

2020 TRAILS CHALLENGE 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.





Pick up your free Trails Challenge T-shirt and printed Guidebook at Regional Park Visitor Centers while supplies last. Info: ebparks.org/parks/vcl

Welcome to Trails Challenge 2020! For 27 years, the Park District has offered the Trails Challenge to encourage residents to connect with nature in their Regional Parks. This year's program offers 20 trails designed to showcase the unique beauty, ecology, and wildlife found in Regional Parks.

The Trails Challenge is part of the global Healthy Parks Healthy People (HPHP) movement that highlights the connections between a healthy environment, park access, and public health. Last year over 10,000 people participated in the Trails Challenge.

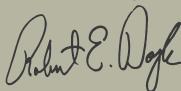
Don't miss these new park amenities opening in 2020:

- Bay Trail Extension and Beach Restoration – Albany Beach
- Underground Coal Mine Exhibit – Black Diamond Mines
- Bay Observation Pier – Judge John Sutter Regional Shoreline (foot of Bay Bridge)
- Wildfire Protection Demonstration Areas – Tilden, Sibley, and Wildcat Canyon Regional Parks
- Crab Cove Visitor Center Renovation – Crown Beach
- Frisbee Golf Course – Oyster Bay Regional Shoreline
- Habitat Restoration and Public Access Improvements – Bay Point Regional Shoreline
- Shoreline Campground – Dumbarton Quarry Campground on the Bay at Coyote Hills

We thank Kaiser Permanente for sponsoring Trails Challenge, making it available as a free program to the public.

See you on the trails!

Robert Doyle



General Manager



Trails Challenge 2020

For 27 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 **2020 Trails Challenge Web Page** at ebparks.org.

Stay Connected



Instagram – @ebrpd and tag your hike photos
#TrailsChallenge2020



Twitter – @ebrpd
#TrailsChallenge2020



facebook – Join us.



EBRPD Monthly E-Newsletter – ebparks.org/subscribe



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



Photo: Kenneth Wong

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How to Complete the Trails Challenge

1) Choose Your Trails

In the following pages, you will find:

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

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.
- 1-2 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 64 (or on a separate piece of paper).

When you have completed at least five trails, or 26.2 miles (a marathon distance), submit your log electronically to reservations@ebparks.org, or return your log to:

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

Turn in your log by 12/1/2020 to receive your 2020 pin. Pins will be mailed seven-to-ten business days after log is received (while supplies last).



Photo: Patti A Zierman

*Del Valle Regional Park,
Livermore*

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!

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.



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.



Tilden Regional Park, Berkeley

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 leash no longer than six feet, and any harness needed.
- Bring plenty of dog waste bags, and pack used bags to the closest trash can.
- 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!

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



Reinhardt 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 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 even touching the stem can 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 rattlesnake:

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

Grazing Animals

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

What to do if you encounter cattle 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

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



Photo: Michael Ke Hogg

Brought to you by  KAISER PERMANENTE. thrive
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



Point Pinole Regional Shoreline, Richmond

Photo: Sukirat Kuar

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

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.



Photo: Stephen Joseph

Sunol Wilderness Regional Preserve, Sunol



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.

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.





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 2020 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
Livermore Medical Offices 3000 Las Positas Road, Livermore, CA 94551	Kaiser Permanente San Ramon Medical Offices 2300 Camino Ramon, San Ramon, CA 94583
Martinez Medical Offices 200 Muir Road, Martinez, CA 94553	Kaiser Permanente Union City Medical Offices 3555 Whipple Road, Union City, CA 94587
	Walnut Creek Medical Center • Emergency Services 1425 South Main Street, Walnut Creek, CA 94596



Photo: Jay Huang

Featured Trails









Dublin Hills Regional Park, Dublin

At-A-Glance Easy Hikes



East Bay Regional Park Park Office Phone Number	City	Trails	Page
Bishop Ranch Open Space Regional Preserve 1-888-327-2757, option 3, ext. 3276	San Ramon	Stream View Trail/ Red Tail Hawk Trail/ Grey Fox Trail	24
Carquinez Strait Regional Shoreline 1-888-327-2757, option 3, ext. 4514	Martinez	George Miller Regional Trail	26
Contra Loma Regional Park 1-888-327-2757, option 3, ext. 4518	Antioch	Antioch Community Park/ East Shore/West Shore/ Ridge/Lake View Trails	28
Leona Canyon Open Space Regional Preserve 1-888-327-2757, option 3, ext. 4538	Oakland	Leona Trail/ Pyrite Trail	30
Point Pinole Regional Shoreline 1-888-327-2757, option 3, ext. 4551	Richmond	Point Pinole/Cooks Point/ Marsh/Owl Alley/China Cove/ Pinole Point/Bay View Trails	32
Robert W. Crown Memorial State Beach 1-888-327-2757, option 3, ext. 4522	Alameda	Crab Cove Visitor Center to USS Hornet: SF Bay Trail	34
Sobrante Ridge Regional Preserve 1-888-327-2757, option 3, ext. 4534	Richmond	Sobrante Ridge/Manzanita/Man- zanita Loop/Sobrante Ridge	36

At-A-Glance Easy Hikes

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Elevation Gain (feet)
●	●	●	●			2.48 Round Trip	886
●	● <i>Leash Required</i>	●	● <i>Partial Use</i>			3.96 Round Trip	None
●	●	●	●			3.2 Round Trip	883
●	●	●	●			4.28 Round Trip	784
●	●	●	●	● <i>Partial Use</i>	● <i>Partial Use</i>	4.06 Round Trip	112
●	●	●		●	●	4.12 Round Trip	40
●	●	●				2.62 Round Trip	509







At-A-Glance

Moderate Hikes



East Bay Regional Park Park Office Phone Number	City	Trails	Page
Anthony Chabot Regional Park 1-888-327-2757, option 3, ext. 4502	Oakland	MacDonald/Grass Valley/ Ranch/Goldenrod/Horseshoe	38
Black Diamond Mines Regional Preserve 1-888-327-2757, option 3, ext. 4506	Antioch	Nortonville/Coal Canyon/ Black Diamond/Manhattan/ Chaparral Loop	40
Carquinez Strait Regional Shoreline 1-888-327-2757, option 3, ext. 4514	Martinez	Hulet Hornbeck/Franklin Ridge Loop Trails	42
Claremont Canyon Regional Preserve 1-888-327-2757, option 3, ext. 4516	Oakland	Stonewall Panoramic Trail	44
Diablo Foothills Regional Park 1-888-327-2757, option 3, ext. 4526	Walnut Creek	Stage Road/Shell Ridge Loop/ Briones-to-Mt-Diablo/Buckeye Ravine/Briones-to-Mt-Diablo/ Borges Ranch/Shell Ridge Loop/ Castle Rock Trails	46
Dublin Hills Regional Park 1-888-327-2757, option 3, ext.	Dublin	Calaveras Ridge Regional/ Donlon Loop/Calaveras Ridge Trails	48
Tilden Nature Area 1-888-327-2757, option 3 ext. 4564	Berkeley	Laurel Canyon Trail/ Wildcat Peak/Sylvan/ Jewel Lake Trails	50

At-A-Glance Moderate Hikes

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Elevation Gain (feet)
●	● <i>Partial Use</i>	●	●	● <i>Partial Use</i>	● <i>Partial Use</i>	3.16 Loop	676
●	●					5.06 Loop	1,463
●	●	●	●	● <i>Partial Use</i>	● <i>Partial Use</i>	3.15 Round Trip	1,049
●	●		●			2.62 Round Trip	945
●	●	●	●			3.3 Loop	748
●	●	●	●			4.03 Round Trip	946
●						3.15 Loop	725

At-A-Glance







Challenging Hikes



East Bay Regional Park Park Office Phone Number	City	Trails	Page
Briones Regional Park 1-888-327-2757, option 3, ext. 4508	Martinez	Ivan Dickson Loop (Bear Creek Staging Area to Old Briones Road/ Seaborg/ Briones Crest/Spengler/ Old Briones Road/Briones Crest/ Deer Creek/Pereira/ Ivan Dickson Point/Pereira/Deer Creek Trails)	52
Del Valle Regional Park 1-888-327-2757, option 3, ext. 4524	Livermore	Arroyo Rd. Staging Area to East Shore/Heron Bay/ East Shore/Heron Bay/ East Shore Trails	54
Morgan Territory Regional Preserve 1-888-327-2757, option 3, ext. 4546	Eastern Contra Costa County	Condor/Coyote/Stone Corral/ Valley View/Manzanita/Miwok/Blue Oak/Hummingbird/Volvon/Prairie Falcon/Volvon/Condor Trails	56
Pleasanton Ridge Regional Park 1-888-327-2757, option 3, ext. 4549	Pleasanton	Woodland Trail/Oak Tree Trail/ Sycamore Grove Trail/Meadow Pond Trail/ Oak Tree Trail/ Ridgeline Trail/Thermalito Trail/ Ridgeline Trail/Woodland Trail	58
Reinhardt Redwood Regional Park 1-888-327-2757, option 3, ext. 4553	Oakland	Stream Trail/ East Ridge Trail/Canyon Trail	60
Sunol Wilderness Regional Preserve 1-888-327-2757, option 3, ext. 4559	Sunol	Indian Joe Nature/Unnamed Connector/Hayfield Road/High Valley/Welch Creek Road/Upper Maguire Peaks/Maguire Peaks/ Maguire Peaks Loop/ Maguire Peaks/Welch Creek Road/High Valley Road/Hayfield Road Trails	62

At-A-Glance

Challenging Hikes

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Elevation Gain (feet)
●	●	●	●			12.1 Loop	4,012
●	●	●	●			7.8 Round Trip	1,499
●	●	● <i>Partial Use</i>	● <i>Partial Use</i>			7.38 Round Trip	1,640
●	●	● <i>Partial Use</i>	●			6.03 Loop	1,372
●	● <i>Use leash on Stream & Bridal Trails</i>	● <i>Partial Use</i>	● <i>Partial Use</i>			6.2 Loop	1,528
●	●	● <i>Partial Use</i>	● <i>Partial Use</i>			11 Round Trip	2,527

Bishop Ranch Open Space Regional Preserve

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

Length: 2.48-mile round trip Elevation Gain: Approximately 886 ft.

Location: San Ramon

GPS Coordinates: 37.749611, -121.963016

Intensity: Easy



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

Trail Highlights: The seasonal creek is active in the winter months and into spring, depending on rainfall. Enjoy the pleasant groves of oak trees sprawling throughout the park. Delight in views of the San Ramon, Dublin, and Pleasanton valleys, with Mount Diablo as the backdrop. There are no restroom facilities, so plan ahead.

Trail Directions: Begin southwest on Grey Fox Trail. Walk .06 miles and take the first right onto Stream View Trail. The trail splits off around the bottom of the seasonal creek: keep to the path left/southwest of the creek (though either route will lead back to the same trail). There is a brief uphill section before the hiker-only section of the Stream View meets the wider multi-use section of Stream View. Take a right at that junction and continue along Stream View above and parallel to the creek. The last section of Stream View Trail heads steeply



Photo: Valerie Trodman

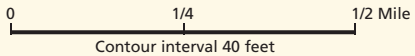
uphill, away from the creek, gaining an elevation of about 400 feet. Atop this small hill, *turn left onto Redtail Hawk Trail. Follow the trail for .18 miles, turning left onto Grey Fox Trail to finish the loop. This final stretch of the hike will take you back to the start and grace you with sweeping views of Mount Diablo to the northeast.

*If you would like to extend your hike, turn right onto Redtail Hawk Trail.

This is an out-and-back hike which adds 1.48 miles total to your hike.



- Featured Trail--Hiker, Horse, Bike
- - - - - Featured Trail--Hiker Only
- Hiker, Horse, Bike Trail
- ? Information



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

Park Curfew/Hours: 5 a.m. to 10 p.m.

Fees: None

Website: www.ebparks.org/parks/bishop

Carquinez Strait Regional Shoreline

George Miller Regional Trail

Length: 3.96-mile round trip **Elevation Gain:** None

Location: Martinez

GPS Coordinates: 38.036736, -122.179965

Intensity: Easy



PARTIAL
USE

PARTIAL
USE

Park Features: With a scenic drive and varying landscapes, this unique parkland has something for everyone. The hiking trails offer views of the strait and surrounding hills. The valley offers perches and nest sites for the red-tailed hawk, golden eagle and other bird species. Plant species found at the shoreline are typical of annual grassland and coastal vegetation. There are no reservable picnic or camping areas but there are plenty of areas to explore. The recently restored scenic drive that stretches high above the shoreline offers views of bluffs and passing ships; it has quickly become a local favorite.

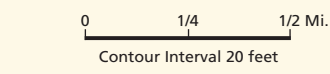
Trail Highlights: The newly restored George Miller Trail is a multi-use trail that provides breathtaking views of the Carquinez Strait along the entire route. The smooth path can accommodate hikers, cyclists, wheelchairs, and skaters. Picnic tables along the trail provide the opportunity to take a lunch break while enjoying the view. There is a restroom at the trail's staging area, but no water, so be sure to come prepared.

Trail Directions: George Miller Regional Trail is at the end of Carquinez Scenic Dr. near Port Costa. Park in the small Port Costa Staging area and walk to trail entrance. The trail is 1.98 miles from end to end. When you reach the end, turn around and retrace your steps back to where you parked.



Photo: Kevin Fox

Driving Directions: 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. Continue past the Bull Valley Staging area another couple of miles to the end of the road and park at the Port Costa Staging Area (this is the western trail head of the George Miller Trail). From I-80 in Crockett, exit onto San Pablo Avenue or Pomona Street,



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

- Parking
- Equestrian Staging
- Restrooms
- Information

depending on your direction of travel (San Pablo Avenue 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.

Fees: None

Website: www.ebparks.org/parks/carquinez

Contra Loma Regional Park

Antioch Community Park/East Shore/West Shore/Ridge/Lake View Trails

Length: 3.2-mile round trip Elevation Gain: 883

Location: Antioch

GPS Coordinates: 37.979677, -121.821743

Intensity: Easy



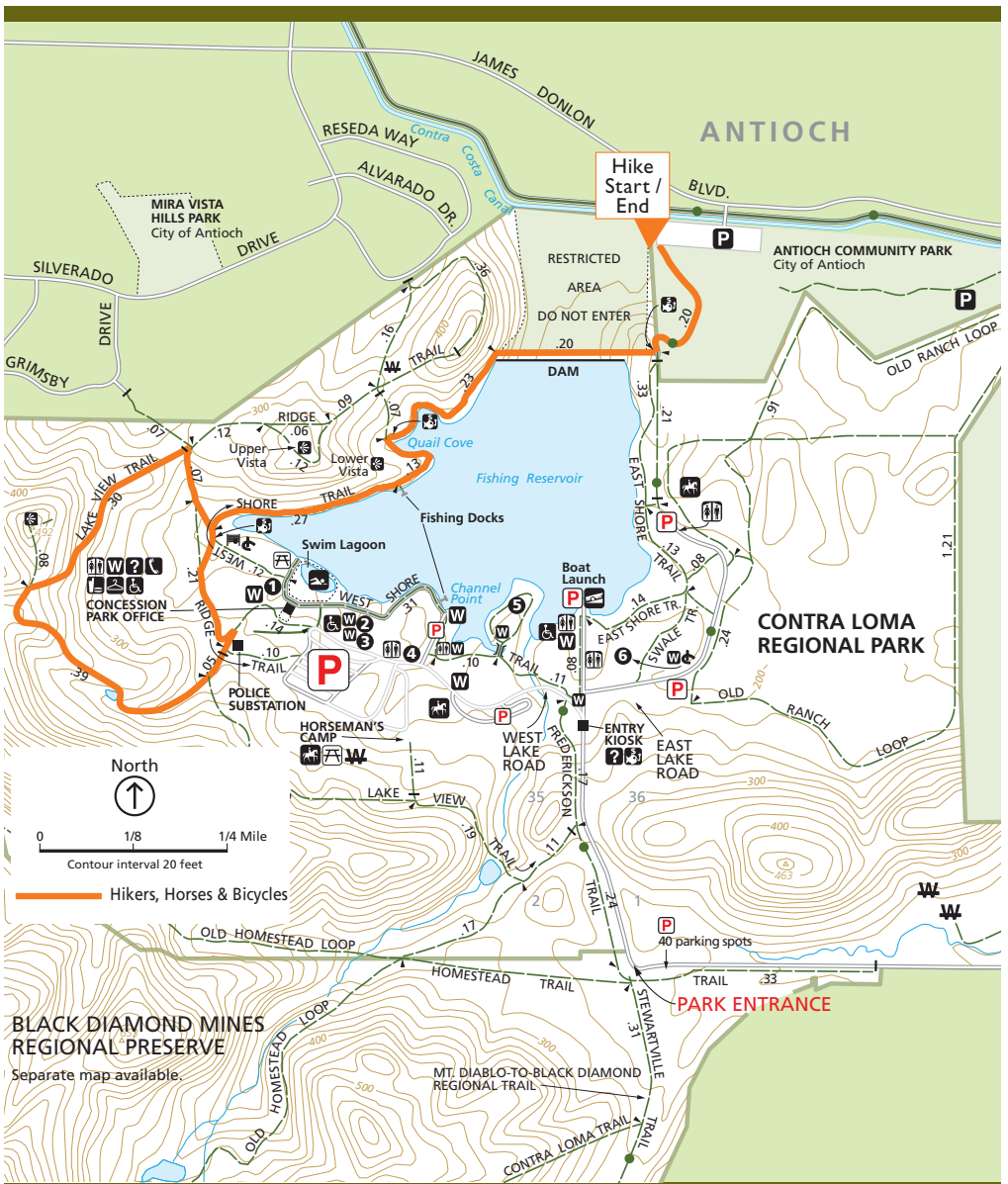
Park Features: Contra Loma is a unique 780-acre park that features an 80-acre reservoir for year-round fishing and a seasonal swim lagoon. Hiking, biking and nature study are also popular uses at this eastern Contra Costa County oasis.

Trail Highlights: Though marked "Easy," this hike has a few very steep sections. The route allows you to experience two very different areas of the same park, see gorgeous views of the delta, and even cool off in a swimming lagoon (check website for hours). On clear days you can see the Sierras. Bring plenty of water and snacks as the weather heats up in summer and fall. Water fountains and restrooms are located at the staging area and near the mid-point of the hike. Dogs must be on leash.

Trail Directions: From the west side of the parking lot of the Antioch Community Park, follow the paved trail up the hill .20 miles to the top of the dam. Continue to your right across the dam (past the three yellow bollards) and follow the West Shore Trail for about .63 miles. Near the volleyball court and small fishing permit machine, veer right and walk up towards the fence-line to connect to the Ridge Trail. Turn left on Ridge Trail and follow to the cattle gate. Ridge Trail is not marked here; you will pass a small service yard to your right. After closing the gate, continue straight uphill on Lake View Trail. Stay on the wide trail up the hill. The trail veers right going up and down the hills, which provide excellent views of the surrounding areas. At the high point you may take a steep but short detour to the hilltop on the Overlook Trail. To continue the hike, follow Lake View Trail downhill as it becomes very narrow. Pass through two cattle gates and then turn right onto Ridge Trail which will lead you back to West Shore Trail. Turn left on West Shore Trail and retrace your steps back across the dam and downhill to Antioch Community Park.



Photo: Jerry Ting



Driving Directions: From Highway 4 in Antioch, exit Contra Loma Boulevard. Go south on Contra Loma Blvd, and turn left onto James Donlon Boulevard. Antioch Community Park will be a short distance on your right. Park on the right side of the parking area.

Park Curfew/Hours: Varies seasonally

Fees: None

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

Leona Canyon Open Space Regional Preserve

Leona Trail/Pyrite Trail

Length: 4.28-mile round trip **Elevation Gain:** 784 ft.

Location: Oakland

GPS coordinates: 37.7753222, -122.1457889

Intensity: Easy/Moderate

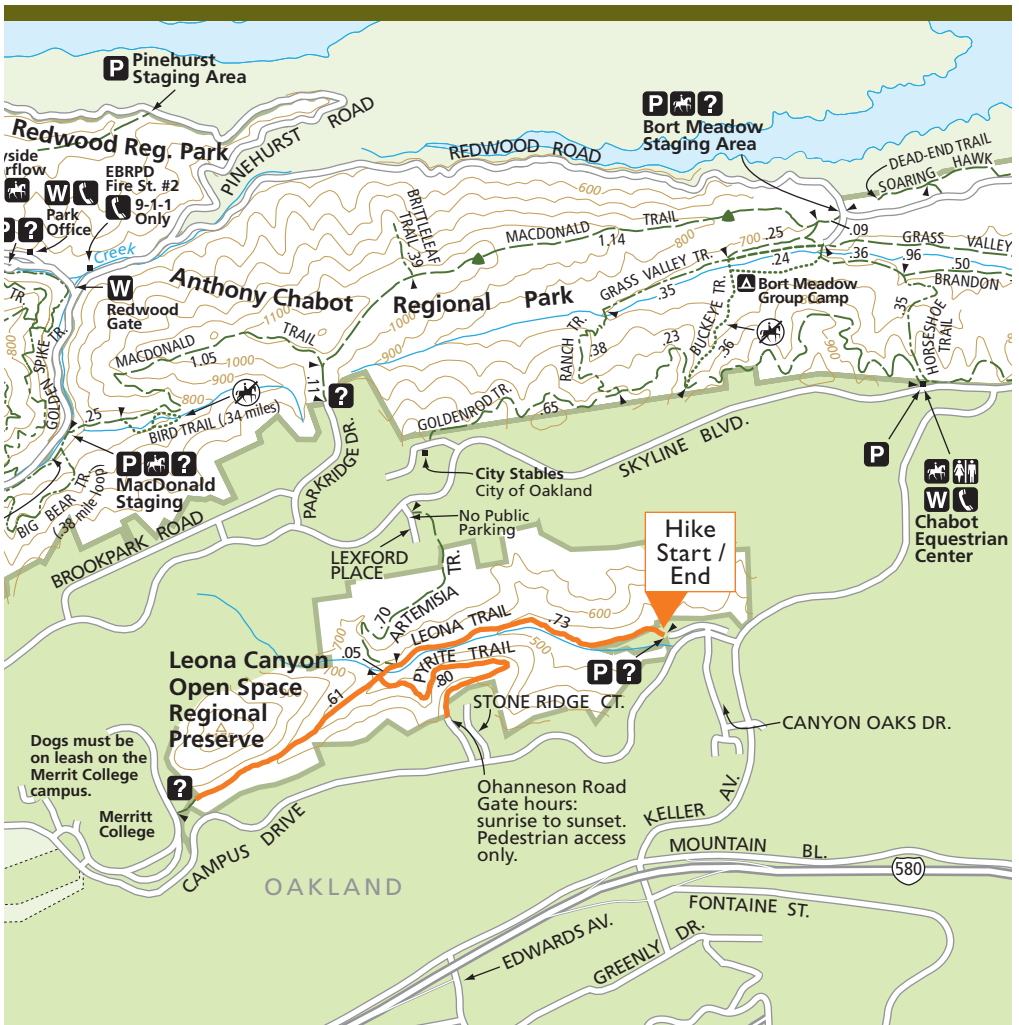


Park Features: Nestled between hillside neighborhoods and Merritt College, Leona Canyon offers a 290-acre sanctuary to those seeking a quick and easy escape into nature. Dog owners and walkers alike adore this park due to its accessible location. With lush groves of trees hanging over the trails and creekside terraces, this park provides just the right amount of space to take a break from your day and breathe some fresh air. There are no developed facilities here and no water provided. Restrooms are available at Merritt College during class hours. Water and restrooms are also located at the Anthony Chabot Equestrian Center, 14600 Skyline Blvd. Park maps and a self-guided trail map titled “Local Indian Uses of Plants” are available at the Leona Canyon trailhead.

Trail Highlights: This route is “easy to moderate” because you can decrease the distance to make it an easier challenge since it is not a loop trail. The entire hike is 4.28 miles, but you could skip the Pyrite Trail (which is steep and has some storm damage) and make this hike 2.68 miles instead. Halfway up, when the Pyrite Trail hooks right and levels out, you will find two clearings on the left that offer peaceful terraces for resting with overlooks of Leona Canyon. Whether you choose to take the Pyrite Trail or prefer an easier hike by staying on the Leona Trail, it is important to know that both trails are out-and-back routes – just retrace your steps to get back to the parking lot.

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

Driving Directions: From I-580 in Oakland, exit Keller Avenue and turn east toward the hills. Turn left onto Campus Drive and make an immediate right onto Canyon Oaks Drive into the Ridgemont at Skyline development. Turn left immediately and continue to the Leona Canyon parking lot. From Hwy 13 in Oakland, exit Redwood Road toward Carson Street. Turn sharply left onto Redwood Road, heading uphill. Turn right on Campus Drive. Turn left onto Canyon Oaks Drive into Ridgemont at Skyline development. Turn left immediately and continue to the Leona Canyon parking area.



— Featured Trail--Hiker, Horse, Bike

- - - Hiker, Horse, Bike Trail

- · - · - Hiker, Horse Trail

· · · · · Hiker Only Trail

▼ .28 ▼ Mileage Between Points

P Parking

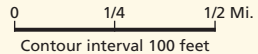
P Equestrian Parking

W Drinking Water

♿ Restrooms

☎ Phone

? Information



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

Park Curfew/Hours: 5 a.m. to 10 p.m.

Fees: None

Website: www.ebparks.org/parks/leona

Point Pinole Regional Shoreline

Point Pinole/Cooks Point/Marsh/Owl Alley/China Cove/Pinole Point/Bay View Trails

Length: 4.06-mile round trip **Elevation Gain:** 112 feet

Location: Richmond

GPS Coordinates: 37.992163, -122.356120

Intensity: Easy



Park Features: Point Pinole Regional Shoreline is a 2,315-acre parkland with meadows, aromatic eucalyptus woods, and incredible bay views along bluffs and beaches on San Pablo Bay. Wildlife thrives here, including deer, monarch butterflies, and a diverse bird population. Popular activities include hiking, bicycling, horseback riding, picnicking, camping and fishing.

Trail Highlights: This mainly flat route allows visitors to experience the entire park, including historical features, all the while featuring panoramic views of San Pablo Bay. Restrooms and water are located at the starting point and at the pier.

Trail Directions: From the park's Giant Highway staging area, head north, past the restrooms, then cross the bridge to your left and continue northwest along the paved Pinole Point Trail. Make a right onto Cook's Point Trail and continue for .67 miles and turn left onto Marsh Trail. (If you like, take a short detour straight ahead to investigate the historic Black Powder Press). Follow Marsh Trail northwest for .48 miles, (eucalyptus grove on left and San Pablo Bay views on right). Next, turn right onto Owl Alley Trail, travel .27 miles, and make a left on China Cove Trail. Soon, turn right onto the wide, paved, Pinole Point Trail. Take it all the way to the picnic tables to find Bay View Trail. To continue the hike, turn left onto Bay View Trail; for a short detour continue straight to explore the pier and its magnificent bay views. Follow Bay View Trail and follow it along and above the shoreline. Head straight as you pass many trails on your left. After 1.21 miles, continue past Cook's Point Trail on your left, staying on Bay View Trail as it veers left a short distance to the paved Point Pinole Trail. Turn right here, cross the bridge, and retrace your steps back to the parking lot.

Driving Directions: From I-80 in Richmond take the Richmond Parkway exit and go west towards the Bay. Cross San Pablo Avenue and look for the Giant Hwy exit and turn right. The park entrance will be ahead on the left, past the railroad tracks. Distance from Hwy 80 to Giant entrance is approximately 3.25 miles. From I-580 east of the Richmond/San Rafael Bridge: exit at Richmond Parkway/Castro Street and go north for approximately 5 miles. Exit at Giant Hwy. and turn right. The park entrance will be on the left, past the railroad tracks.

Park Curfew/Hours: 5 a.m. to 10 p.m

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

Website: www.ebparks.org/parks/pt_pinole

Photo: Marc Crumpler



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 your destination for some extra steps.



- Featured Trail—Hiker, Horse, Bike
- Hiker, Horse, Bike Trail
- Paved Path—Hiker, Horse, Bike
- v .28 ^ Mileage Between Points
- ▲ S.F. Bay Trail
- P** Parking
- W** Drinking Water
- Restrooms
- Reservable Picnic
- Picnic
- Phone
- Tot Lot
- Information

North

0 1/8 1/4 Mi.

Contour interval 10 feet

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 37.769357, -122.278075

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 large park office building). 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 Curfew/Hours: 5 a.m. to 10 p.m.

Fees: \$5 parking fee (when attended)

Website: www.ebparks.org/parks/crown_beach



North



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

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



Photo: Marc Cwmpiler

Sobrante Ridge Botanic Regional Preserve

Sobrante Ridge/Manzanita/Manzanita Loop/Sobrante Ridge

Length: 2.62-mile round trip **Elevation Gain:** 509 ft.

Location: Richmond

GPS Coordinates: 37.969938, -122.259259

Intensity: Easy



Park Features: Home to the extremely rare Alameda Manzanita and other indigenous plant and animal species, this small park is full of great sights. The Wildlife Refuge Pond is home to a variety of birdlife, including the protected golden eagle. A few benches and picnic tables overlook the hillsides. The trails in this hilly park are primarily dirt fire roads and a few single-track trails. Park activities include hiking, dog-walking, bird-watching, and bicycling on designated trails.

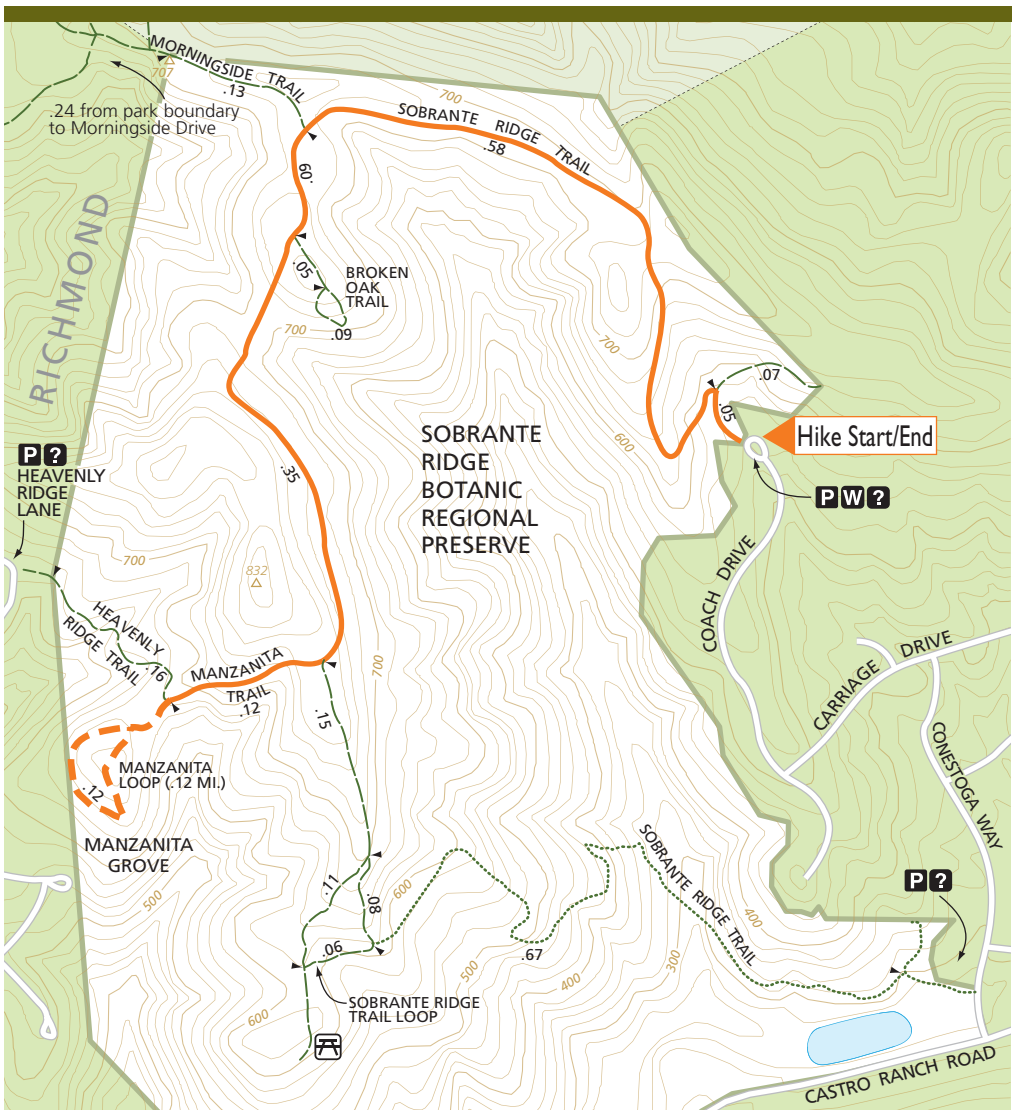
Trail Highlights: This trail offers gorgeous glimpses of the bay as well as a visit to an ancient manzanita grove. Along the way there are scattered oaks and grassy hills with seasonal wildflowers. There are no restrooms in the park; a drinking fountain is available in the parking lot. Due to the varying elevations and uneven terrain, the trail is inaccessible by wheelchair.

Trail Directions: From the parking lot, go up the hill .05 miles, then turn left onto the gravel trail, which becomes the Sobrante Ridge Trail. Stay on Sobrante Ridge until you reach Manzanita Trail. Turn right onto Manzanita, then stay left at the fork and complete the short Manzanita Loop. Return along the Manzanita Trail to the Sobrante Ridge Trail, turn left and retrace your steps back to the staging area.



Photo: Paul Sellemme

Driving Directions: From the Richmond/Oakland area: Take I-80 to the San Pablo Dam Road exit in Richmond. Turn south on San Pablo Dam Road and proceed through El Sobrante to Castro Ranch Road. Turn left on Castro Ranch Road, left on Conestoga Way, left on Carriage Drive, and right on Coach Drive. The entrance is at the end of Coach Drive. From the Diablo Valley area: From Taylor Boulevard in Pleasant Hill turn right (west) onto Grayson Road. Turn right onto Reliez Valley Road. Go straight (west)



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

- P** Parking
- Restrooms
- ?** Information

0 200 400 600 800 1000 Feet
Contour Interval 20 Feet



on Alhambra Valley Road at its intersection with Reliez Valley Road. Turn left onto Castro Ranch Road, right onto Conestoga Way and follow directions above.

Park Curfew/Hours: 5 a.m. to 10 p.m.

Fees: None

Website: www.ebparks.org/parks/sobrante_ridge

Anthony Chabot Regional Park

MacDonald/Grass Valley/Ranch/Goldenrod/Buckeye

Length: 3.16-mile loop Elevation Gain: Approximately 676 ft.

Location: Oakland

GPS Coordinates: 37.777556, -122.125028

Intensity: Moderate



PARTIAL
USE

PARTIAL
USE

PARTIAL
USE

Park Features: This 3,314-acre park sits in the hills above Oakland, and includes a beautiful, year-round public campground. Miles of hiking and riding trails make this a must visit for outdoor enthusiasts. Anthony Chabot Family Campground overlooks Lake Chabot and offers walk-to tent sites, drive-to tent sites, and RV/trailer sites with full hook-ups. Group camping is also available. Horse boarding is available at Chabot Equestrian Center and Skyline Ranch Equestrian Center.

Trail Highlights: This trail starts at the Big Trees/Bort Meadow Staging Area on Redwood Road, mile marker 4.2. The route provides expansive views of Grass Valley and the surrounding hills as far as the eye can see. You'll travel through a variety of grassland and woodland habitats. Restrooms and drinking water are available at Bort Meadow Group Camp.

Trail Directions: From the gravel parking lot at the staging area, walk through the gate marked MacDonald Trail/East Bay Skyline Trail. After the gate, take the first left onto the unmarked spur trail towards Bort Meadow. At next trail post, continue straight onto Grass Valley Trail. When you reach Bort Meadow, turn right on Ranch Trail, passing through the cattle gate. Continue on Ranch Trail, turning left through a gate as it begins to wind steeply uphill. At the top of Ranch Trail, turn left onto Goldenrod Trail. Continue on Goldenrod Trail for 1.3 miles. Turn left onto Horseshoe Trail at the Chabot Equestrian Center (go through parking area just before the Center). At the bottom of canyon, turn left onto Brandon Trail then right at the next junction (follow sign to Bort Meadow Staging Area). Go through parking area, then take next left on gravel road towards Meadow. Turn right on MacDonald Trail, then right again on MacDonald. When you reach the gravel road at top, turn right to reach the staging area.



Driving Directions: From I-580 westbound in Castro Valley, exit Redwood Road, turn right onto Redwood Road. (From I-580 eastbound, take the Redwood Road exit and turn left onto Redwood Road.) Continue on Redwood Road 8.2 miles until you reach Bort Meadow Staging Area. From Oakland, exit Highway 13 at Redwood Road. Turn onto Redwood Road



- Featured Trail--Hiker, Horse, Bike
 - Hiker, Horse Trail
 - - - Hiker, Bike Trail
 - Hiker Only Trail
 - v...28...v Mileage Between Points
- P** Parking
 - Equestrian Parking
 - W** Drinking Water
 - Restrooms
 - Picnic
 - Phone
 - ?** Information
 - Group Camp
- North
 0 1/4 1/2 Mi.
 Contour interval 20 feet at right, 40 feet at left

heading up the hill. Continue 5.5 miles until you reach Bort Meadow Staging Area.

Park Curfew/Hours: 5 a.m. to 10 p.m.

Fees: None

Website: www.ebparks.org/parks/anthony_chabot

Health Tip: A good diet is one of the most powerful ways to keep healthy – eat fruits and vegetables in a variety of colors for a full range of nutrients.

Black Diamond Mines Regional Preserve

Nortonville/Coal Canyon/Black Diamond/ Manhattan/Chaparral Loop

Length: 5.06-mile loop **Elevation Gain:** 1,463

Location: 5175 Somersville Road, Antioch

Intensity: Moderate



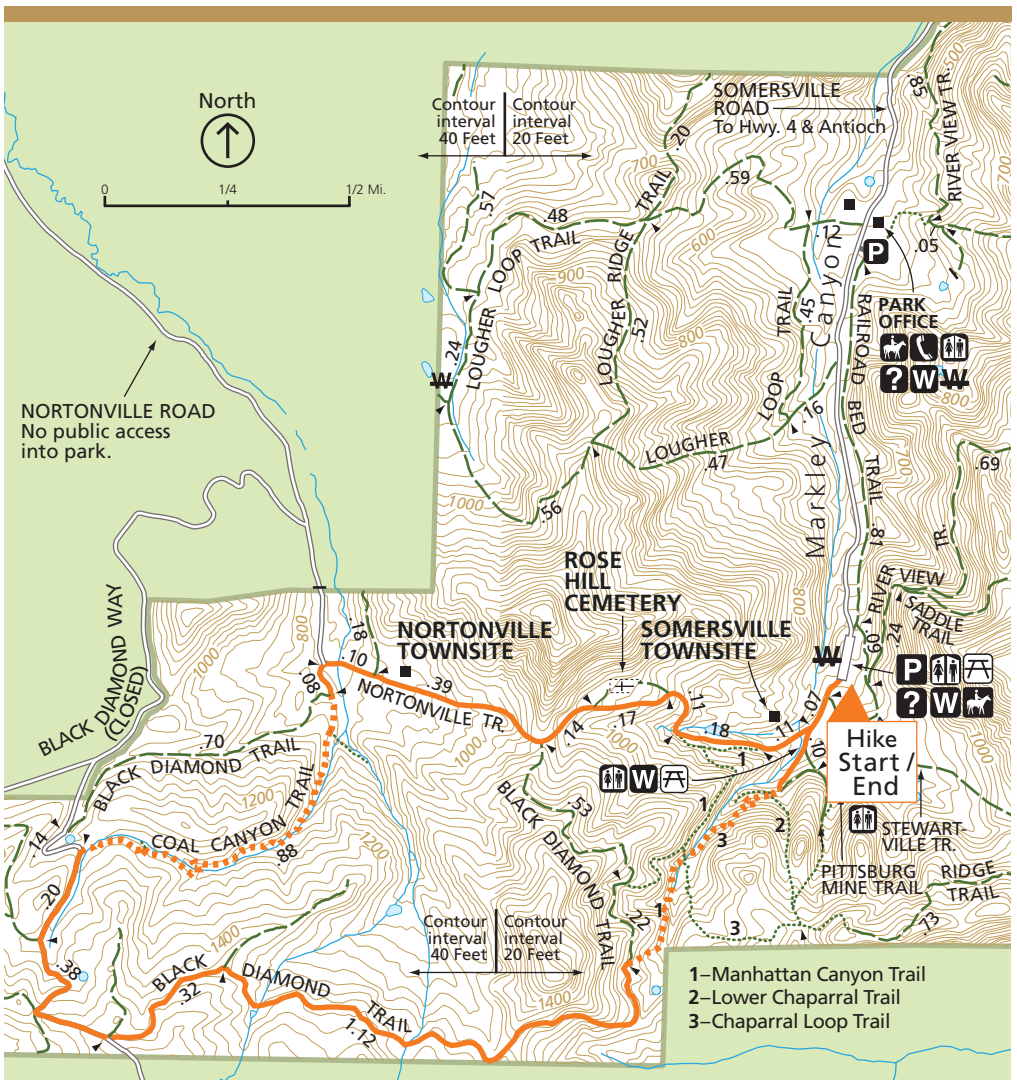
Park Features: Black Diamond is a former coal and silica-sand mining area. Five mining towns once thrived in the area. Past the Nortonville town site is Rose Hill Cemetery, a historic Protestant graveyard for Nortonville miners and their families, preserved by the Park District; an interpretive brochure with information on the cemetery is available at the Visitor Center when it is open. Restrooms and drinking fountains can be found at the parking lot, but be sure to bring your own water for this relatively long and seasonally hot route.

Trail Highlights: A few hundred feet past the parking lot you will see an interpretive panel which describes the features of Somersville, one of five towns in the Mt. Diablo Coal Field in the late 19th century. At the end of Coal Canyon Trail is a mysterious excavation dubbed Jim's Place, possibly occupied during the coal mining boom of the 1800s; no one knows for certain who made this sandstone room.

Trail Directions: Head southwest (right) from the parking lot to get on the multi-use Nortonville Trail toward Rose Hill Cemetery; hike past the cemetery and at the trail junction on top of the hill go straight, heading downhill to the Nortonville townsite. Go left through the hiker gate at Black Diamond Trail; continue straight at the next junction onto the single-track Coal Canyon Trail, tucked between large rock formations; continue until you reach the paved Black Diamond Trail and go left. Stay on Black Diamond Trail and veer left as it becomes unpaved again; go right at signs for Manhattan Canyon Trail. Keep going straight at the next junction and continue on Chaparral Loop Trail; go left at the foot bridge but do not cross it. After about .21 miles, at the next trail intersection, go left and head down the steps; when you come to the Eureka Slope mine entrance, take the stairs across the road leading to the Greathouse Visitor Center and then down to the parking lot where you began.

Driving Directions: *From Concord/Walnut Creek:* Take I-680 north to Hwy 242 and merge onto Hwy 4 east towards Stockton/Antioch; take Somersville Rd. exit and follow Somersville Rd. four miles south into the park and continue to the parking lot at the end of the road.

From Brentwood/ Antioch: Take Lone Tree Way westbound toward Antioch and turn left on James Donlon; turn left on Somersville Rd. and follow two miles south into the park and continue to the parking lot at the end of the road.



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

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

- Phone
- Picnic
- Horse Water
- Gate

Park Curfew/Hours: 8 a.m. – Varies

Fees: \$5 parking fee and a \$2 dog fee applies seasonally, weekends and holidays

Website: www.ebparks.org/parks/black_diamond

Health Tip: Hiking, walking, boating, or swimming – it's important to stay hydrated. Drink plenty of water or electrolytes with carbohydrates.

Carquinez Strait Regional Shoreline

Hulet Hornbeck/Franklin Ridge Loop Trails

Length: 3.15-mile round trip **Elevation Gain:** Approximately 1,049 ft.

Location: Martinez

GPS Coordinates: 38.017933, -122.147434

Intensity: Moderate



PARTIAL
USE

PARTIAL
USE

Park Features: With a scenic drive and varying landscapes, Carquinez Strait Regional Shoreline has something for everyone. The trail offers picturesque hillsides and partial views of the strait. Wildlife found in this area includes fox, deer, raccoons, squirrels, and gophers. Plant species found at the shoreline are typical of annual grassland and coastal vegetation. Although there are no reservable picnic or camping areas, there are many lovely areas along the trail to sit and eat.

Trail Highlights: After walking to the top of Franklin Ridge along the Franklin Ridge Loop Trail, the peaks of Mt. Tamalpais and Mt. Diablo dominate the horizon. Franklin Ridge also provides open views of Briones and Las Trampas Regional Parks, providing an opportunity to enjoy the beauty of the East Bay open spaces. The Nejedly Staging Area has a chemical toilet, picnic tables, and parking, but no water fountains; so be sure to carry plenty of water.

Trail Directions: From the top of the Nejedly Staging Area, turn right past the chemical toilet and walk through the gate to the Hulet Hornbeck Trail. Head steeply uphill until the trail ends at the intersection with the Franklin Ridge Loop Trail. Make a left onto Franklin Ridge Loop Trail and walk the complete 2.25-mile loop. When you reach the Hulet Hornbeck Trail again, turn left and retrace your steps back to the staging area.

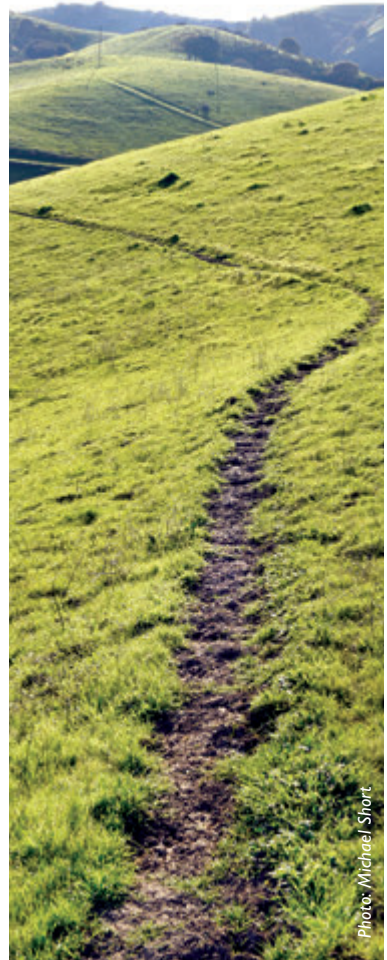
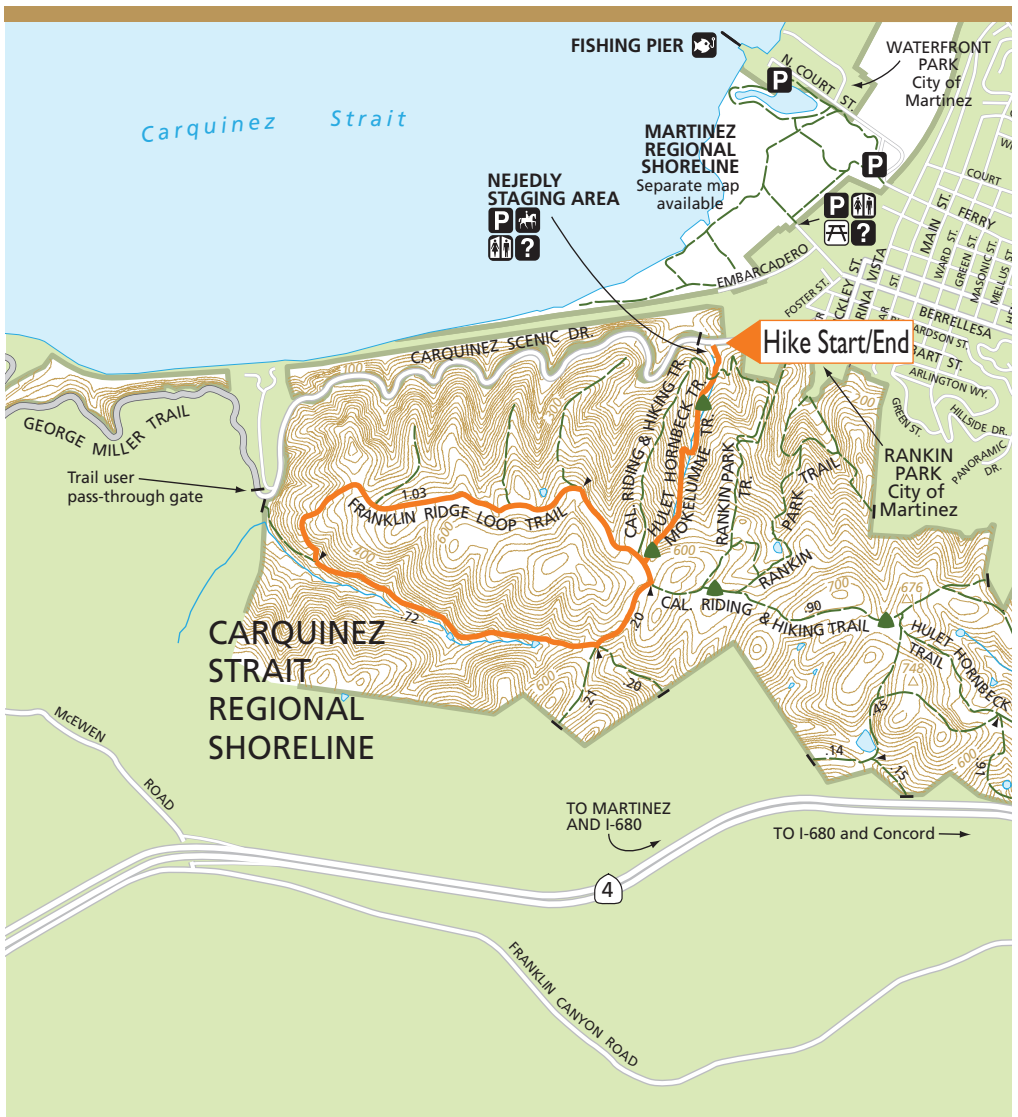


Photo: Michael Short

Driving Directions: From Hwy. 4 in Martinez, exit at Alhambra Ave. and follow it north into Martinez. In downtown Martinez, turn left onto Escobar Street, drive three blocks and turn right onto Talbart Street. Drive three blocks again and bear left onto Carquinez Scenic Drive. Drive to the Nejedly Staging Area entrance on the left.



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

- Parking
- Equestrian Staging
- Restrooms
- Information

Park Curfew/Hours: 5 a.m. to 10 p.m.

Fees: None

Website: www.ebparks.org/parks/carquinez

Claremont Canyon Regional Preserve

Stonewall Panoramic Trail

Length: 2.62-miles round trip **Elevation Gain:** 945 feet

Location: Oakland

GPS Coordinates: 37.8627000, -122.2443167

Intensity: Moderate



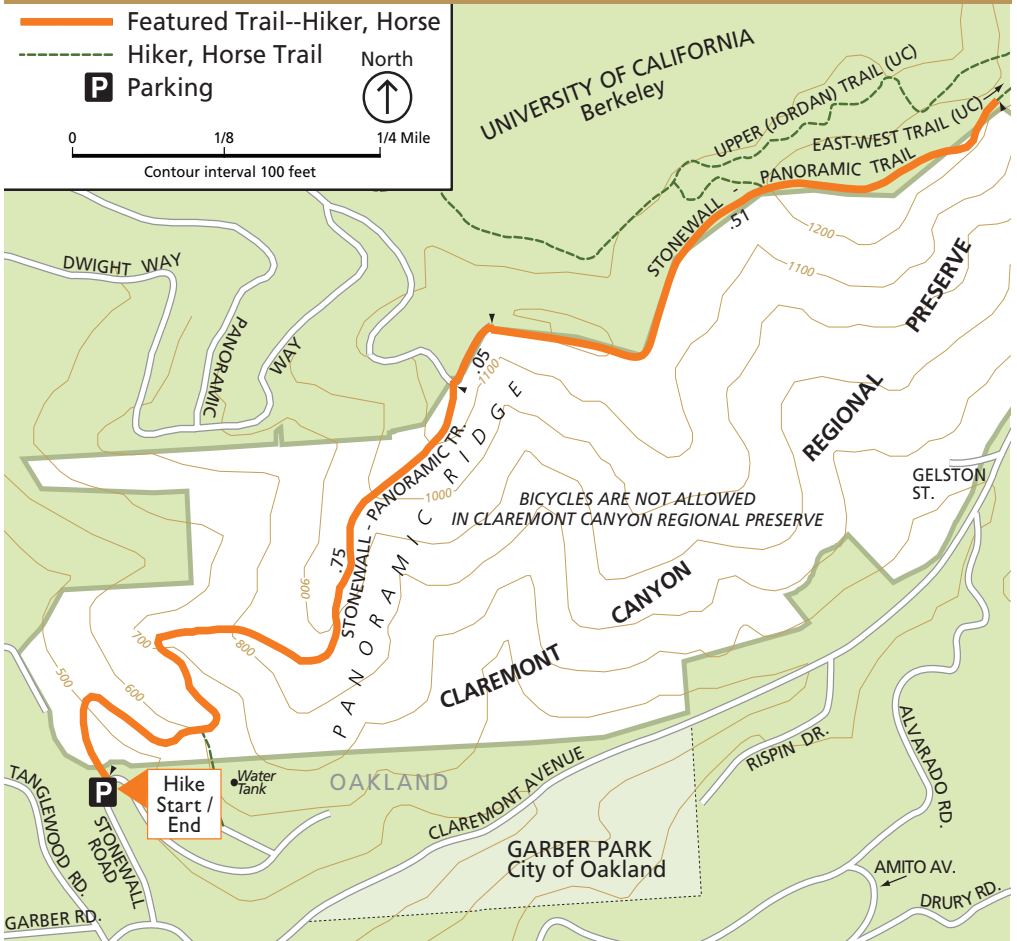
Park Features: The first inhabitants of this region were the Huchiun Ohlone Indians. They may have used the Claremont Canyon area for hunting and gathering. Today, Claremont Canyon provides the community with breathtaking panoramic views of the Bay Area and the opportunity for a vigorous workout.

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

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



Photo: Fred Rowe



Driving Directions: To reach the Stonewall-Panoramic trailhead from Highway 24, exit Fish Ranch Road immediately east of the Caldecott Tunnel. Go up Fish Ranch Road about one mile to the four-way stop. Continue through the stop; Fish Ranch becomes Claremont Ave. Continue for about 3 miles. Make a right onto Stonewall Road and continue for approximately .25 miles to the trailhead.

From Highway 13 in Berkeley: Turn east onto Claremont Ave. and continue about .25 miles. Turn left onto Stonewall Road. The main entrance to the preserve is on Stonewall Road, which is a block north of the Claremont Hotel. Parking is very limited on this narrow street.

Lock your vehicle, keep items hidden, and respect the residents privacy.

Park Curfew/Hours: 5 a.m. to 10 p.m.

Fees: None

Website: www.ebparks.org/parks/claremont_canyon

Diablo Foothills Regional Park

*Stage Road/Shell Ridge Loop/Briones-to-Mt-Diablo/Buckeye Ravine/
Briones-to-Mt-Diablo/Borges Ranch/Shell Ridge Loop/Castle Rock Trails*

Length: 3.3-mile round trip **Elevation Gain:** 748

Location: 1700 Castle Rock Road, Walnut Creek

Intensity: Moderate

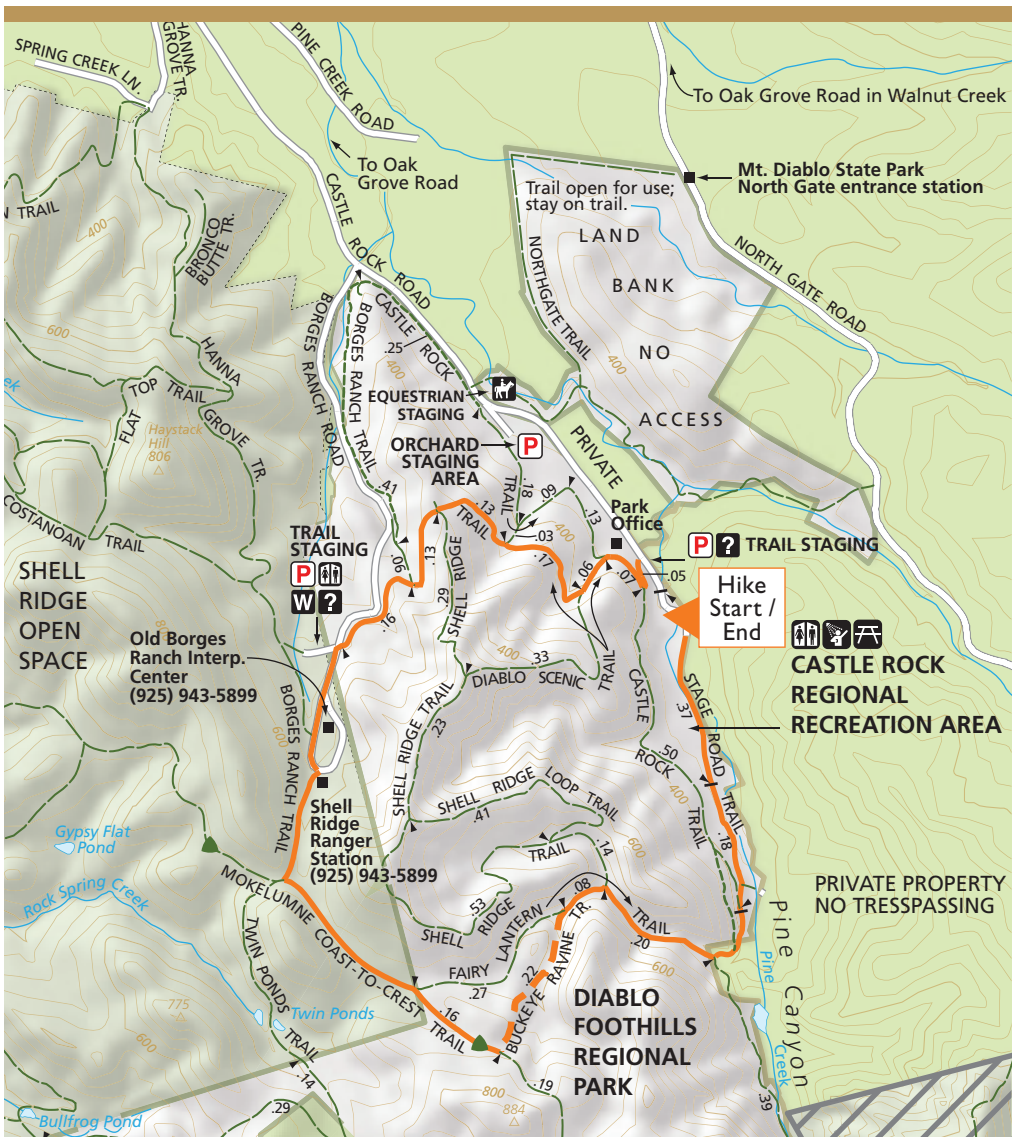


Park Features: This hike travels around the beautiful Castle Rock Recreation Area which features a seasonal swimming pool, a softball field, volleyball court, picnic sites and restrooms. Trail connections to Briones Regional Park, Shell Ridge Open Space, and Mt. Diablo State Park make Diablo Foothills an important connecting area in the Diablo region.

Trail Highlights: Old Borges Ranch, which is on the National Register of Historic Places, is currently used as a ranger station for Walnut Creek Open Space, and features a preserved early 20th century farm complete with barn, blacksmith, and farm animals. This route provides the full experience of the Mt. Diablo ridgeline in a less strenuous hike that you can complete in an afternoon.

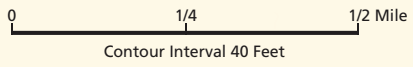
Trail Directions: Head south along the paved Stage Road Trail towards Castle Rock Recreational Pool and continue down the paved road past the pool along Pine Creek. Take a right onto the Fairy Lantern Trail and follow it about .20-miles. At the next fork make a left, following the signs for Briones-to-Mt. Diablo Trail. Take this section for only a few hundred feet before making the left onto the narrow-gauge Buckeye Ravine Trail. After climbing out of Buckeye Ravine, go right onto the Mokelumne Coast-to-Crest Trail/Briones-to-Mt. Diablo Trail. Follow this trail through the cattle gate out of Diablo Foothills Regional Park and into the Shell Ridge Open Space. Take the first right onto the Borges Ranch Trail. Continue through Borges Ranch on the paved main road. Go past the trail staging/parking area on your left and then veer off the paved road onto the unmarked trailhead to your right to get back on the trails. At the bottom of the hill, stay right and do NOT head north (downhill) to the Borges Ranch Trail. Stay left at the next fork (which is near the electrical tower at the top of the hill), though both directions are marked Shell Ridge Trail. Avoid another left going north towards Castle Rock Rd. and stay right on Shell Ridge Trail again; get off the Shell Ridge Trail and take Castle Rock Trail at this last fork where you will emerge from behind the park office at the parking lot.

Driving Directions: Exit I-680 at Ygnacio Valley Rd. in Walnut Creek and drive east. After about three miles turn right on Walnut Avenue. Go about two miles and turn right on Oak Grove Road, then bear right onto Castle Rock Road and follow it past Orchard Staging area to the Castle Rock Trail Staging Area at 1700 Castle Rock Road. (if you have not gone past the park office, you have not gone far enough).



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

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



Park Hours: 7:30 a.m. to dusk (varies seasonally)
Fees: None
Website: www.ebparks.org/parks/diablo_foothills

Dublin Hills Regional Park

Calaveras Ridge Regional/Donlon Loop/Calaveras Ridge Trails

Length: 4.03-miles round trip **Elevation Gain:** Approximately 946 ft.

Location: Dublin

GPS Coordinates: 37.700333, -121.974933

Intensity: Moderate



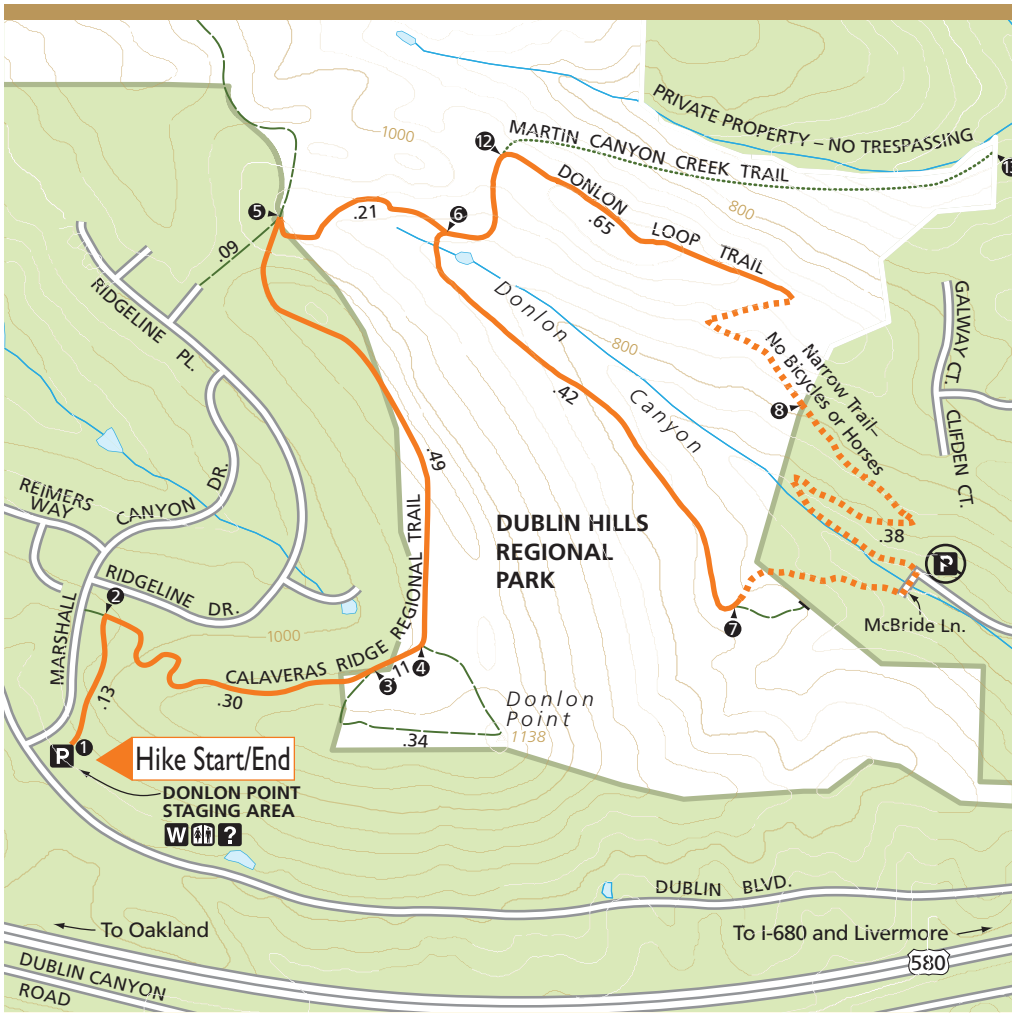
Park Features: With open valleys and steep slopes, Dublin Hills Regional Park offers an invigorating hike with spectacular views. Seasonal streams and springs provide habitat to animals such as Cooper's hawks, great horned owls, coyotes, deer, and frogs. Keep an eye out for the golden eagle, a protected species, which uses the area for hunting. The park has ample parking and restrooms available on site. The hike affords many views of the growing, surrounding community.

Trail Highlights: The Calaveras Ridge Trail begins near the Schaefer Ranch development and brings you to grassland areas grazed by cattle since the 1800s. The trail is completely exposed and doesn't provide any shade, so dress accordingly. Though short, the trail is very steep in sections. Be sure to carry plenty of water. There are restrooms and a drinking fountain in the Donlon Point staging area parking lot.

Trail Directions: From Donlon Point staging area, walk through the cattle gate onto Calaveras Ridge Regional Trail. Pass the #2 marker and veer right up the trail. Continue through the cattle gate and pass marker #3. At marker #4 for Donlon Point, stay left to continue on Calaveras Ridge. At marker #5, take a sharp right onto Donlon Loop Trail. Pass the pond on the right and veer left to reach marker #6. Continue on the trail. After .15 miles, turn right at marker #12 so the tree line is to your left. Walk until you see a sign facing away from you that reads "hikers only beyond this point." Turn right at the sign and start down the single-track trail. Note there is no trail name or marker. At the bottom, the trail approaches residences. Watch for a gate. Go through the gate, turn right on McBride Lane, and continue to the end of the street. Pick up the fire road on your right for a steep ascent back to marker #6 to complete the Donlon Loop. You will pass through a gate, then pass marker #7 and turn right at the top of the trail. After completing the 1.45-mile loop, turn left at marker #6 and follow Calaveras Ridge back to the parking lot.

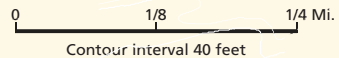
Driving Directions: *From I-680 southbound in San Ramon*, take Exit 31, the San Ramon Valley Blvd. exit. Turn left on San Ramon Valley Blvd. San Ramon Valley Blvd. becomes San Ramon Road. Continue south to Dublin Blvd. and turn right (west). Continue west on Dublin Blvd. for two miles. The staging area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

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



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

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



right just past the Schaefer Ranch marker. From I-580 eastbound or westbound, take exit 44A, the San Ramon Road/Foothill Road exit, and turn north on San Ramon Road/Foothill Road to Dublin Blvd. Turn left on Dublin Valley Blvd. and drive for about two miles. The staging area is on the right just past the Schaefer Ranch marker.

Park Curfew/Hours: 5 a.m. to 10 p.m.

Fees: None

Website: www.ebaparks.org/parks/dublin_hills

Tilden Nature Area

Laurel Canyon Trail/Wildcat Peak/Sylvan/Jewel Lake Trails

Length: 3.15-mile loop **Elevation Gain:** Approximately 725 ft.

Location: Berkeley

GPS Coordinates: 37.910071, -122.264204

Intensity: Moderate



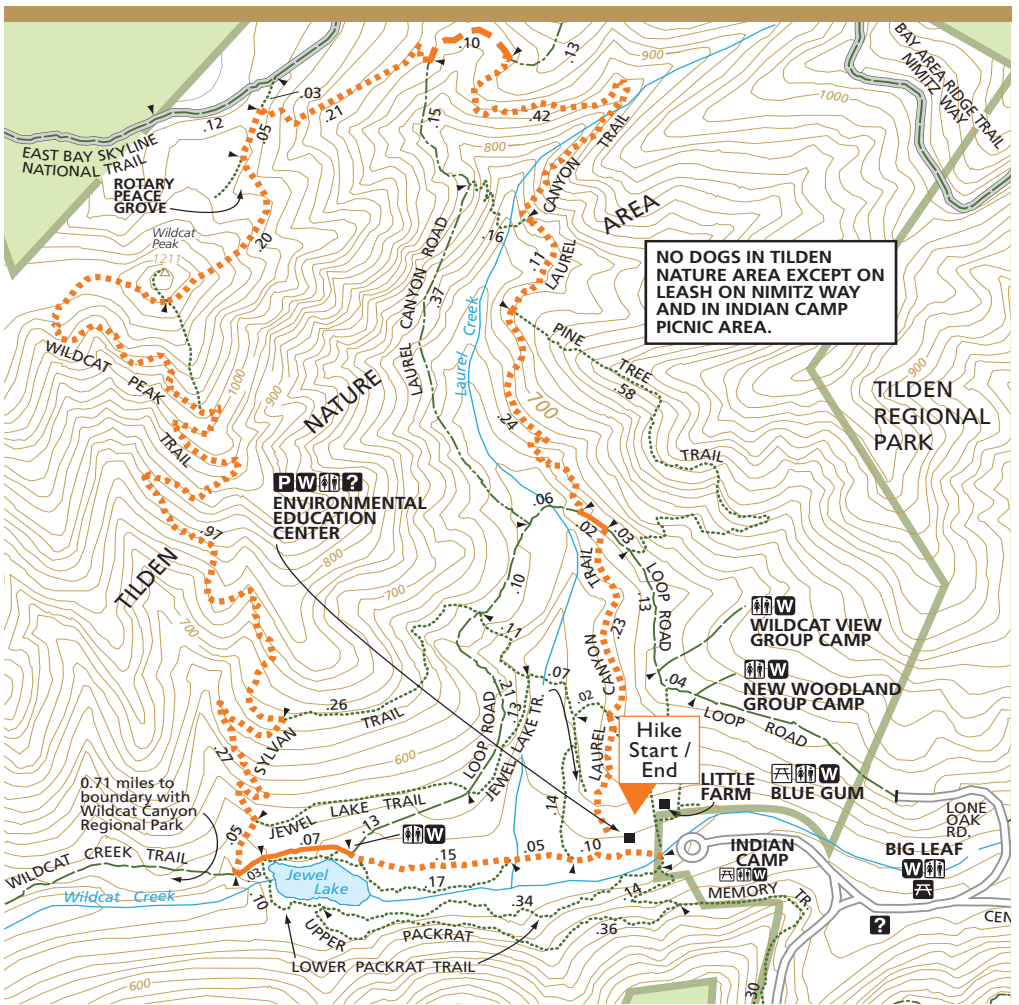
Park Features: These lands are a 740-acre nature preserve with over 10 miles of hiking trails, the renowned Environmental Education Center (EEC), the Little Farm, and Jewel Lake. The EEC features exhibits and park information. The farm, built in 1955, features a variety of farm animals. Visitors may bring lettuce or celery (only) to feed the animals. Dogs are NOT permitted; bicycle routes are limited.

Trail Highlights: Follow narrow, winding paths through shaded oak/bay woodland, rolling grasslands, and scented eucalyptus forests. Catch magnificent views atop 1,211-foot Wildcat Peak, then descend to historic Jewel Lake. You'll pass the waterworks of this small reservoir which once supplied East Bay communities, then return to the visitor center by way of the boardwalk.

Trail Directions: Start at the EEC where you'll find drinking water, restrooms, and trail maps. Begin your hike at the Laurel Canyon trail post on the EEC back lawn (the Laurel Canyon posts are marked with a bay leaf symbol). Pass two small buildings, a small pond, and then cross a dirt road as you follow Laurel Canyon Trail gently uphill through a eucalyptus forest. At Loop Road (the second dirt road) jog left for a few yards, then turn right and continue uphill as the trail climbs through oak/bay woodland. Continue past the intersection with Pine Tree Trail, and then watch for a fork in the trail. Take the right fork "To Peak Trail," and continue uphill. Turn left onto the Laurel Canyon fire road and take next right onto a steep, narrow path. Turn left at top and follow the dirt road to the summit of Wildcat Peak. To return, retrace your steps and quickly turn right onto the Peak Trail. Continue down, staying on the main trail and ignoring unmarked forks. At the Sylvan Trail, turn right and follow it to the Jewel Lake Trail junction. Turn right onto the Jewel Lake Trail (following duck symbol), passing post #8 on your right. Proceed to the fire-road. Turn left here (at post #9), onto Wildcat Creek Trail. Continue straight along the dirt road to the EEC, or take the boardwalk by following the trail along the East side of the lake. After exiting the boardwalk, turn right onto the fire road to return to the starting point.

Driving Directions: *From Hwy 80:* Take the University Avenue exit in Berkeley. Follow University towards the hills, turn left onto Oxford St. Turn right onto Rose St. Turn left onto Spruce St. Follow Spruce up the hill, you will reach a stop sign at the top of the hill, proceed through the intersection and turn immediately left down Canon Dr. At the bottom of Canon, veer left onto Central Park Drive and follow into the parking lot for the Nature Area.

From Hwy 24: Exit at Fish Ranch Road. Take Fish Ranch Road to Grizzly Peak Blvd.



	Featured Trail--Hiker, Horse, Bike	 Contour interval 20 feet North					
	Featured Trail--Hikers Only						
	Paved Trail--Hiker, Horse, Bike						
	Hiker, Horse, Bike Trail						
	Hikers Only						
	Mileage Between Points						
	Parking		Drinking Water		Restrooms		Information

and turn right. Continue on Grizzly Peak Blvd. until you come to the intersection of Spruce Street, Wildcat Canyon Road and Canon Drive. Turn right on Wildcat Canyon Rd., then immediately make a sharp left down Canon Drive. At the bottom of the hill, veer left onto Central Park Drive and follow into the parking lot for the Nature Area.

- Park Curfew/Hours:** 8 a.m. to dusk
- Fees:** None
- Website:** www.ebparks.org/parks/tilden/tna

Briones Regional Park

Ivan Dickson Loop (Bear Creek Staging Area to Old Briones Road/Seaborg/Briones Crest/Spengler/Old Briones Road/Briones Crest/Deer Creek/Pereira/Ivan Dickson Point/Pereira/Deer Creek Trails)

Length: 12.1-mile loop **Elevation Gain:** Approx. 4,012 ft.

Location: Martinez

GPS Coordinates: 37.927146,-122.157782

Intensity: Challenging

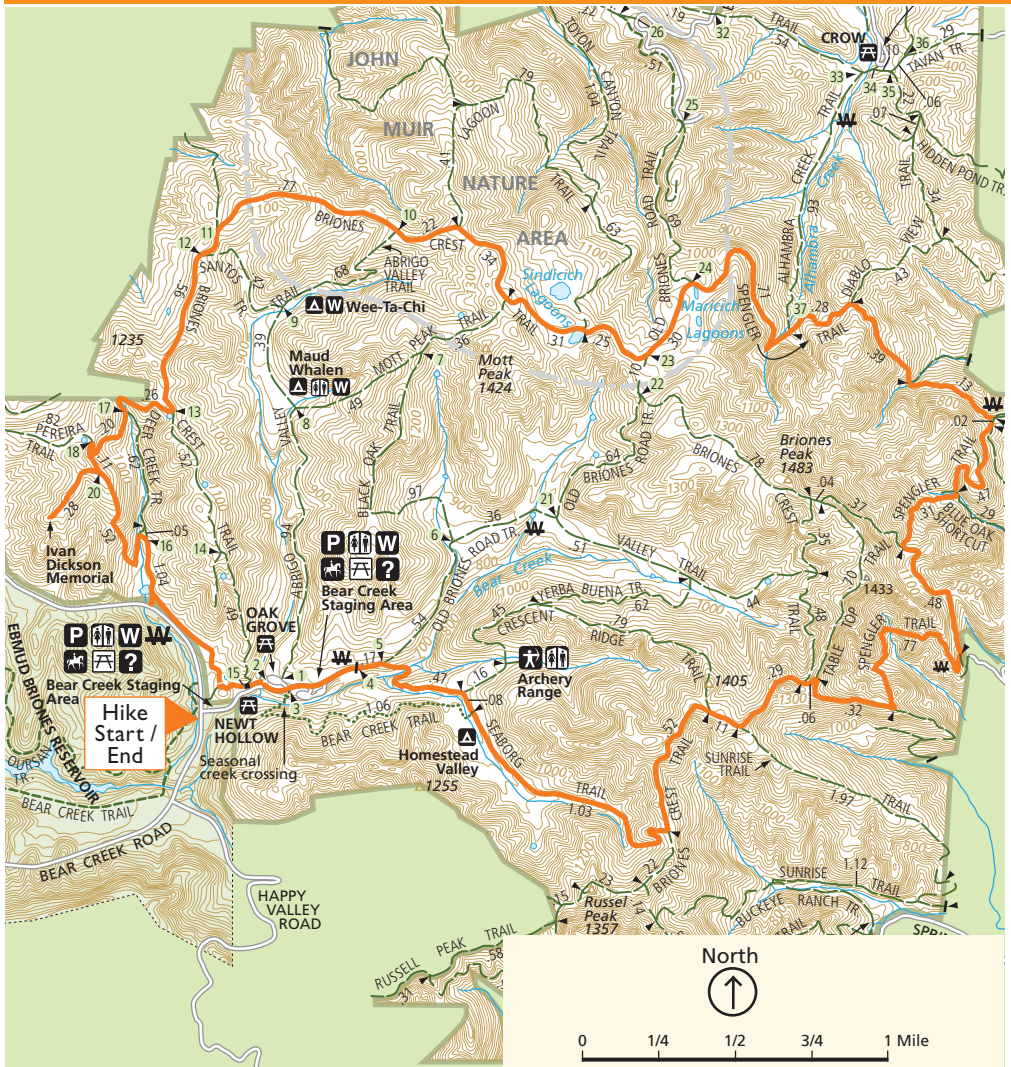


Park Features: With its rolling, grassy hills and secluded, shady canyons, Briones is a secret wilderness surrounded by many towns. Briones' rolling hills are home to diverse flora and fauna and gorgeous wildflower displays in season. Park District naturalists occasionally conduct guided walks to view the park's natural and historic features; check District website for more information.

Trail Highlights: This steep and difficult route allows adventurers to explore the entire park, offering expansive views of Carquinez Strait, Mt. Diablo, and the Las Trampas ridge. Bring plenty of water – there is none along the way. Restrooms are located at the trailhead and near the Homestead Valley Group Camp.

Trail Directions: Begin at the east end of Bear Creek Staging Area. Pass through the gate onto Old Briones Road Trail. In .17 miles, turn right onto Seaborg Trail to begin the Ivan Dickson Trail Loop. At trail post 78 turn right to follow the Seaborg Trail. Stay on Seaborg Trail for 1.5 miles, past the Homestead Valley Group Camp and up a hill, cross through a gate, then turn left onto Briones Crest Trail at trail post 70. Cross through another gate after .92 miles to continue straight to the Spengler Trail. At trail post 57 the Briones Crest Trail goes down to the left. Continue straight ahead and up a short hill. After passing another gate, make a right to stay on Spengler Trail at trail post 56, heading north and downhill. Hike .32 miles and turn left at the next junction to stay on Spengler. The turn is marked by a brown trail post with "Spengler Trail" and an arrow carved into it. Don't miss the turn; the straight road dead ends at private property. Over the next 3.54 miles, follow signs to stay on Spengler Trail. Just after the Blue Oak Shortcut, at trail post 51, there is a road that leads up to the left. Don't take it. Go straight ahead to stay on Spengler. After passing Alhambra Creek Trail to your right, hike .71 miles to Maricich Lagoons and bear left onto Old Briones Road Trail. Hike .30 miles and turn right onto Briones Crest Trail. Over the next 2.45 miles, follow signs for the Briones Crest Trail. Turn right onto Deer Creek Trail at trail post 13. At trail post 17, continue straight ahead and uphill to the Pereira Trail. Hike .20 miles to the ridge top and turn left on the Pereira Trail at trail post 18 towards the Ivan Dickson Memorial. Hike .11 miles and turn right at trail post 20. Hike .28 miles to see the Ivan Dickson Memorial bench. Retrace your steps to trail post 20 and go right on the Pereira Trail. Hike .52 miles and turn right onto Deer Creek Trail at trail post 16. Hike 1.04 miles, staying to the left, back to the staging area.

Driving Directions: To reach the Bear Creek Staging Area on Bear Creek Road, exit Highway 24 at the Orinda/Camino Pablo exit and head toward Richmond.



- | | | |
|------------------------------------|--------------------|-------------|
| Featured Trail--Hiker, Horse, Bike | Parking | Res. Camp |
| Hiker, Horse, Bicycle Trail | Equestrian Parking | Archery |
| Hiker, Horse Trail | Drinking Water | Picnic |
| Hiker Only Trail | Restrooms | Horse Water |
| Post Numbers/Mileages | Information | Gate |

Turn right on Bear Creek Road and travel 5 miles to the staging area on the right.

Park Curfew/Hours: 8 a.m. to dusk; varies seasonally

Fees: \$3 per vehicle; \$2 dog fee

Website: www.ebparks.org/parks/briones

Del Valle Regional Park

Arroyo Rd. Staging Area to East Shore/Heron Bay/East Shore/Heron Bay/
East Shore Trails

Length: 7.8-mile round trip Elevation Gain: 1,499 ft.

Location: Livermore

GPS Coordinates: 37.619781, -121.752924

Intensity: Challenging



Park Features: Deep in a valley framed by oak-covered hills, with sailboats and sailboards skimming over its waters, Del Valle is like a lakeside resort only 10 miles south of Livermore. 5,000 acre Del Valle Regional Park features two swim beaches, a boat launch, family and group camping (by reservation) and excellent, stocked fishing.

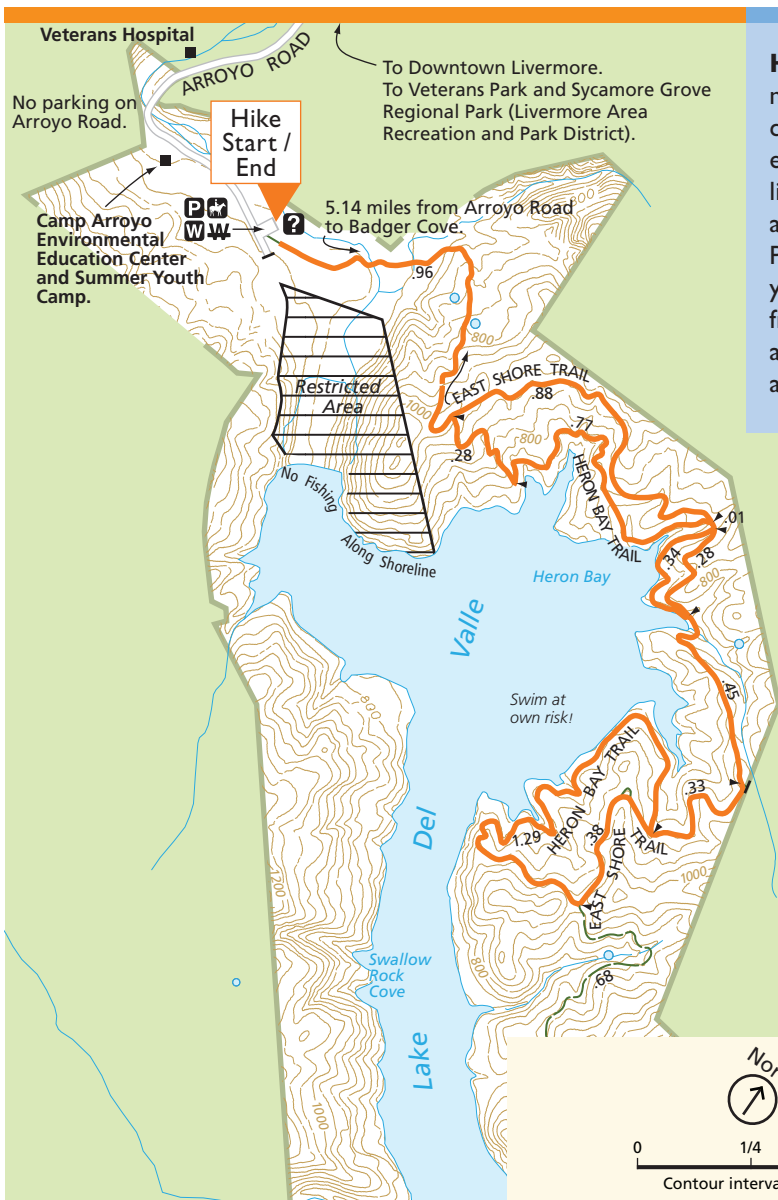
Trail Highlights: This hike around the northern part of the lake is removed from the busy swim beaches in the southern part of the lake; enjoy the wilderness feel and explore a part of Del Valle you may not have seen before. The contrast in scenery from the ridge of East Shore Trail and the lakeside Heron Bay Trail provides a diverse recreational experience. This hike features several steep climbs and descents and is recommended for those with a good level of fitness. There is a drinking fountain but no restrooms at the trailhead. Be sure to carry plenty of water on your hike.



Photo: Caleb Sweet

Trail Directions: Start along the trail from the Arroyo Road Staging Area, going up the large hill. Go left to start the East Shore Trail. Continue on East Shore Trail, avoiding four turnoffs for the Heron Bay Trail; take the fifth turn off, turning right onto Heron Bay Trail. Complete the first Heron Bay loop and take a left to connect back with East Shore Trail. Go left at the next turnoff for Heron Bay Trail and complete a small loop back to East Shore Trail again; take East Shore a very short distance and turn left again for the last section of Heron Bay Trail. Make a left at the last intersection with East Shore Trail and follow it back down the large hill and to the staging area.

Driving Directions: From I-580 in Livermore, exit at North Livermore Avenue. Drive south on North Livermore Avenue. Turn right at Portola Avenue, then left on North L Street. North L Street becomes South L Street, then Arroyo Road. Continue on Arroyo Road past the entrance to the US Veterans Administration Hospital and Sycamore Grove Park. The staging area is on the left at the end of Arroyo Road.



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.

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

- P** Parking
- P** with horse icon Equestrian Parking
- W** Drinking Water
- ?** Information
- W** with horse icon Horse Water
- Gate

Park Hours: Varies seasonally
Fees: None
Website: www.ebparks.org/parks/del_valle

Morgan Territory Regional Preserve

*Condor/Coyote/Stone Corral/Valley View/Manzanita/Miwok/Blue Oak/
Hummingbird/Volvon/Prairie Falcon/Volvon/Condor Trails*

Length: 7.38-mile loop **Elevation Gain:** Approximately 1,640 ft.

Location: Eastern Contra Costa County

GPS Coordinates: 37.818559, -121.795721

Intensity: Challenging



PARTIAL
USE

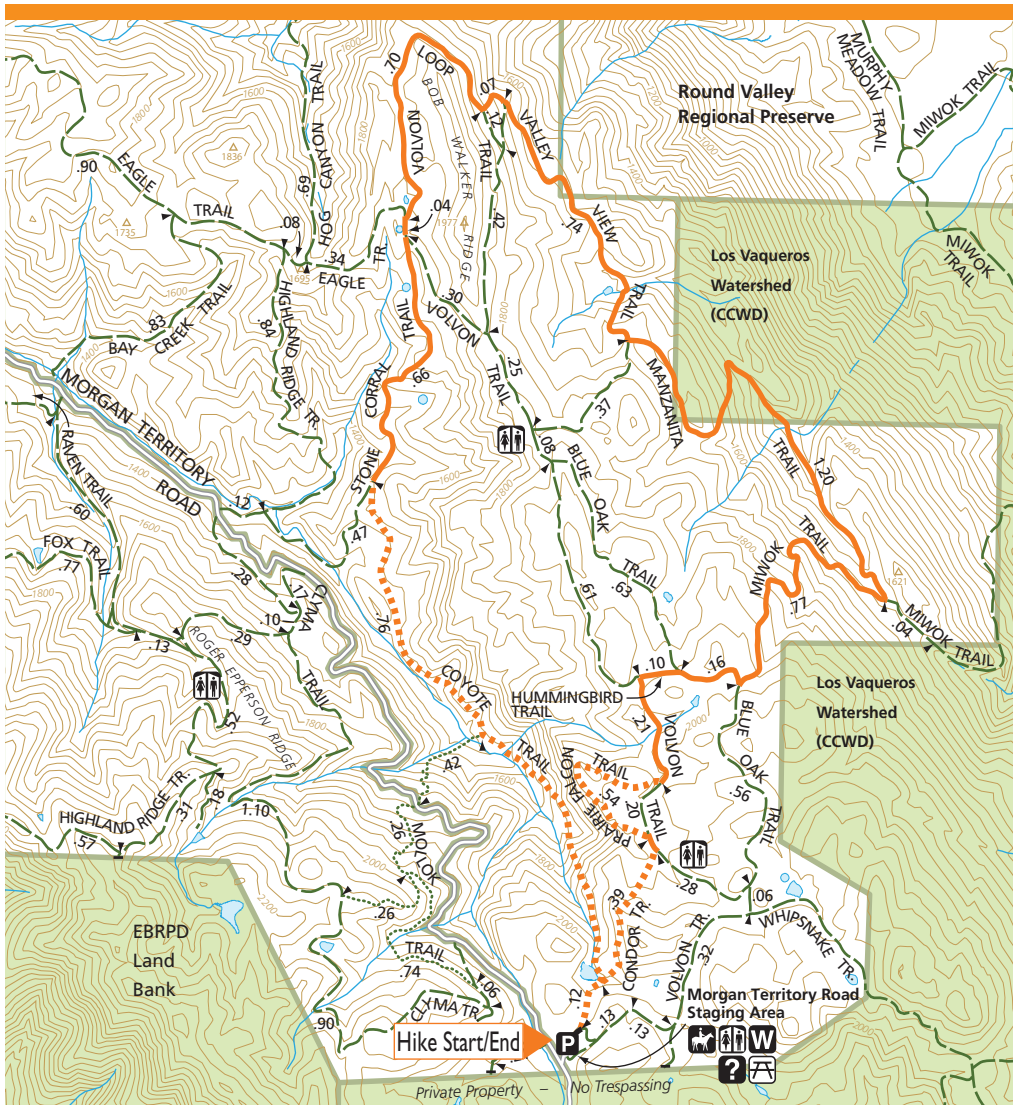
PARTIAL
USE

Park Features: Acquired in 1976, this park is a key section of a much larger multi-agency open space corridor that protects Mount Diablo and its foothills. Sandstone hills within the park's 4,708 acres are adorned in spring with more than 90 species of wildflowers, including the Diablo sunflower which grows only in the foothills of Mount Diablo. Deer, coyote and even the elusive mountain lion may be seen here, and a variety of raptors frequently soar overhead. The staging area at 9601 Morgan Territory Road has picnic tables, restrooms and drinking water.

Trail Highlights: This route features a number of unique habitats, from a creek to chaparral-filled hillsides and grasslands to ridge-top oak woodland. Expansive views of Mount Diablo and the eastern slope of the Roger Epperson Ridge lie to the west. Mount St. Helena can be seen to the north, and to the east, the Bay-Delta, Round Valley Regional Park, Los Vaqueros Reservoir, and the snow-covered Sierra Nevada. Although the difference between the highest point (2,046') and lowest point (1,346') is only 700 feet, the total elevation gain on this hike is 1,640 feet. All hikers are advised to bring a couple liters of water. The best time to hike this trail is in the spring, when temperatures are cool, and wildflowers are beginning to bloom.

Trail Directions: Begin at the staging area information board, starting on Condor Trail. Quickly veer left onto the Coyote Trail after .12 miles, descending to a creek bed. As you come out of the shaded area after .68 miles, continue on the wide Coyote Trail. After .76 miles, continue straight onto Stone Corral Trail. Pass by Volvon Trail on your right and Eagle Trail on your left, as you loop north to southeast. Go left at Valley View Trail. Hike .74 miles and go left onto Manzanita Trail. Continue for 1.2 mile, then turn right onto Miwok Trail. Head uphill for .77 miles then turn right onto Blue Oak Trail. After a short while, turn left onto Hummingbird Trail and a then quick left onto Volvon/Bob Walker Trail. Hike .21 miles and turn right on Prairie Falcon Trail, an exciting, scenic loop. After the loop, turn right onto the Volvon/Bob Walker Trail. Turn right again onto the Condor Trail and follow this trail back to the parking lot.

Driving Directions: *From I-580 in Livermore*, exit onto N. Livermore Ave. and turn north. Shortly after N. Livermore curves left (west), turn right onto Morgan Territory Road and follow it for about 5.5 miles to the staging area on the right. *From I-680 in Walnut Creek*, take Ygnacio Valley Road east to Clayton Road. Turn right. Clayton Road will turn into Marsh Creek Road. Turn right onto Morgan Territory Road. Drive 9.4 miles to the staging area.



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

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

North
 0 1/4 1/2 Mi.
 Contour interval 40 feet

Park Hours: 8 a.m. to sunset; seasonal hours vary
Fees: None
Website: www.ebparks.org/parks/morgan

Pleasanton Ridge Regional Park

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

Length: 6.03-mile loop Elevation Gain: 1,372 feet Location: Pleasanton

GPS Coordinates: 37.6144250, -121.8816278

Intensity: Challenging



PARTIAL
USE

Park Features: This 5,271-acre Regional Park is well known for its panoramic views of the Tri-Valley area. The extensive trail system provides access for hikers, cyclists, dog owners, and equestrians to gorgeous canyon views, ridgetop vistas, and for viewing a variety of woodland species.

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



Photo: Jerry Ting

Trail Directions: From the parking lot, walk through the cattle gate and turn left to begin an uphill hike for .15 miles. At the next trail junction turn right onto Oak Tree Trail, which follows the ridge with the highway to your right. After .49 miles, turn right to begin Sycamore Grove Trail. After .27 miles, turn left at a 4-way crossing onto Meadow Pond Trail. This shaded trail splits, with both routes leading you back to the same trail;

you will see a pond after a few hundred feet. In .50 miles, merge right back onto Oak Tree Trail. After .18 miles turn right to walk through another cattle gate and immediately turn right to begin Ridgeline Trail. Continue on Ridgeline Trail, staying right so as not to merge onto other trails. As the trail begins to narrow, turn left to take the wider trail leading to Thermalito Trail. The trail will curve left towards the tree-covered hills, directing you west. After passing two cattle ponds and hiking .76 miles, turn right to continue on Thermalito Trail. Hike .61 miles continue on Thermalito as you right onto a gravel trail. In .16 miles, turn left onto Ridgeline Trail. After .65 miles, stay right to stay on the trail. In .02 miles you will see the cattle gate on your right, go through this gate and go forward to begin Woodland Trail. After a few hundred feet keep to the right to stay on the trail. This trail will meander downhill for .87 miles; turn right onto the first portion of the route which leads back to the parking lot.

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



- Featured Trail--Hiker, Horse, Bike
- - - Featured Trail--Hiker, Horse Trail
- Hiker, Horse, Bicycle Trail
- - - Hiker, Horse Trail
- .28 20 Post Numbers/Mileages

- Parking
- Equestrian Parking
- Drinking Water
- Restrooms
- Information
- Horse Water
- Gate

Park Hours: 8 a.m. – dusk; varies seasonally
Fees: None
Website: www.ebparks.org/parks/pleasanton

Health Tip: Visit a farmers market to find new foods, and instead of salt, use herbs/spices to help lower blood pressure.

Reinhardt 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: 37.807046, -122.148339

Intensity: Challenging



USE LEASH
ON STREAM
AND
BRIDAL

PARTIAL
USE

PARTIAL
USE

Park Features: Groves of trees and creek-side terraces welcome visitors to this hidden redwood forest. The enchanting space is just 15 minutes from downtown Oakland. There is a diversity of wildlife here. Deer, squirrels, and raccoons are common. Those with a keen eye might 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. Besides hiking and nature study, park activities include picnic sites with meadows, lawns, and children's play areas. Equestrian accommodations are found near the east entrances of the park.

Trail Highlights: This loop trail begins along the contours of a meandering 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.

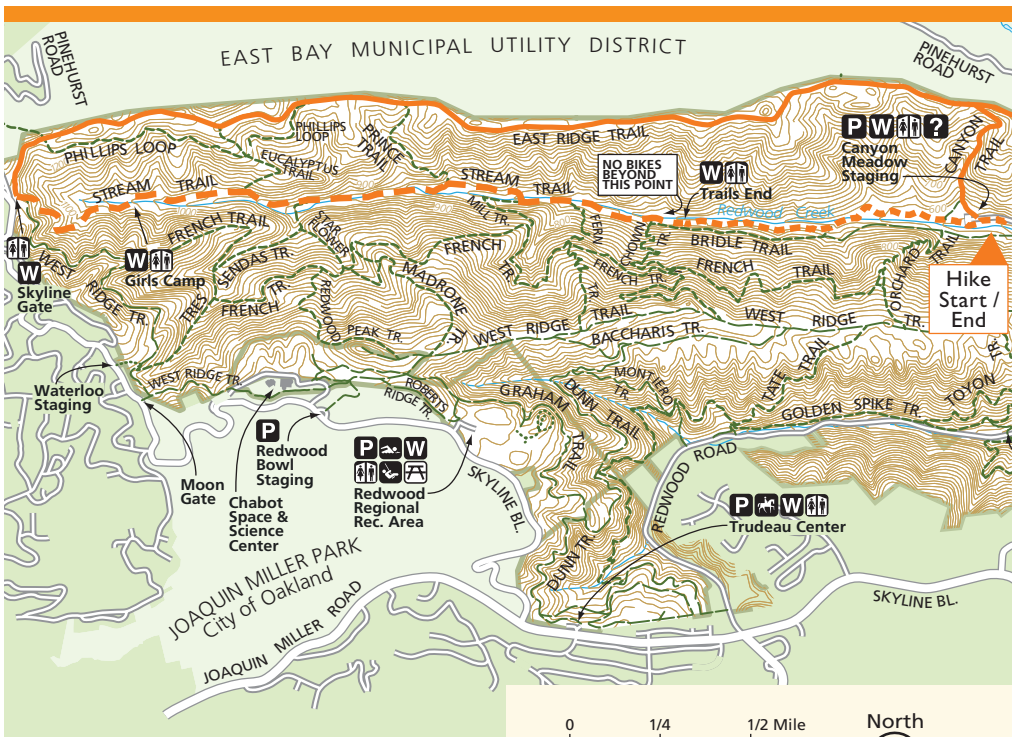
Trail Directions: From the Canyon Meadow Staging Area follow the Stream Trail into Reinhardt Redwood Park. This trail is paved for .89 miles before becoming a narrow dirt path for hikers and equestrians. At "Trail's End," continue on the Stream Trail for 1.9 miles through the canyon, occasionally crossing the stream at a small bridge. After Girls' Camp, make a short ascent to the Skyline Gate Staging Area. At the staging area, turn right and enter through the gate onto the East Ridge Trail. Stay on this trail for 2.9 miles along the ridgeline far above the canyon. Turn right on to Canyon Trail 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.

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

Fees: \$5 parking fee (seasonal); \$2 dog fee

Website: www.ebparks.org/parks/redwood



- 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



Photo: Deane Little

Sunol Wilderness Regional Preserve

Indian Joe Nature/Unnamed Connector/Hayfield Road/High Valley/Welch Creek Road/Upper Maguire Peaks/Maguire Peaks/Maguire Peaks Loop/Maguire Peaks/Welch Creek Road/High Valley Road/Hayfield Road Trails
Length: 11-mile round trip

Elevation Gain: Approx. 2,527 ft. Location: Sunol

GPS Coordinates: 37.516433, -121.831846

Intensity: Challenging



PARTIAL
USE PARTIAL
USE

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

Trail Highlights: This route provides a partially shaded trail that weaves back and forth along creeks as well as grassy hilltops with panoramic views. The Maguire Loop Trail offers views of the San Antonio Reservoir and Mt. Diablo. Restrooms are available at the parking area and at High Valley Camp. Visitors should bring plenty of drinking water. Water is only available at High Valley Camp and the staging area.

Trail Directions: From the Visitor Center, cross the footbridge and turn right onto Canyon View. Continue past Hayfield Road, cross the stream-bed, ascend a short hill to the left and turn left at next trail junction, Indian Joe Creek Trail. The trail traverses steeply up the canyon, with several stream crossings (in the rainy season). At the SO24 trail post, shortly past the large Cave Rocks, turn left on Cave Rocks Road and go .49 miles to High Valley Road. You'll pass by High Valley Camp, a large barn, and water, restrooms, and picnic tables. Follow High Valley Road .41 miles, all the way to the paved Welch Creek Road, and turn right. Use caution, since this is a one-lane, two-way road with traffic and blind curves.

Up the road you'll see marker SO5; cross the creek and continue onto Upper Maguire Peaks Trail. Bear right at marker SO7 to access Maguire Peaks Trail, and right again at marker SO8 onto the Maguire Peaks Loop. Follow the loop trail for almost 3 miles back to marker SO8 for Maguire Peaks Trail. Turn right at SO8, continue to SO7 and turn right (straight) and continue to Welch Creek Road at SO6. Turn left on the road and proceed .18 miles to High Valley Road on the right. Follow High Valley Road past High Valley Camp and down Hayfield Road. At the bottom, you'll reach the long footbridge over Alameda Creek where you started.

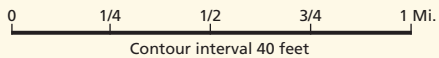
Driving Directions: *From Fremont,* drive north on I-680 and exit at Calaveras Road (near the town of Sunol). Turn right at the exit onto Calaveras Road and proceed about four miles to a left turn onto Geary Road, which leads directly into the park.

From the Oakland-Berkeley area, drive east on I-580 to the junction with I-680. Take I-680 south and exit at Calaveras Road/Highway 84 just south of the Sunol exit. At the bottom of the exit turn left onto Calaveras Road and proceed as noted above.

From the Walnut Creek-Danville area: Drive south on I-680 and exit at Calaveras



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



- | | |
|--------------------|-------------|
| Visitor Center | Restrooms |
| Parking | Telephone |
| Equestrian Parking | Information |
| Drinking Water | Picnic |

Road/Highway 84 just south of the Sunol exit. Proceed as noted above.

Park/Gate Hours: 8 a.m. to dusk

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

Website: <http://www.ebparks.org/parks/sunol>



Black Diamond Mines Regional Preserve, Antioch

Trails Challenge 2020

Trail Log



- 1. Trail Log Deadline:** December 1, 2020
- 2.** To receive your 2020 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 2020

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 while you are hiking the Trails Challenge. There is a package for everyone, and regular Memberships start as low as \$60 per year.

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

Join online at RegionalParksFoundation.org under “Membership.”



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