

# Tilden Regional Park

<b>Location</b>	Berkeley
<b>GPS</b>	37.9059,-122.26117
<b>Phone</b>	(888-327-2757), option 3, extension 4562
<b>Miles</b>	7.9-Mile Round Trip
<b>Elevation Gain</b>	1,611 ft.
<b>Trails</b>	Meadows Canyon/Curran/Seaview/Arroyo/Quarry/Lower Big Springs/Seaview/Curran/Wildcat Gorge
<b>Hours/Curfew</b>	5 a.m. to 10 p.m.
<b>Fees</b>	None
<b>Website</b>	ebparks.org/parks/tilden

**CHALLENGING HIKE**



Photo: Hillary VanAlstine

Arroyo Trail. It's easy to pass by, so, watch for it. Follow this single-track trail downhill for .83 miles. At South Park Drive, turn right and follow the trail along the road to the Big Springs Staging Area. At the far end of the small parking area, take the Quarry Trail .81 miles to the intersection with Lower Big Springs Trail. At the four-way trail juncture, head west onto Lower Big Springs and follow it uphill .21 miles to rejoin Seaview Trail. Take a left onto Seaview and follow it downhill, taking a right to return to where you initially crossed Wildcat Canyon Rd. Cross the road again and rejoin Seaview. At the bottom of this very short section, take a left onto Curran Trail. Follow it .62 miles downhill to the intersection with Wildcat Gorge Trail. Turn right onto Wildcat Gorge and continue along the creek .78 miles back to the Lone Oak Staging Area.

**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. At the 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 right onto Central Park Drive and take the first left onto Lone Oak Rd. Park at the Lone Oak Staging Area.

**Park Features:** Tilden includes the Regional Parks Botanic Garden, Golf Course, Brazil Room, Tilden Nature Area, Little Farm, EEC, Lake Anza, Steam Trains, Merry-Go-Round, and 3 reservable Group Camps. With its extensive trail system and various amenities, you'll discover why it is called the 'Crown Jewel' of the Park District!

**Trail Highlights:** A large loop in the heart of Tilden Park to take in the views of the bay and beyond.

**Trail Directions:** Begin at Lone Oak Staging Area, off Central Park Dr. just past Meadows Playfield. At the picnic site take the trail to the left and head uphill along Meadows Canyon Trail. In 1.43 miles, take a right onto Curran Trail and an immediate left uphill onto Seaview Trail. Cross Wildcat Canyon Road and continue uphill along Seaview Trail. In 2.18 miles, turn right onto

