



2025
TRAILS Challenge



Trails Challenge is a free program made possible through a partnership between the East Bay Regional Park District and the Regional Parks Foundation

East Bay
Regional Parks


REGIONAL PARKS
Foundation
Supporting East Bay Regional Parks



General Manager's Message

Welcome to Trails Challenge 2025. For the past 32 years, the East Bay Regional Park District has promoted healthy recreation and time in nature through its annual Trails Challenge program. This free program connects people to nature through hiking and biking by providing 20 designated trails ranging from easy to challenging, including a number of fully accessible trails that have been evaluated and identified as usable by persons with mobility limitations.

The Park District is the largest regional park district in the nation with 73 parks and over 1,300 miles of trails for hiking, biking, horseback riding, and nature viewing, among other activities. When on the trails, please keep the following in mind to ensure parks are safe and enjoyable for all.

- Keep right around other trail users.
- Bag it and bin it. Don't leave dog poop on the trails.
- Keep dogs on leash or under control around others.
- Stop and yield to horseback riders.

While participating in Trails Challenge, we hope you will check out one of our newest public access and habitat restoration projects at Sibley Volcanic Regional Preserve, which included daylighting and restoration of a half mile of previously culverted creek. One of the moderate trails in this year's guidebook highlights this project and provides opportunities to see restored creek habitat and resurging natural wildlife.

We thank Kaiser Permanente, AllTrails, and the Regional Parks Foundation for sponsoring the Park District's 2025 Trails Challenge program.

See you on the trails.

A handwritten signature in black ink, appearing to read 'Sabrina Landreth', written over a horizontal line.

Sabrina Landreth
General Manager

East Bay 
Regional Parks

Table of Contents

Stay Connected	2
How to Participate.	3
Trail Safety and Etiquette.	4
Trail Accessibility	5
At-a-Glance Featured Trails.	6-11
Featured Trails	12
Legend for Trails Challenge Maps	13
Easy Hikes.	14-27
Moderate Hikes	28-41
Challenging Hikes.	42-53
Trail Log	54
Membership Benefits.	55

Trails Challenge 2025

Each year the Trails Challenge highlights 20 trails for all abilities. Trails include easy, moderate, and challenging routes, many with scenic destinations in a variety of parklands and shorelines.

Note that you can use any trail route within the East Bay Regional Parks to complete the Trails Challenge, not just those listed in this guidebook. To complete the challenge, finish at least five trails or 26.2 miles (a marathon distance).

STAY CONNECTED

Make sure to tag your hike photos
#TrailsChallengeEBRPD



Instagram: @ebrpd



Twitter: @ebrpd



Facebook: @EastBayParks



AllTrails: Go to ebparks.org/TC for details.



Visit Trails Challenge
at ebparks.org/TC
for more information.



How to Participate

To ensure a fun and safe Trails Challenge experience, please review the information below and plan ahead.

1. Determine Your Level of Hiking or Biking Comfort

Use these guidelines to determine the distance and level of intensity suitable for you:

EASY

- Relatively flat with good trail conditions (paved or packed gravel)
- 1-4 miles; 1-2 hours to complete
- Generally suitable for people using mobility devices, strollers

MODERATE

- Significant elevation gain (60-900 feet) with good-to-rugged conditions
- 3-8 miles; 2-4 hours to complete
- Requires good physical condition

CHALLENGING

- Significant elevation gain (115-2,000 feet) with good-to-rugged trail conditions
- 4-10+ miles; 4-8 hours to complete
- Requires good physical condition

2. Choose a Trail

Refer to At-a-Glance trail charts (pages 6-11) indicating accessibility, mileage, and intensity level. Each trail comes with a park map with trail route and description.

Go with a buddy; otherwise, inform someone of your route and expected time of return.

Check the weather ahead of time. Visit ebparks.org for any trail closures before setting out.

Things to Bring

- Plenty of water for all participants, including dogs
- Sturdy shoes and appropriate clothing
- Sunscreen, sunglasses, and hat
- Trail map and AllTrails app

See website for full list.

3. Explore the Trail

Stay on designated trails. Do not take shortcuts!

- Hikers yield to horses; bikers yield to hikers and horses
- Keep dog on leash unless specifically posted that they can be off leash
- Pack it in, pack it out — including dog waste bags
- Do not litter

See website for more trail rules and safety guidelines.

4. Log Your Outings

After each hike, record the name of trail and distance in the Trail Log on page 54 (or on a separate piece of paper). After completing five trails, or 26.2 miles (a marathon distance), submit your log at ebparks.org/tclog or reservations@ebparks.org, or mail it to:

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

Turn in your log by 12/31/2025 to receive a 2025 pin, while supplies last. The pin will be mailed within 10 business days after your log is received.

Trail Safety and Etiquette



Michael Courter

While in the parks and on the trails, remember that you are a guest of the many animals and diverse plants that call the Regional Parks their home. Be respectful of their natural habitat and minimize your impact on them.

BE FAMILIAR WITH THE FOLLOWING TOPICS BEFORE HEADING OUT

- Poison Oak
- Ticks and Lyme Disease
- Wildlife — Spiders, Snakes, Mountain Lions, Coyotes
- Trail Courtesy
- Heat Safety
- Hiking and Biking Safety
- What to Do Around Cattle
- Hiking with Dogs
- Outdoor Safety with Children
- ADA Accessibility
- Maps and Apps

TRAIL USER TIPS

Follow these tips to keep parks safe and enjoyable for all.

TIPS FOR HIKERS

- Keep right around others
- Stop and yield to equestrians
- Bag it and bin it (do not leave dog poop bags on the trails)

TIPS FOR EQUESTRIANS

- Keep right around others
- Let trail users know how to pass safely

TIPS FOR BIKERS

- Slow down around others
- Call out or ring your bell when passing
- Always yield to pedestrians and equestrians

**If you have an emergency, call 911 or (510) 881-1121.
For non-emergency, call (510) 881-1833.**

Trail Accessibility



This section provides a snapshot of the accessibility features for trails that have been vetted by park staff to be usable by persons with mobility limitations. The information is intended for users of all abilities to determine trails that best suit their needs. We recognize that accessibility differs for every individual. Therefore, the level of intensity that we have assigned to the individual trails may not apply to you; however, it can be used as a general guide.

For most trails listed below, more detailed accessibility information can be found on the Access Northern California website, accessnca.org. This trusted resource is provided by Bay Area Outreach & Recreation Program (BORP). Additional accessible East Bay Regional Park District trails are listed on this website.

To complete the Trails Challenge, you can use any trail route within the East Bay Regional Parks, not just those listed in this guidebook. Simply log at least five trails or 26.2 miles (a marathon distance). If you're using a mobility device or a stroller, check out additional accessible trails featured on accessnca.org.

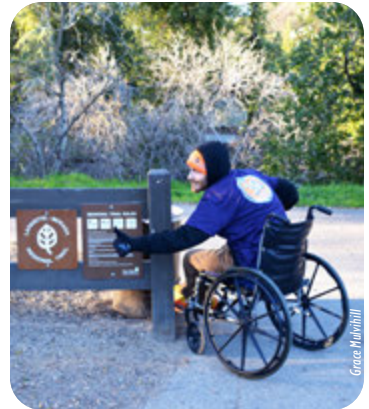
Note: Trail conditions may have changed since trails were reviewed in spring 2024.

ACCESSIBLE HIKES FEATURED IN THIS GUIDEBOOK

Look at the At-a-Glance section of this book (pages 6-11) which features "Accessible Park Features" and helpful information on mileage, elevation gain, average grade, and trail surface types.

ACCESSIBLE REGIONAL PARK HIKES FEATURED ON ACCESS NORTHERN CALIFORNIA

- Alameda Creek Trails
- Big Break
- Brickyard Cove
- Carquinez Strait
- Coyote Hills
- Crown Beach
- Del Valle
- Dumbarton Quarry
- Hayward Shoreline
- Judge John Sutter
- Lake Chabot
- Radke Martinez Shoreline
- McLaughlin Eastshore
- Miller/Knox
- MLK Shoreline
- Oyster Bay
- Point Isabel
- Point Pinole
- Reinhardt Redwood
- Sunol
- Temescal
- Tilden
- Tilden Nature Area



Disclaimer: The Park District has not reviewed and does not guarantee the accuracy of the information provided by Access Northern California.

At-a-Glance Easy Hikes



East Bay Regional Park	City	Total Miles	Elevation Gain (ft.)	Ave. Grade*	Surface*	Page No.
Martin Luther King Jr. Regional Shoreline	Oakland	4	19	Mostly Gentle	Hard	14
Point Pinole Regional Shoreline	Richmond	3.6	57	Mostly Gentle	Hard/Moderately Firm	16
Robert W. Crown Memorial State Beach	Alameda	1.1	7	Gentle	Hard	18
San Pablo Bay Regional Shoreline Trail	Pinole	3.26	115	Gentle/Mostly Gentle	Hard	20
Shadow Cliffs Regional Recreation Area	Pleasanton	1.92	98	Gentle/Steep	Firm/Moderately Firm	22
Sycamore Valley Open Space Regional Preserve	Danville	3	700	Mostly Gentle/Steep	Moderately Firm/Very Soft	24
Temescal Regional Recreation Area	Oakland	1.71	112	Mostly Gentle/Steep	Firm/Soft	26

* **Average Grade** (*An ADA Ramp Is No Greater Than 8%)

Level: < 8% **Gentle:** 8% Or Less **Mostly Gentle:** 8% With Few Sections > 8%

Steep: Many Sections > 8% **Very Steep:** Mostly > 8%



ebparks.org/trails-challenge

Accessible Park Features

See Park Map and Website for Additional Restrooms, Parking, and Picnic Sites.

 Hikers	 Dogs	 Bikers	 Horses	 Skaters	 Trails	 Restrooms	 Parking # Spaces	 Picnic Sites
•	•	•			•	•	•	•
•	•				•	•	•	•
•	•				•	•	•	•
•	•	•			•	•	•	•
•	•				Partial Use	•	•	•
•	•	•						
•		•			Partial Use	•	•	•

* **Surface Hard:** paved, boardwalk, asphalt, brick **Firm:** hardened soil or decomposed granite with stabilizer, etc. **Moderately Firm:** Gravel or dirt mix with firm under-layment **Soft:** wood fiber, loose gravel, loose dirt **Very Soft:** sand, loose pea gravel

At-a-Glance Moderate Hikes



East Bay Regional Park	City	Total Miles	Elevation Gain (ft.)	Ave. Grade*	Surface*	Page
Carquinez Strait Regional Shoreline	Martinez	4.3	708	Mostly Gentle/Steep	Hard/Moderately Firm	28
Contra Loma Regional Park	Antioch	3.9	292	Mostly Gentle/Steep	Moderately Firm	30
Garin Regional Park	Hayward	5	1100	Mostly Gentle/Steep	Moderately Firm	32
Miller/Knox Regional Shoreline	Richmond	3	443	Mostly Gentle/Very Steep	Moderately Firm/Soft	34
Quarry Lakes Regional Recreation Area & Alameda Creek Trail	Fremont	8	167	Gentle	Moderately Firm	36
Sibley Volcanic Regional Preserve	Orinda	4.12	843	Mostly Gentle/Steep	Moderately Firm	38
Tilden Regional Park	Orinda	3.34	846	Mostly Gentle/Steep	Moderately Firm	40

* **Average Grade** (*An ADA ramp is no greater than 8%)

Level: < 8% **Gentle:** 8% or less **Mostly Gentle:** 8% with few sections > 8%










Steep: Many sections > 8% **Very Steep:** Mostly > 8%



ebparks.org/trails-challenge

Accessible Park Features

See Park Map and Website for Additional Restrooms, Parking, and Picnic Sites.

 Hikers	 Dogs	 Bikers	 Horses	 Skaters	 Trails	 Restrooms	 Parking # Spaces	 Picnic Sites
•	•		•			•		
•	•	•	•			•	•	•
•	•	Partial Use	•			•	•	•
•	•				Partial Use	•	•	•
•	•	•	Partial Use		Partial Use	•	•	•
•		Partial Use					•	
•	•	•	•			•		

* **Surface Hard:** paved, boardwalk, asphalt, brick **Firm:** hardened soil or decomposed granite with stabilizer, etc. **Moderately Firm:** Gravel or dirt mix with firm under-layment **Soft:** wood fiber, loose gravel, loose dirt **Very Soft:** sand, loose pea gravel

At-a-Glance

Challenging Hikes



East Bay Regional Park	City	Total Miles	Elevation Gain (ft.)	Ave. Grade*	Surface*	Page
Anthony Chabot Regional Park	Castro Valley	5.1	784	Mostly Gentle/Steep	Moderately Firm	42
Briones Regional Park	Lafayette	6	1198	Steep/Very Steep	Moderately Firm/Soft	44
Del Valle Regional Park	Livermore	4.59	988	Mostly Gentle/Steep	Moderately Firm	46
Morgan Territory Regional Preserve	Livermore	10	2047	Mostly Gentle/Steep	Moderately Firm	48
Round Valley Regional Preserve	Brentwood	6	538	Mostly Gentle	Moderately Firm	50
Sunol Wilderness Regional Preserve	Sunol	6.7	1870	Steep/Very Steep	Moderately Firm/Soft	52

* **Average Grade** (*An ADA ramp is no greater than 8%)

Level: < 8% **Gentle:** 8% or less **Mostly Gentle:** 8% with few sections > 8%


Steep: Many sections > 8% **Very Steep:** Mostly > 8%



ebparks.org/trails-challenge

Accessible Park Features

See Park Map and Website for Additional Restrooms, Parking, and Picnic Sites.

 Hikers	 Dogs	 Bikers	 Horses	 Skaters	 Trails	 Restrooms	 Parking # Spaces	 Picnic Sites
•	•	•	•					
•	•	•	•			•	•	
•	•		•			•	•	
•	•		•					
•		•	•				•	
•	•	•	•					













































* **Surface Hard:** paved, boardwalk, asphalt, brick **Firm:** hardened soil or decomposed granite with stabilizer, etc. **Moderately Firm:** Gravel or dirt mix with firm under-layment
Soft: wood fiber, loose gravel, loose dirt **Very Soft:** sand, loose pea gravel



Featured Trails

Map Legend

MAP ICONS

 Parking (# of Spaces)	 Campground
 Restroom	 Campground: Reservable with ADA site/s
 Drinking Water	 View Point/Vista Point
 Information Panel	 Horseshoe Pit
 Benches/Seating	 Bus Stop
 Picnic Area	 Marsh Area
 Reservable Picnic Area	 Creek Resource Protection Area
 Vending Machines/Food Concession	 Wooded Area
 Visitor Center	 ADA Accessible
 Emergency Phone	 Swimming Beach
 Horse Staging Area	 Boat Launch
 Horse Water	 Boat Rental
 Gate	 Kayaking/ Kayak Rental
 Peak	 Windsurf Area/Rental
 Markers at Trail Junctions	 Fish Cleaning Station
 Changing Room	 Fishing Permit Fee Station
 Shower	 Fishing Dock
 Children's Play Area	 Hospital
 Disc Golf Course	 Commercial/Shopping
 Volleyball Area (ball not provided)	 Hot Coal Receptacle
 Exercise/Fitness	 No Trespassing
 Bridge	 BART Station

MAP ROADS AND TRAILS

 Paved Trail: Hiker, Biker, Horse	 Hiker-Only Trail
 Unpaved Trail: Hiker, Biker, Horse	 Mileage Between Points
 Hiker, Horse Trail	 SF Bay Trail, Bay Area Ridge Trail, Ohlone Trail, Bob Walker Regional Trail
 Paved Trail: Hiker, Biker	 Mount Diablo Regional Trail
 Unpaved Trail: Hiker, Biker	 De Anza Historic Trail

Martin Luther King Jr. Regional Shoreline

Location	Oakland
GPS	37.7421885, -122.2166316
Phone	1-888-327-2757, Option 3, Extension 4541
Miles	4 miles
Elevation Gain	19 ft
Trails	Doolittle Trail/ Arrowhead Marsh Trail
Hours	8 a.m. to 9 p.m.; varies seasonally
Fees	None
Park Webpage	ebparks.org/parks/martin-luther-king
Average Grade	Mostly Gentle

EASY HIKE



lush tidal marshes, where egrets and herons wade gracefully in search of food. The breeze carries the scent of saltwater and the rhythmic calls of shorebirds. An Observation Tower invites quiet reflection, offering views of the bay's calm waters and the distant city skyline. Bicyclists and walkers share the paths, weaving through native grasses and wildflowers, with peaceful moments around every corner.

Trail Directions: From Doolittle Staging Area North, walk toward Shoreline Center to gain access to Doolittle Trail. The trail name changes to Arrowhead Marsh Trail; follow it to Arrowhead Marsh observation tower. Retrace steps back to the parking lot.

Accessibility: The Martin Luther King Jr. Regional Shoreline offers accessible trails designed for ease of use. The pathways are firm, level, and typically 4 feet wide or more, ensuring smooth travel for wheelchair users and those with mobility devices. Accessible parking is available at key trailheads, with nearby restrooms that include features like grab bars and adequate space for maneuvering. Scenic spots, including waterside views and picnic areas, are accessible, offering both enjoyment and comfort for all visitors. Some trails may require travel on firm dirt or grass.

Address:

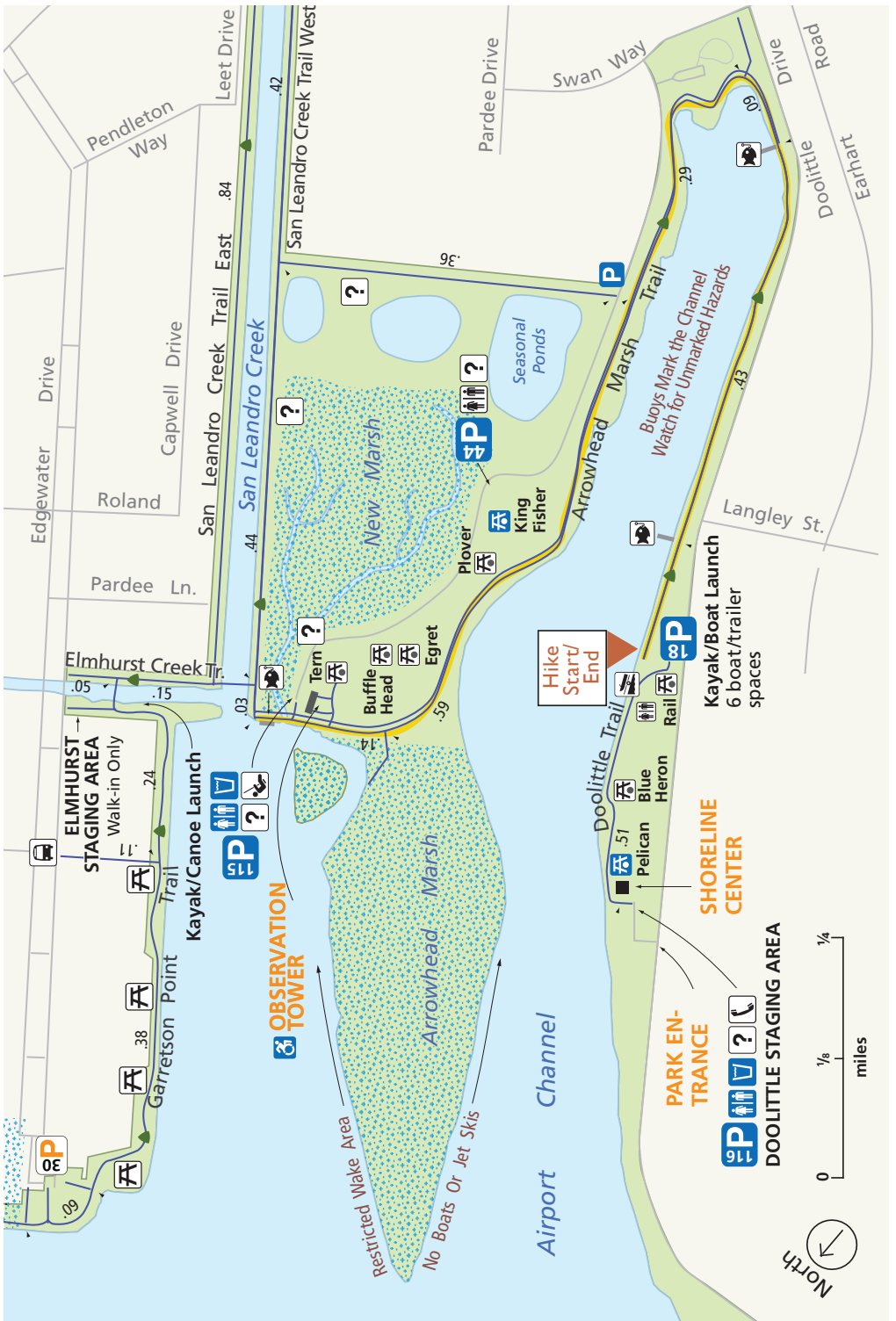
MLK, Jr. Shoreline Center
7250 Doolittle Dr., Oakland, CA 94621

Park Features: At the Martin Luther King Jr. Regional Shoreline, the blend of nature and recreation creates a rich tapestry of experiences. There is Arrowhead Marsh, most likely created by a dam breach at Lake Chabot carrying sediment down San Leandro Creek. This created an arrowhead shape giving the marsh its name. Stroll along the wooden boardwalk taking in this vital wetland habitat for endangered species, like the Ridgway's rail, commonly known as California clapper rail. The park features picnic areas shaded by trees, perfect for a peaceful lunch. For the more active, kayak launches and fishing piers provide direct access to the bay's waters. Birdwatchers flock to the observation platforms, binoculars in hand, scanning the skies and marshes for glimpses of rare species.

Trail Highlights: Tucked along the San Leandro Bay, the Martin Luther King Jr. Regional Shoreline is a haven for wildlife and nature lovers alike. Wander through



Kevin Fox



Point Pinole Regional Shoreline

Location	Richmond
GPS	37.9796959, -122.3650319
Phone	1-888-327-2757, Option 3, Extension 4551
Miles	3.6 miles
Elevation Gain	57 ft
Trails	Bay Trail/Spur Trail/ China Clipper Spur Trail/ Cordgrass Jetty Trail/Bay Trail
Hours	8 a.m. to 7 p.m.; varies seasonally
Fees	\$5 per vehicle
Park Webpage	ebparks.org/parks/point-pinole
Average Grade	Mostly Gentle
Surface	Hard, Moderately Firm

EASY HIKE



the water's edge, and perhaps a glimpse of a coyote or deer in the distance. Various birds of prey, including bald eagles, can be spotted as well. The trails wind through diverse landscapes—wetlands, meadows, and dense woodlands—each offering its own surprises. Near Dotson Family Marsh, the expansive views of San Pablo Bay open up, inviting one to pause. Here, the salt air mixes with the scent of marsh grasses, and the rhythm of the tides connects trailgoers to a timeless cycle. Every step reveals a new facet of this thriving natural sanctuary.

Trail Directions: From the Dotson Family Marsh Staging Area, take the Bay Trail over Rheem Creek Bridge, following it through the Dotson Family Marsh. Turn around at Pinole Point Trail (Eucalyptus Grove). Follow the Bay Trail back, take a right on to the (dirt) China Clipper Spur Trail at the Observation Area, and then take a left on Cordgrass Jetty Trail. The trail narrows to less than 4' width in some areas and is not level. Retrace steps back to the parking lot.

Accessibility: Explore the Bay Trail at Dotson Family Marsh and Spur Trail, offering a 3-mile journey. The trail is generally 4 feet wide with a gentle grade and firm terrain. Note: The gravel surface might be uneven in spots, especially in wet conditions, and the spur trail to the jetty narrows with a cross slope. Accessibility may be limited in certain areas.

Driving Directions: Dotson Family Staging Area: From I-580 take the Richmond Parkway for approximately 3.75 miles. Turn left on to Goodrick Ave. The entrance is at the end of Goodrick Ave., approximately .25 miles.

From I-80 take the Richmond Parkway and go west towards the Bay. Cross San Pablo Avenue and continue on the Richmond Parkway. Turn right on to Goodrick Ave., the entrance is at the end of Goodrick Ave. Mileage from I-80 to the park entrance is approximately 3.75 miles.

Park Features: At Point Pinole Regional Shoreline, the path is as stunning as the destination. This 2,432-acre park, bordering the busy cities of Pinole, Richmond, and San Pablo, unfolds with trails through breezy meadows, aromatic eucalyptus woods, and along San Pablo Bay's bluffs and beaches. The scenery is expansive, with views of Mt. Tamalpais, the Marin shoreline, and the bustling bay.

In 2017, the Dotson Family Marsh was restored, adapting to rising seas and honoring the Dotson family's legacy of protecting Richmond's shoreline from development.

Trail Highlights: At Point Pinole Regional Shoreline, nature takes the lead. Wander along the trails and encounter the gentle rustle of coastal breezes through eucalyptus groves, the persistent calls of shorebirds by



Robert W. Crown Memorial State Beach

Location	Alameda
GPS	37.7691919, -122.2781775
Phone	1-888-327-2757, Option 3, Extension 4522
Miles	1.1 miles
Elevation Gain	7 ft
Trails	McKay sidewalk to Bay Trail
Hours	5 a.m. to 10 p.m.
Fees	\$5 per vehicle
Park Webpage	ebparks.org/parks/crown-beach
Average Grade	Gentle
Surface	Hard

EASY HIKE



Trail Highlights: The Bay Trail at Robert W. Crown Memorial State Beach in Alameda is a natural treasure, offering a blend of urban and coastal environments. On the walk, notice the smooth, paved path that stretches for miles, perfect for walkers, joggers, and cyclists alike. On one side, the shimmering waters of San Francisco Bay offer stunning views, while on the other, native plants like coastal sagebrush and coyote bush provide habitats for local wildlife. Watch for shorebirds—sandpipers, willets, and herons are frequent visitors, often seen wading in the shallows or darting along the tide line. Interpretive panels along the way provide fascinating insights into the estuary's delicate ecosystem, from its tidal flows to the role it plays as a nursery for marine life. There are also picnic tables strategically placed for trailgoers to pause and enjoy a meal, perhaps while watching windsurfers dance across the waves.

Trail Directions: From the McKay Avenue entrance, head straight to the shoreline. Turn left onto the Bay Trail following the shoreline at Freshwater Lagoon. Turn left, walk to the end of Freshwater Lagoon, then retrace steps back to Bay Trail. Turn left, walk toward the bathhouse. At the bathhouse retrace the path and return to the Visitor Center to learn about the park's history and marine life.

Accessibility: Robert W. Crown Memorial State Beach offers several ADA-accessible features. The paved Bay Trail runs along the shoreline, providing a smooth, level surface for wheelchair users and those with mobility devices. Accessible parking is available near major trailheads, with designated spaces close to restrooms equipped with grab bars and sufficient maneuvering space. The park also offers a beach wheelchair, which can be reserved in advance. Picnic areas have accessible tables with firm, stable surfaces, and the Visitor Center is fully accessible, offering exhibits and programs for all.

Address:
1252 McKay Ave., Alameda, CA 94501

Park Features: Robert W. Crown Memorial State Beach offers 2.5 miles of shoreline access with something for everyone. Bay views are everywhere, with birds and airplanes filling the skies, and sunsets making a memorable atmosphere anytime of the year. Crown Beach is a kiteboarder's and windsurfer's paradise, with concessionaire service available to help beginners get started. With paved trails along the shoreline, picnic tables for eating, and benches to enjoy the views along the way. View bay creatures up close in the 800-gallon aquarium system at the Doug Siden Visitor Center at Crab Cove with exhibits for all ages and interests. Many programs and events (many free of charge) for visitors to learn about the estuary and surrounding wildlife are held. A beach wheelchair is available to those who need assistance. Visitor Center hours vary seasonally, check the website for more information or call (510) 544-3187.



San Pablo Bay Regional Shoreline Trail

Location	Pinole
GPS	38.012056, -122.296528
Phone	1-888-327-2757, Option 3, Extension 4551
Miles	3.26 miles
Elevation Gain	115 ft
Trails	San Francisco Bay Trail out and back
Hours	5 a.m. to 10 p.m.
Fees	None
Park Webpage	ebparks.org/trails/interpark/san-pablo-bay
Average Grade	Gentle/Mostly Gentle
Surface	Hard

EASY HIKE



Shores Drive parking area, where visitors can choose to continue on the San Francisco Bay Trail or return to Bayfront Park.

Trail Directions: From Bayfront Park, out and back on San Francisco Bay Trail

Health Tip

You can prevent sunburn, poison oak, and insect bites by wearing long sleeves, pants, a hat, and sunscreen.

Accessibility: A 1,100-Foot bridge offers more paved Bay Trail mobility access at Bayfront Park and creates a stunning clifftop walkway with panoramic views of San Pablo Bay. Take a moment to observe the mudflats below—home to a variety of shorebirds, which can often be spotted foraging for food. This trail is a cherished spot for locals who enjoy jogging and walking their dogs, offering a peaceful retreat with nature's beauty on full display. The trail features both level areas and steep inclines. While these inclines can be challenging, they are navigable with a motorized wheelchair, providing access to this remarkable landscape.

Address:

Bayfront Park, 1 Tennent Ave, Pinole, CA 94564

Park Features: The San Pablo Bay Regional Shoreline Trail closed a critical gap in the San Francisco Bay Trail, and will eventually connect the cities of Richmond, San Pablo, Pinole, Hercules, and Rodeo. The completed San Pablo Bay Trail will span 10 miles from Point Pinole Regional Shoreline in Richmond to Lone Tree Point in the Town of Rodeo. The trail is paved and can be enjoyed by bicyclers, runners, and hikers of all abilities.

Trail Highlights: From Bayfront Park the trail crosses over the 1,100-foot bridge that was completed in 2018, connecting with two existing sections of the San Francisco Bay Trail. From the bridge, visitors get a bird's eye view over the tidal marsh where herons, egrets, and other shorebirds can be observed searching for food. The trail continues with stunning panoramic views of the bay stretching from San Rafael to Vallejo. The trail ends in the shade of tall oak trees at the Pinole



Calli Godley



Cal Geology

Shadow Cliffs Regional Park

Location	Pleasanton
GPS	37.6694482, -121.8416072
Phone	1-888-327-2757, Option 3, Extension 4557
Miles	1.92 miles
Elevation Gain	98 ft
Trails	Interpretive Pavilion (Information Panel)/unnamed trail/seasonal trail/South Arroyo Trail/seasonal trail/North Arroyo Trail/Levee Trail/unnamed trail
Hours	6 a.m. to 9 p.m.; varies seasonally
Fees	\$5 per vehicle
Park Webpage	ebparks.org/parks/shadow-cliffs
Average Grade	Gentle/Steep
Surface	Firm/Moderately Firm

EASY HIKE



Trail Highlights: Shadow Cliffs Regional Recreation Area's hiking trails reveal a tapestry of natural beauty. Wander through oak woodlands, encounter vibrant wildflowers in spring, and enjoy serene lake views. The trails offer a peaceful escape, perfect for birdwatching and nature photography. Each path invites one to become immersed in the tranquility and splendor of this rejuvenated landscape.

Trail Directions: Starting at the Interpretive Pavilion near the front of the park, walk up the gravel trail. Keep going straight and head over the bridge. Follow the trail up the hill. It will loop down the hill to the left and become South Arroyo Trail, then loop back to the bridge. After the bridge, go right on North Arroyo Trail, staying right at all intersections to arrive at the Island Pond. Follow the loop up the hill to Levee Trail and back to the Information Panel.

Accessibility: Shadow Cliffs offers a partially accessible hike. It has some cross-slope and loose gravel, and seasonal changes might challenge some mobility devices. Shadow Cliffs provides wheelchair-accessible parking, trails, picnic tables, and restrooms. The bathhouse is wheelchair-friendly, too.

Free beach wheelchairs are available on a first-come, first-served basis (seasonal, during regularly-staffed swim season). Call the lifeguards at (925) 484-1986 to use one. Staff will bring the chair to the beach, provide a brief orientation, and arrange a return time.

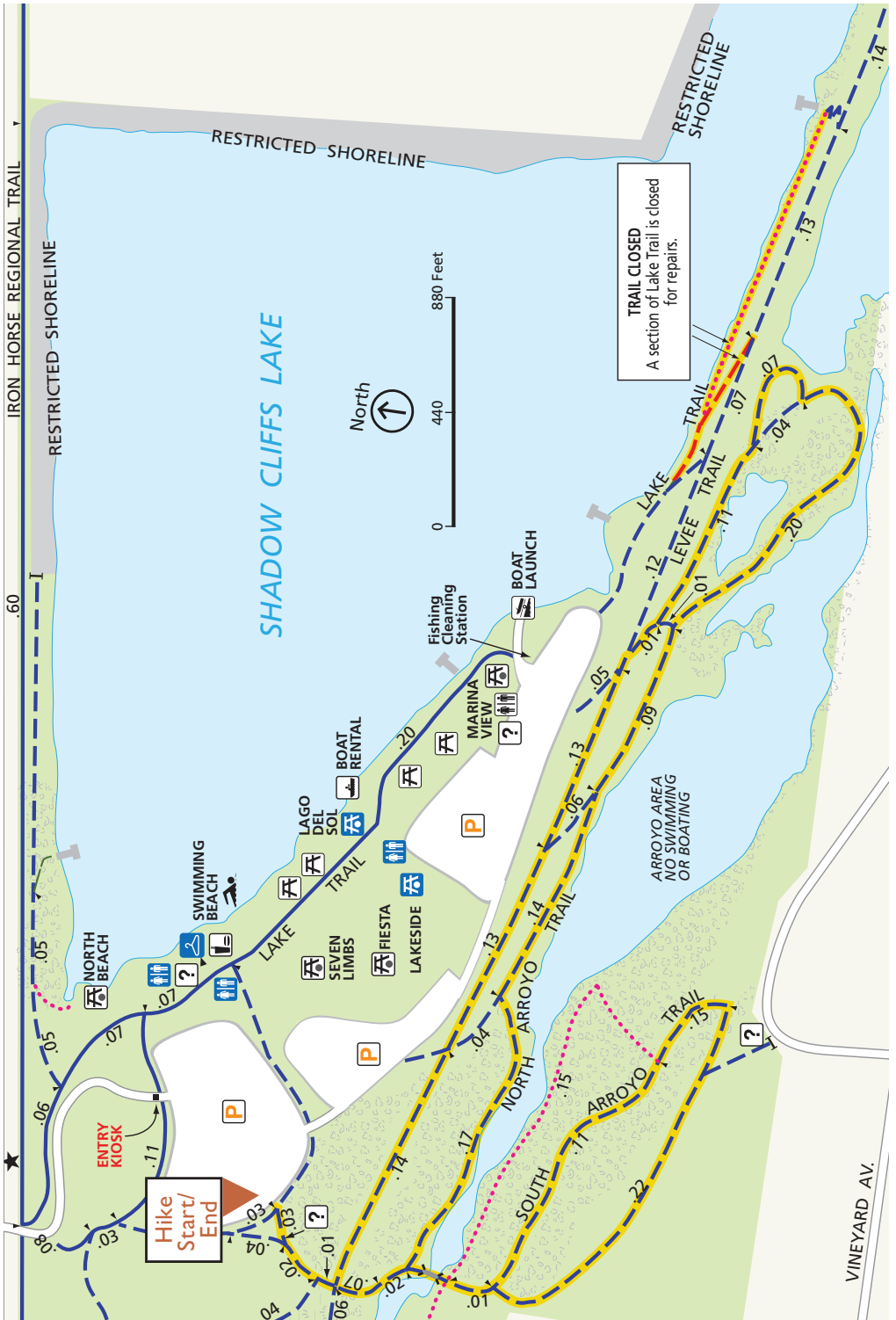
The Interpretive Pavilion has a paved ramp and nearby accessible parking. The Lake Trail is a flat, paved path with easy access from the parking lots.

Address:

2500 Stanley Blvd., Pleasanton, CA 94566

Park Features: Shadow Cliffs Regional Recreation Area, a gem nestled in the heart of the Tri-Valley, offers a tranquil escape from the hustle and bustle of daily life. Originally a gravel quarry, this serene park has been transformed into a vibrant oasis where nature and recreation harmoniously coexist.

Surrounding the lake, discover a network of trails that wind through the diverse landscape. These paths invite hikers, cyclists, and bird watchers to explore the area's natural beauty. The park's rich flora and fauna provide ample opportunities for nature observation, with wildflowers blooming in vibrant hues during the spring and various bird species calling the park home year round.



Sycamore Valley Open Space Regional Preserve

Location	Danville
GPS	37.7950229, -121.9318314
Phone	1-888-327-2757, Option 3, Extension 4560
Miles	3 miles
Elevation Gain	700 ft
Trails	Starting at Northview Court — Harvest Trail/Haymaker Trail out and back
Hours	5 a.m. to 10 p.m.
Fees	None
Park Webpage	ebparks.org/parks/sycamore-valley
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm/Very Soft

EASY HIKE



Trail Highlights: Traverse the Oak Savannah Trail, winding through majestic stands of oak trees adorned with lichen and moss. Follow the Creek Trail, tracing the gentle flow of water through verdant meadows alive with the songs of birds. Ascend the Ridge Trail for panoramic vistas that stretch to the horizon, offering glimpses of the diverse ecosystems thriving within this pristine landscape.

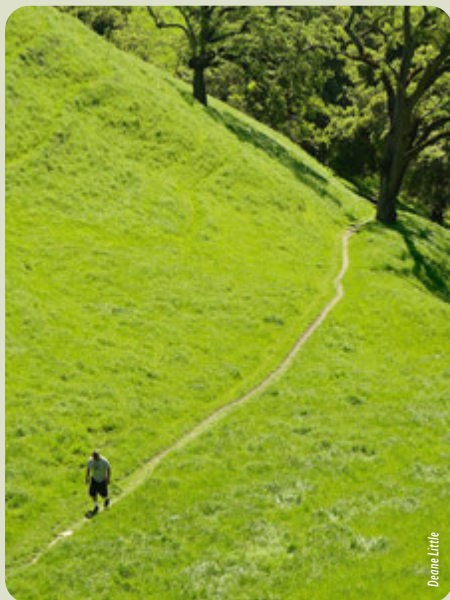
Trail Directions: Out and back hike. From Northview Court start at the park gate, head uphill on fire road at first intersection, left on Harvest Trail, then right at Harvest Trail, and right at Haymaker Trail. Open the gate, walk to the bridge, turn around and follow the path back to the parking lot.

Driving Directions:

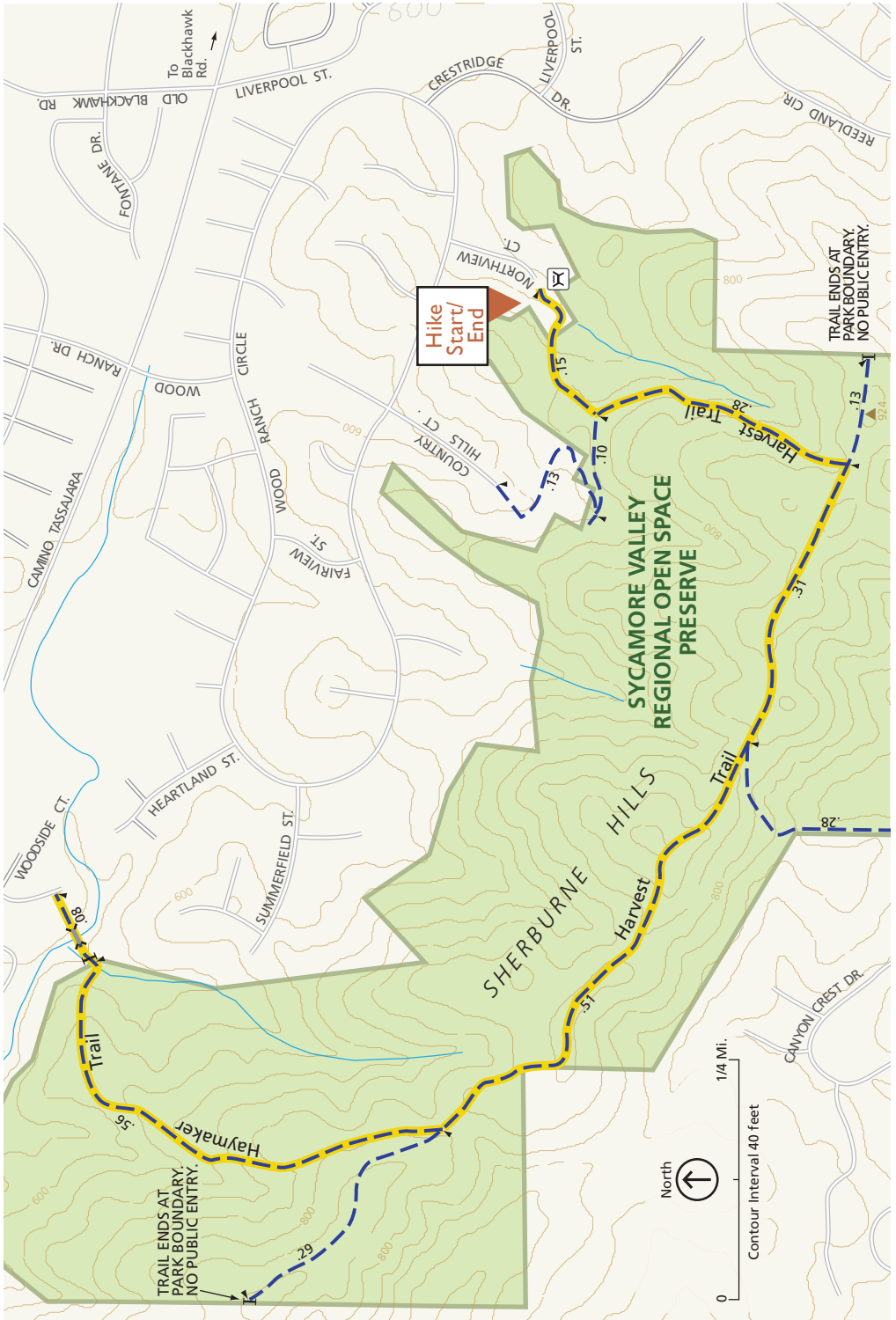
Northview Court, Danville, CA 94506

From Highway 680: Take the exit for Crow Canyon Road toward San Ramon. Head east on Crow Canyon Road. Turn left onto Camino Tassajara. Continue on Camino Tassajara for several miles. Turn right onto Blackhawk Road. Turn left onto Northview Drive. Make a left onto Northview Court.

Park Features: Sycamore Valley Open Space Regional Preserve spans across two significant ridges. Here, amidst the gentle rise and fall of hills and valleys, the preserve unfolds its natural tapestry. Elevations gracefully fluctuate between approximately 600 and 1,000 feet, offering a spectrum of ecological niches and habitats. The rhythmic sway of the land, sculpted by time and the elements, provides a canvas upon which biodiversity thrives. From the lower reaches where sycamores whisper in the breeze to the higher vantage points where vistas unfurl, this preserve embodies the harmonious interplay between land and life. It is a sanctuary where nature's rhythms dictate the pace, inviting exploration and contemplation amidst its serene expanses.



Deane Little



Temescal Regional Recreation Area

Location	Oakland
GPS	37.8479358, -122.2334773
Phone	1-888-327-2757, Option 3, Extension 4561
Miles	1.71 miles
Elevation Gain	112 ft
Trails	North Parking/Dam Trail/ East Shore Trail/West Shore Trail/ Oak Bay Trail/West Shore Trail/ East Shore Trail/Dam Trail/ North Parking
Hours	5 a.m. to 10 p.m.
Fees	\$5 per vehicle (April through October)
Park Webpage	ebparks.org/parks/temescal
Average Grade	Mostly Gentle/Steep
Surface	Firm/Soft

EASY HIKE



Trail Highlights: Wander along the shores of Lake Temescal, with opportunities to spot animals like the secretive river otter, the graceful green heron, and even fish swimming beneath the water. Ascend the hillsides on the upper trail for panoramic views of the East Bay hills. With each step, discover the diverse ecosystems thriving within this small park tucked into the big city inviting both exploration and contemplation.

Trail Directions: Starting at the North Entrance, walk past the restrooms toward the lake. Take a left onto Dam Trail, right onto East Shore Trail. Follow the paved path to the park office/bathrooms.

Turn right to cross the creek, then take a left onto the paved path. Turn right onto Oak Bay Trail and head up the steep hill. Continue to the stairs, turn right onto West Shore Trail. Follow this trail along Lake Temescal until you go across the Footbridge, cross the creek, turn left toward the lake, and follow the path around the south end of the lake. Take the East Shore Trail, left onto Dam Trail to return to the parking lot.

Address:

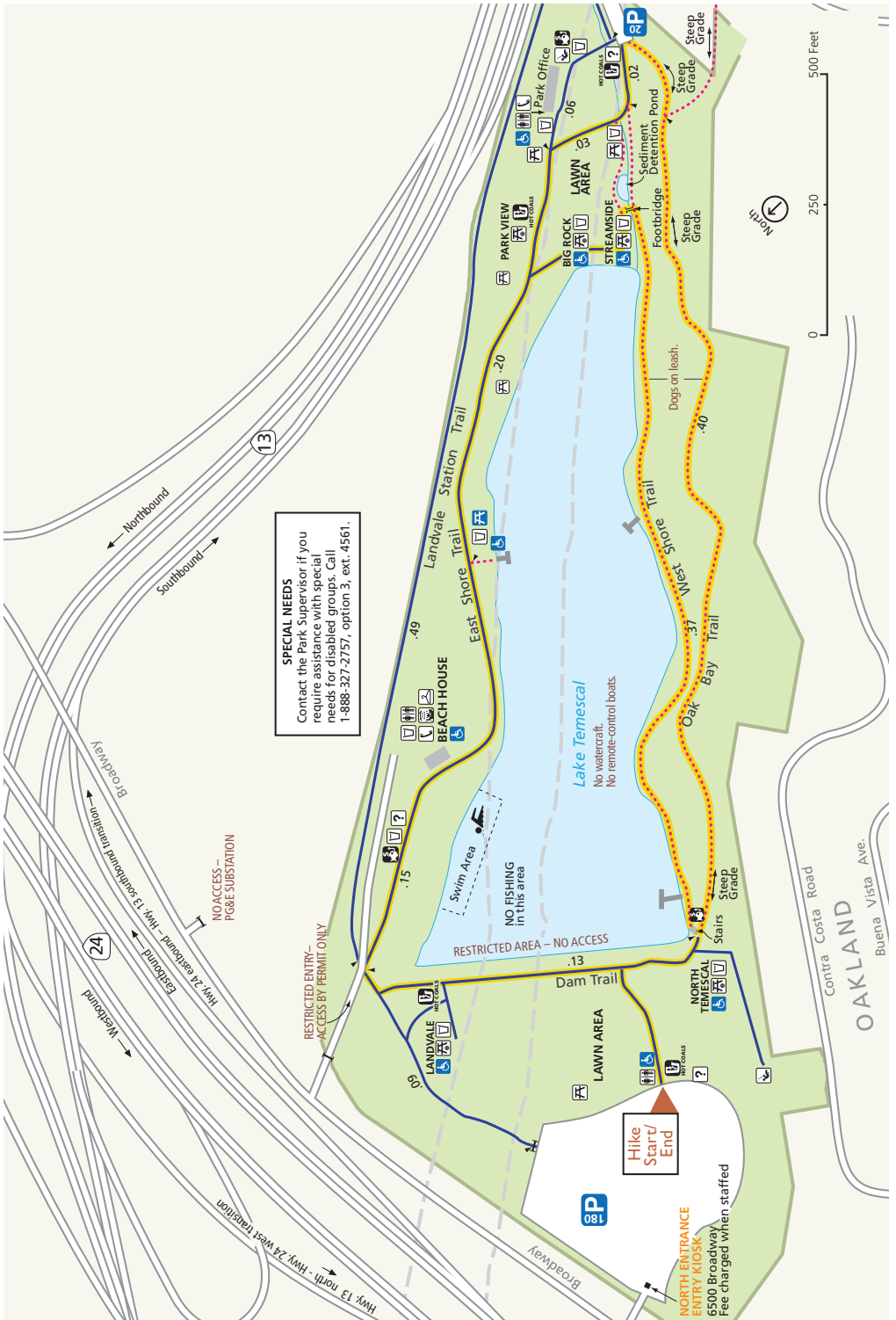
North Entrance
6500 Broadway, Oakland, CA 94618

Park Features: Temescal Regional Recreation Area is a haven of natural beauty and recreational opportunities, with a storied past including earthquake faults, railroads, and bohemian artists. Encompassing over 48 acres, this urban oasis beckons visitors with its diverse array of park features.

At the heart of the park lies Lake Temescal, its tranquil waters reflecting the surrounding hills. With its peaceful setting and abundance of natural beauty, Temescal Regional Recreation Area offers a welcome retreat for all who seek solace and adventure amidst the urban landscape.



Tyler Chubb



SPECIAL NEEDS
 Contact the Park Supervisor if you require assistance with special needs for disabled groups. Call 1-888-327-2757, option 3, ext. 4561.

Hike Start/End

NORTH ENTRANCE ENTRY KIOSK
 6500 Broadway
 Fee charged when staffed

NO ACCESS - PG&E SUBSTATION

RESTRICTED ENTRY - ACCESS BY PERMIT ONLY

RESTRICTED AREA - NO ACCESS

NO FISHING in this area

NO WATERCRAFT. No remote-control boats.

Dogs on leash.



Northbound
 Southbound

Eastbound - Hwy. E. - Hwy. E. southbound transition

Westbound

Hwy. 13 North - Hwy. 24 West transition

Hwy. 24 Eastbound - Hwy. E. - Hwy. E. southbound transition

Contra Costa Road
OAKLAND
 Buena Vista Ave.

Carquinez Strait Regional Shoreline

Location	Martinez
GPS	38.0493630, -122.1973426
Phone	1-888-327-2757, Option 3, Extension 4514
Miles	4.3 miles
Elevation Gain	708 ft
Trails	Bull Valley Trail/Eckley Pier/ Bull Valley Trail/ Carquinez Overlook Loop
Hours	5 a.m. to 10 p.m.
Fees	None
Park Webpage	ebparks.org/parks/carquinez-strait
Average Grade	Mostly Gentle/Steep
Surface	Hard/Mostly firm

MODERATE



Park Features: Carquinez Strait Regional Shoreline stands as a testament to nature's resilience amidst urban sprawl. Encompassing over 1,400 acres of shoreline and bluffs, this park offers a mosaic of habitats, with remnants of bygone industries, such as a historic railway trestle, standing as silent sentinels to a bygone era. Traverse the trails weaving through some tidal flats, and oak woodlands, and a symphony of biodiversity will unfold. The rhythmic call of shorebirds echoes over the brackish waters, while the rustle of marsh grasses harbors hidden creatures. Here, the ebb and flow of tides dictate the daily rhythms of existence, shaping the dynamic interplay between land and sea.

Trail Highlights: As one hikes the trails, enjoy panoramic views of the Carquinez Strait and Benicia-Martinez Bridge. The landscape unfolds with vibrant wildflowers in spring, rolling grasslands, and sturdy oak trees. Watch for soaring hawks, grazing deer, and the occasional fox. The park's rich biodiversity is a testament to its well-preserved ecosystems. Experience the thrill of discovery at the Bull Valley and Eckley Pier trails, where historical remnants whisper tales of the past. For avid hikers, birdwatchers, or history enthusiasts, Carquinez Strait Regional Shoreline offers a rejuvenating escape.

Trail Directions: From the parking lot closest to Eckley Pier, start on the right-side sidewalk. Walk around the picnic area loop, head left over the train tracks to Eckley Pier. Retrace steps back to Bull Valley Trail, stay left, going up the dirt hill. Turn left onto Carquinez Overlook Loop Trail. At the top of the hill, go right on Loop Trail, stay right and go to the bottom of the hill and loop back up to Carquinez Overlook. Retrace steps back on Carquinez Overlook Loop Trail, and to the parking lot.

Address:

Bull Valley Staging Area and Eckley Pier
166 Carquinez Scenic Dr, Port Costa, CA 94569



Justin Jarrott



Contra Loma Regional Park

Location	Antioch
GPS	37.9730687, -121.8217264
Phone	1-888-327-2757, Option 3, Extension 4518
Miles	3.9 miles
Elevation Gain	292 ft
Trails	Old Ranch Loop/East Shore Trail/Ridge Trail/Lake View Trail/Frederickson
Hours	6 a.m. to 8:30 p.m.; varies seasonally
Fees	\$5 per vehicle; \$2 per dog
Park Webpage	ebparks.org/parks/contra-loma
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm

MODERATE



Loma Regional Park promises an enchanting escape into the great outdoors.

Trail Highlights: The trails of Contra Loma Regional Park wind through a captivating tapestry of landscapes. Begin the journey on the Old Ranch Loop, meandering through serene meadows dotted with vibrant wildflowers in spring. The West Shore Trail is a favorite for birdwatchers, tracing the water's edge and offering glimpses of herons and egrets. Each path invites exploration, providing peaceful retreats into the park's rich natural beauty and diverse habitats.

Trail Directions: Go right after the park entrance kiosk and drive to the end of the East Lake Road to park and begin the hike. From parking lot walk toward the lake, turn left on East Shore Trail, left on Swale Trail, right on the East Lake Road. Walk toward entry kiosk, cross paved road, left on Frederickson Trail, right on Lake View Trail, turn right to stay on Lake View Trail. Make a left on Ridge Trail, then a left on West Shore Trail. Follow this around the lake to cross the dam. Take a right on East Shore Trail to return to the parking area.

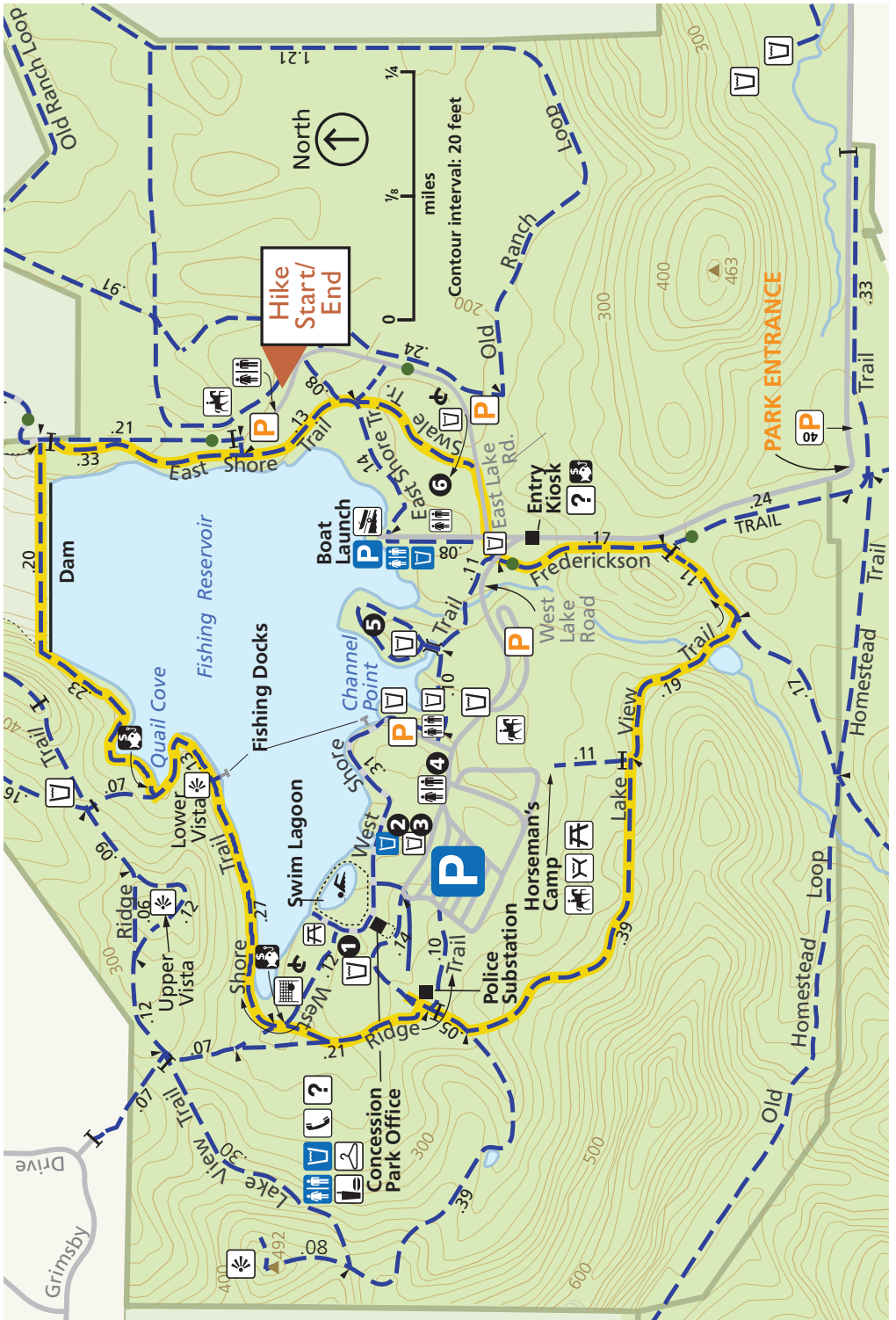
Address:

1200 Frederickson Lane, Antioch, CA 94509

Park Features: Nestled in the heart of Contra Costa County, Contra Loma Regional Park offers a picturesque retreat teeming with natural beauty. This expansive park, known for its rolling hills and serene reservoir, is a haven for outdoor enthusiasts. The park's centerpiece, the Contra Loma Reservoir, beckons visitors with its sparkling waters, ideal for fishing, kayaking, and boating. Surrounding trails weave through lush meadows and oak-studded woodlands, inviting hikers, birdwatchers, and cyclists to explore its diverse landscapes. In spring, wildflowers burst into a vibrant display, while autumn paints the park in warm, golden hues. Picnic areas provide perfect spots for families to gather and enjoy the tranquil scenery. With its blend of recreational activities and natural splendor, Contra



Robin Mayoff



Garin Regional Park

Location	Hayward
GPS	37.6281056, -122.0292111
Phone	1-888-327-2757, Option 3, Extension 4530
Miles	5 miles
Elevation Gain	1,100 ft
Trails	High Ridge Loop Trail/Newt Pond Trail/Old Homestead Trail/Vista Peak Loop Trail/Old Homestead Trail/Newt Pond Trail/High Ridge Loop Trail
Hours	8 a.m. to 9 p.m.; varies seasonally
Fees	\$5 per vehicle
Park Webpage	ebparks.org/parks/garin
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm

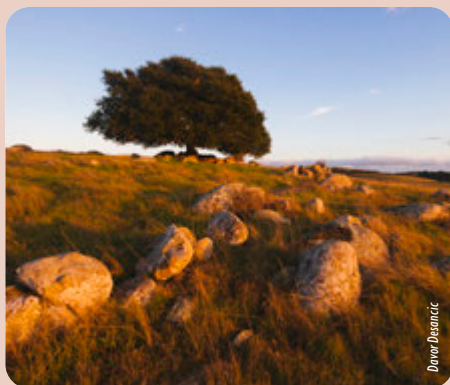
MODERATE



cattle gate to begin the ascent to Newt Pond Trail. Either trail will lead to Newt Pond Trail, with the wider trail on the right being gentler. If taking the wider trail, turn left at the top of the hill where the trail marker is and then go to the next marker and go right onto Newt Pond Trail. If taking the steeper trail on the left, turn left onto Newt Pond Trail at the top of the hill. Meander downhill and cross over the Newt Pond Wildlife Area stream. Just ahead, turn left onto Old Homestead Trail, then right at Vista Peak Loop Trail. Hike up the hill, then right on Vista Peak Loop Trail. Keep left for the entire loop trail, then right on Vista Peak Loop Trail to get back to Old Homestead Trail and Newt Pond Trail and back to the Visitor Center.

Address:

1320 Garin Avenue, Hayward, CA 94544



Dover Dispatch

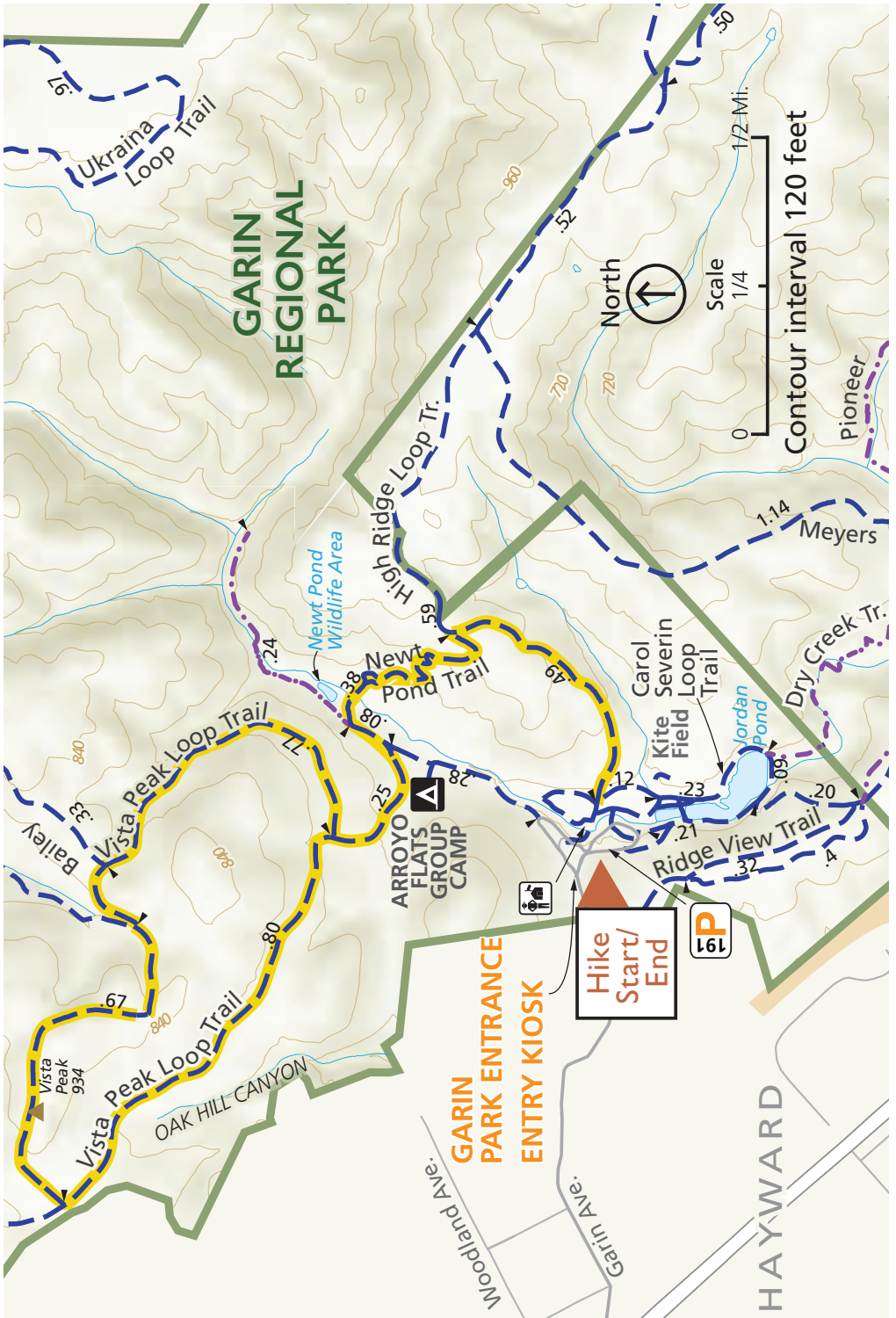
Park Features: Visitors enjoy many activities at Garin Regional Park, including fishing, birdwatching, hiking, and horseback riding. There is an annual apple festival and a seasonal Visitor Center that displays antique farming implements (summer weekends only).

Trail Highlights: This trail starts off strong with a hefty incline followed by a steep downhill route to the lovely Newt Pond Wildlife Area. Enjoy the welcome shade and the creek here. Hiking along the Vista Peak Loop Trail offers sparse shade. Bring water and clothing for protection from the sun.

Trail Directions: Starting at the Visitor Center with restrooms on your left, walk forward and through the

Health Tip

Walking at least 30 minutes a day, five days a week can reduce your risk for coronary heart disease, such as heart attack and stroke, by about 20 percent.



Miller/Knox Regional Shoreline

Location	Richmond
GPS	37.9140344, -122.3843753
Phone	1-888-327-2757, Option 3, Extension 4544
Miles	3 miles
Elevation Gain	443 ft
Trails	Pond Loop/Old Country Road Trail/West Ridge Trail/ Old Country Road Trail
Hours	5 a.m. to 10 p.m.
Fees	None
Park Webpage	ebparks.org/parks/miller-knox
Average Grade	Mostly Gentle/Very Steep
Surface	Moderately Firm/Soft

MODERATE



Park Features: Miller/Knox Regional Shoreline offers many recreational opportunities as well as numerous hiking trails. At the north end of the park is Keller Beach. There, visitors can wade and swim in the San Francisco Bay. To the south is the Ferry Point pier where anglers can fish for starry flounder, perch, sand dab, striped bass, and other bay fish. Nine accessible picnic sites and a lawn area are located near the saltwater lagoon adjacent to the bay. The Golden State Model Railroad Museum is located right across from the park entrance.

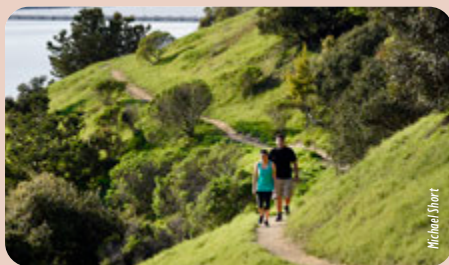
Trail Highlights: This loop travels along the breezy and scenic Richmond shoreline by way of the Pond loop before ascending into the hills. There are stunning views from the West Ridge and Old Country Trails. Mount

Tamalpais, the San Francisco skyline, Brooks Island, and East Bay hills are all visible on clear days.

Trail Directions: Start at the parking area off Dornan Dr., near the Sea Gull picnic site. Follow the paved path around the west side of the pond. When it turns to a dirt path near the water, look for metal fencing and pass through the gate. Cross the train tracks and head toward Keller Beach. Climb the stairs to Western Drive and turn right. Cross the road and immediately look for the eucalyptus-lined trail on the left, just before the Road Narrows sign. This is the unmarked Old Country Road trail. Walk through the paved area and continue uphill on Old Country Road trail. At the first intersection turn left, continue uphill and turn left onto Marine View Trail. Continue on Marine View Trail and turn right on the paved Crest Ave. service road. Climb to the top of the hill at Nicholl Knob and take a moment to enjoy the view. The hike continues south down a steep hill on Crest Trail. At the next intersection, take the stairs down and stay left on Crest Trail. Continue up to False Gun and stay to the right at the roundabout. Turn right just past the bench to take the unmarked West Ridge Trail downhill. Go past the intersection of Old Country Road to the top of West Ridge Point for more views of the area. Retrace steps back to Old Country Road and turn left at the intersection. Just past the turn, look for the unmarked singletrack trail on the left. Follow this trail downhill to Dornan Dr. and back to the parking lot.

Address:

900 Dornan Drive, Richmond, CA, 94801



Michael Short

Reservable Picnic Sites

- ① Big Meadow
- ② Lagoon View
- ③ Hills View
- ④ Marsh Hawk
- ⑤ Sea Gull
- ⑥ Killdeer
- ⑦ Pintail
- ⑧ Canvasback
- ⑨ Pickleweed



Keller Beach



Quarry Lakes Regional Recreation Area

Location	Fremont
GPS	37.5797119, -122.0073614
Phone	1-888-327-2757, Option 3, Extension 4552
Miles	8 miles
Elevation Gain	167 ft
Trails	California Trail/Alameda Creek Trail (unpaved)/Sequoia Bridge/Alameda Creek Trail (paved)/Niles Staging Area/Old Canyon Road/Alameda Creek Trails (unpaved)/Western Pacific Trail/Isla Tres Rancheros (Rare Fruit Tree Grove)/Western Pacific Trail/parking lot sidewalk back to Demonstration Garden
Hours	6 a.m. to 8 p.m.; varies seasonally
Fees	\$5 per vehicle
Park Webpage	ebparks.org/parks/quarry-lakes
Average Grade	Gentle
Surface	Moderately Firm

MODERATE



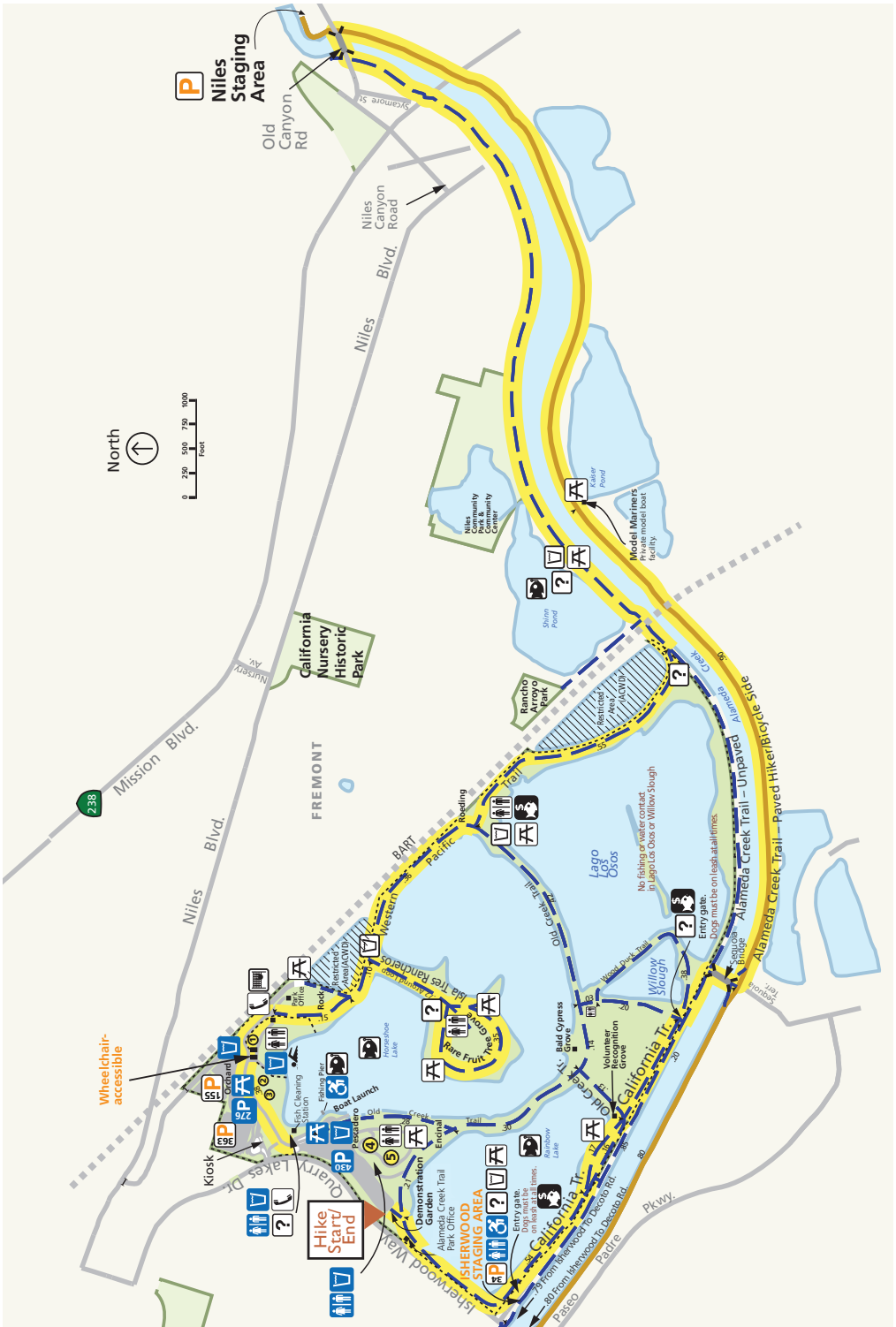
Along the trail, discover serene wetlands, groves of oaks, and the echoes of the region's past. This area is a living testament to nature's resilience and beauty, inviting exploration and reflection.

Trail Highlights: At Quarry Lakes Regional Park, the California Trail beckons with lakeside paths framed by lush vegetation. Follow the unpaved Alameda Creek Trail to Sequoia Bridge, where the creek's calm waters reflect the natural beauty. The paved Alameda Creek Trail offers an easy route to the Niles Staging Area, a gateway to history and diverse ecosystems. Old Canyon Road leads adventurers through rugged terrain to the unpaved Alameda Creek Trails, where the landscape shifts with each step. The Western Pacific Trail guides you past Isla Tres Rancheros, a rare fruit tree grove that tells a tale of agricultural heritage. A sidewalk along the trail loops back to the Demonstration Garden, showcasing a variety of plants that thrive in harmony with the park's diverse environment.

Trail Directions: From the Quarry Lakes main parking lot go towards the Demonstration Garden, and follow California Trail. As Willow Slough (lake) approaches, take a right through the gate, then a hard left on Alameda Creek Trail (unpaved). Walk upriver to Sequoia Bridge. After crossing the bridge make a left on paved Alameda Creek Trail, walking upriver toward Niles Staging Area. Once in the parking lot walk to Old Canyon Road, go right on Old Canyon Road and over the bridge (Alameda Creek). Turn left on Alameda Creek Trail (unpaved), walking downstream, then right at Niles Gate (Quarry Lakes Regional Park). This is Western Pacific Trail. Stay right up a small hill, then left on Isla Tres Rancheros. Look around the Rare Fruit Tree Grove, then retrace steps back to Western Pacific Trail. Turn left on Western Pacific Trail; follow sidewalk back to Demonstration Garden.

Address:
2100 Isherwood Way, Fremont, CA 94536

Park Features: Quarry Lakes Regional Park is a sanctuary where reclaimed quarry land has blossomed into a vibrant habitat. Here, shimmering lakes reflect the sky, attracting a variety of bird species and providing peaceful fishing spots. The surrounding landscapes are home to diverse plant communities, from riparian woodlands to native grasslands. The Alameda Creek Regional Trail weaves through this natural haven, tracing the path of the creek as it winds through rich ecosystems.



Sibley Volcanic Regional Preserve

Location	Orinda
GPS	37.839806, -122.181444
Phone	1-888-327-2757, Option 3, Extension 4554
Miles	4.12 miles
Elevation Gain	843 ft
Trails	Ninebark Trail/Alder Creek Nature Trail/Kitchen Orchard Trail/Leatherwood Creek Trail/McCosker Loop Trail/Gudde Ridge Trail/Lava Rock Loop/Gudde Ridge Trail/Alder Creek Nature Trail/Ninebark Trail
Hours	7 a.m. to 10 p.m.; varies seasonally
Fees	None
Park Webpage	ebparks.org/parks/sibley
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm

MODERATE



Trail Highlights: One of the most fascinating trails accessible from Eastport is the Ninebark Trail, which meanders through diverse habitats, showcasing the ecological richness of the preserve. Hike through the hills and let the melody of bird songs and relaxing wind through the grass create a sensory symphony that enhances the hiking experience.

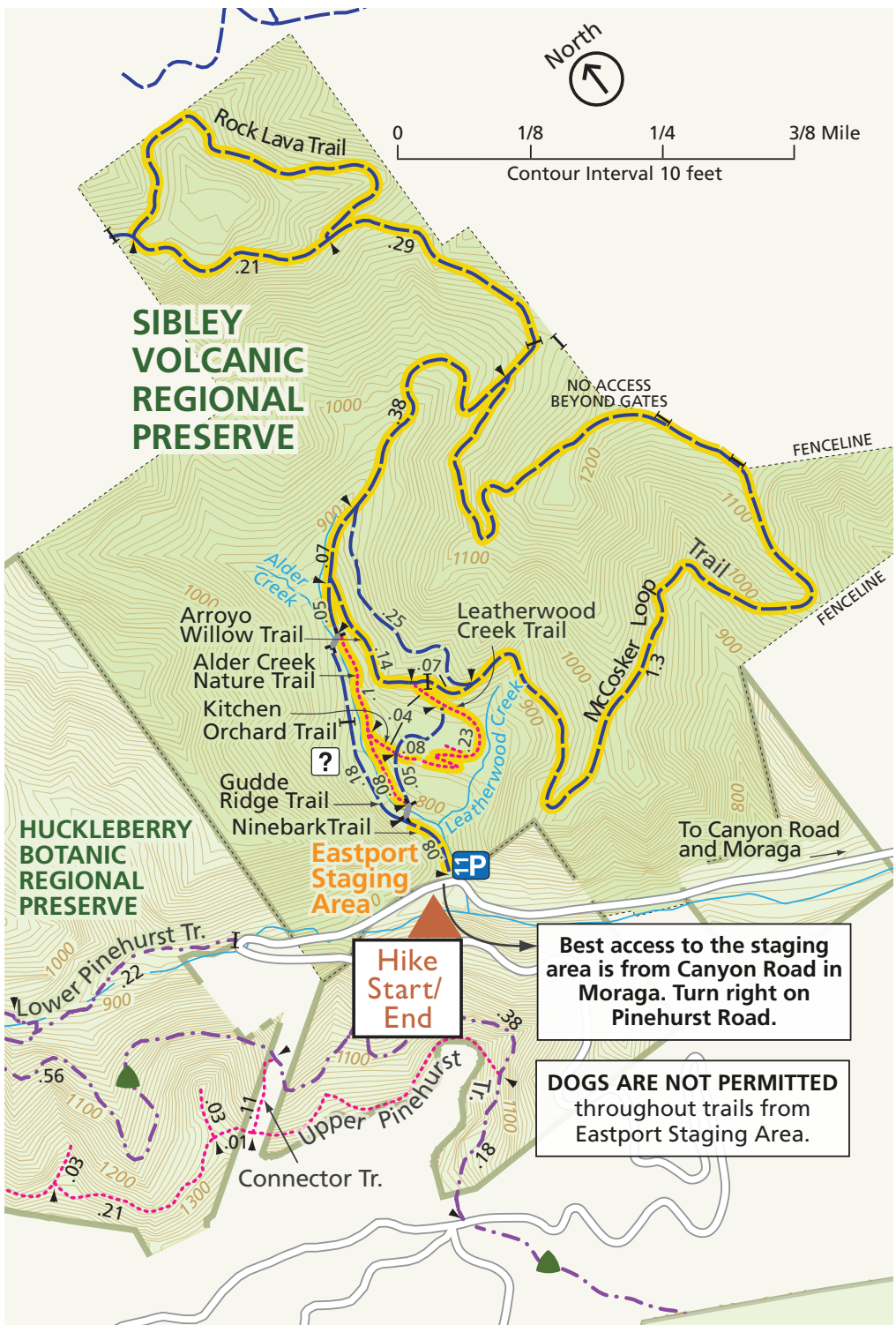
Trail Directions: Starting at the Eastport Staging Area, head to the metal gate and begin the hike on the Ninebark Trail. At the bridge, turn right, then take a left onto the Alder Creek Nature Trail. Continue with a right onto the Kitchen Orchard Trail, which eventually turns into the Leatherwood Creek Trail. Follow this until a right turn onto the Ninebark Trail, then another right onto the McCosker Loop Trail. Stay on the loop to the top of the hill. Near the bottom of the hill, the trail turns into the Gudde Ridge Trail. Follow this uphill, past the gate and power poles, and take a right onto the Lava Rock Loop. This will loop around back to the Gudde Ridge Trail. Head left downhill on the Gudde Ridge Trail, take a left onto the Alder Creek Trail, and then a final left onto the Ninebark Trail, leading back to the parking lot.

Address:
Eastport Staging Area
920 Pinehurst Road, Orinda, CA 94563

Park Features: The Eastport Staging Area serves as a gateway to a lesser-known region of Sibley Volcanic Regional Preserve and is the ideal starting point for viewing the largest creek restoration project in the Park District's history. The restored Alder and Leatherwood creeks and surrounding preserve provide natural habitat for special status or protected species, including the California red-legged frog, Alameda whipsnake and golden eagle, as well as improved water quality and streamflow for rainbow trout.



Don Claybrook



**SIBLEY
VOLCANIC
REGIONAL
PRESERVE**

**HUCKLEBERRY
BOTANIC
REGIONAL
PRESERVE**

**Hike
Start/
End**

Best access to the staging area is from Canyon Road in Moraga. Turn right on Pinehurst Road.

DOGS ARE NOT PERMITTED throughout trails from Eastport Staging Area.

NO ACCESS BEYOND GATES

FENCELINE

FENCELINE

To Canyon Road and Moraga

0 1/8 1/4 3/8 Mile
Contour Interval 10 feet



Tilden Regional Park

Location	Orinda
GPS	37.8813718, -122.2221214
Phone	1-888-327-2757, Option 3, Extension 4562
Miles	3.34 miles
Elevation Gain	846 ft
Trails	Vollmer Peak Trail/Arroyo Trail/Seaview Trail
Hours	5 a.m. to 10 p.m.
Fees	None
Park Webpage	ebparks.org/parks/tilden
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm

MODERATE



As the trail goes higher, it becomes more challenging, rewarding trailgoers with sweeping views of the surrounding landscape. Carefully navigate the rocky terrain and steep slopes.

Finally, reach the summit and be greeted by breathtaking panoramic vistas that stretch for miles. With its stunning scenery and challenging terrain, Vollmer Peak Trail promises an unforgettable adventure for hikers of all levels.

Trail Directions: Begin the journey from the trailhead parking lot by heading toward the restrooms. From there, spot the trailhead to Vollmer Peak Trail. Descend along Vollmer Peak Trail until you get to the bridge. Cross the creek, turn right onto Arroyo Trail, then take another right onto Seaview Trail. Once you reach pavement, make a hard right, following the paved trail toward Vollmer Peak. At Vollmer Peak, revel in the panoramic views before retracing steps back down the paved trail. Stay to the right on Seaview Trail to return to the trailhead parking lot.

Address:
2481 Grizzly Peak Blvd., Orinda, CA 94563

Park Features: Step into the wilderness wonderland of Tilden Regional Park and brace for an adventure like no other! Begin to explore at Vollmer Peak, where breathtaking views of the Bay Area await. Before ascending, take a moment to marvel at the diverse flora and fauna that call this peak home.

While climbing, the trail unfolds, revealing ancient oak woodlands and fragrant eucalyptus groves. Watch for the elusive wildlife that roams these hillsides, from scampering squirrels to majestic birds of prey.

Trail Highlights: Prepare for an exhilarating trek through Tilden Regional Park to the majestic Vollmer Peak, where every step showcases nature's grandeur! Begin the ascent along the Vollmer Peak Trail, where the beauty of the Bay Area unfolds below. Pause to admire the vibrant wildflowers and towering trees that line the path.



Kevin Fox

Anthony Chabot Regional Park

Location	Castro Valley
GPS	37.759377, -122.105054
Phone	1-888-327-2757, Option 3, Extension 4502
Miles	5.1 miles
Elevation Gain	784 ft
Trails	Redtail Trail/Brandon Trail/Loggers Loop/Brandon Trail/Deer Canyon Trail/Redtail Trail
Hours	5 a.m. to 10 p.m.
Fees	None
Park Webpage	ebparks.org/parks/anthony-chabot
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm

CHALLENGING



Hiking through Anthony Chabot Regional Park, one will encounter areas where old growth harmonizes with new fuels reduction efforts, a testament to the park's commitment to sustainability. Every step immerses trailgoers in the park's beauty but also contributes to its preservation for future generations, ensuring this natural treasure remains vibrant and resilient.

Trail Highlights: Anthony Chabot's Redtail Trail offers a tranquil journey along ridge lines, with panoramic views that reveal the park's diverse landscapes. Meander through oak woodlands, while keeping an eye out for grazing deer and the occasional soaring hawk. The Brandon Trail, more challenging, passes through fragrant eucalyptus groves, leading to breathtaking vistas of the rolling East Bay hills.

These trails not only showcase the park's natural beauty but also reflect ongoing efforts to protect it. On the hike, notice areas where fuels reduction has been carefully implemented, blending seamlessly with the surrounding environment. Each step along these paths deepens connections to the landscape and contributes to its ongoing preservation.

Health Tip

Walking prevents or helps manage type 2 diabetes. Walking helps insulin work better, lowering blood sugar.

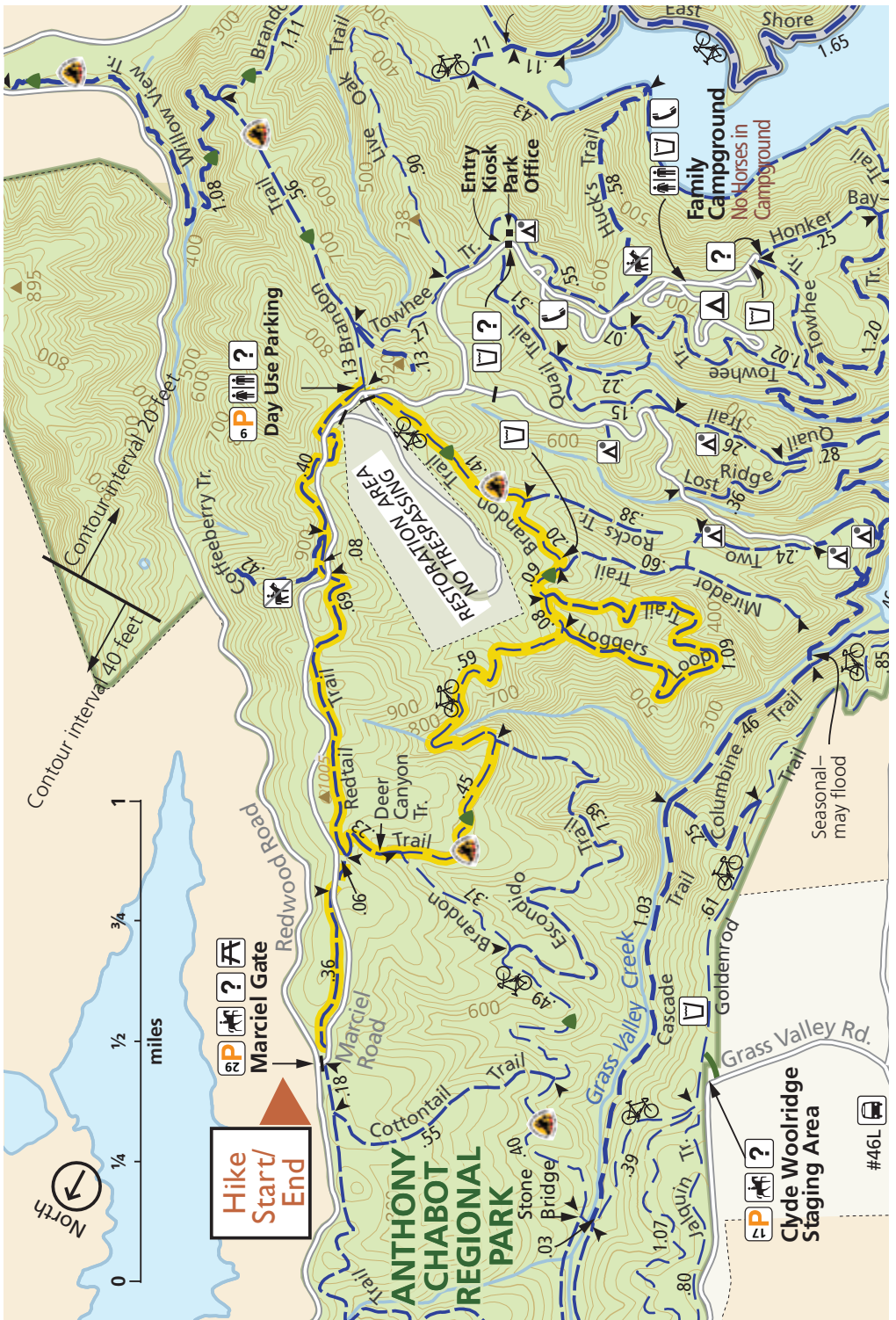
Park Features: Anthony Chabot Regional Park's trails wind through a rich tapestry of ecosystems, offering a journey deep into the park's natural beauty. The Redtail Trail is a particular favorite, tracing the ridges and meandering through oak woodlands where deer quietly graze. For those seeking a more challenging hike, the Brandon Trail ascends through stately eucalyptus groves, offering sweeping vistas of the surrounding hills that inspire a sense of wonder.

Today, the Park District celebrates a groundbreaking fuels reduction project, spanning 365 acres in the East Bay hills. This innovative approach to wildfire prevention employs a climate-friendly carbonizer to dispose of excess vegetation with minimal emissions, avoiding the environmental impact of traditional burning or long-distance transportation by diesel trucks.

Trail Directions: From the Marciel Gate parking lot, take the Redtail Trail on the right. Trail runs alongside and then crosses Marciel Rd. Near the restrooms, go right on Brandon Trail, downhill through the gate. Turn left on Loggers Loop, left on Brandon Trail, and right on Deer Canyon Trail. Turn left on Redtail Trail to get back to the parking lot.

Address:

9999 Redwood Rd., Castro Valley, CA 94552



Briones Regional Park

CHALLENGING

Location	Lafayette
GPS	37.9065323, -122.1004960
Phone	1-888-327-2757, Option 3, Extension 4508
Miles	6 miles
Elevation Gain	1,198 ft
Trails	Lafayette Ridge Trail (out and back)
Hours	8 a.m. to sunset; varies seasonally
Fees	None
Park Webpage	ebparks.org/parks/briones
Average Grade	Steep/Very Steep
Surface	Moderately Firm/Soft



With its diverse array of natural wonders, the Lafayette Ridge Staging Area beckons adventurers and nature enthusiasts alike to embark on a journey of discovery and wonder within the embrace of Briones Regional Park.

Trail Highlights: Begin at Lafayette Ridge Staging Area, where nature's wonders unfold along the trails. A quick ascent leads through oak-studded hillsides and panoramic vistas. Pause to admire the intricate beauty of native wildflowers and the rustling canopy of ancient oaks.

Venture into secluded valleys, where babbling streams and verdant foliage create havens of biodiversity waiting to be discovered. Scenic overlooks, challenging terrain, and tranquil sanctuaries are all features of the trails of Lafayette Ridge Staging Area. They promise an unforgettable adventure through the diverse landscapes of Briones Regional Park.

Trail Directions: From the Lafayette Ridge Staging Area, go up the Lafayette Ridge Trail. Continue to follow signs to stay on Lafayette Ridge Trail/Las Trampas to Briones Regional Trail until you reach the intersection of Springhill Trail. From here, continue on to do a longer hike in the park or turn around and retrace your steps to Lafayette Ridge Staging Area.

Address:

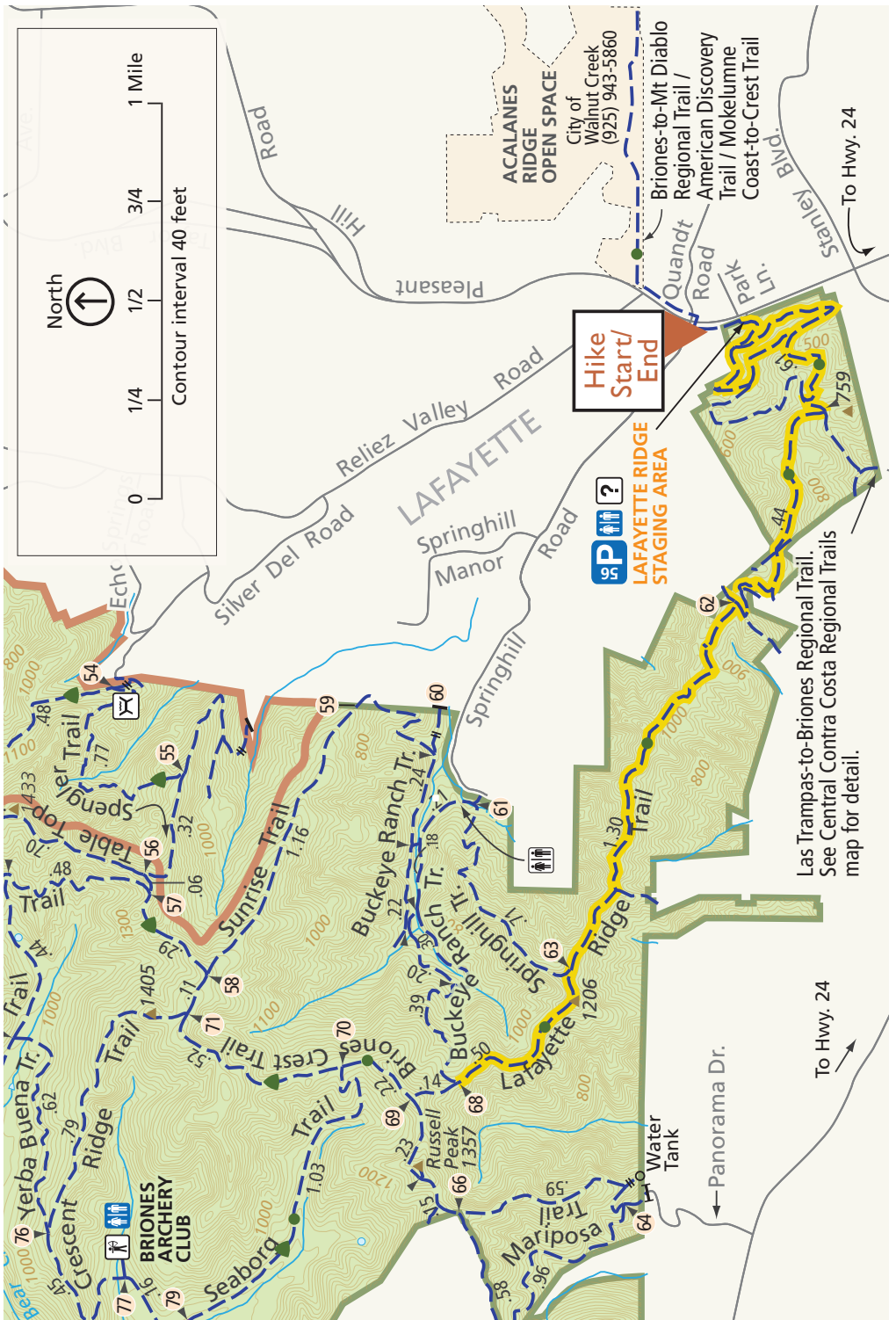
Lafayette Ridge Staging Area,
Pleasant Hill Road, Lafayette, CA 94549

Park Features: Welcome to Briones Regional Park, a serene natural haven nestled in the East Bay hills. This expansive park spans over 6,255 acres, offering a rich tapestry of rolling hills, lush meadows, and tranquil woodlands. Encounter a diverse array of flora and fauna. Ancient oak trees provide shade, while wildflowers like poppies and lupines add vibrant splashes of color during springtime.

The park is crisscrossed with an extensive network of trails, perfect for hiking, horseback riding, and mountain biking. Notable trails such as the Briones Crest Trail reward adventurers with panoramic views of Mount Diablo and the surrounding valleys. Birdwatchers will delight in spotting red-tailed hawks, wild turkeys, and the occasional golden eagle soaring overhead.



Marc Cumpler



Las Trampas-to-Briones Regional Trail.
See Central Contra Costa Regional Trails map for detail.

Del Valle Regional Park

CHALLENGING



Location	Livermore
GPS	37.6197042, -121.7529218
Phone	1-888-327-2757, Option 3, Extension 4524
Miles	4.59 miles
Elevation Gain	988 ft
Trails	East Shore Trail/Heron Bay Trail/ East Shore Trail
Hours	6 a.m. to 9 p.m.; varies seasonally
Fees	\$5 per vehicle
Park Webpage	ebparks.org/parks/del-valle
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm

Park Features: Del Valle Regional Park stands as a verdant oasis, beckoning visitors with its scenic beauty and diverse array of recreational opportunities. At the heart of the park lies the expansive Del Valle Reservoir, a shimmering gem amidst rolling landscapes.

Traversing the park's extensive network of trails, visitors are treated to captivating panoramas of the surrounding hillsides, dotted with majestic oak woodlands and meandering creeks. Whether hiking, mountain biking, or horseback riding, there's a trail to suit every level of adventurer.

Trail Highlights: Embark on a scenic journey along the East Shore Trail, Heron Bay Trail, and East Shore Trail at Del Valle Regional Park. Meandering alongside the tranquil waters of Del Valle Reservoir, these trails

offer captivating views of rolling hills and lush shoreline vegetation.

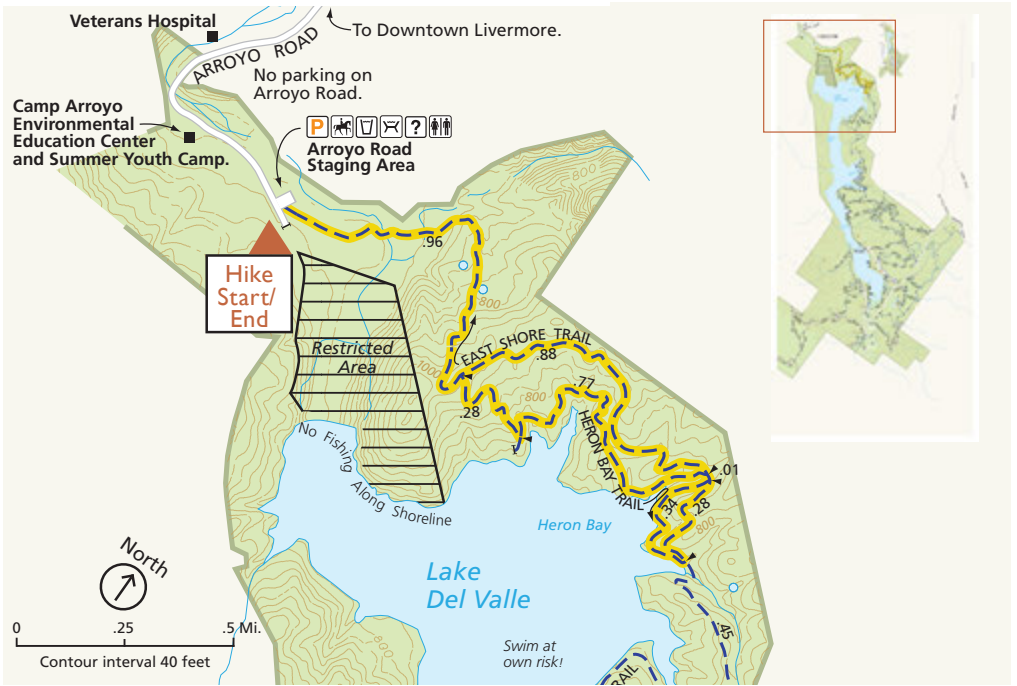
Keep an eye out for great blue herons and other waterfowl that frequent the lake, while the gentle rustle of wind through the trees provides a soothing soundtrack to the hike. With opportunities for birdwatching, picnicking, and peaceful reflection, these trails invite visitors to immerse themselves in the diverse East Bay landscape.

Trail Directions: From the parking lot, follow the signs to the East Shore Trail. Ascend to the peak and you'll see a tree surrounded by benches. From there, follow the signs downhill leading to the Heron Bay Trail, which traces the scenic shoreline. After a picturesque journey, the trail reconnects with the East Shore Trail briefly before veering back onto the Heron Bay Trail. Turn left on East Shore Trail, which leads back to the parking lot.

Driving Directions: Arroyo Road Staging Area-From I-580 in Livermore, exit at North Livermore Ave. Drive south on North Livermore Ave. Turn right at Portola Ave., then left on North L St. North L St. becomes South L St., then Arroyo Rd. Continue on Arroyo Rd. past the entrance to the U.S. Veterans Administration Hospital and Sycamore Grove Park. The staging area is on the left at the end of Arroyo Rd. (no parking fee).

Health Tip

Researchers at Iowa State University found that just 12 minutes of walking can boost your mood, resulting in an increase in joviality, vigor, attentiveness, and self-confidence.



Jerry Ling

Morgan Territory Regional Preserve

Location	Livermore
GPS	37.8186974, -121.7958356
Phone	1-888-327-2757, Option 3, Extension 4546
Miles	10 miles
Elevation Gain	2,047 ft
Trails	Clyma Trail/Highland Ridge Trail/Raven Trail/Fox Trail/Highland Ridge Trail/Volvon Trail/Prairie Falcon Trail/Condor Trail
Hours	5 a.m. to 10 p.m.
Fees	None
Park Webpage	ebparks.org/parks/morgan-territory
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm

CHALLENGING



Trail Highlights: Embark on a journey through Morgan Territory Regional Preserve's trails, each offering its own unique charm. The Volvon Loop Trail meanders through oak-dappled woodlands, revealing glimpses of the preserve's rich history. Make sure to stop for panoramic vistas, before ascending to Prairie Falcon Trail, where sweeping views of the Diablo Range await atop this rugged summit. The trails wind through sun-drenched grasslands, providing opportunities to spot native wildlife such as deer, coyotes, and California quail, and colorful wildflower displays in the spring, including baby blue eyes and butterfly mariposa lilies.

Trail Directions: Starting from the parking lot, head to the right corner adjacent to Morgan Territory Rd., to spot the trailhead for Clyma Trail. Follow the signs across the road. At the trail junction, turn left uphill onto the Highland Ridge Trail. Turn right on Raven, then take a left onto Fox Trail, leading back to Raven Trail. From there, turn left onto Highland Ridge Trail, leading back to Morgan Territory Road. Cross the road and follow the signs to stay on Highland Ridge Trail. Upon reaching the peak, turn right onto Eagle Trail, followed by a left onto Volvon Trail. Take a right onto Prairie Falcon Trail, then another right onto Volvon Trail (for 65 yards). Finally, turn right onto Condor Trail, leading 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 Rd. and follow it for about 5.5 miles to the staging area. From Walnut Creek/Concord, take Clayton Rd. to Marsh Creek Rd., then turn right onto Morgan Territory Rd. The staging area is 9.4 miles from Marsh Creek Rd.

Park Features: Nestled within the rolling hills of Contra Costa County, Morgan Territory Regional Preserve stands as a testament to the rugged beauty of California's landscape. As a bastion of natural serenity, this preserve offers an array of captivating features for both avid outdoor enthusiasts and casual visitors alike. Traversing its network of trails, visitors encounter a rich tapestry of ecosystems, from oak-studded grasslands to dense chaparral and shaded woodlands. The preserve's diverse habitats provide sanctuary to a plethora of plant life and wildlife, including soaring raptors and delicate spring wildflowers.

Round Valley Regional Preserve

Location	Brentwood
GPS	37.8699080, -121.7503625
Phone	1-888-327-2757, Option 3, Extension 4556
Miles	6 miles
Elevation Gain	538 ft
Trails	Miwok Trail/Murphy Meadow Trail/Miwok Trail
Hours	8 a.m. to 8 p.m.; varies seasonally
Fees	None
Park Webpage	ebparks.org/parks/round-valley
Average Grade	Mostly Gentle
Surface	Moderately Firm

CHALLENGING



Trail Highlights: Explore the Miwok Trail at Round Valley Regional Preserve, where ancient oak woodlands meet rolling grasslands. Venture onto the Murphy Meadow Trail, keep an eye out for the diverse wildlife that thrives here—deer, hawks, and maybe even a bobcat. The trails offer sweeping views of the valley, where wildflowers paint the hillsides in spring, and each step connects you to the rich cultural and natural history of this landscape.

Health Tip
Exercise strengthens breathing muscles.

Trail Directions: From parking lot, walk across the bridge and start on Miwok Trail to the right. Stay on Miwok Trail and walk around the Round Valley. Turn right at Murphy Meadow Trail, follow it back to Miwok Trail, which brings you back to the parking lot.

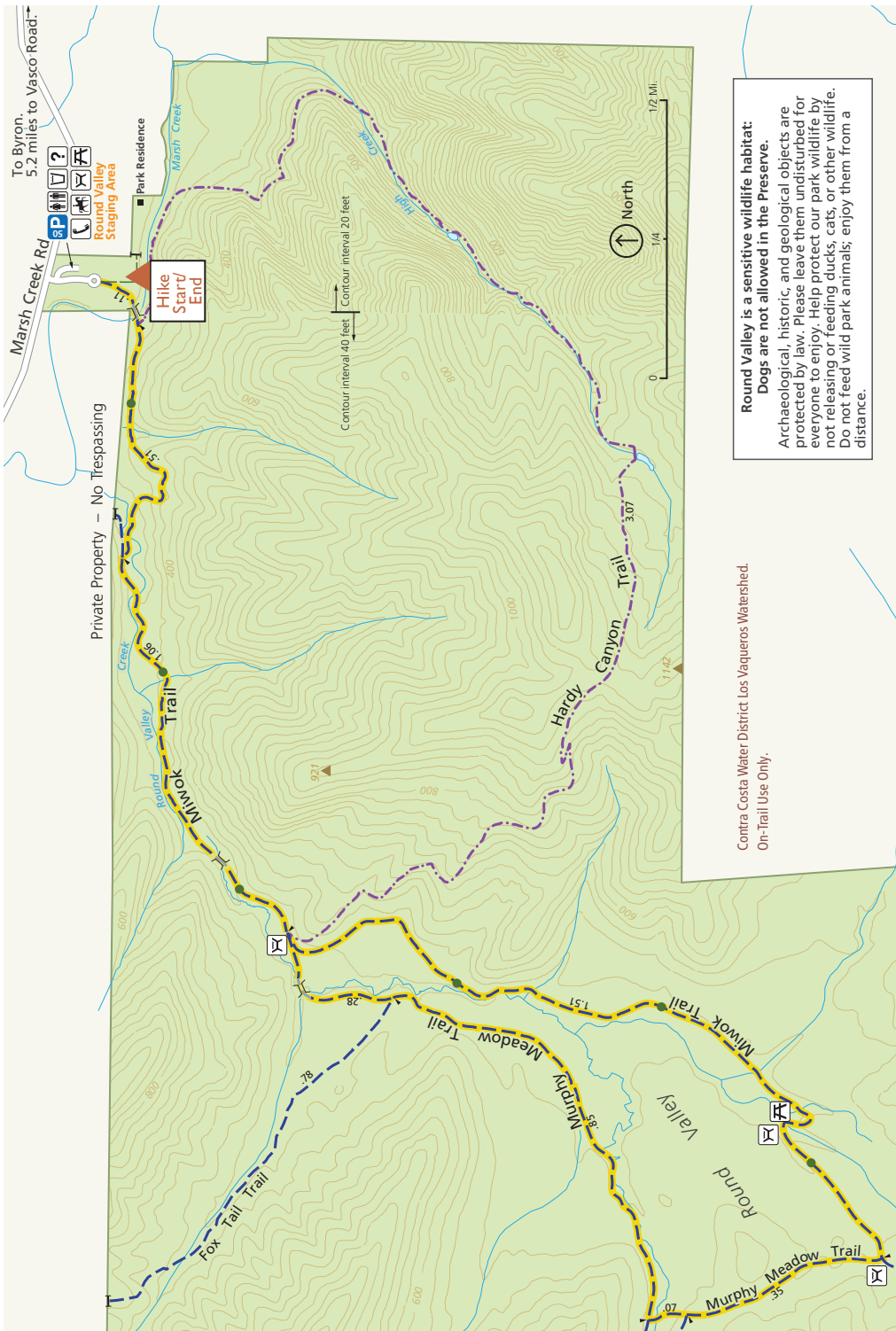
Address:
19450 Marsh Creek Rd., Brentwood, CA 94513

Park Features: Round Valley Regional Preserve offers a sanctuary for nature lovers and outdoor enthusiasts alike. This expansive preserve boasts a diverse tapestry of landscapes, from oak-studded grasslands to sprawling meadows and rugged ridgelines.

Traverse the network of trails that wind through the preserve, each path offering its own unique vantage points and opportunities for exploration. The Round Valley Loop Trail is a favorite among hikers, leading adventurers through sun-dappled woodlands and open fields, with panoramic views of the surrounding hillsides.

For those seeking a more challenging trek, the Miwok Trail beckons with its steep ascents and breathtaking vistas. Along the way, keep an eye out for the abundant wildlife that call Round Valley home, including golden eagles.





Contra Costa Water District Los Vaqueros Watershed.
On-Trail Use Only.

**Round Valley is a sensitive wildlife habitat:
Dogs are not allowed in the Preserve.**

Archaeological, historic, and geological objects are protected by law. Please leave them undisturbed for everyone to enjoy. Help protect our park wildlife by not releasing or feeding ducks, cats, or other wildlife. Do not feed wild park animals; enjoy them from a distance.

Sunol Wilderness Regional Preserve

Location	Sunol
GPS	37.515417, -121.832861
Phone	1-888-327-2757, Option 3, Extension 4559
Miles	6.7 miles
Elevation Gain	1,713 ft
Trails	Canyon View/Canyon View Trail, McCorkle Trail Road/Cerro Este Road/Cave Rocks Road/Eagle View Trail/Vista Grande Road/High Valley Road/Flag Hill Road/Flag Hill Trail/Canyon View
Hours	8 a.m. to 9 p.m.; varies seasonally
Fees	\$5 per vehicle (weekends & holidays)
Park Webpage	ebparks.org/parks/sunol
Average Grade	Steep/Very Steep
Surface	Moderately Firm/Soft

CHALLENGING



Park Features: Nestled in some of the wildest lands of the East Bay, Sunol Wilderness Regional Preserve offers an array of captivating park features that beckon nature enthusiasts and adventurers alike. Imagine traversing rugged terrain, greeted by the serene whispers of ancient oak woodlands, while vibrant wildflowers paint the landscape in a kaleidoscope of colors. As seasons change, tarantulas can be found looking for love when the sun sets.

Nature lovers, prepare to be enchanted by the tranquil waters of Alameda Creek, where elusive steelhead trout dart beneath the surface, and majestic great blue

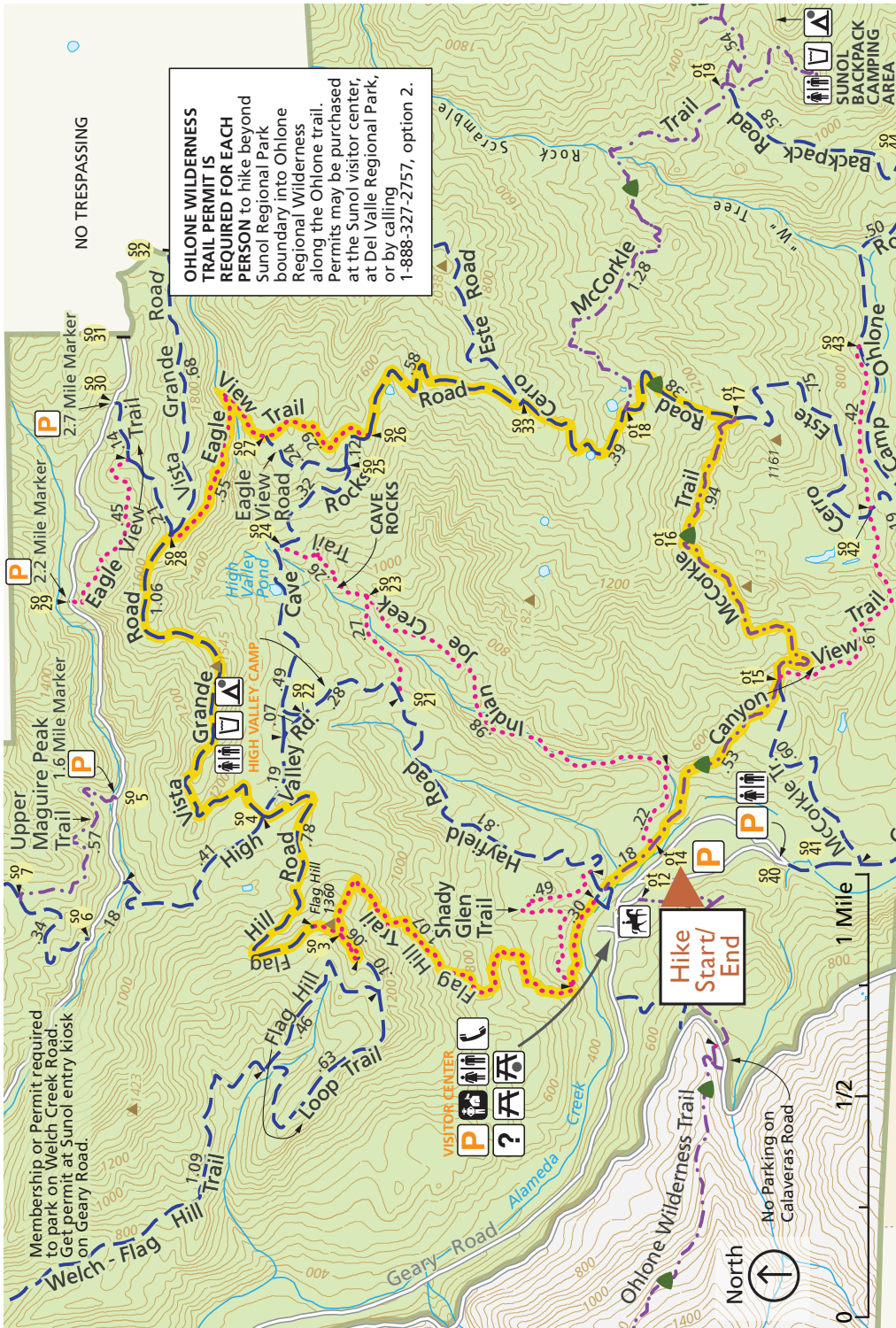
herons gracefully glide overhead. Step lightly along the meandering trails, where each turn reveals a new wonder, from hidden waterfalls cascading into emerald pools to the haunting calls of resident wildlife echoing through the canyon.

Trail Highlights: Embark on a thrilling journey through Sunol Wilderness Regional Preserve's trail network, where surprises await at every turn! Start the adventure on the scenic Canyon View Trail, offering panoramic views of rolling hills and lush valleys. Wildlife may be lurking in the bushes, so stay alert! Make sure you stop along the way and enjoy the benches with amazing views.

Next up, the Eagle View Trail promises an adrenaline-pumping experience with its rugged terrain and stunning scenery. Take a moment to absorb the beauty of Alameda Creek below, but don't get too lost in the view! There's more excitement ahead!

Trail Directions: From the visitor center parking lot follow the path to the bridge. Cross the bridge, right on Canyon View Trail, left on McCorkle Trail, and left on Cerro Este Rd. At Cerro Este Overlook go left at Cave Rocks Road (fire road), right at Eagle View Trail (single track), left on Vista Grande Road (fire road), and stay straight at intersection with High Valley Road (rock sign) and look for the steel post trail marker. Follow through the gate onto Flag Hill Road. At the top of Flag Hill Road, stop at bench overlook, turn around and follow the trail back to Stone Trail maker. Take a right on single-track downhill on Flag Hill Trail, left on Canyon View Trail, right on the bridge back to the Visitor Center and parking lot.

Address:
1895 Geary Rd., Sunol, CA 94586



NO TRESPASSING

OHLONE WILDERNESS TRAIL PERMIT IS REQUIRED FOR EACH PERSON TO HIKE BEYOND SUNOL REGIONAL PARK BOUNDARY INTO OHLONE REGIONAL WILDERNESS ALONG THE OHLONE TRAIL.
 Permits may be purchased at the Sunol visitor center, at Del Valle Regional Park, or by calling 1-888-327-2757, option 2.

Membership or Permit required to park on Welch Creek Road. Get permit at Sunol entry kiosk on Geary Road.

Hike Start/End

VISITOR CENTER

- Information icon (i)
- Restroom icon (♿)
- Water icon (H₂O)
- Phone icon (☎)
- Question mark icon (?)

SUNOL BACKPACK CAMPING AREA

- Backpack icon
- Tent icon
- Person icon

0 1/2 1 Mile



No Parking on Calaveras Road

Trails Challenge 2025 Trail Log

Congratulations! You did it!

Submit Your Log
Using QR Code



- 1. Trail Log Deadline:** December 31, 2025
- 2. To receive your 2025 commemorative pin** (while supplies last) submit your log at ebparks.org/tclog, or email it to reservations@ebparks.org or mail to:

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

For other special awards and giveaways, trail log must be submitted online at ebparks.org/tclog.

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: _____



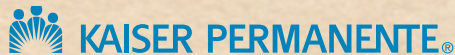
Become a Member!

Explore the benefits of Foundation Membership, including saving money on parking and swimming fees, and support Regional Parks at regionalparksfoundation.org/join.

www.regionalparksfoundation.org
PO Box 2527 Castro Valley CA 94546
help@regionalparksfoundation.org

Regional Parks Foundation is a 501c3 nonprofit with EIN 23-7011877

This year's Trails Challenge is
made possible with the generous support
of our sponsors:

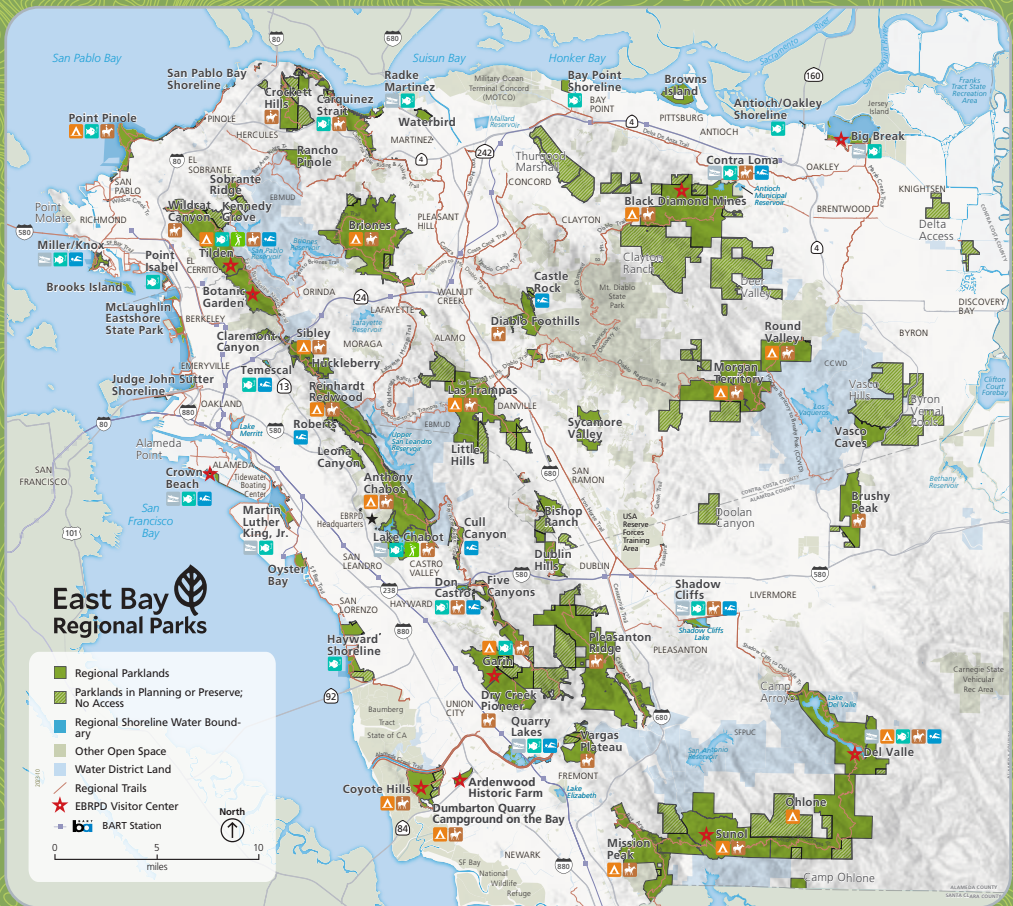


Scan QR Code to receive a Free One-Month Alltrails+ Membership





2025
TRAILSChallenge



East Bay Regional Park District

2950 PERALTA OAKS COURT • OAKLAND, CA • 94605-0381
 1-888-EBPARKS • 1-888-327-2757 • VISIT EBPARKS.ORG