

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.

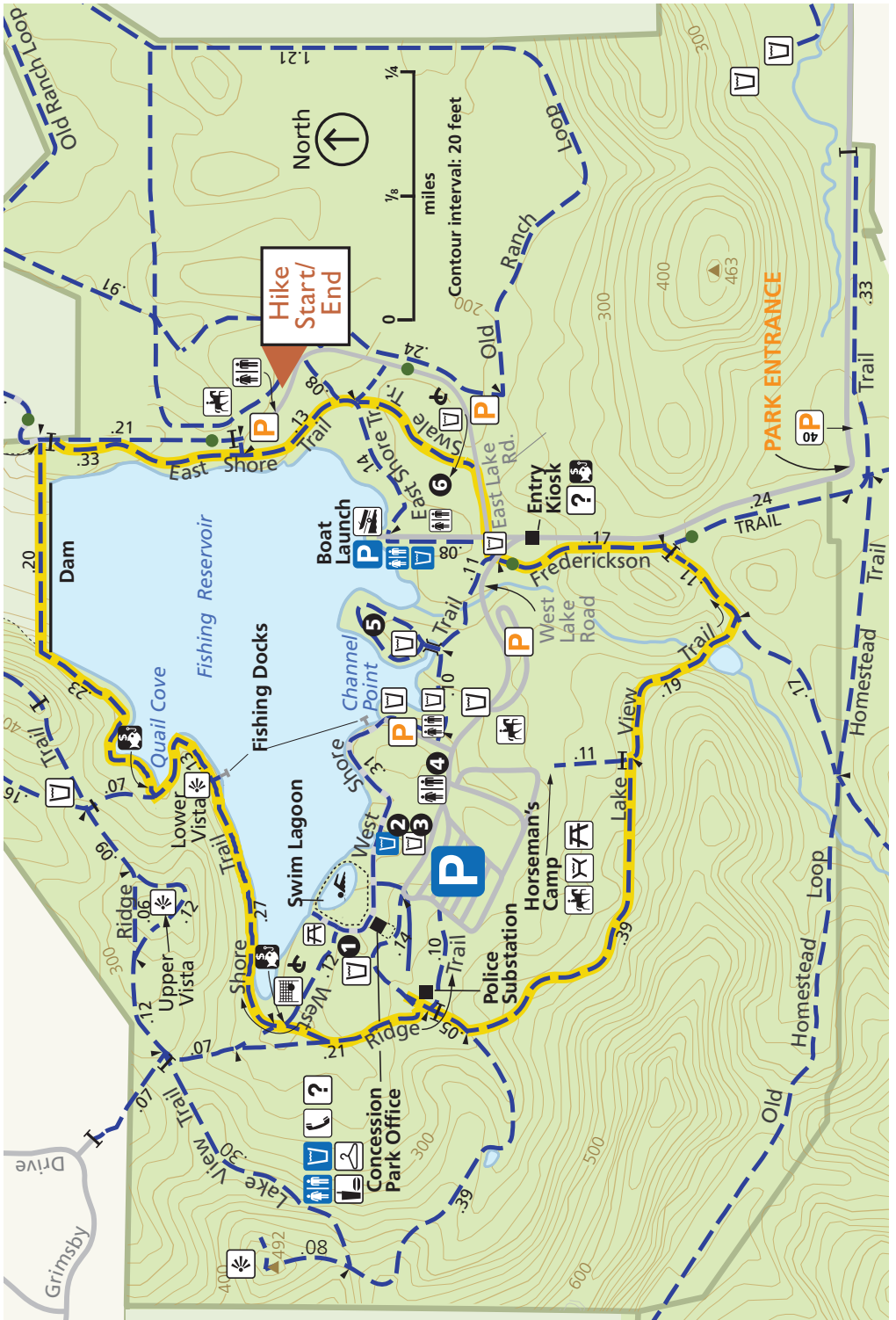
Address:

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

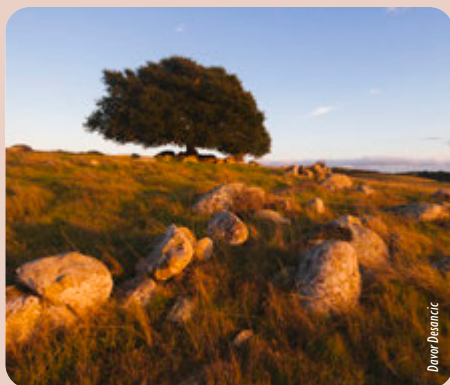
MODERATE



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/Disomarc

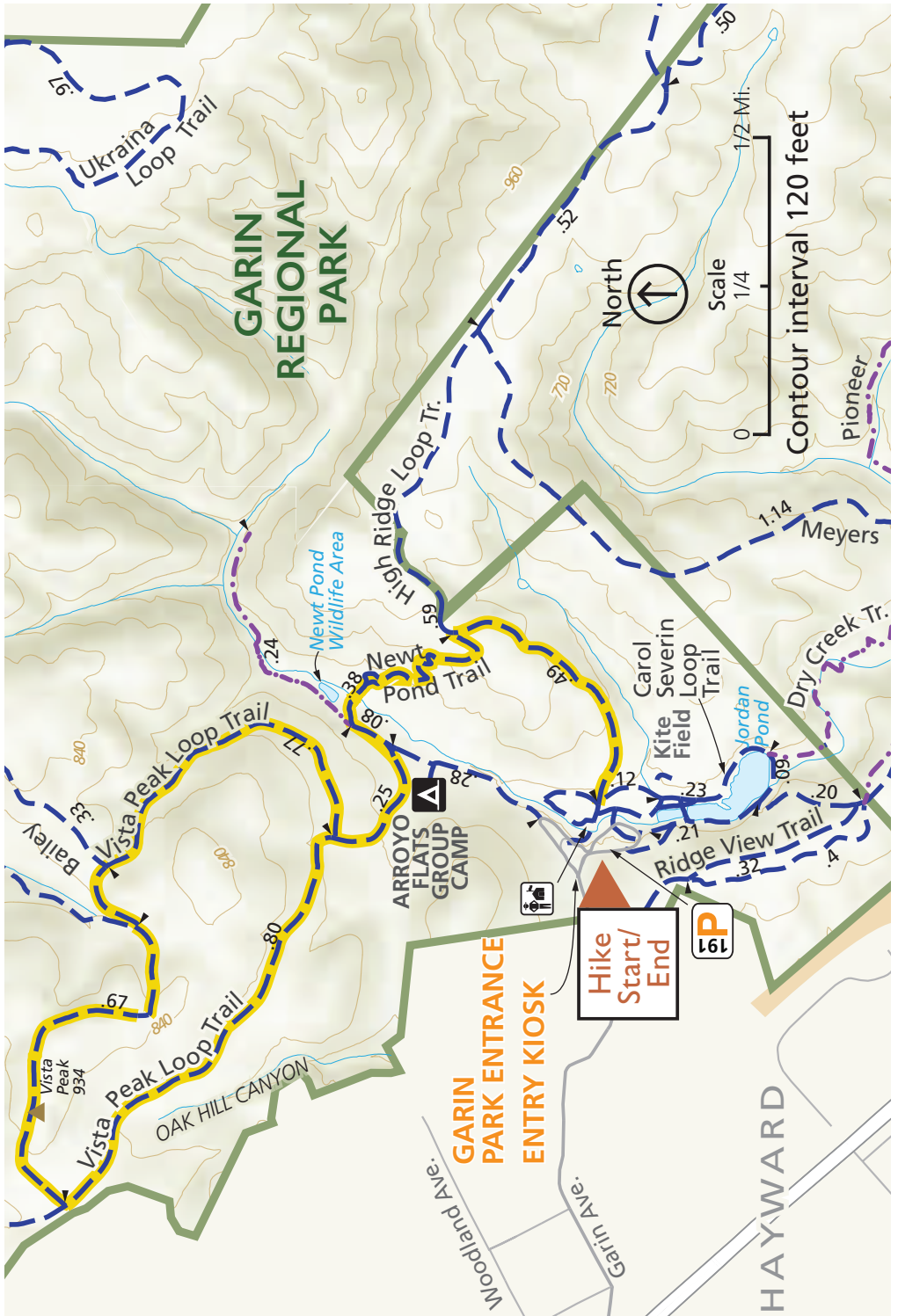
Park Features: Visitors enjoy many activities at Garin Regional Park, including fishing, birdwatching, hiking, and horseback riding. There is an annual apple festival and a seasonal Visitor Center that displays antique farming implements (summer weekends only).

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



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

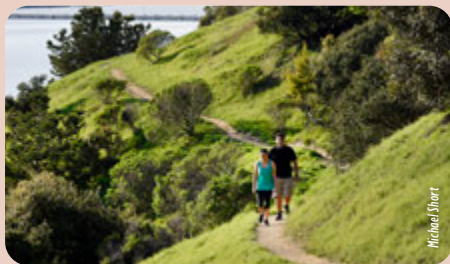
Trail Directions: Start at the parking area off Dornan Dr., near the Sea Gull picnic site. Follow the paved path around the west side of the pond. When it turns to a dirt path near the water, look for metal fencing and pass through the gate. Cross the train tracks and head toward Keller Beach. Climb 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

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



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



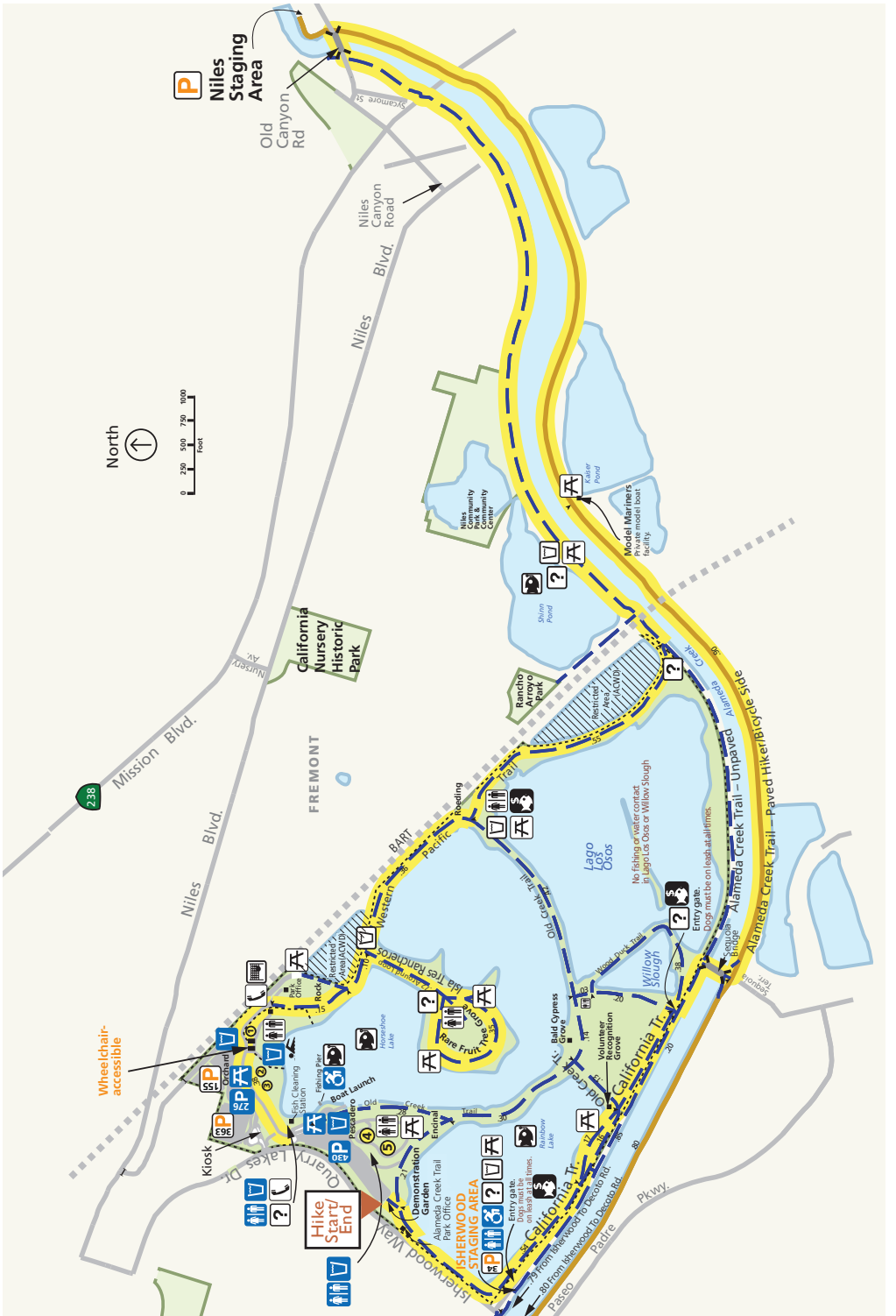
Along the trail, discover serene wetlands, groves of oaks, and the echoes of the region's past. This area is a living testament to nature's resilience and beauty, inviting exploration and reflection.

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.

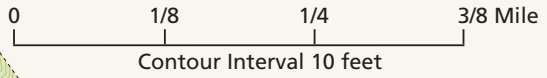
Address:

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.

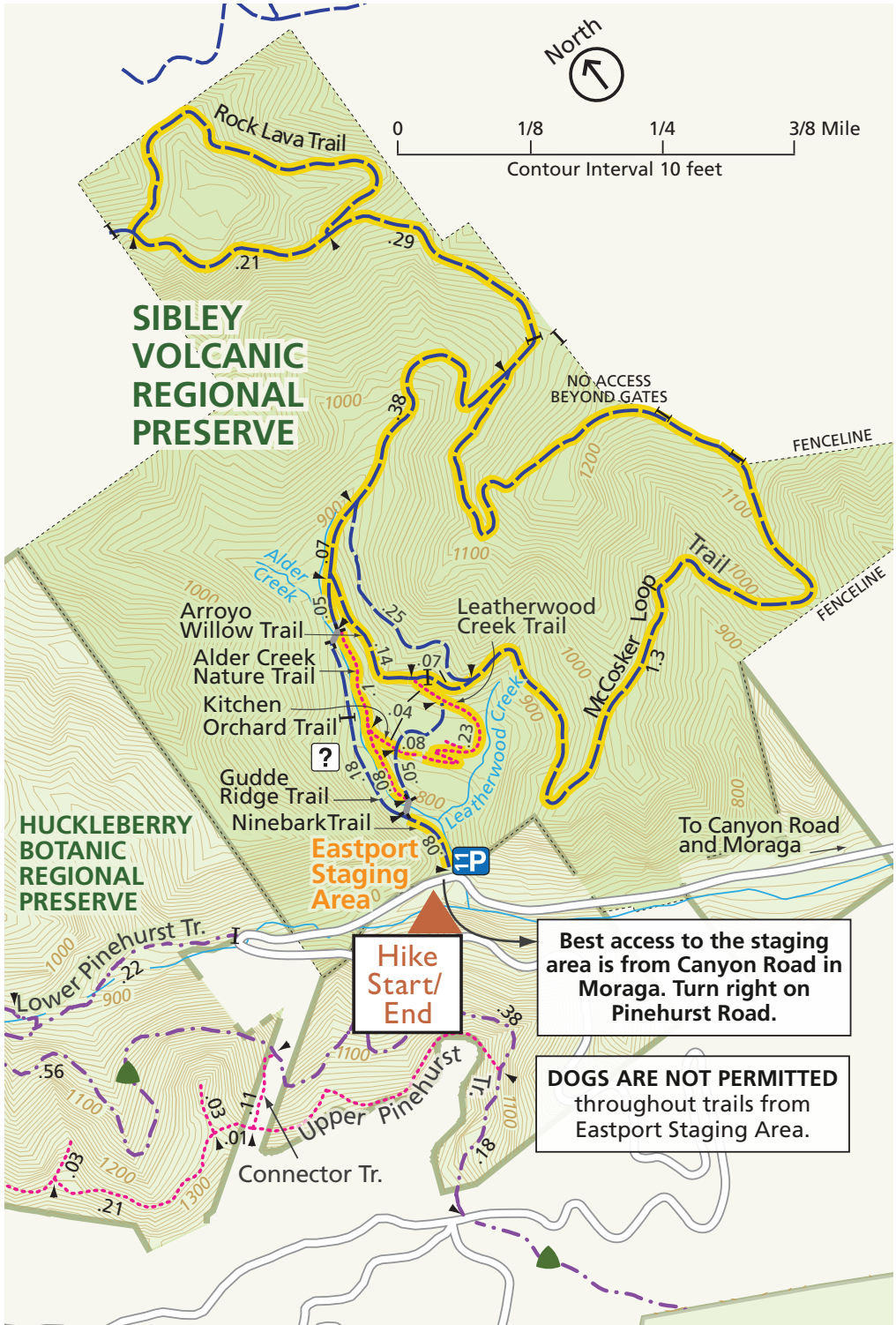


Don Claybrook



SIBLEY VOLCANIC REGIONAL PRESERVE

HUCKLEBERRY BOTANIC REGIONAL PRESERVE



- Arroyo Willow Trail
- Alder Creek Nature Trail
- Kitchen Orchard Trail
- Gudder Ridge Trail
- Ninebark Trail

Eastport Staging Area

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.

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

ORINDA

OAKLAND

