

Contra Loma Regional Park

Location	1200 Frederickson Lane Antioch, CA 94509
GPS	37.965294,-121.822494
Phone	(888-327-2757), option 3, extension 4518
Miles	4.5-Mile Round Trip
Elevation Gain	515 ft.
Trails	Fredrickson/Lake View/Ridge/ East Shore/West Shore
Hours/Curfew	6 - 7 a.m. to Sunset; varies seasonally
Fees	\$5 parking; \$2 dog (no parking fee at this staging area)
Website	ebparks.org/parks/contra_loma

MODERATE HIKE



Photo: Jerry Ting

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

Trail Highlights: This route has a few short, steep sections revealing views of the delta and, on a clear day, the Sierras peaks in the distance. Bring lots of water and snacks as the weather heats up in summer and fall. Water fountains and restrooms are located along the shore trails. Dogs must be leashed and under control at any posted area, picnic site, lawn or developed area, and all areas where grazing animals are present.

Trail Directions: Begin at the end of Fredrickson Ln., near the park entrance. Hike the Frederickson Trail for .24 miles, then turn left onto the Lakeview Trail through the cattle gate. Veer right at the fork to

continue on Lakeview Trail for .58 miles. After the cattle gate reaching the Ridge Trail, turn left to follow Ridge Trail north for .40 miles. Continue towards the Upper Vista viewpoint. After a break, head back onto the Ridge Trail, take the first right down to West Shore Trail. Keep left to follow West Shore Trail across the dam then turn right, heading south onto East Shore Trail. Follow until you reach the boating dock, and continue towards West Shore Trail. After .52 miles, passing the swim lagoon, West Shore continues until you return to Ridge Trail by making a left. Follow south and return to the cattle gate to reach the Lake View Trail, continuing for .69 miles. End your hike reaching Fredrickson Trail and following south for .24 miles towards the parking area.

Driving Directions: From Highway 4 in Antioch, exit on Lone Tree Way, go right on Golf Course Rd. and right on Frederickson Lane.

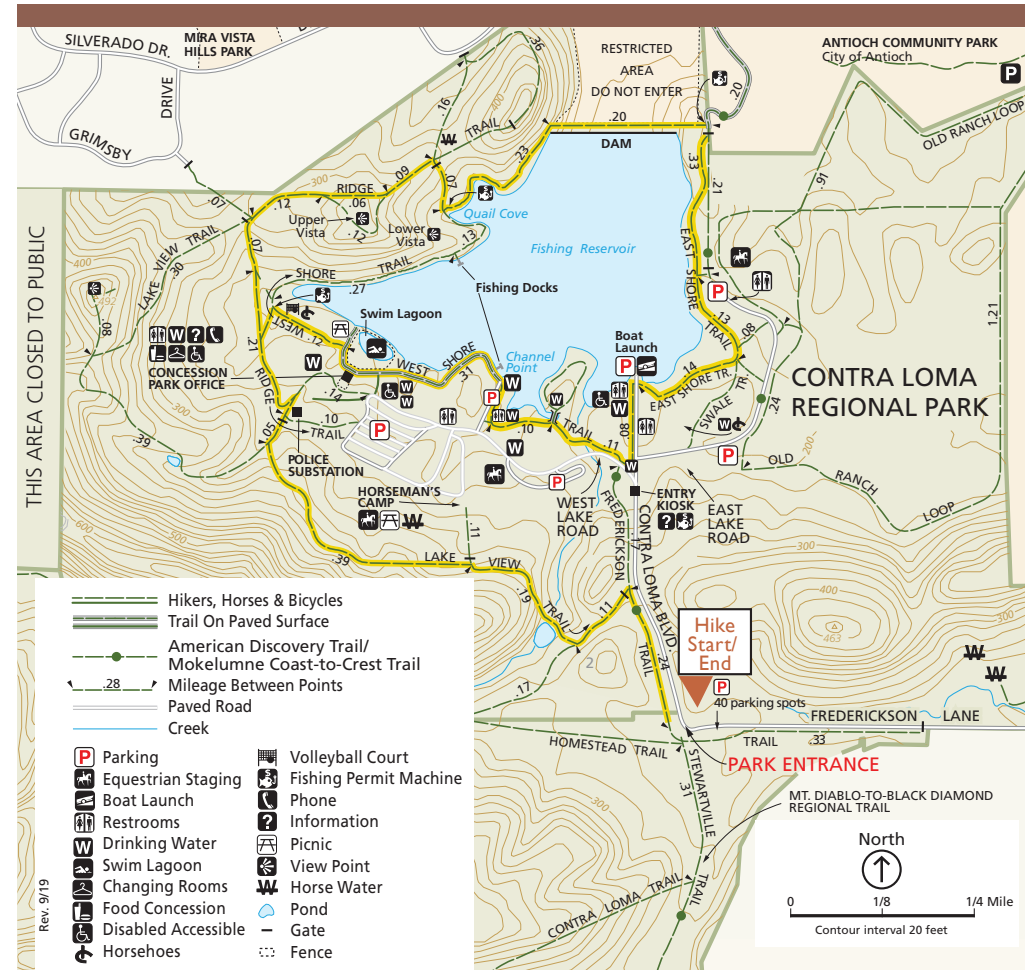


Photo: Robin Mayoff