visit our **2019 Trails Challenge** webpage at ebparks.org.



Stay Connected



Instagram – @ebrpd and tag your hike photos
#TrailsChallenge2019



Twitter – @ebrpd
#TrailsChallenge2019



facebook – Join us.



EBRPD Monthly E-Newsletter – ebparks.org/subscribe



We are now on AllTrails – Go to www.ebparks.org/tc for details.

Table of Contents

General Manager's Message.....	3
Stay Connected.....	4
Table of Contents.....	5
How to Complete Trails Challenge.....	6
Plan Your Outing and Tips for Trail Users.....	7
Hiking with Kids.....	8
Hiking with Dogs.....	9
Wildlife Encounters	10-11
Get Healthy Today.....	12
Watch the Heat.....	13
Walking: The Best Path to Fitness.....	14
Kaiser Medical Centers and Offices.....	15
Featured Trails	16-17
At-a-Glance Featured Trails	18-23
Trail Descriptions and Maps.....	24-63
Trail Log.....	65
Notes.....	66
Membership Benefits.....	67



How to Complete the Trails Challenge

1) Choose Your Trails

In the following pages, you will find:

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

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

EASY

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

MODERATE

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

CHALLENGING

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

2) Log Your Outings

After each hike, record the trail's name and distance in your trail log on page 65 (or on a separate piece of paper).

When you have completed at least five trails, or 26.2 miles (a marathon distance), submit your log at www.ebeparks.org/tclog or email it to reservations@ebeparks.org, or mail your log to:

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

Turn in your log by 12/1/2019 to receive your 2019 pin. Pins will be mailed seven-to-ten business days after log is received (while supplies last).

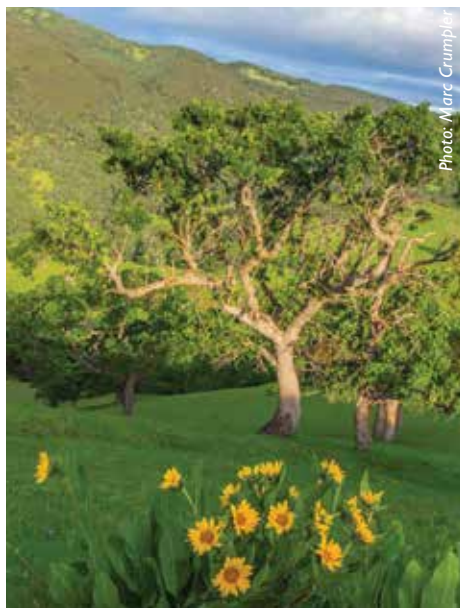


Photo: Marc Crumpler

**Round Valley Regional Preserve,
Brentwood**

Plan Your Outing

When choosing a trail:

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

Challenger Checklist

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

Tips for Trail Users

Trail Etiquette:

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



**Bay Point Regional Shoreline,
Bay Point**

Hiking with Kids

Before the Hike:

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

Go over the rules:

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

Age Appropriate Hiking Distances	
Ages	Approximate Mileage
6 months–2 years	Keep it short
3–6 years	1 - 3 miles, with many stops
7–11 years	2 - 5 miles
12 and up	Up to 7 miles
Note: Trail conditions, weather, and physical conditions are major considerations. Start with low mileage and work your way up.	



Photo: Molly W. Yap Austen

Sunol Regional Wilderness, Sunol

Hiking with Dogs



Before You Hike:

- Know the dog rules that apply to your chosen park/route (dog entry fees, off leash area, etc.)
- Bring enough water for your dog.
- Bring snacks and toys if needed.
- Make sure you have a six-foot-long leash and any harness needed.
- Bring dog waste bags – better to bring a few, just in case.
- Know your dog's limits – how far can she/he go?
- Check the weather where you plan to hike
- Avoid the hottest times of day and hike shaded routes
- Dog should have current tags in case of separation

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

After Hiking:

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

For more information on dogs in the parks, visit: ebparks.org/activities/dogs



Redwood Regional Park, Oakland

Wildlife Encounters

Ticks and Lyme Disease

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

How to Avoid Ticks:

- Wear long pants, long sleeves, and closed-toe shoes (ticks are best seen on light colored clothing)
- Tuck shirt into pants, and pants into socks
- Stay on trails! Avoid brush and grassy areas
- Use insect repellent on shoes, socks, and pants
- Check yourself, children, and pets for ticks thoroughly and frequently!

What Does a Tick Look Like?

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

What are the Symptoms of Lyme Disease?

Early symptoms sometimes, but not always include a spreading rash accompanied by fever, aches, and/or fatigue.

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

- Pull the tick gently from the skin, using a tissue or tweezers (not with bare hands).
- Wash hands and the tick bite with soap and water; apply antiseptic to the bite.

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



Poison Oak

Poison Oak

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

Wildlife Encounters

Snakes

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

What to do if bitten by a rattle snake:

- Stay calm
- Call 911 or send someone for help
- Lay down with the affected area lower than the heart
- If alone, walk calmly to the nearest source of help. **DO NOT RUN!**
- If bitten by another kind of snake, wash the wound with soap and water or an antiseptic and seek medical attention



***Quarry Lakes Regional
Recreation Area, Fremont***

Grazing Animals

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

What to do if you encounter cattle on trails:

- Try not to startle them
- Keep your distance and walk around groups, not through them
- Don't get between a calf and its mother; they are protective of their young
- Don't try to get close, touch, or pet them
- Always keep your dog under control or, preferably, on leash

Wild Animals

Coyote, bobcats, deer, elk, wild pigs, and mountain lions are occasionally spotted in the parks. Their normal reaction is to run away. Some have become used to our presence and will continue their activities while being watched. These animals may become dangerous should they be surprised or confronted, or if they begin to associate humans with food.

What to do if you encounter wildlife:

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

Brought to you by Kaiser Permanente Get Healthy Today!

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

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

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



Photo: Shelly Lewis

Anthony Chabot Regional Park, Castro Valley

Brought to you by Kaiser Permanente Watch the Heat!

When exercising in temperatures above 80°F (27°C), be sure to find shade, take regular breaks, and drink plenty of fluids to avoid heat exhaustion. Refer to the table below for risks, symptoms and what to do if heat exhaustion occurs.

Who's at Risk	Symptoms of Heat Exhaustion	What to Do
Older adults	Nausea	Find shade
Children	Dizziness	Cool off
Overweight individuals	Cramps	Drink plenty of fluids
Have existing health concerns	Headache	
Take medications	Find shade	

Call 911 immediately if:

- You have stopped sweating.
- You have a rapid increase in heart rate.
- Have a high body temperature.
- Mental confusion.
- Loss of energy.

Visit Kaiser's Health and Wellness webpage at kp.org to find online programs, health classes, as well as interactive fitness calculators, videos, and podcasts.



Temescal Regional Recreation Area, Oakland



Walking: The Best Path to Fitness and Health

Join the Every Body Walk! Movement • everybodywalk.org

Every Body **WALK!**
everybodywalk.org

 KAISER PERMANENTE® **thrive**

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

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

The centerpiece of the everybodywalk.org website is a series of short video vignettes featuring average Americans

sharing motivational stories about how walking has changed their lives and lifestyles. The site also includes a wealth of information from experts about healthy lifestyles that incorporate walking. There is even an “Ask the Expert” section where visitors can post questions.

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



Photo: Michael Short

Miller/Knox Regional Shoreline, Richmond



Kaiser Permanente Medical Centers and Offices and Adjacent Regional Parks



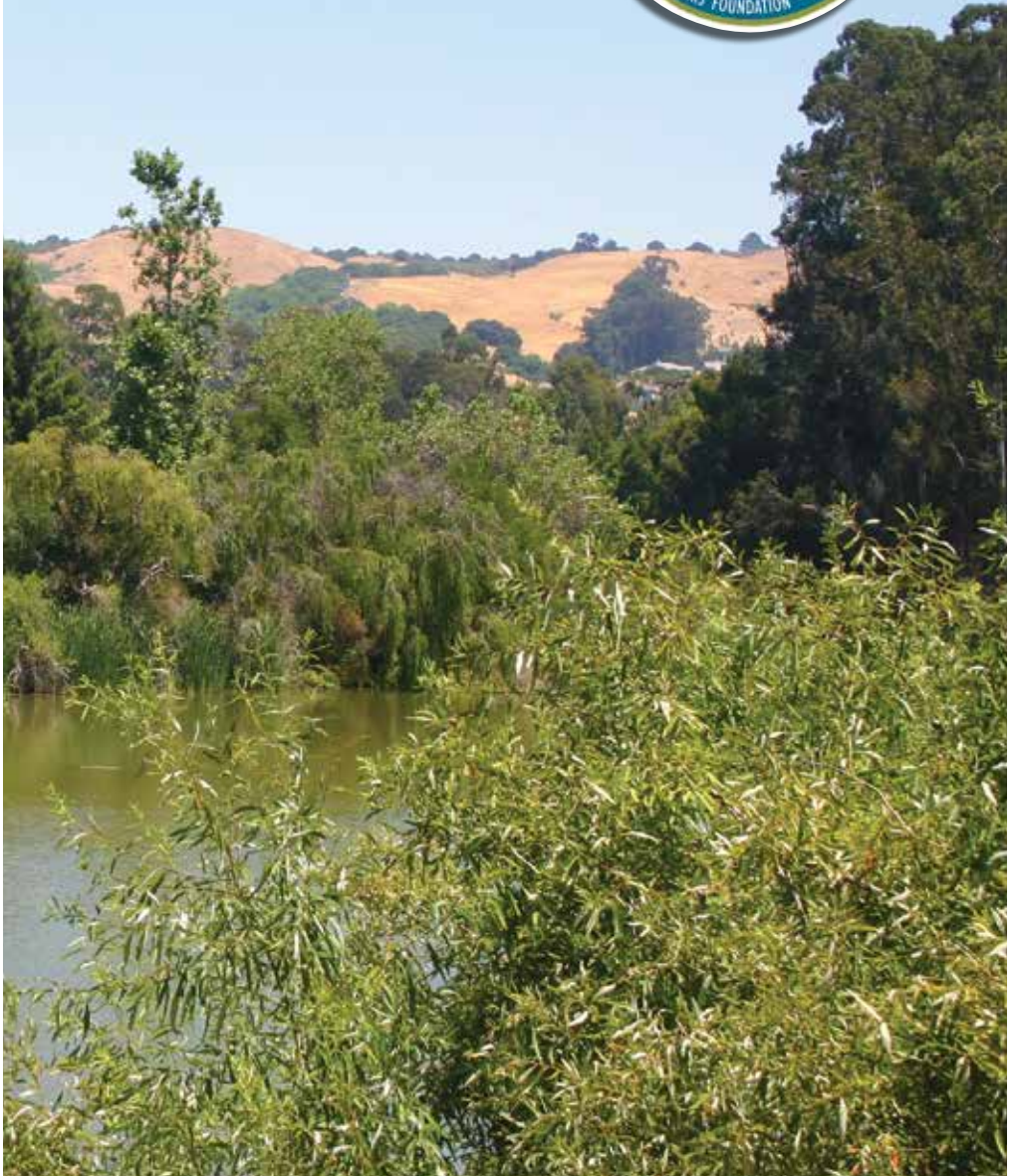
Kaiser Permanente Medical Centers and Offices

Alameda Medical Offices 2417 Central Avenue, Alameda, CA 94501	Oakland Medical Center • Emergency Services 3600 Broadway, Oakland, CA 94611
Antioch Medical Center • Emergency Services 4501 Sand Creek Road, Antioch, CA 94531	Kaiser Permanente Pleasanton Medical Offices 7601 Stoneridge Drive, Pleasanton, CA 94588
Kaiser Permanente Dublin Medical Offices and Cancer Center • Opening May 2019 3100 Dublin Boulevard, Dublin, CA 94568	Richmond Medical Center 901 Nevin Avenue, Richmond, CA 94801
Fremont Medical Center & Offices • Emergency Services 39400 Paseo Padre Parkway, Fremont, CA 94538	San Leandro Medical Center 2500 Merced Street, San Leandro, CA 94577
Hayward Medical Center Hospital & Main Campus 27400 Hesperian Boulevard, Hayward, CA 94545	Kaiser Permanente San Ramon Medical Offices 2300 Camino Ramon, San Ramon, CA 94583
Livermore Medical Offices 3000 Las Positas Road, Livermore, CA 94551	Kaiser Permanente Union City Medical Offices 3555 Whipple Road, Union City, CA 94587
Martinez Medical Offices 200 Muir Road, Martinez, CA 94553	Walnut Creek Medical Center • Emergency Services 1425 South Main Street, Walnut Creek, CA 94596



*Don Castro Regional
Recreation Area, Hayward*

Featured Trails









At-A-Glance Easy Hikes



East Bay Regional Park Park Office Phone Number	City	Trails	Page
Bay Point Regional Shoreline <i>1-888-327-2757, option 3, ext. 4596</i>	Bay Point	<i>Harrier Loop</i>	24
Big Break Regional Shoreline <i>1-888-327-2757, option 3, ext. 3050</i>	Oakley	<i>Visitor Center/Delta Discovery Experience/ Big Break Regional Loop Levee Top</i>	26
Coyote Hill Regional Park <i>1-888-327-2757, option 3, ext. 4519</i>	Fremont	<i>Quail/Bayview Loop</i>	28
Quarry Lakes Regional Recreation Area <i>1-888-327-2757, option 3, ext. 4552</i>	Fremont	<i>California/Old Creek/ Western Pacific/ Isla Tres Rancheros Loop/ Wood Duck</i>	30
Shadow Cliffs <i>1-888-327-2757, option 3, ext. 4557</i>	Pleasanton	<i>Water Slide Trail/Levee/ South Arroyo Trail/North Arroyo/ Levee Trail/Water Slide</i>	32
Sycamore Valley Regional Open Space Preserve <i>1-888-327-2757, option 3, ext. 4560</i>	Danville	<i>Sand Hill/Shady Slope/ Short Ridge</i>	34
Temescal Regional Recreation Area <i>1-888-327-2757, option 3, ext. 4561</i>	Oakland	<i>Dam/East Shore/Oak Bay Loop</i>	36

At-A-Glance Easy Hikes

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Elevation Gain (feet)
●	● <i>No dogs in marshes</i>	●	●			1.1	26
●	● <i>No dogs on Levee Top Trail</i>	●	●	● <i>Partial Use</i>		1.1 Loop	13
●	● <i>Leash required</i>	● <i>Partial Use</i>	● <i>Partial Use</i>	● <i>Partial Use</i>	● <i>Partial Use</i>	2.86 Loop	141
●	● <i>Leash required</i>	●	●			3.6	75
●	●	●	●	● <i>Partial Use</i>		2.85 Loop	236
●	●	●	●			2.2 Loop	449
●	● <i>Leash required</i>			● <i>Partial Use</i>	● <i>Partial Use</i>	1.1 Loop	78







At-A-Glance

Moderate Hikes



East Bay Regional Park Park Office Phone Number	City	Trails	Page
Brushy Peak Regional Preserve <i>1-888-327-2757, option 3, ext.4512</i>	Livermore	<i>Brushy Peak Loop/ West Side Loop</i>	38
Carquinez Strait Regional Shoreline <i>1-888-327-2757, option 3, ext.4514</i>	Crockett	<i>Bull Valley/Carquinez Overlook Loop/ Bull Valley</i>	40
Don Castro Regional Recreation Area/Five Canyons Open Space & Trail System <i>1-888-327-2757, option 3, ext. 4527</i>	Hayward	<i>Whispering Creek/Bay Area Ridge/Chabot-Garin/Shady Canyon/Ridgetop</i>	42
Garin/Dry Creek Pioneer Regional Parks <i>1-888-327-2757, option 3,ext. 4530</i>	Hayward	<i>High Ridge/Newt Pond/Old Homestead/Vista Peak Loop/ Ziele Creek/Vista Peak Loop</i>	44
Hayward Regional Shoreline <i>1-888-327-2757, option 3, ext. 4531</i>	Hayward	<i>San Lorenzo Creek/ San Francisco Bay Trail</i>	46
Miller/Knox Regional Shoreline <i>1-888-327-2757, option 3, ext. 4544</i>	Richmond	<i>San Francisco Bay/ Marine View/Crest/West Ridge</i>	48
Round Valley Regional Preserve <i>1-888-327-2757, option 3 ext. 4556</i>	Brentwood	<i>Miwok/Murphy Meadow</i>	50

At-A-Glance Moderate Hikes

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Elevation Gain (feet)
●	● <i>Leash Required</i>	●	●			4.3	754
●	●	●	●			4.8 Loop	784
●	● <i>Partial Use</i>	● <i>Partial Use</i>	● <i>Partial Use</i>			5 Loop	807
●	● <i>No dogs on Garin Woods Trail</i>	● <i>No dogs on Garin Woods Trail</i>	●			5.23 Loop	1,207
●	● <i>No dogs past Hayward Landing</i>	●				6.1	55
●	● <i>No commercial dog walkers</i>	● <i>Partial Use</i>	● <i>On SF Bay Trails</i>			2.7	492
●		●	●			6.42	469

At-A-Glance







Challenging Hikes



East Bay Regional Park Park Office Phone Number	City	Trails	Page
Crockett Hills Regional Park 1-888-327-2757, option 3, ext. 4521	Crockett	Edwards Loop/Soaring Eagle/ Big Valley/Tree Frog Loop/ Crockett Ranch	52
Lake Chabot Regional Park/ Anthony Chabot Regional Park 1-888-327-2757, option 3, ext.4536	Castro Valley	West Shore/East Shore/Live Oak/ Towhee/Brandon/Goldenrod/ Bass Cove	54
Morgan Territory Regional Preserve 1-888-327-2757, option 3, ext. 4546	Livermore	Clyma/Highland Ridge/Eagle/ Volvon Loop/Valley View/Volvon/ Blue Oak/Hummingbird/Volvon/ Condor Trails Loop	56
Pleasanton Ridge Regional Park 1-888-327-2757, option 3, ext. 4549	Pleasanton	Courdet/Ridgeline/ North Ridge/Sinbad Creek	58
Redwood Regional Park 1-888-327-2757, option 3, ext. 4553	Oakland	Dunn/Golden Spike/Tate/Orchard/ Bridle/Stream/Tres Sendas/ Starflower/Madrone/ Graham	60
Sunol Regional Wilderness 1-888-327-2757, option 3, ext. 4559	Sunol	Camp Ohlone Rd/McCorkle Trail/ Canyon View Trail/Indian Joe Creek Trail/Cave Rocks Road/ High Valley/Vista Grande Trail/ Eagle View Trail/Cave Rocks Road/Cerro Este Road/Camp Ohlone Road	62

At-A-Glance

Challenging Hikes

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Elevation Gain (feet)
●	●	● <i>Partial Use</i>	●			8	2,355
●	●	● <i>Partial Use</i>	●			11.92 Loop	1,358
●	●	● <i>Partial Use</i>	● <i>Partial Use</i>			7.8 Loop	1,404
●	●	●	●			12.6	2,040
●	● <i>Use leash on Stream & Bridal Trails</i>	● <i>Partial Use</i>	● <i>Partial Use</i>			7.74 Loop	1,601
●	●	● <i>Partial Use</i>	● <i>Partial Use</i>			8.31	2,027

Bay Point Regional Shoreline

Harrier Loop Trail

Length: 1.1-mile loop **Elevation Gain:** 26 feet

Location: Bay Point

GPS Coordinates: 38.039967,-121.963232

Intensity: Easy



PARTIAL
USE

Park Features: This area is the approximate midpoint 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—visitors should be prepared with a windbreaker (especially in colder months, which can be foggy). The Harrier Trail travels an enjoyable, easy route. Try to spot native birds like black shouldered kites and northern harriers from the trail! For an additional shoreline and trail experience, visitors may 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 (paralleling 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 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 Hwy 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: 5am-10pm.

Gate Hours: 8am-4pm.

Fees: None.

Website: www.ebparcs.org/parks/bay_point

BAY POINT REGIONAL SHORELINE

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.

NO DOGS ALLOWED IN MARSH

HARRIER TRAIL

.83-Mile Loop

.14

Hike Start/End

McAvoy Boat Harbor

BAY POINT

	Featured Trail
	Hiker, Horses, Bike - unpaved
	Paved Road
	Parking
	Restroom
	Picnic
	Seasonal Wetland, Marsh

North

0 1/8 1/4 Mi.

Rev. 8/18

Big Break Regional Shoreline

Visitor Center/Delta Discovery Experience/Big Break Loop, Levee Top

Length: 1.1-mile loop Elevation Gain: 13 feet

Location: Oakley

GPS Coordinates: 38.009326, -121.728651

Intensity: Easy



PARTIAL
USE

PARTIAL
USE

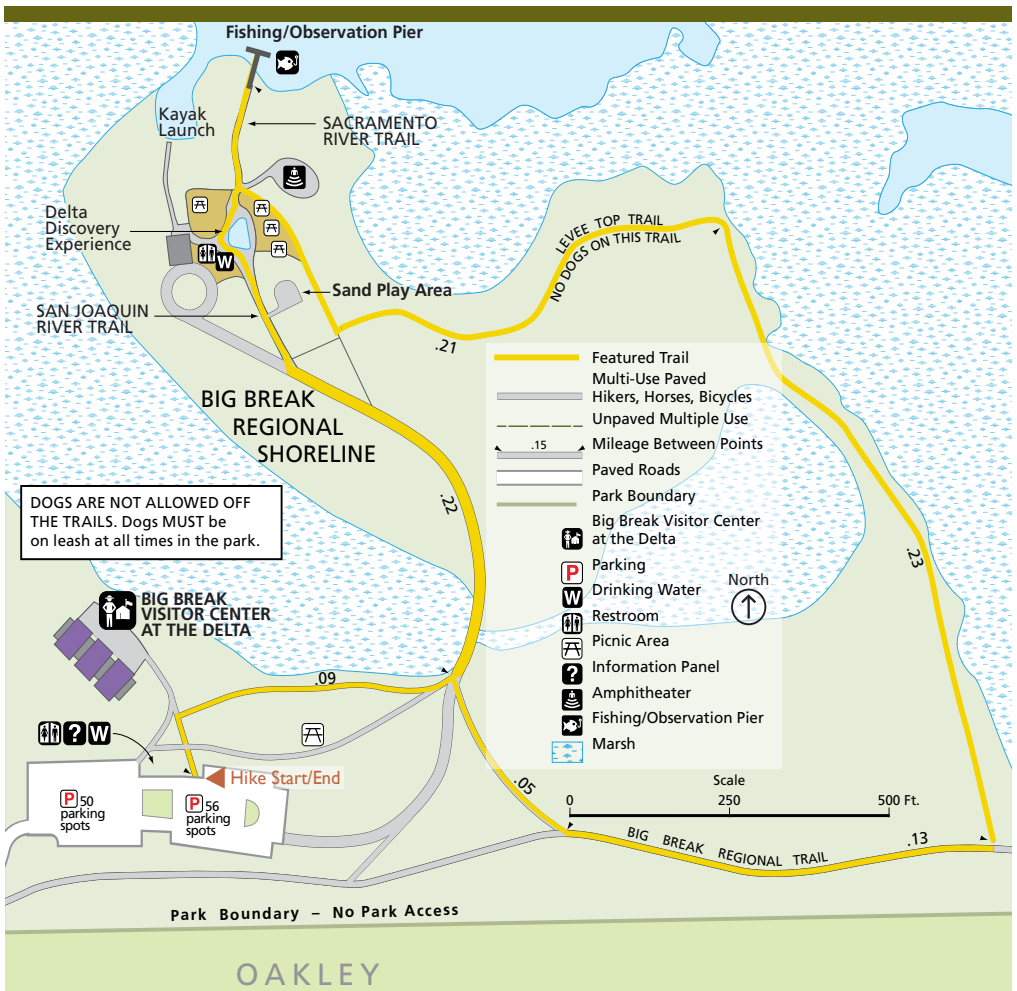
Park Features: Big Break gets its name from a 1928 levee break that submerged an asparagus farm. Located at the edge of more than 1,000 square miles of waterways, Big Break Regional Shoreline gives visitors a sense of the scale of the Sacramento-San Joaquin River Delta. Within kayaking distance of the park is the junction where seawater from the Bay meets snowmelt from the Sierras, a union that creates a unique habitat for a variety of wildlife, including birds and fish. With picnic areas, playground, a kayaking launch, and an exciting new Visitor Center, Big Break is an excellent way to spend time outdoors and learn the history and ecology of the Delta, a unique part of the Bay Area.

Trail Highlights: Big Break Regional Shoreline is chock-full of information on the Delta. This trail route gives visitors a chance to explore it through the Delta Discovery Experience, featuring multiple interpretive panels as well as a fascinating large-scale relief map that shows how water flows through the region. Visitors are encouraged not to miss the Visitor Center and to admire the view from the fishing/observation pier. The pier is a great place to observe wildlife, especially herons and egrets wading in the shallow marsh. The Levee Top trail passes directly by a beaver dam and an otter slide; quiet hikers might be lucky enough to spot a river otter or a beaver in their natural habitat!

Trail Directions: From the parking lot or the Visitor Center, follow the paved path north towards the pier and the Delta Discovery Experience. Here, you will notice that the three paths leading away from the Delta map are named after important rivers. Follow the Sacramento River Trail out to the Fishing/



Photo: Marc Crumpler



Observation Pier, then turn around and follow the Sacramento River Trail towards the San Joaquin River Trail. Take the first left onto the dirt Levee Top Trail. Follow the Levee Top Trail until it intersects with Big Break Regional Trail, then make a right to head back to the Visitor's Center and parking lot.

Driving Directions: Take Hwy 4 E and exit CA-160 towards Rio Vista/ Sacramento. Take the exit for Main St./E 18th Street. Turn right onto Main Street. Turn left onto Big Break Road. Turn right into the park.

Park Hours: 8am-sunset (varies seasonally).

Fees: None.

Note: No dogs in marsh areas.

Website: www.ebparcs.org/parks/big_break

Coyote Hills Regional Park

Quail/Bayview Trail Loop

Length: 2.8-mile loop **Elevation Gain:** 141 feet

Location: Fremont

GPS Coordinates: 37.55397, -122.09139

Intensity: Easy



ON
LEASH

PARTIAL
USE

PARTIAL
USE

PARTIAL
USE

PARTIAL
USE

Park Features: With its striking hills, scenic shoreline, preserved wetlands, Ohlone village site, and Visitor Center, Coyote Hills offers something for everyone. The varied, almost otherworldly landscape of the park makes for a good spot to get away for the day. The bay side of the hills is often windy, but brave the gusts, and you'll be rewarded with sights that may awe and inspire you.

Trail Highlights: This hike takes you past the Dairy Glen group camping area and out around the base of the hills to provide great views of the bay and the multicolored salt evaporation ponds. Seagulls wheel high above you as you are buffeted by the cool bay air. If you are lucky, you may catch a glimpse of a golden eagle amongst the seagulls, shorebirds, and songbirds that call the park their home. The trail is mostly flat and much of it is paved, making it a good choice for runners and walkers alike.

Trail Directions: Starting from far end of the Visitor Center parking lot, find Quail Trail heading to the south and gently uphill. Follow Quail Trail for .15 mile until you reach the intersection with the Bay View Trail. Make a right on Bay View Trail. After .24 miles, the trail forks; follow the paved trail to your right, following signs for Bay View Trail. After .07 miles, stay right on the paved trail. Continue on the paved Bay View Trail along the shore for about 1.5 miles. Pass the intersection with Red Hill Trail, continuing on the paved trail for another .8 miles back to the Visitor Center.

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

Park Hours: Nov – Apr: 8am-5pm; May: 8am-7pm; Jun – Aug: 8am-8pm; Sept: 8am-7pm; Oct: 8am-6pm.

Fees: \$5/vehicle; \$2/dog.

Note: Dogs must be leashed and under control at all times.

Website: www.ebparks.org/parks/coyote_hills



Photo: Jerry Ting

Quarry Lakes Regional Recreation Area

California Trail/Old Creek Trail/Western Pacific/Isla Tres Rancheros Loop

Length: 3.6 miles

Elevation Gain: 75 feet

Location: Fremont

GPS Coordinates: 37.57243,-122.01307

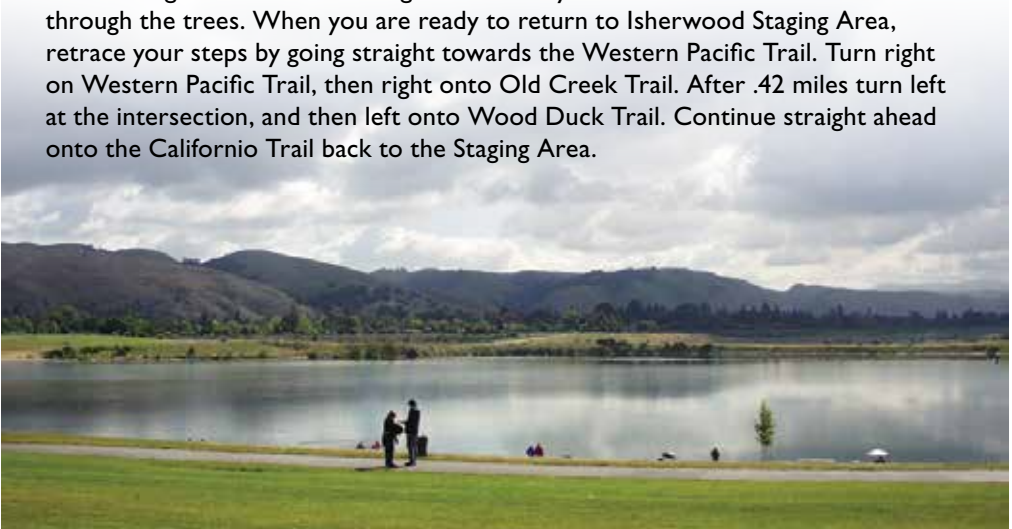
Intensity: Easy



Park Features: Quarry Lakes is, as the name suggests, a former gravel quarry that has now been transformed into Horseshoe and Rainbow Lakes as well as a willow slough. Horseshoe Lake features a swimming area and boat launch, as well as a picnic area. The rare fruit tree grove, maintained by volunteer gardeners, is also a park highlight.

Trail Highlights: This waterfront trail is flat and beautiful, featuring not only two lakes and a slough, but also a stroll through the fruit tree grove. The trail also passes many of the locations of interest in the park's botanical scavenger hunt, as well as both the Volunteer Recognition redwood grove and the Bald Cypress Grove. If you want to see the trees fruiting, summer would be a good time to take this trail. However, if you come during spring or fall, you may be able to see the many migratory birds that rest in Alameda Creek, which is a stop along the Pacific Flyway.

Trail Description: From Isherwood Staging Area, head through the entrance gate and take California Trail to the right for about .4 miles; once on the trail, keep left to stay along the water. Turn left onto Old Creek Trail, following it straight for a short way, and then, at the intersection, to the right, and continue for about a half mile. Head left on Western Pacific Trail (no trail marker here) and follow it for .36 miles. Turn left on Isla Tres Rancheros Trail to take the .72-mile loop walk through the rare fruit tree grove. You may wish to leave the trail and wander through the trees. When you are ready to return to Isherwood Staging Area, retrace your steps by going straight towards the Western Pacific Trail. Turn right on Western Pacific Trail, then right onto Old Creek Trail. After .42 miles turn left at the intersection, and then left onto Wood Duck Trail. Continue straight ahead onto the California Trail back to the Staging Area.



Shadow Cliffs Regional Recreation Area

Water Slide/Levee/South Arroyo/North Arroyo/Levee/Water Slide Trails

Length: 2.8-mile loop Elevation Gain: 236 feet

Location: Pleasanton

GPS Coordinates: 37.670748,-121.844780

Intensity: Easy



Park Features: Just outside downtown Pleasanton, Shadow Cliffs features an 80-acre lake, trails, and a seasonal swimming beach complete with refreshment stand and lifeguards. The park is a popular fishing spot. The District plants trout and catfish weekly and there is a fish cleaning station on site. Visitors can launch their own boat onto the lake for a fee. Boats, kayaks and paddle boards are available for rent at the marina as well. Ample parking and numerous picnic areas round out the impressive features this park has to offer.

Trail Highlights: The land at Shadow Cliffs was formerly a gravel quarry. Trails are graveled or dirt and are mostly flat and wide. There are no markers for these trails so be sure to pick up a park map before you begin your hike. The trail offers views of the marsh and lake area, as well as a variety of habitats. Walk the Arroyo for a chance to glimpse, or hear, hawks, quail, heron, mallards and other bird species.

The trail runs along the shoreline; during the rainy season, it can be very wet. Water and restrooms are located at the picnic sites, and benches are located along the trail.



Photo: Robin Macyoff

Trail Directions:

Starting at the entry kiosk, head west towards the restroom and picnic area. Walk along the paved path past the pollinator garden and continue onto Water Slide Trail. Continue around to the right side of the marsh. The path runs parallel to Stanley Boulevard, looping around the marsh. At an intersection before the BMX park, take the Levee Trail to the left. When you reach the

Sycamore Valley Open Space Preserve

Sand Hill/Shady Slope/Short Ridge

Length: 2.2-mile loop **Elevation Gain:** 449 feet

Location: Danville

GPS Coordinates: 37.80913,-121.94823

Intensity: Easy



Park Features: This park is a small oasis in the midst of an urban area. It offers a quiet and welcome respite from the city, as well as sweeping views at the trail's crest. The grassland preserve, with scattered oak savanna, supports wildlife ranging from Western bluebirds, and gray fox, to Pacific tree frogs. Once home to the Bay Miwok native peoples, the lands were later used for grazing and farming by local settlers who established the Sycamore Valley as a highly productive agricultural region.

Trail Highlights: This hike takes place in the Short Ridge section of the park. Though short, this trail is quite steep in sections. It is also almost entirely exposed to the sun. Bring water and be prepared to take lots of breaks as you head up the hill. However, the hard climb is rewarded with views at the top. In the rainy season a strong creek rushes under the bridge on the path.

Trail Directions: From the parking lot on Sherburne Hills Road, follow the signs toward the Shady Slope Trailhead. Cross through the cattle gate onto Shady Slope Trail and continue uphill for .43 miles. At the next signpost, turn right to continue following Shady Slope Trail. After .18 miles, turn right at the crest of the hill onto Short Ridge Trail. Continue for .51 miles. Keep straight until you reach the 4-way intersection for Sand Hill Trail, then turn right. Take Sand Hill Trail downhill for .73 miles, then cross through the cattle gate. Follow the path down past the baseball fields until you come to a soccer field, then turn right and follow the paved path along the edge of the field. At the end of the field, turn left on the paved path and walk for about 40 feet, then take the stairs right back onto the parking lot.

Driving Directions: From I-680 S, take exit 38 for Sycamore Valley Road in Danville. Follow Sycamore Valley Road for 1.5 miles, then continue on to Camino Tassajara. Turn left onto Sherburne Hills Road, then turn right to find parking.

Park Hours: 5am-10pm (unless otherwise posted).

Fees: No fee.

Website: www.ebparks.org/parks/sycamore

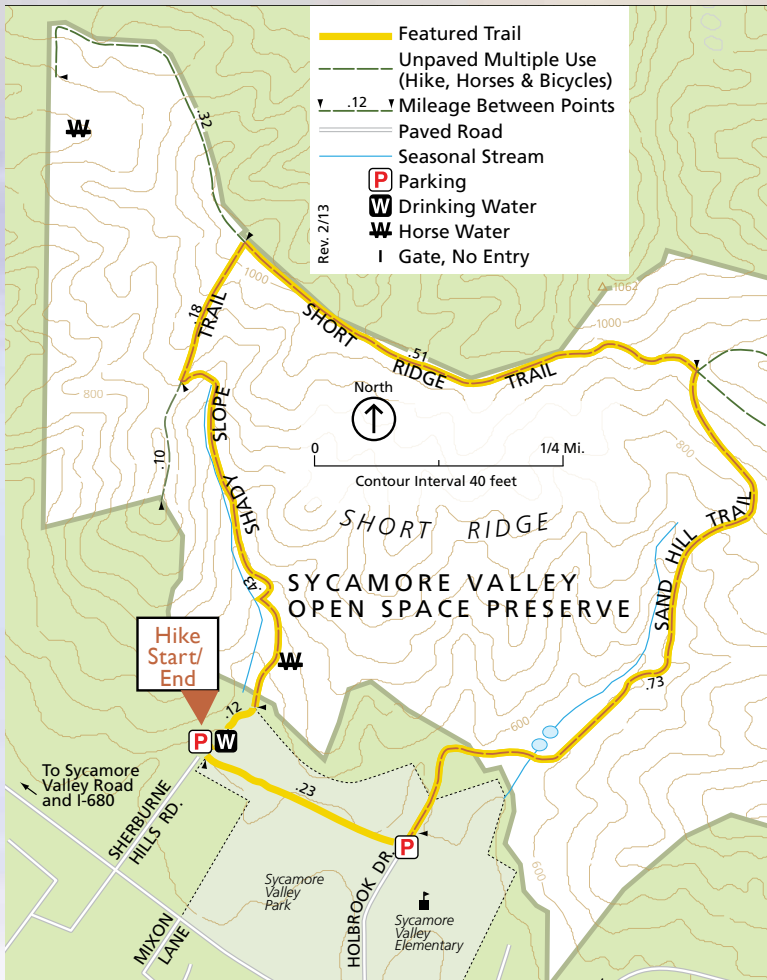


Photo: Shelly Lewis

Temescal Regional Recreation Area

Dam Trail/East Shore Trail/Oak Bay Trail Loop

Length: 1.1-mile loop **Elevation Gain:** 78 feet

Location: Oakland

GPS Coordinates: 37.847594,-122.232762

Intensity: Easy



ON
LEASH

PARTIAL
USE

PARTIAL
USE

Park Features: Established in 1936, Temescal is one of the District's three original parks. Exciting historic features include the beautiful stone Beach House, patio and waterfall, which were built in 1940 by Works Progress Administration workers. Temescal features two playgrounds, one on each side of the park; picnic areas located throughout the park. The lake is usually open for swimming from late spring to early fall, and fishing is allowed year-round in designated areas. The lake is stocked with rainbow trout during winter and catfish in summer; it is also home to largemouth bass, red-eared sunfish, and bluegill. This is a perfect park for families with children, and a great spot to have a picnic with friends.

Trail Highlights: Lake Temescal is truly an oasis, though located just next to a busy metropolis. When walking along the water's edge, watch for birds like ducks, Canadian geese, cormorants, and kingfishers. In the spring, wild onions, lilies, and other flowers bloom along the west edge of the lake. On the Oak Bay Trail, you'll climb a bit above the lake through some shaded woodland, with a bench at the halfway point that looks out at the hills. Take your time as you walk and appreciate the tranquility of the lake and park.

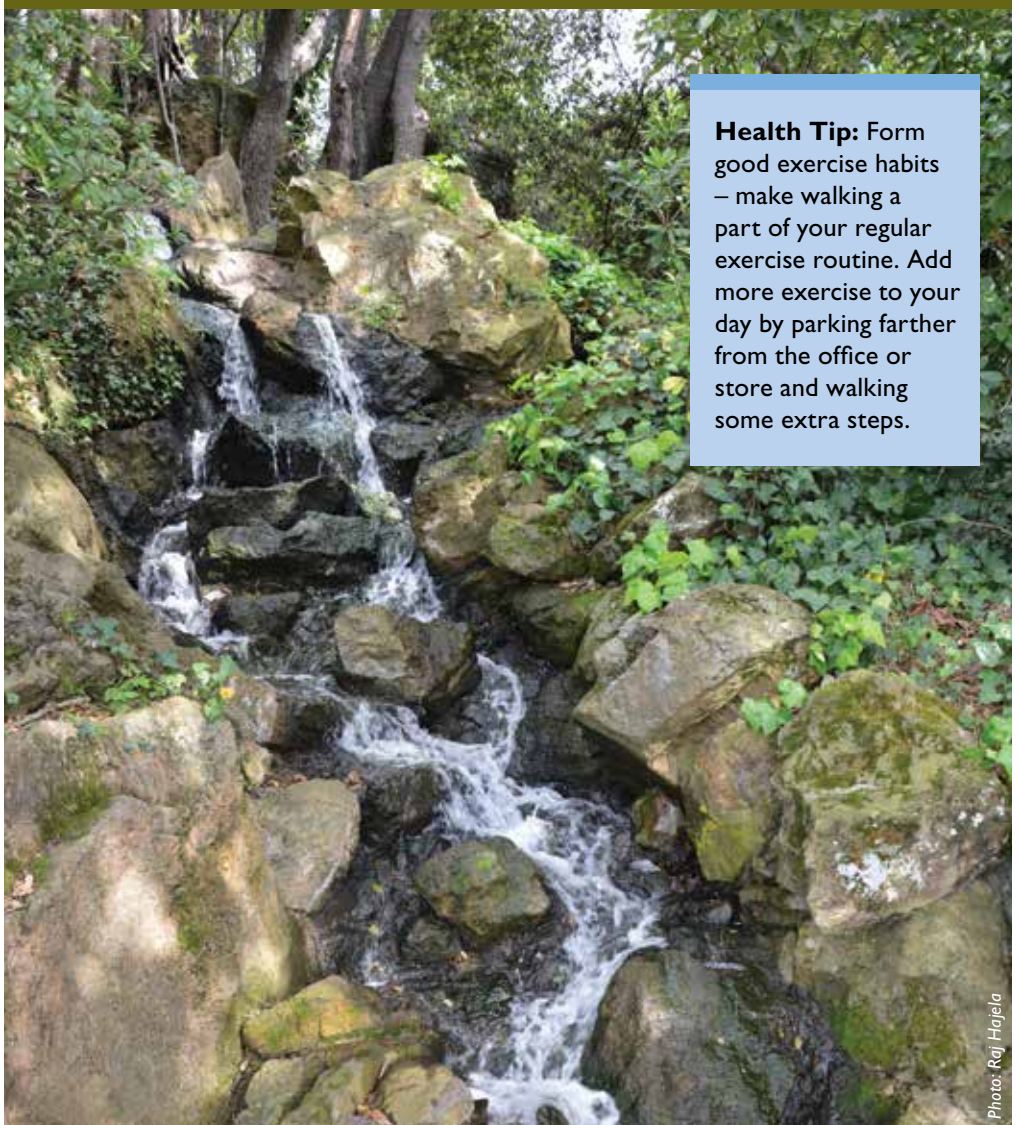
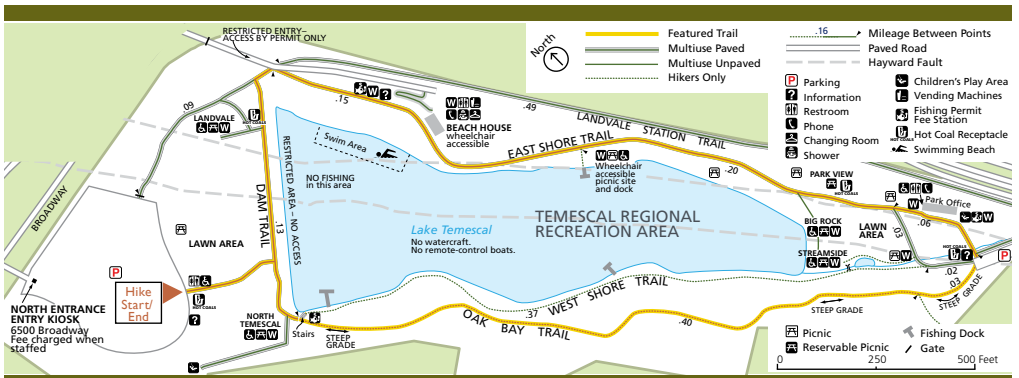
Trail Directions: Park in the north entrance parking lot off Broadway Ave. Follow the main path through the lawn area and turn left onto the Dam Trail. After about 500 feet make a right, before the crosswalk, onto the East Shore Trail. Head south along the lake for .41 miles, ending at a grassy lawn with redwoods, next to the south parking lot. Near the beginning of the West Shore Trail look for a dirt path heading through the redwoods that connects to the Oak Bay Trail. Follow this trail for about .4 miles to return to the north playground, picnic areas and parking lot.

Driving Directions: From CA-24 E, take the Broadway exit, turn left on Broadway and proceed for about .6 miles to the park's north entrance. From CA-24 W, exit 6, left onto Caldecott Ln, right to stay on Caldecott. Left onto freeway overpass, right at first cross street onto Broadway, left into parking lot.

Park Hours: 8am-10pm (unless otherwise posted).

Fees: Parking – April through October – \$5/vehicle; Dogs:\$2/dog Guide/service dogs free (when kiosk is attended).

Website: www.ebparks.org/parks/temescal



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.

Photo: Raj Hajela

Brushy Peak Regional Preserve

Brushy Peak Loop Trail/West Side Loop Trail Loop

Length: 4.3-mile loop **Elevation Gain:** 754 feet

Location: Livermore

GPS Coordinates: 37.74703,-121.70896

Intensity: Moderate



Park Features: Brushy Peak and the surrounding area has been recognized as sacred by generations of native Californians. It was once home to the Ssaoam people, a tribelet of the Ohlone peoples who lived and traded in the lands surrounding the peak. The park's open grasslands support a diversity of wildlife, especially ground squirrels and cottontails that are prey for a variety of hawks, and golden eagles. South-facing slopes of the peak host a coastal sage community of plants.

Trail Highlights: This trail takes you almost to the very top of Brushy Peak, and has some fairly steep sections. Although the terrain is initially grassy and relatively smooth, as the trail climbs, it begins to pass through outcroppings of sandstone that add texture to the landscape. The large ponds at the base of the peak provide habitat for frogs and turtles, as well as the occasional San Joaquin kit fox. At the apex of the climb, you are rewarded with views of the sweeping ranchland and rolling hills that surround the park, as well as the windmills of Altamont Pass. This trail is best when the grasses are green during or just after the wet season.

Trail Directions: From Laughlin Ranch Staging Area, head slightly uphill to find the trailhead marked Brushy Peak Loop Trail. Follow Brushy Peak Loop Trail for 1.16 miles, until you reach a cattle gate. Cross through the gate, and then head west to stay on Brushy Peak Loop Trail for another 2.1 miles. Once you reach the junction with West Side Loop Trail, take a left and continue downhill to finish the loop. Make sure to keep right around the cattle pond, as there are many branching, small trails. Continue for 0.93 miles, then safely cross Laughlin Road to re-enter Laughlin Ranch Staging Area and finish your hike.

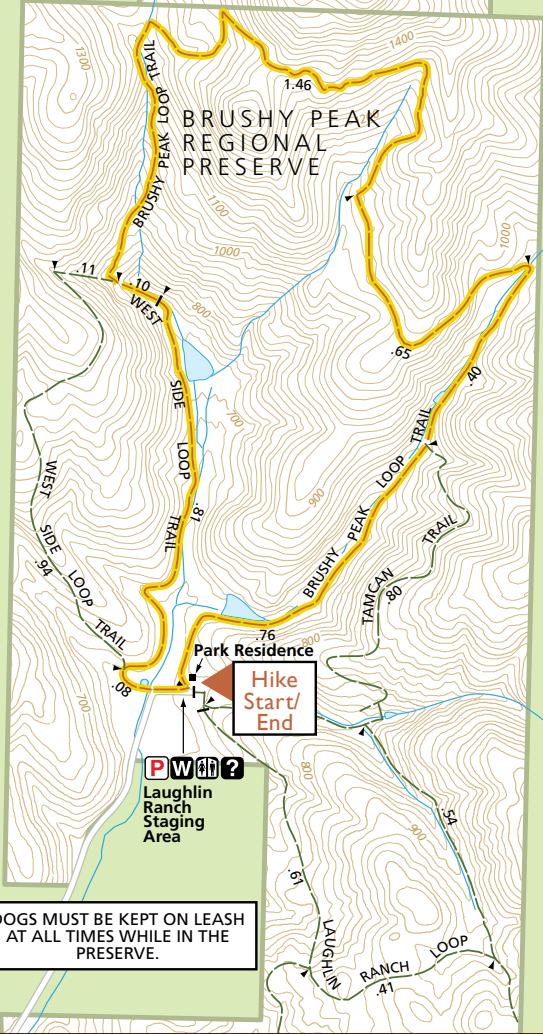
Driving Directions: From I-580 westbound in Livermore, take the N. Greenville Road/Laughlin Road exit (Exit 57). Turn left at the exit onto Altamont Pass Road, then right onto Laughlin Road and drive about 2 miles into the park. From I-580 eastbound, take the Vasco Road/Brentwood exit (Exit 55) and turn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

Park Hours: Jan 1 – 31: 8am-5pm; Feb 1 – Mar 12: 8am-6pm;
Mar 13 – Apr 17: 8am-7pm; Apr 18 – Sep 5: 8am-8pm; Sep 6 – Nov 5: 8am-7pm;
Nov 6 – Dec 31: 8am-5pm.

Fees: None.

Website: www.ebparcs.org/parks/brushy_peak

RESOURCE PROTECTION AREA.
ACCESS BY RESERVATION ONLY.
CONTACT LIVERMORE AREA
RECREATION AND PARK DISTRICT
(925) 373-5700.



4/18

- Featured Trail
- Unpaved Multiple Use (Hike, Horses & Bicycles)
- Mileage Between Points
- Paved Road
- Seasonal Stream
- Seasonal Pond, Lake
- Parking, Disabled Accessible
- Drinking Water, Accessible
- Restroom, Disabled Accessible
- Information Panel
- Gate

North

0 1/4 1/2 Mi.

Contour Interval 20 feet

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.

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



Photo: Robin Moyoff

Carquinez Strait Regional Shoreline

Bull Valley Trail/Carquinez Overlook Loop Trail/Bull Valley Trail Loop

Length: 4.8-mile loop **Elevation Gain:** 784 feet

Location: Crockett

GPS Coordinates: 38.052571, -122.201252

Intensity: Moderate



Park Features: This parkland comprises 1,415 acres of bluffs and shoreline between the towns of Crockett and Martinez. It is home to mule deer, 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 roosting 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 region.

Trail Highlights: From the blue waters of Carquinez Strait to the north, to the rolling hills to the south, this park offers magnificent views. There are several benches along the way for rest and contemplation. The picnic areas at Eckley Pier are a fine place to end your hike. The trail traverses open grasslands and small eucalyptus groves that provide welcome shade on a sunny day. At the midway point, the trail takes you through the historic town of Port Costa for a short way. You may wish to explore the town on your own before returning to the trail route.

Trail Directions: From the Eckley Pier parking lot, find the gate and trailhead near the traffic circle, and head east and uphill on the Bull Valley Trail. Make a left in about half a mile onto the Carquinez Overlook Loop Trail. After .4 miles, stay left at first unmarked trail intersection and continue on the Carquinez Overlook Loop Trail for another .13 miles. Keep right at the second unmarked trail junction, then, stay left when the Carquinez Overlook Loop Trail forks. A short distance past the benches and picnic table, turn left at the unmarked trail junction, heading downhill towards the eucalyptus trees. After 0.1 miles, keep left to continue towards Prospect Ave. Exit through the gate and continue down the semi-paved pathway. After 0.2 miles, you will reach Prospect Ave. Follow Prospect for 0.2 miles until it intersects with Canyon Lake Dr. Cross at the crosswalk, head right for 400 feet, then turn left onto Reservoir St. Continue for 0.1 miles, then cross through the Fire Trail gate on your left and follow the trail for .4 miles. Turn left at the cattle pen and keep left for .25 mile, then take another left. Follow this trail for .21 miles across a stock pond dam and uphill to a viewpoint. To hike back, head downhill the way you came for .46 miles, making sure to keep right, then make a right at the cattle pen. After .4 miles, you will be back on Reservoir. Turn right on Reservoir, and then turn right on Canyon Lake after 0.1 miles. Follow Canyon Lake for .2 miles, then turn left on Prospect. Walk about 20 yards up Prospect and turn left at the “Narrow Winding Road” sign. Head through the gate and turn left to take Bull Valley Trail back to Carquinez Overlook Loop. After .63 miles, turn left and continue for 0.11 miles, then turn right to walk the last .4 miles back down to the Eckley Pier parking lot.



Photo: Marc Crumpler

Driving Directions: The Bull Valley Staging Area offers access to Eckley Pier and the western portion of the park, accessible from Carquinez Scenic Drive. From Highway 4 west of Martinez, exit at Cummings Skyway. Turn right on Crockett Boulevard, right again on Pomona Street in Crockett. Pomona Street becomes Carquinez Scenic Drive. Proceed to the staging area, on the left and drive to the lower parking lot near Eckley Pier.

Park Hours: 5am-10pm (unless otherwise posted).

Fees: No parking or dog fees.

Website: www.ebparks.org/parks/carquinez

Don Castro Regional Recreation Area – Five Canyons Open Space

Whispering Creek Trail/Chabot-Garin Trail/Shady Canyon Trail/Chabot-Garin Trail/Ridgetop Trail Loop

Length: 5-mile loop **Elevation Gain:** 807 feet

Location: Hayward

GPS Coordinates: 37.691546,-122.054784

Intensity: Moderate



PARTIAL
USE

PARTIAL
USE

PARTIAL
USE

Park Features: Don Castro features a lake, fishing, and lagoon swimming, as well as picnic areas and shaded, gentle hiking trails around the lakeshore. Five Canyons Open Space has over 300 acres of open space and is much steeper, but the hard climbs are worth it for the park's ridgeline views. A portion of the hike follows the Bay Area Ridge Trail.

Trail Highlights: This trail takes you through two park areas, each very different from the other. The route offers varied terrain, including a walk along an old reservoir as well as a climb up a ridge that provides stunning views of the Bay Area. The hike back to Don Castro winds along a shaded creek, a welcome respite from the sunny ridge.

Trail Directions: From the Don Castro main parking lot, head towards the entrance and the kiosk. Continue past the kiosk, following the sidewalk across the bridge until you come to the Whispering Creek Trail on your left. Follow Whispering Creek Trail along the lake for .4 miles. At the fork, keep left and continue for .24 miles following the shoreline. At the next signpost, keep right and follow signs for Chabot-to-Garin Regional Trail. At the bridge, keep straight; do not cross. Continue until you come to a paved road; turn left, following the Chabot-Garin Regional Trail. At the Private Property sign, make a right to continue on Chabot-Garin Regional Trail. This path will take you to Five Canyons Parkway. Make a right and cross safely at the first crosswalk. Turn right, then walk about 50 feet.

Enter Five Canyons on your left, following signs for Chabot-to-Garin Regional Trail. After .5 miles, cross through the cattle gate and make a left onto the paved fire road. Keep to the shoulder and climb for .31 miles. At the top, the paved road becomes gravel. Cross through the cattle gate and continue for .54 miles, then make a right onto Shady Canyon Trail. At the next intersection, turn right to stay on Shady Canyon Trail. Cross through the cattle gate and continue to the right. At the sign for Deer Canyon Trail, make a right again to stay on Shady Canyon Trail. Head straight, crossing Canyon Terrace Drive safely. Continue for about 400 feet, then cross Boulder Canyon Drive and follow the paved trail through Ridge Trail Park. After exiting the park, make a sharp left to continue to follow Shady Canyon Trail. Once you reach the sidewalk, turn left. Continue until you reach the "fire trail" gate, then head left down Chabot-Garin Regional Trail. Turn left at the private property sign. After about 200 feet, make a right, following signs for Chabot-Garin Regional Trail. Cross the bridge to your right, then head left to follow Ridgetop Trail. At the next fork, keep right to continue on Ridgetop. Come to a gate, cross through it, then head left to return to the parking lot.



Health Tip:

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



Photo: Jerry Ting

Driving Directions: From I-580 East from San Leandro, take the Grove Way exit in Castro Valley; 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 West take the Castro Valley exit and continue west on 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 Hours: 8am-10pm (varies seasonally).

Fees: May – Sept. only. Parking \$5 on weekends and holidays. \$4/trailer. \$25/bus. Dogs: \$2/dog (Guide/service dogs free). Beach Access: \$3/adult, \$2/children & seniors.

Website: www.ebparks.org/parks/don_castro

Garin/Dry Creek Pioneer Regional Parks

High Ridge/Newt Pond/Old Homestead/Vista Peak Loop/Ziele Creek/
Garin Woods/Vista Peak Loop/Old Homestead Trails Loop

Length: 5.23-mile loop Elevation Gain: 1,207 feet

Location: Hayward

GPS Coordinates: 37.62871,-122.02959

Intensity: Moderate



PARTIAL
USE

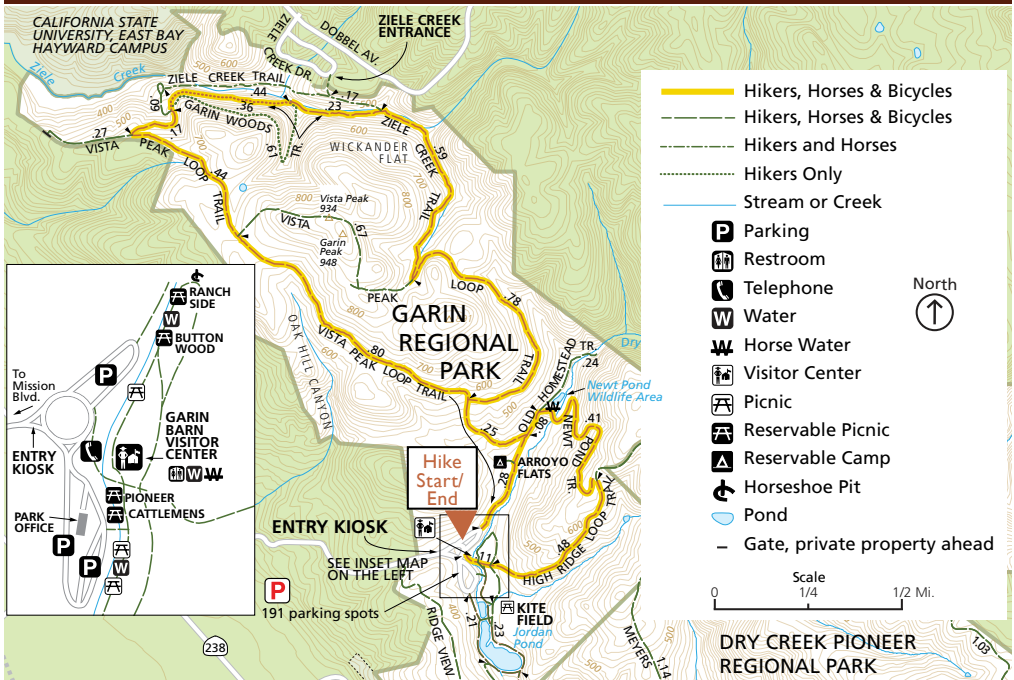
PARTIAL
USE

Park Features: The park's rolling hills and narrow valleys were home to years of farming and ranching. Explore the history at the Garin Barn Visitor Center, open weekends in summer. Today the park also features kite flying, hiking, birdwatching, and horseback riding, and picnicking. In fall the park hosts an annual apple festival. At the south end of the park, the Dry Creek Garden is a beautiful spot.

Trail Highlights: Though Garin Regional Park is not that far off the beaten path, the contours of its valley and the quality of its scenery makes it feel secluded and wild. Newt Pond Trail in particular is narrow and has heavy vegetation, for which long pants may be necessary. Zielle Creek Trail is shaded by lush oaks and bays, and the creek usually runs well after the rainy season. Please note: this area of the park gets very muddy in a wet winter. Although the trail does not pass directly by Garin Peak, you'll reach elevations high enough to see the bay as well as the Coyote Hills in the distance.



Trail Description: From the Garin Barn Visitor Center, head straight, following signs for High Ridge Loop Trail. Cross through the cattle gate and take the right-hand path (the wider path) for about .5 miles. At the next signpost, make a left and continue for about 100 feet until you come to a sign for Newt Pond Trail. The trail is immediately to your right, and is small enough to look like a cattle trail. Take Newt Pond Trail for .38 miles, then cross the stream and turn left at the next signpost onto Old Homestead Trail. After .08 miles, turn right at the fork to head up to Vista Peak Loop. After .25 miles, turn right at the signpost and continue on Vista Peak Loop for .78 miles. Make sure to keep left at the Bailey Ranch Trail



signpost to stay on Vista Peak Loop. When you come to the junction with Zeile Creek Trail, turn right. Follow Zeile Creek Trail for .59 miles, then head left at the next fork to take Garin Woods Trail for .23 miles. At the next fork, turn right to follow the lower trail. The lower and upper trails reconnect after .36 miles. Turn left onto Zeile Creek Trail. In .17 miles, turn left on Vista Peak Loop Trail. Stay on this trail, keeping right at the intersection after .44 miles. Head straight at the next intersection, after .80 miles, then turn right onto Old Homestead Trail. Follow Old Homestead Trail about .3 miles to the end at the Arroyo Flats entrance. Walk through the parking area to return to the Visitor Center area where you started.

Driving Directions: From I-580 eastbound, take the I-238 exit and keep left for downtown Hayward. Continue onto Foothill Blvd. for about 2 miles. Use any lane to turn right onto A Street, then use one of the three left lanes to turn left onto Missions Blvd. Follow Mission Blvd. 3.8 miles and then turn left onto Garin Avenue and drive uphill into Garin Park.

From I-580 westbound, take the Strobridge Avenue exit. At the end of the ramp turn right onto Strobridge Avenue. At the first stop light turn left onto Castro Valley Blvd. Follow Castro Valley Blvd. under the freeway and then turn left onto Foothill Blvd. and then follow directions above.

Park Hours: 8am-sunset (varies seasonally).

Fees: \$5/vehicle; \$2/dog.

Website: www.ebparks.org/parks/garin/

Hayward Regional Shoreline

San Lorenzo Creek/San Francisco Bay Trail and return

Length: 6.1 miles

Elevation Gain: 55 feet

Location: Hayward

GPS Coordinates: 37.669742, -122.157782

Intensity: Moderate



PARTIAL
USE

Park Features: Hayward Regional Shoreline contains over a thousand acres of marshlands and seasonal wetlands. The park's levees, originally built for salt evaporation ponds, now provide visitors with long, flat paths along the bay that are perfect for biking, hiking, or jogging. Fishing is allowed at various points along the trail, but only with a license. Although the park is unshaded, the cool bay air is refreshing and makes this park a wonderful spot at almost any time of year.

Please note: Dogs are not allowed on this route past Hayward Landing.

Trail Highlights: This route follows the trail out and back, with a loop at the far end around the landfill and along the flood control channel. With marsh views to the east and the Bay to the west, there is always plenty to marvel at. Birdwatchers especially will appreciate the abundant shorebirds and other wildlife along the way. The trail is flat, making for easy jogging or biking. On a sunny day, the light reflects beautifully on the bay and marsh waters.

Trail Directions: Beginning your walk at the Grant Ave. staging area, follow the trail north for .19 miles to the San Lorenzo Creek channel. Go through the gate and head left to follow the trail along the creek for .19 miles. Make a left onto the Bill Lockyer/San Francisco Bay Trail. Keep straight on this trail for about 2 miles. You will cross three bridges on the way to the Hayward Landing bridge. At the third bridge, continue straight. Cross the bridge at Hayward's Landing (dogs not permitted past this point), then continue straight for .29 mile to begin the loop around the landfill. Make a left and continue east on the gravel road for .27 miles, then turn left and head north for .39 miles. Head right and travel through the parking lot and make the first left onto a paved road that parallels the flood channel. Turn right after .5 miles and head back the way you came. Follow the San Francisco Bay Trail for about 2 miles, then turn right before crossing San Lorenzo Creek. Follow this trail for .19 miles, then turn right again to take the paved trail back to the Grant Ave., staging area.

Driving Directions: From I-880, take the Washington Avenue exit. Head south on Washington Avenue to Grant Avenue, then turn right on Grant Avenue. The staging area is on the right side of the road about 100 yards from the end of Grant Avenue.



Photo: Roger Nyemaster

Park Hours: 5am-10pm (unless otherwise posted).

Fees: No fee.

Website: www.ebparks.org/parks/hayward

Miller/Knox Regional Shoreline

San Francisco Bay Trail/ Marine View Trail/ Crest Trail/ West

Length: 2.7-mile loop **Elevation Gain:** 492 feet

Location: Richmond

GPS Coordinates: 37.910422, -122.387561

Intensity: Moderate



PARTIAL
USE

PARTIAL
USE

PARTIAL
USE

Park Features: Miller/Knox Regional Shoreline is the result of a hard-won battle by local residents to preserve and protect former industrial lands. The park is named after California state senator George Miller Jr. and California assemblyman Jack Knox who helped secure and fund the parklands. The old ferry dock and abandoned buildings at Ferry Point once served Santa Fe passengers and freight and were the end of a transcontinental railroad. The saltwater lagoon is surrounded by grassy lawns and pleasant picnic areas, as well as a flat, paved trail. This area is well-suited for a morning jog, walking the dog, or relaxing with your family or friends. Parkgoers can also swim at Keller Beach, or take a more rugged walk in the park's hills across the street to the east.

Trail Highlights: This trail not only features several sites of key importance to the park's history, Ferry Point and Nicholl Knob, it also provides sweeping views from the hillcrest of the East Bay, the San Francisco Bay and beyond. Please note, sections of the trail are very steep and uneven.

Trail Directions: From Ferry Point Parking Lot, head west to Ferry Point. At the point, follow the shoreline. You are now on the old Santa Fe rail right-of-way and though unmarked, is part of the San Francisco Bay Trail. Join the paved trail, and at the lagoon, turn left to continue along the west side of the lagoon. At the restroom, turn left, and then turn right to follow the trail up to Dornan Drive. Follow Dornan Drive to the left until you reach Western Drive, just before the tunnel. Cross safely at the crosswalk and turn left on Western Drive. After about 100 ft, turn right at the sign that says "path" and follow the trail uphill towards Belvedere Ave. At Belvedere Ave, continue right and up the dirt path. You will intersect with Old Country Road; make a left and continue for about 800 feet. Turn left at the fork onto Marine View Trail, then after about 200 feet, turn left to connect to Crest Trail. At the paved road, turn left and head about 100 feet towards the gate. At the gate, turn right onto Crest Trail (sign hard to see) and follow to the top of the hill at Nicholl Knob. After admiring the view, to continue, follow the paved road for about 300 feet until you reach the sign for Crest Trail, then turn left. Continue for .25 miles along the ridge, descend the steps, and continue on Crest Trail until you reach False Gun lookout, a raised earthen circle. From the lookout circle, head to the west, first gently, and then extremely steeply downhill on West Ridge Trail. Follow West Ridge Trail for .36 miles. At the next signpost, take the steep path up the hill to West Ridge Point. From there, continue straight on West Ridge Trail, then make a left at the next signpost to follow West Ridge Trail to Dornan Drive. Carefully cross Dornan Drive and head left for .1 mile to return to Ferry Point Parking Lot.



Driving Directions: From I-580 West in Richmond, exit at Canal Boulevard. Turn left (south) at the light onto Canal Boulevard 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. The parking lot is at the intersection of Brickyard Cove Road and Dornan Drive.

Park Hours: 5am-10pm (unless otherwise posted).

Fees: No fee.

Website: www.ebparcs.org/parks/miller_knox

Round Valley Regional Preserve

Miwok Trail/Murphy Meadow Trail/Miwok Trail Loop

Length: 6.42 miles

Elevation Gain: 469 feet

Location: Brentwood

GPS Coordinates: 37.86979,-121.75022

Intensity: Moderate



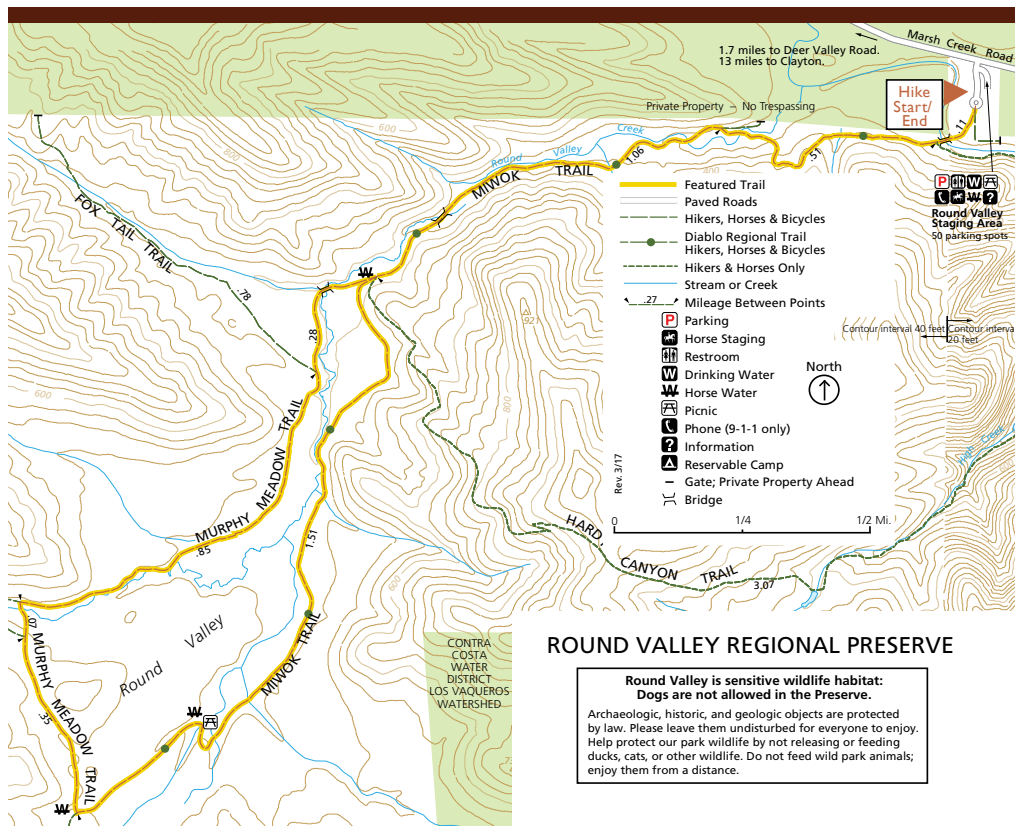
Park Features: This remote and wild valley abounds with wildlife and scenic beauty. The land still contains evidence of its historic use as ranchland by the Murphy family—from old plows to the remnants of old farm buildings. Its lush grasses and the almost cove-like shape of the hills surrounding the valley give it a distinctly pastoral feel. Marsh Creek, which runs seasonally under the bridge at the beginning of the trail, is an ideal place to soak your feet after a satisfying hike. The park also features several picnic areas and one camping area.

Trail Highlights: Save for a couple of moderately steep climbs at the beginning on the Miwok Trail, this is a flat route that takes you through the heart of peaceful Round Valley. Much of the trail borders a gentle, seasonal stream. You'll wander beneath the high hills, amid tall grasses and scattered oak groves, but much of the hike is in direct sunlight with little shade. Plan accordingly, arriving in early morning during summer months or enjoying the park in spring, late fall and winter. Make sure to stop at the picnic tables along the Miwok Trail for a snack in the shade of the mature oaks surrounded by historic farm relics.

Trail Directions: From the parking lot, walk .11 miles to the cement bridge, following signs for Miwok Trail. Cross the bridge and go through the cattle gate, staying right to follow Miwok Trail for 1.06 miles. There are smaller, single-track paths paralleling the main trail that dip down to the stream – you may follow these if you choose, as they never stray far from the trail and may in fact have more shade! Shortly after crossing a second bridge, you will come to an intersection where you continue straight on



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.



Miwok Trail for another 1.51 miles. At the second horse water trough, take a right onto the Murphy Meadow Trail. Follow this trail section for 0.42 miles, then take a right at the sign post and continue on Murphy Meadow Trail for another 1.13 miles. Continue past the intersection with the Fox Tail Trail, follow the trail through a green cattle gate to your right. You will then cross a small bridge and finish the loop by rejoining the Miwok Trail. Stay left and follow the Miwok Trail back to the parking lot.

Driving Directions: From Walnut Creek: From I-680, exit at Ygnacio Valley Road. Proceed on Ygnacio Valley Road to Clayton Road in Concord and turn right (east). Clayton Road becomes Marsh Creek Road in Clayton. Proceed east on Marsh Creek Road, past Deer Valley Road, until you reach the preserve staging area on your right.

From Brentwood: Take Walnut Blvd. south to Marsh Creek Road and turn right. When Marsh Creek Road intersects with Camino Diablo Road, bear right and stay on Marsh Creek Road. You will reach the preserve staging area on the left.

Park Hours: 8am-sunset (varies seasonally).

Fees: No fee. No dogs allowed.

Website: www.ebparks.org/parks/round_valley

Crockett Hills Regional Park

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

Length: 8-mile round trip

Elevation Gain: 2,355 feet

Location: Crockett

GPS Coordinates: 38.0488972,-122.2214611

Intensity: Challenging



PARTIAL
USE

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

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

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

Driving Directions: From Hwy. 4, exit at Cummings Skyway and drive north to Crockett Blvd. Turn right onto Crockett Blvd. and drive to the staging area on the left, about .5 miles from Pomona Street in Crockett. From I-80, exit Cummings Skyway and drive southeast to Crockett Blvd. Turn left onto Crockett Blvd. and drive to the staging area on the left.

Park Hours: 8am-sunset (varies seasonally).

Fees: None.

Website: www.ebparks.org/parks/crockett_hills

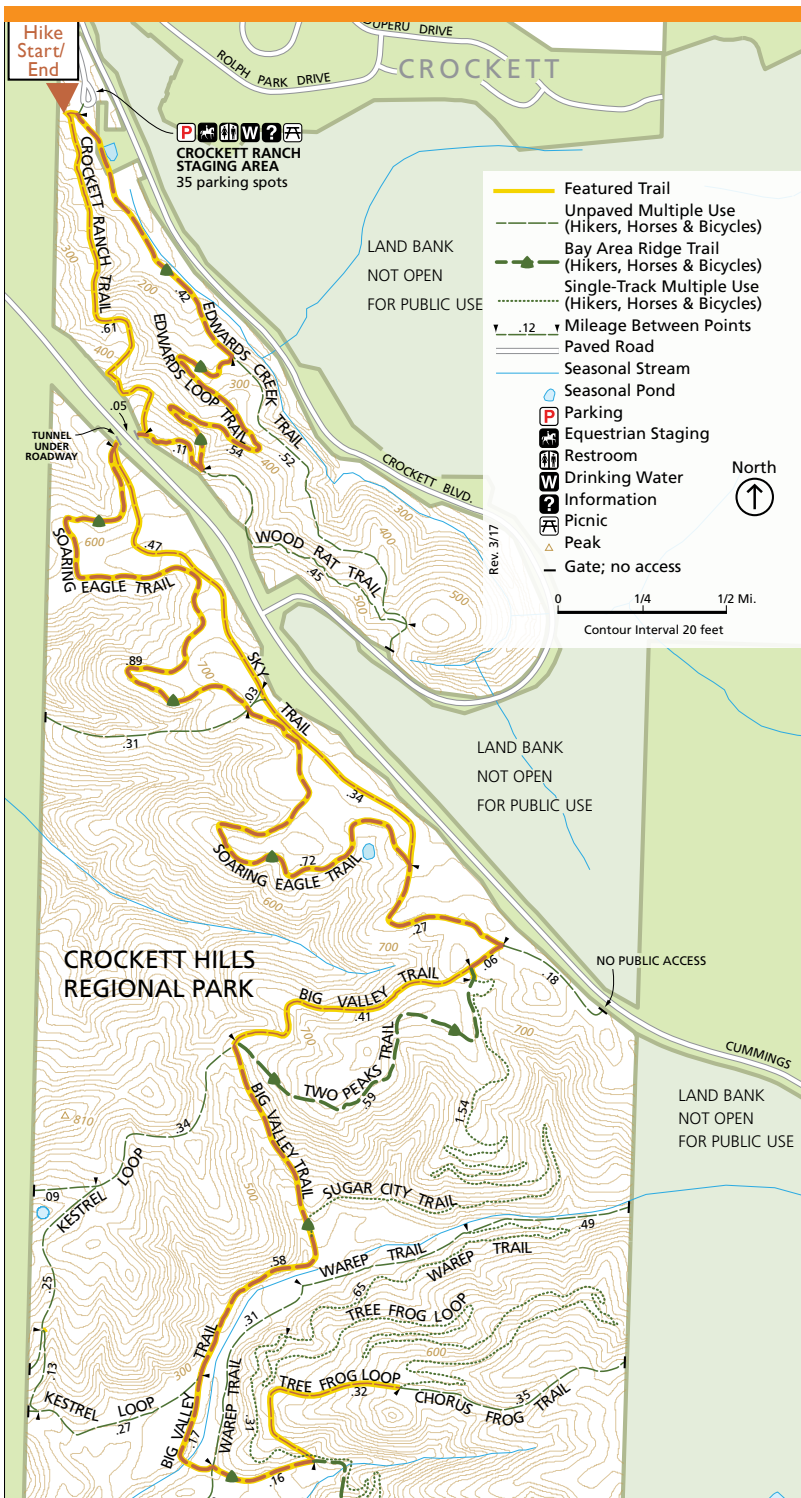


Photo: Nick Fullerton

Photo: Jasper Hitchen

Lake Chabot/Anthony Chabot Regional Parks

West Shore/Bass Cove/Columbine/Brandon/Escondido/Brandon/Towhee/
Live Oak/East Shore Trails Loop

Length: 11.92-mile loop Elevation Gain: 1,358 feet

Location: Castro Valley

GPS Coordinates: 37.715264,-122.102133

Intensity: Challenging



Park Features: Lake Chabot features opportunities for boating, biking, fishing and picnicking. Swimming and water contact is not permitted since the lake serves as a backup water supply for the East Bay. The park hosts annual fishing derbies, and there are many fishing piers along the shoreline. Mountain biking is also a popular park activity, as the park features a bike loop above and around the lake, as well as an adventurous hiking loop that follows much of the shoreline. The marina area lawns and play areas make it a popular spot to have a family picnic or barbecue with friends.

Trail Highlights: This is an extremely challenging hike. The trail begins along the flat and paved West Shore Trail, which follows Lake Chabot's scenic shoreline. From this path you can look out across the lake at boaters who have launched from the Marina. The heavily wooded Cascade Trail follows one of Lake Chabot's feeder streams (this section is subject to seasonal flooding and is best avoided after heavy rains). There is also a wonderful view of the bay from Towhee Trail. Much of the hike takes place on the Lake Chabot Bike Trail; although hikers have the right of way, be aware of your surroundings.

Trail Directions: From the Lake Chabot Marina parking lot, head left, following signs for West Shore Trail. Proceed for 1.82 miles and cross the Lake Chabot dam. Make a right after the dam onto Bass Cove Trail and follow it for 1.33 miles. At the next fork, make a right to stay on Bass Cove Trail, then continue for .46 miles. Keep straight to take Columbine/Cascade Trail 1.5 miles to the Stone Bridge. Make a sharp right at the signpost and follow Brandon Trail (and signs for the Lake Chabot Bike Loop) for .89 miles to Escondido Trail. Make a right on Escondido Trail. After 1.39 miles, make a right to reconnect with Brandon Trail and the Lake Chabot Bike Loop. Continue for 1.37 miles until you reach the day use parking lot. Safely cross Marciel Road and continue straight, following signs for Brandon Trail and Lake Chabot Bike Loop. After .13 miles, make a sharp right to follow Towhee Trail for .27 miles, then turn left onto Live Oak Trail. Follow Live Oak Trail for a little over a mile, continuing to follow signs for the Lake Chabot Bike Loop. Cross the bridge and then head right on the East Shore Trail for 1.65 miles until you return to the Marina.

Driving Directions: From I-580 West near Castro Valley, take the Strobbridge Avenue exit. Turn right on Strobbridge, right on Castro Valley Boulevard, and left on Lake Chabot Road. The Lake Chabot Marina is about 2 miles ahead on the right.

From I-580 East, exit at Redwood Road and head left. Turn left at Castro Valley Boulevard, then right on Lake Chabot Road. The Lake Chabot Marina is about two miles ahead.

Morgan Territory Regional Preserve

Clymal/Highland Ridge/Eagle/Volvon Loop/Valley View/Volvon/Blue Oak/
Hummingbird/Volvon/Condor Trails Loop

Length: 7.8-mile loop **Elevation Gain:** 1,404 feet

Location: Eastern Contra Costa County

GPS Coordinates: 37.818653,-121.795925

Intensity: Challenging



PARTIAL
USE

PARTIAL
USE

Park Features: Nestled in the Diablo Foothills, Morgan Territory is a stunning and remote 4,708 acre preserve with plenty of opportunities for exploration. Hiking and horseback riding are the park's premier activities. For intrepid visitors, the park also features a backpacking campground. Sandstone outcrops, lowland valleys, and expansive ridgetop views make for a varied experience. Make sure to pack plenty of water and a map or trail app; you may not come across many other hikers.

Trail Highlights: The hike begins with breathtaking views of Mt. Diablo in the distance. As the trail descends into the valley, it becomes beautifully rugged and wooded. By the time it crosses Morgan Territory Road, it parallels a creek and is lush and green. After a long climb up Highland Ridge and Eagle Trails, the Valley View trail rewards you with sweeping views of Round Valley Regional Park below as well as the Los Vaqueros watershed lands and reservoir to the south.

Trail Directions: From Morgan Territory Road Staging Area, cross Morgan Territory Road using the path marked Clyma Trail.. Once across the road, head through the cattle gate and follow Clyma Trail. After .4 miles, pass intersection for Mollusk Trail, and continue on Clyma Trail. After about 2 miles, you'll reach a junction with many trails. Head right and downhill for .1 miles, then, at the signpost, take the left fork, following signs for the Diablo and Bob Walker Regional Trails. Walk .28 miles until you come to Morgan Territory Road. Safely cross the road and enter the gate on the other side. Walk for .12 miles, then head straight at the fork to take Highland Ridge Trail. After .84 miles, head right on Eagle Trail and continue for .42 miles. At the signpost, turn left to follow Volvon Loop Trail for .7 miles, then turn left to take Valley View Trail. After .74 miles, continue straight to stay on Valley View for another .37 miles. Then, turn left on Volvon Trail and cross through the cattle gate. Continue for .08 miles, then turn left on Blue Oak Trail. In .63 miles, turn right on Hummingbird Trail to head back to Volvon Trail. After .1 miles, turn left. Follow Volvon Trail for .41 miles, then turn right on Condor Trail. After .39 miles, cross through the cattle gate and continue straight for .12 miles to return to Morgan Territory Road Staging Area.



Photo: Marc Crumpler

Pleasanton Ridge Regional Park

Courdet/Ridgeline/North Ridge/Cowing/Sinbad Creek/
Ridgeline/Courdet Trails Loop

Length: 12.6-mile loop Elevation Gain: 2,040 feet

Location: Pleasanton

GPS Coordinates: 37.661517,-121.913867

Intensity: Challenging



Park Features: This beautiful park, with its steep and striking, oak-covered ridge, features hiking, biking, and equestrian trails. Limited development keeps its wild nature intact. On a clear day, the ridgeline offers stunning views of the Tri-Valley area, and the canyon provides a lush and scenic hideaway not too far from the heart of Pleasanton.

Trail Highlights: The Castleridge Trailhead opened in March 2018, greatly increasing access to the northern end of the park. This route utilizes this new staging area, however, please note there is very limited parking. Many of the sections are quite steep. Keep an eye out for wildlife in the valley, especially soaring birds of prey. Be sure to bring plenty of water, as it is only available at the trailhead and near the end of the hike.

Trail Directions: From the Castleridge Trailhead, take Courdet Trail 1.98 miles, then turn left. Continue for about 200 feet, then turn right onto Ridgeline Trail. The trail is narrow and grassy. Follow Ridgeline for .41 mile, then turn right on Shady Creek Trail and continue for .43 mile. At the intersection with North Ridge Trail, turn left. Make sure to follow signs for North Ridge Trail, as it diverges from the wide dirt path about .2 miles later. Pass Loop Trail, continuing on North Ridge Trail. Cross through a cattle gate, and, after another .41 mile, turn left at the fork to follow Cowing Trail. After .68 mile, turn left at Sinbad Creek Trail, which will take you through Kilkare Canyon. In .64 mile you will cross through a cattle gate. Continue on Sinbad Creek Trail for 2.97 miles. Where the trail splits (trail marker 23), take a left and follow Sinbad Creek Trail up the hill. Climb for .85 mile, then turn left on Ridgeline Trail. Proceed for .65 mile until you reach Courdet Trail. Turn right and follow Courdet Trail for 1.98 mile to return to Castleridge Trailhead.



Photo: John K.



Driving Directions: From I-680, take the Bernal Ave. exit near Pleasanton. Head west on Bernal Ave. (towards the hills). After 0.3 mile, turn right onto Foothill Rd. After 0.7 mile, turn left onto Old Foothill Rd. and continue a short distance to find on-street parking.

Park Hours: 8am-sunset (varies seasonally).

Fees: No fee.

Website: www.ebparks.org/parks/pleasanton

Redwood Regional Park

Serpentine Prairie/Dunn/Golden Spike/Tate/West Ridge/Orchard/Bridle/Stream/Tres Senda/Starflower/Madrone/West Ridge/Graham/Dunn Trails Loop

Length: 7.74-mile loop **Elevation Gain:** 1,601 feet

Location: Oakland

GPS Coordinates: 37.803390,-122.177296

Intensity: Challenging



PARTIAL
ON-
LEASH

PARTIAL
USE

PARTIAL
USE

Park Features: Redwood Regional Park has some of the most unique scenery to be found in the East Bay: extensive redwood forests. Although a history of clear cutting means all of the trees in the park are second and third generation, their height and majesty are still spectacular. Enjoy their beauty while hiking along the lively and seasonal Redwood Creek or traversing the wooded slopes. Redwood also offers views of sprawling meadows, wooded valleys, and, from high, Oakland and San Francisco Bay. Visit during the rainy season to appreciate Redwood Creek at its fullest.

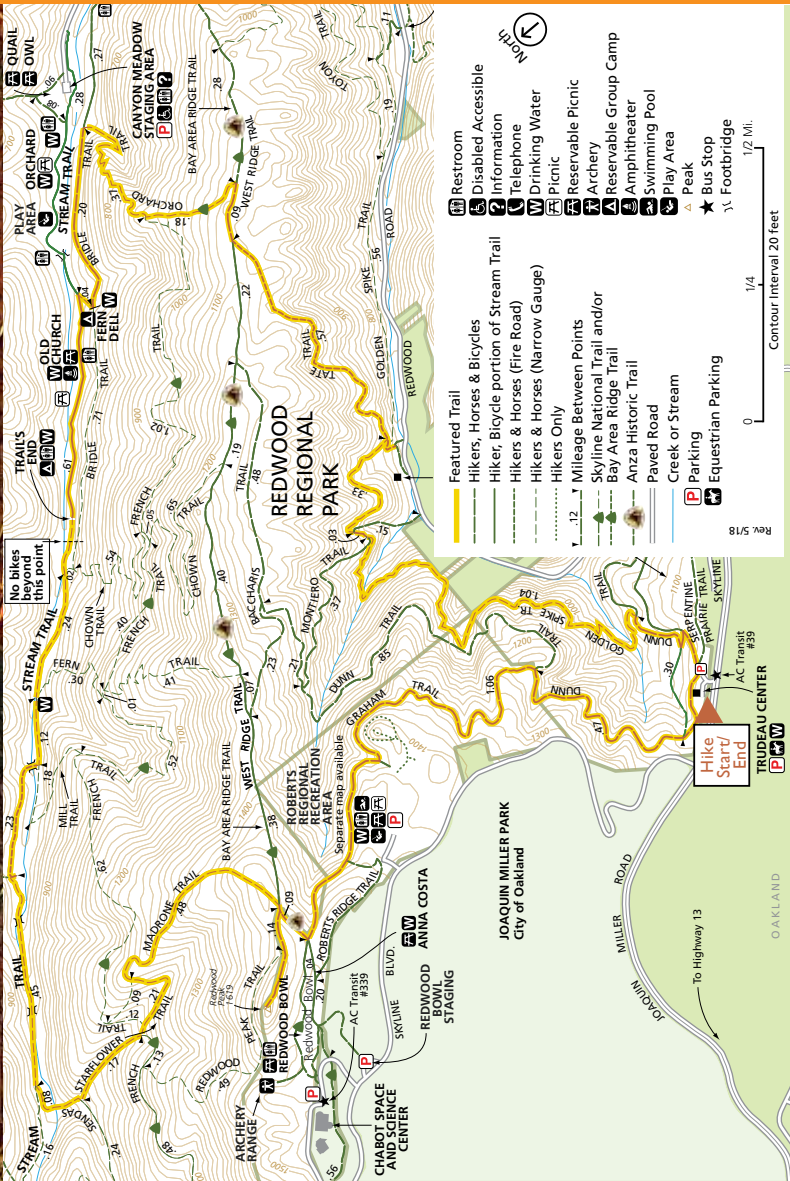
Trail Highlights: This hike showcases every aspect of the park. It begins above a large meadow, then drops down into oak and bay woodlands before climbing over streams and through redwoods, with views of the valley along the way. Golden Spike Trail and Tate Trail in particular have gorgeous valley views. After descending from West Ridge Trail to parallel Redwood Creek, enjoy the picnic areas and redwood groves along the Stream Trail. Additionally, Graham and Dunn Trails at the end of the hike both have points at which they overlook the bay.

Trail Directions: Park at the Trudeau Center parking area, head right, and follow Serpentine Prairie Trail to the left for about 200 feet, then turn left to connect with Dunn Trail. Make an immediate right on Dunn Trail. Turn left onto the Golden Spike trail and walk 1.04 miles to junction with Montiero Trail. Continue to the right on Golden Spike, pass another intersection with Montiero, and keep left to stay on Golden Spike. At the next junction, take a right downhill for a few steps, then make an immediate left to stay on Golden Spike Trail.

At the following junction, near a horse stable, turn left onto Tate Trail. Climb for .57 miles, then turn right on West Ridge Trail. After .09 miles, turn left onto Orchard Trail. After .55 miles, turn left on Bridle Trail. Follow Bridle Trail for .2 miles, then follow the signs and curve to the right to join the Stream Trail. Turn left and follow Stream Trail for almost 2 miles, until you reach Tres Sendas on your left. Follow Tres Sendas for .08 miles and take the left fork for Starflower Trail, which climbs for .38 miles until it intersects with Madrone Trail. Turn right on Madrone and climb for about a half mile to reach a large trail intersection. Continue straight on Redwood Peak Trail towards Redwood Peak. About 200 feet before the peak is another fork. Take the left trail, which leads uphill past the archery range boundary fence, to reach the peak. To return from the peak, re-trace your steps back to the large intersection. Turn right toward West Ridge Trail, then take an immediate right to remain on West Ridge. At the next trail junction, take a sharp left onto Graham Trail. Stay on Graham Trail for 1.06 miles, then turn right on Dunn Trail. Take Dunn Trail for .47 miles to return to the Trudeau Center parking lot.



Photo: Jerry Ting



Driving Directions: From Hwy 13/Warren Freeway, take the exit for Redwood Road and head east (uphill). At the top of the hill, turn left on Skyline Blvd. The Trudeau Center parking area will be on your right.

Park Hours: 5am-10pm (unless otherwise posted).

Fees: No Parking Fee at this Trailhead. See website for elsewhere in park.

Website: www.ebparks.org/parks/redwood

Sunol Regional Wilderness

*McCorkle/Canyon View/Indian Joe Creek/Cave Rocks Road/Vista Grandel
Eagle View/Cave Rocks Road/Cerro Este/Camp Ohlone Road Loop*

Length: 8.3-mile loop **Elevation Gain:** 2,027 feet

Location: Sunol

GPS Coordinates: 37.51539,-121.83434

Intensity: Challenging



PARTIAL
USE

PARTIAL
USE

Park Features: These lands have been ranch lands since the early 1800s. Today, camping, picnicking, hiking, backpacking, and equestrian trails attract thousands of visitors every year. From the visitor center in the valley, park naturalists lead programs to teach about the park's special features. Cave Rocks provides a challenge to rock climbers. Little Yosemite is a scenic gorge on the creek. Cattle also graze within this 6,859-acre wilderness.

Trail Highlights: This trail takes you across rolling hills, through scattered oak woodlands, and through scenic valleys dotted with wildflowers in spring. You'll pass the giant boulders at Cave Rocks, traverse breathtaking ridgelines, and finally descend to Alameda Creek near Little Yosemite. The trails are steep and the weather can be hot, so make sure to pack plenty of water and protection from the sun. Enjoy expansive views in every direction from the crest of the hills. Keep an eye out for acorn woodpeckers on Indian Joe Trail and western pond turtles sunning in High Valley Pond alongside Cave Rocks Road. With grueling climbs and stunning descents, there is never a dull moment on this trail.

Trail Directions: After passing the entrance kiosk, follow the road to the last parking lot. Cross the bridge and follow Camp Ohlone Road. Take the first left onto McCorkle Trail, make a right after the cattle gate (post 41), and continue for .6 miles. Turn sharply left onto Canyon View Trail (post 15) and follow for .5 miles, then turn right on Indian Joe Creek Trail. This trail is a narrow footpath that heads uphill. Climb steeply up Indian Joe Creek Trail until you reach the Cave Rocks after about 1.2 miles. You may wish to explore the area but use caution. Continue uphill for another .25 miles and make a left on Cave Rocks Road (post 24). At High Valley Camp, next to the barn, you will find water and a restroom. Continue to the right on Hayfield Road, then make a right on Vista Grande Trail (stone monument 4). Follow Vista Grande a little over a mile to the ridgetop. At the top, turn right on Eagle View Trail (stone monument 28). After .84 miles on Eagle View Trail, make a left on Cave Rocks Road and climb for .58 miles to the Cerro Este Overlook (stone monument 33). Take a right on Cerro Este Road and follow it for 1.7 miles. Make sure to follow signs for Cerro Este as there are several branching trails. Cerro Este Road will take you to Little Yosemite and Ohlone Road. Turn right on Ohlone Road (there is an outhouse on the left) and continue for .85 miles to return to the parking lot.





Driving Directions: From Fremont, take I-680 North and exit at Calaveras Road. Turn right onto Calaveras Road and continue for about 4 miles, then turn left onto Geary Road. Follow Geary Road into the park.

From Oakland/Berkeley, take I-580 East to the junction with I-680 in Pleasanton. Head south on I-680, and exit at Calaveras Road/Highway 84 just south of Pleasanton. Turn left onto Calaveras Road, then left onto Geary Road. Follow Geary Road into the park.

Park Hours: 8am-sunset (varies seasonally).

Fees: Parking: \$5/seasonal, weekends and holidays. \$4/trailerred vehicle. \$25/bus.

Dogs: \$2/dog; guide/service dogs free.

Website: www.ebparks.org/parks/sunol



Redwood Regional Park, Oakland

Trails Challenge 2019

Trail Log



- 1. Trail Log Deadline:** December 1, 2019
- To receive your 2019 commemorative pin (*while supplies last*) submit your log at www.ebparks.org/tclog, or email it to reservations@ebparks.org, or mail it to:

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

Congratulations! You did it!

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Email: _____

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

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

Total Miles Completed: _____

Trails Challenge 2019

Notes

Membership Benefits

The Membership Program is another great way to get out in the Regional Parks and save money on parking and dog fees when you are participating in the Trails Challenge. There is a package for everyone, and regular Memberships start as low as \$60 per year.

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

Join online at RegionalParksFoundation.org under “Membership.”



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

East Bay Regional Park District

85TH

1934 to 2019



2019 TRAILS CHALLENGE

GUIDEBOOK



East Bay Regional Park District

2950 PERALTA OAKS COURT • OAKLAND, CA • 94605-0381
1-888-EBPARKS • EBPARKS.ORG