

Wildcat Canyon Regional Park

Location	Richmond
GPS	37.951870,-122.317151
Phone	(888-327-2757), option 3, extension 4567
Miles	5.7-Mile Loop
Elevation Gain	1,568 ft.
Trails	Wildcat Creek/Mezue/San Pablo Ridge/Green Ridge/Belgium/Wildcat Creek
Hours/ Curfew	7:30 a.m. to 5 p.m.
Fees	None
Website	ebparks.org/parks/wildcat

MODERATE HIKE



Photo: Kara Loh

Health Tip
Walking stimulates circulation to improve skin, delay wrinkles, and promote hair growth.

Park Features: The park encompasses 2,789 acres along the Wildcat Creek watershed and the surrounding hills and ridges, with 25 miles of trails (mostly fire roads), including 2.5 miles of paved trail on Nimitz Way.

Trail Highlights: A spectacular 360 degree view of the Bay Area awaits you at the apex of this moderately strenuous hike. This multi-use loop passes the site of the historic Belgium Sanitarium.

Trail Directions: Park in the main lot of the Alvarado Staging Area. The Wildcat Creek Trail begins at the far end of the lot. The trail begins on pavement for approximately a mile and then turns into a dirt fire road. After a total of 2 miles, you will take a left through a cattle gate onto the Mezue Trail. Follow this steep trail 1.33 miles uphill past Leonard's Trail to the juncture with the San Pablo Ridge Trail. Take a left onto San Pablo

Ridge and take in the views for 1.21 undulating miles. At the juncture with the Green Ridge Trail take a left and proceed .15 miles to the Belgium Trail. Continue on Belgium for .85 miles, past the interpretive panel for the historic Belgium Sanitarium. Go through a gate and at the bottom of the hill, turn right onto the pavement to rejoin the Wildcat Creek Trail .44 miles back to the staging area.

Driving Directions: From I-80 W in Pinole, exit McBryde Ave. Turn left onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.

From I-80 E in El Cerrito, exit toward Solano Ave. Keep left at the fork, follow signs for Solano Ave, and then merge onto Amador St. Turn right onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.

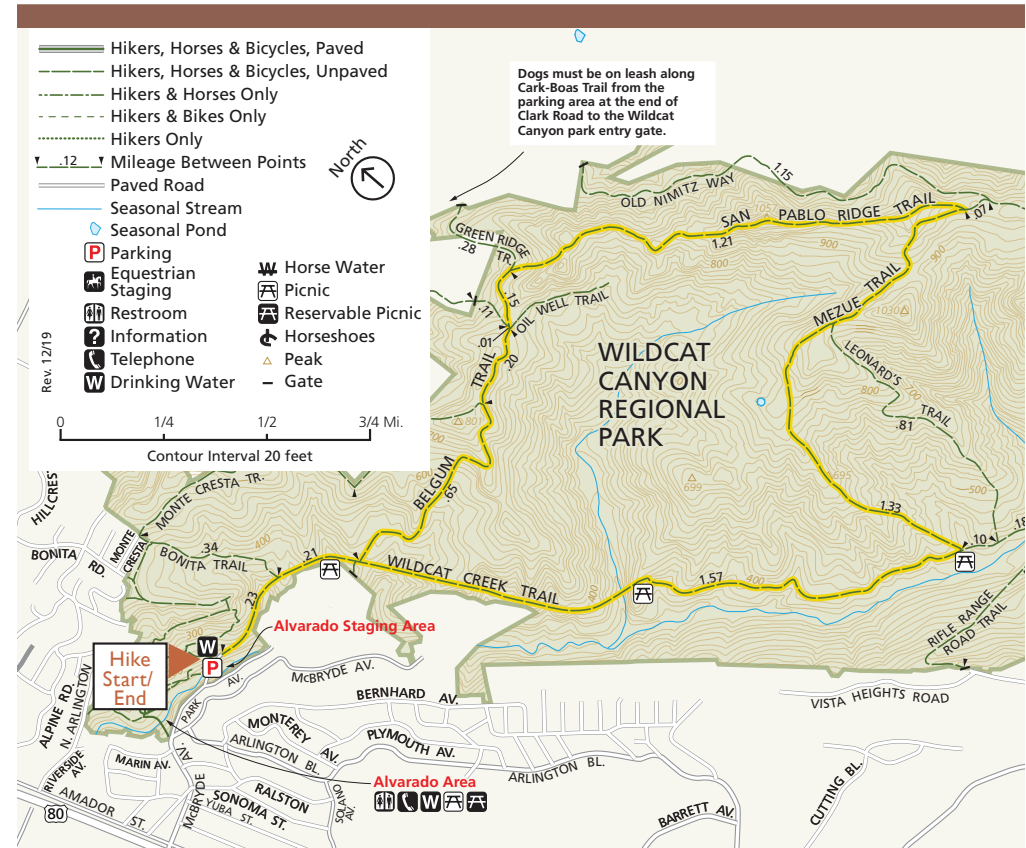


Photo: Jeff Paulsen