

2023 TRAILS CHALLENGE GUIDEBOOK



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





Trails Challenge 30th Anniversary

Welcome to Trails Challenge 2023. For the past 30 years, the Park District has promoted healthy recreation and time in nature through its annual Trails Challenge program. The free program connects people to nature through hiking and biking by providing 20 designated trails ranging from easy to challenging. The Trails Challenge is part of the global Healthy Parks Healthy People (HPPH) movement that underscores the connection between a healthy green environment and community health.

Trails Challenge 2023 offers increased accessibility with trails that have been evaluated and identified as usable by persons with mobility limitations (see pages 7-13).

In addition to Trails Challenge, we hope you'll take time out to explore our newest parks and amenities, including Tyler Ranch Staging Area at Pleasanton Ridge Regional Park in Sunol, Brickyard Cove in Berkeley, and the newly renovated Sunol Visitor Center in Sunol Wilderness Regional Preserve.

We thank Kaiser Permanente and the Regional Parks Foundation for sponsoring Trails Challenge and supporting our mission to "forever provide the opportunity for a growing and diverse community to experience nature nearby."

See you on the trails.

A stylized, handwritten signature in black ink, appearing to read "Sabrina B. Landreth".

Sabrina B. Landreth
General Manager

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Trails Challenge 2023

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 Challenge, not just those listed in this Guidebook. To complete the Challenge, walk at least five trails or 26.2 miles (a marathon distance).



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



Pleasanton Ridge Regional Park, Sunol

Stay Connected

Tag your hike photos [#TrailsChallenge2023](https://twitter.com/TrailsChallenge2023)



Instagram – @ebrpd



Twitter – @ebrpd



Facebook – Follow us @EastBayParks



EBRPD Monthly E-Newsletter – ebparks.org/subscribe



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

How to Participate

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

1) Determine Your Level of Hiking/Biking Comfort

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

EASY

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

MODERATE

- Significant elevation gain (500-1,000 feet) with good-to-rugged conditions.
- 2-6 miles; 2-4 hours to complete.
- Requires good physical condition.

CHALLENGING

- Significant elevation gain (1,000+ feet) with good-to-rugged trail conditions.
- 5-13+ miles; 4-8 hours to complete.
- Requires good physical condition.

2) Plan Your Outing

To choose a trail, refer to At-A-Glance trail charts (pages 8-13) indicating accessibility, mileage, and intensity level.

Each trail comes with a park map with trail route and description.

Plan to go with a buddy; otherwise, inform someone of your route and expected time of return. If hiking with kids or hiking with dogs, refer to ebparks.org/TC for helpful tips.

Check the weather ahead of time. See website for any trail closures before setting out.

List of Things to Bring

- Plenty of water for you and your dog
- Sturdy shoes and appropriate clothing
- Sunscreen, sunglasses, and hat
- Trail map and AllTrails app

See website for full list.

3) Exploring the Trail

Stay on designated trails. Do not make switchbacks or take shortcuts!

- Hikers yield to horses; bikers and skaters 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 Trail Log on page 56 (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 12/1/2023 to receive a 2023 pin, while supplies last. The pin will be mailed seven-to-ten business days after your log is received.

Safety on the Trails

While in the parks and on the trails, remember that you are a guest of the many diverse plants and animals that call the Regional Parks their home. Observe the golden rule: **Leave plants and animals alone and they will leave you alone.**

Visit ebparks.org/safety to learn how to protect yourself and be a good steward of the natural environment. Proper planning and preparation will ensure that you, your family, and dog(s) will have a safe and pleasant experience in the Regional Parks.



Walk around cattle

BE FAMILIAR WITH THE FOLLOWING TOPICS BEFORE HEADING OUT:

- Poison Oak
- Ticks and Lyme Disease
- Wildlife — spiders, snakes, deer, mountain lions, coyotes
- Trail Courtesy
- Heat Safety
- Hiking and Biking Safety
- Grazing Animals — cattle and calves

- Hiking with Dogs
- Outdoor Safety with Children
- ADA accessibility
- Maps and apps

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



Hike safely with kids and dogs



Stay hydrated



Watch out for poison oak

Accessibility and Trails



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 Access Northern CA website, accessnca.org. It's a trusted source, provided by Bay Area Outreach & Recreation Program (BORP). Additional accessible East Bay Regional Park District trails are listed on this website.

To complete the challenge, you can use any trail route within the East Bay Regional Parks, not just those listed in this Guidebook. To complete the Challenge, 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.

Warning: Trail conditions may have changed since trails were reviewed in spring 2022.

ACCESSIBLE HIKES FEATURED IN THIS GUIDEBOOK:

Look at the At-A-Glance section of this book (pages 8-13). It features "Accessible Park Features" as well as helpful information on mileage, elevation gain, average grade, and the trail surface types.

ACCESSIBLE REGIONAL PARK HIKES FEATURED ON ACCESS NORTHERN CALIFORNIA:

- Alameda Creek Trails
- Big Break
- Brickyard Cove
- Carquinez
- 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
- Wildcat Canyon



Coyote Hills Regional Park



At-A-Glance Easy Hikes

ebparks.org/trails-challenge



Page	East Bay Regional Park	City	Trails	Total Miles	Elevation Gain (feet)	Ave. Grade*	Surface*
16	Bay Point Regional Shoreline	Bay Point	Harrier Trail	1.1 Loop	10	Gentle	Hard, packed dirt and paved
18	Carquinez Strait Regional Shoreline	Crockett and Martinez	George Miller Regional Trail	3.9 Loop	315	Mostly Gentle	Hard, Paved
20	Claremont Canyon Regional Preserve	Oakland	Gwin Canyon Trail	1.7 Round Trip	492	Mostly Gentle	Moderately Firm
22	Dumbarton Quarry Campground on the Bay/Coyote Hills Regional Park	Fremont	Serpentine/Green Stone/ Lower Meadowlark/ Apay Way/Bay View/ Upper Meadowlark	4.5 Round Trip	295	Gentle	Firm, hard packed dirt and paved
24	Leona Canyon Open Space Regional Preserve	Oakland	Leona Trail	2.8 Round Trip	465	Steep	Firm
26	Oyster Bay Regional Shoreline	San Leandro	San Francisco Bay Trail/ Oyster Bay Loop Trail	2.2 Loop	75	Mostly Gentle	Hard, Paved
28	Point Isabel Regional Shoreline	Richmond	San Francisco Bay Trail/Channel Trail	4.5 Round Trip	65	Level	Moderately Firm/ Hard

*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%

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 / Fully if modified	●	●	●
●	●	●					●	
●	●	●		●	●	●	●	●
●	●	●		●	●	●	●	●

*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

ebparks.org/trails-challenge

Page	East Bay Regional Park	City	Trails	Total Miles	Elevation Gain (feet)	Ave. Grade*	Surface*
30	Black Diamond Mines Regional Preserve	Antioch	Lougher Loop/ Lougher Ridge Trail	2.2 Loop	695	Steep	Moderately Firm/Soft
32	Garin/Dry Creek Pioneer Regional Parks	Union City	Meyers Ranch Trail/ F.D. 143/High Ridge Loop Trail/Pioneer Trail/Meyers Ranch Trail	3.8 Loop	803	Very Steep	Moderately Firm
34	Lake Chabot Regional Park	Castro Valley	East Shore/ Indian Cove/McGregor/ Ten Hills Trail	3.8 Loop	383	Mostly Gentle/ Steep	Firm/ Moderately Firm
36	Point Pinole Regional Shoreline	Richmond	Bay Trail/ Point Pinole Trail/ Bayview Trail Loop	5.7 Round Trip	203	Mostly Gentle	Hard
38	Round Valley Regional Preserve	Brentwood	Miwok Trail/ Hardy Canyon Trail	4.6 Loop	1,010	Very Steep	Moderately Firm
40	Sunol Wilderness Regional Preserve	Sunol	Camp Ohlone Road	4.6 Round Trip	433	Steep	Firm
42	Tilden Regional Park	Berkeley	Upper Big Springs/ Lower Big Springs/ Seaview Trail	3.5 Loop	816	Steep	Moderately Firm

*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%



See park map and website for additional restrooms, parking, and picnic sites.

Hikers	Dogs	Bikers	Horses	Skaters	Trails	Restrooms	Parking # Spaces	Picnic Sites
Accessible Park Features								
●	●	●				●	●	●
●	●	●	●					
●	●	●	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

ebparks.org/trails-challenge

Page	East Bay Regional Park	City	Trails	Total Miles	Elevation Gain (feet)	Ave. Grade*	Surface*
44	Anthony Chabot Regional Park	Oakland	Goldenrod/Cascade/Red Tail/Cottontail/Jackson Grade	5.4 Loop	830	Very Steep	Moderately Firm/Soft
46	Las Trampas Wilderness Regional Preserve	San Ramon	Bollinger Creek Loop/Chamise/Mahogany/Trapline//Las Trampas Ridge/Sulphur Springs/Del Amigo/Virgil Williams/Madrone/Corduroy Hills/Las Trampas Ridge	6.4 Loop	2,001	Very Steep	Moderately Firm/Soft
48	Morgan Territory Regional Preserve	Livermore	Clyma/Highland Ridge/Raven/Fox/Highland Ridge Loop	7.5 Loop	1,673	Very Steep	Moderately Firm/Soft
50	Pleasanton Ridge Regional Park	Pleasanton	Courdet/Ridgeline/Shady Creek/North Ridge/Cowing/Sinbad Creek Trail	12.7 Loop	2,089	Very Steep	Moderately Firm/Soft
52	Vargas Plateau Regional Park	Fremont	Golden Eagle/Deer Gulch/Cliff Trail	6.8 Round Trip	1,272	Very Steep	Moderately Firm/Soft
54	Wildcat Canyon Regional Park	Richmond	Bonita/Monte Cresta/San Pablo Ridge/Havey Canyon/Wildcat Creek Trail Loop	7.9 Loop	1,469	Very Steep	Moderately Firm

*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%

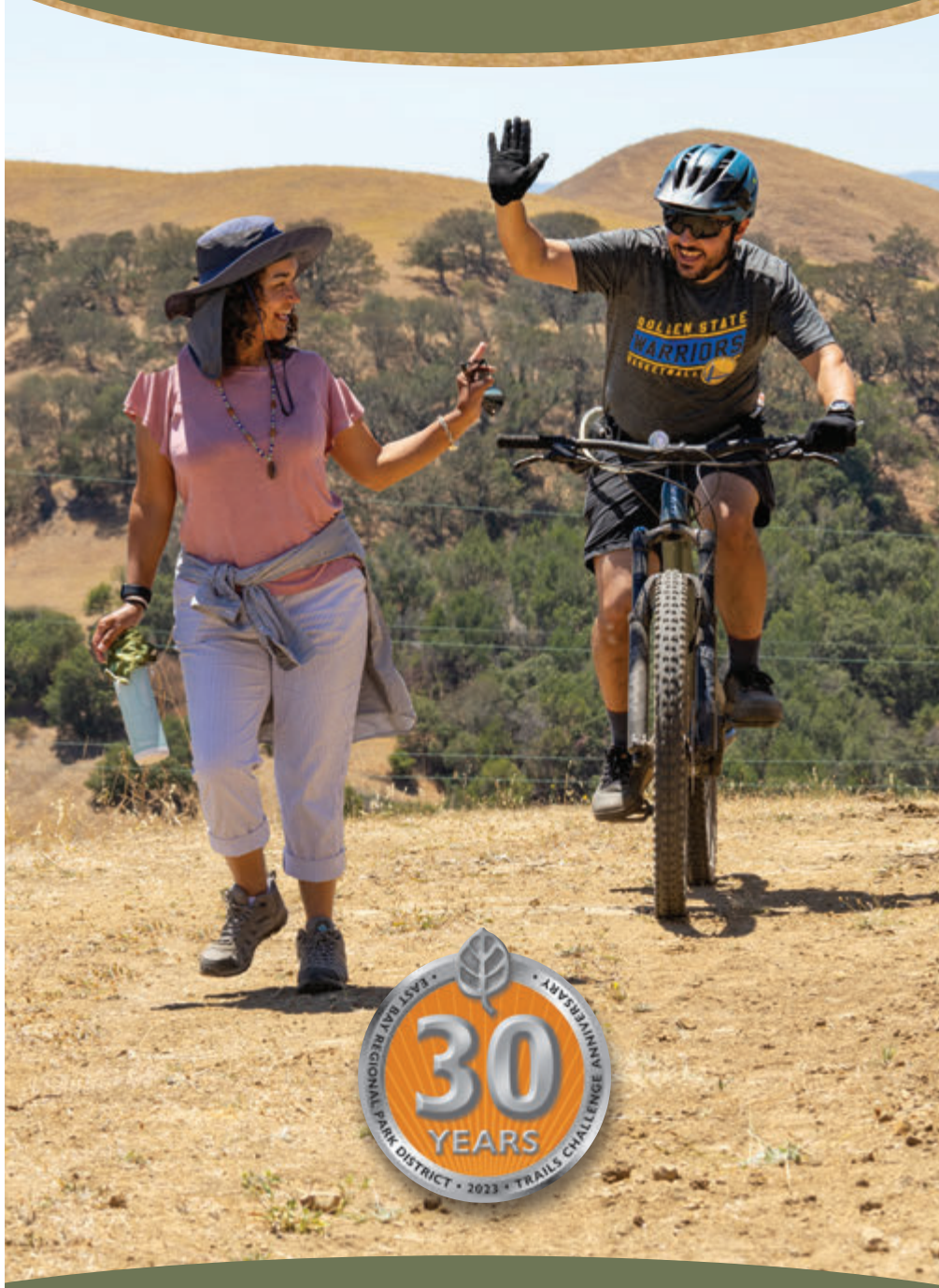


See park map and website for additional restrooms, parking, and picnic sites.

Hikers	Dogs	Bikers	Horses	Skaters	Trails	Restrooms	Parking # Spaces	Picnic Sites
Accessible Park Features								
●	●	●	●					
●	●	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

Featured Trails



Featured Trails Map Legend

Key to 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 | Creek Resource Protection Area |
| Reservable Picnic Area | Wooded Area | |
| Vending Machines/Food Concession | ADA Accessible | |
| Visitor Center | Swimming Beach | |
| Emergency Phone | Boat Launch | |
| Horse Staging Area | Boat Rental | |
| Horse Water | Kayaking/ Kayak Rental | |
| Gate | Windsurf Area/Rental | |
| Peak | Fish Cleaning Station | |
| Markers at Trail Junctions | Fishing Permit Fee Station | |
| Changing Room | Fishing Dock | |
| Shower | Hospital | |
| Children's Play Area | Commercial/Shopping | |
| Disc Golf Course | Hot Coal Receptacle | |
| Volleyball Area (ball not provided) | No Trespassing | |
| Exercise/Fitness | | |

Key to 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 Tr., Bay Area Ridge Tr., Ohlone Tr., Bob Walker Reg. Tr. |
| Paved Trail: Hiker, Biker | Diablo Reg. Tr. |
| Unpaved Trail: Hiker, Biker | |

Bay Point Regional Shoreline

Location	Bay Point
GPS	38.039619, -121.963274
Phone	1-888-327-2757, option 3, extension 4596
Miles	1.1-Mile Round Trip
Elevation Gain	10 feet
Trails	Harrier Trail
Hours	5 a.m. to 10 p.m. Gate Hours 8 a.m. to 4 p.m.
Fees	None
Website	ebparks.org/parks/bay-point

EASY HIKE



Park Features: Here, at Bay Point, you will see beautiful, clear views of Suisun Bay, extensive marshlands, and distant hills. The surrounding waters have been designated by the US Fish & Wildlife Service as critical habitat for delta smelt, winter-run Chinook salmon, and steelhead. Windy conditions are common year-round, so bring a jacket or dress in layers. There is public shoreline access for fishing at the adjacent McAvoy Harbor. Accessible restrooms and two van accessible spaces are available at the staging area, as well as two covered picnic sites with grills. Please keep dogs on leash to prevent them from entering the marsh.

Trail Highlights: The Harrier Trail provides a short loop through a portion of the protected shoreline and wetlands. Please stay on the trail since the marshland is sensitive habitat. The trail is wide, flat, and partially paved. The rest of the route is hard packed dirt, easily navigated with mobility devices, bicycles and strollers. Some of the many shorebirds and raptors you might spot here include black shouldered kites, Great egrets, northern harriers, and black-necked stilts.



Organic Events



Trail Directions: Start at the public access sign to the left of the restrooms to begin the Harrier Trail. Turn right at first intersection and soon cross a bridge. There are several benches ahead along the trail where you can pause and admire the surrounding baylands. Soon, the trail will become paved again. Continue on the loop to return to the starting point.

Driving Directions: From Highway 4 in Bay Point, exit at the Bay Point/San Marco Boulevard exit and go north onto Willow Pass Road, towards the river. After about one-half mile, turn left onto Port Chicago Highway. Proceed for about 1.25 miles and take McAvoy Road. The staging area is at the end of a short road that heads left off of McAvoy Road just before the harbor entrance.

Carquinez Strait Regional Shoreline

Location	Crockett and Martinez
GPS	38.03734,-122.18018
Phone	1-888-327-2757, option 3, extension 4514
Miles	3.9-Mile Round Trip
Elevation Gain	315 feet
Trails	George Miller Regional Trail
Hours	5 a.m. to 10 p.m. Gate Hours Vary Seasonally
Fees	None
Website	ebparks.org/parks/carquinez-strait

EASY HIKE



Park Features: Carquinez Strait Regional Shoreline consists of several different parkland areas that contain rolling coastal hills, bluffs, and some shoreline access along the Strait. The region serves as a gateway to the river delta region further east. At the Port Costa staging area there is an accessible restroom and one designated accessible parking space. There are no drinking fountains or other facilities; bring plenty of water.



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.

Trail Highlights: The George Miller Regional Trail runs high above the Carquinez Strait, offering great views of the water and environs. The trail is wide and paved, and is ideal for those using mobility devices, bicycles, and strollers. There are a few gentle hills on the route as you traverse mostly open country and mixed woodlands. There are a few benches and picnic tables along the way.

Trail Directions: Start at the Port Costa Staging Area located at the end of Carquinez Scenic Drive near Crockett. The trail runs nearly two miles to the other end. Turn around at the gate at the end and follow your way back to where you started.

Driving Directions: From I-80 in Crockett, exit at the Pomona St. exit (exit 27), turn left onto Pomona and drive for about 4 miles to the park's Port Costa Staging Area. Note that Pomona becomes Carquinez Scenic drive as you leave Crockett.



Claremont Canyon Regional Preserve

Location	Oakland
GPS	37.86282, -122.22428
Phone	1-888-327-2757, option 3, extension 4516
Miles	1.7 miles
Elevation Gain	492 feet
Trails	Gwin Canyon Trail
Hours	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/claremont-canyon

EASY HIKE

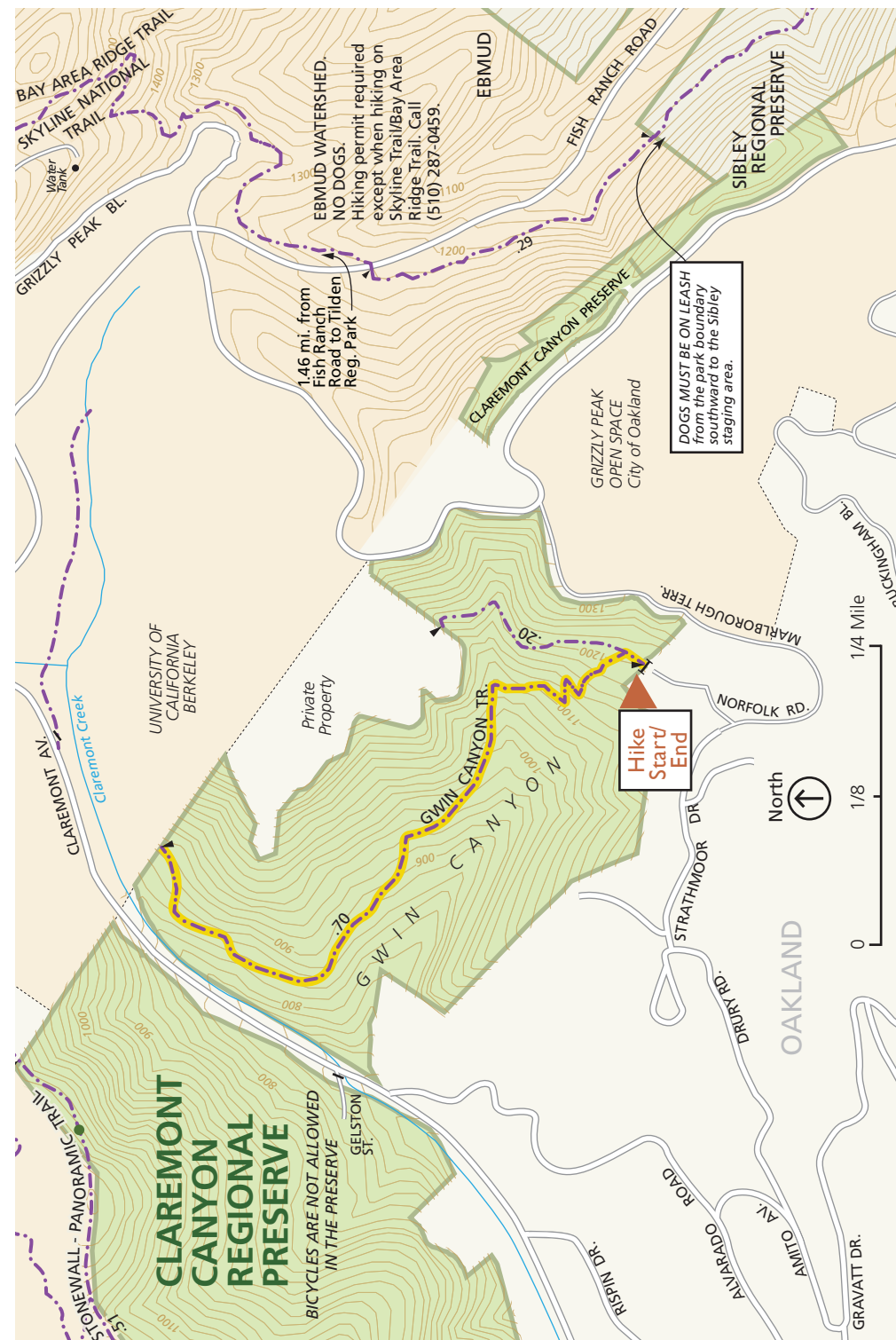


Park Features: These parklands lie in the Claremont Creek Watershed and form part of an important wildlife corridor along the urban fringe. Native vegetation abounds, with bay trees, elderberry and blackberry growing along the trail. Bushtits, quail and other common birds can be seen and heard foraging in the trees and undergrowth.

Trail Highlights: Gwin Canyon Trail is an out-and-back hike on a single-track trail in the south end of the preserve. The trailhead is in a neighborhood at the end of a street. Please note, there are only three parking spaces here and no restrooms or other facilities. Most of the trail is shaded. A portion of it runs right above Claremont Avenue and Claremont Creek. There are a few hills on the route, and it may be muddy and slippery in the winter. Be sure to watch out for poison oak along the path.

Trail Directions: Walk away from the parking area. Several yards ahead you will see a trail. Though it is not marked, this is the Gwin Canyon Trail. Stay to the left where it forks. If you go to the right, the trail will dead end at a locked gate. At .7 miles you'll pass a "Regional Park Boundary Line/Exiting Regional Park" sign. At .9 miles you will encounter a trail junction with Willow Trail and Claremont Avenue. Turn around here and follow the route back the way you came, to the trailhead and parking area. (To make the hike a little longer, you may continue on Willow Trail into the University of California Preserve lands and make a variety of short loops).

Driving Directions: Take Hwy 24 to Fish Ranch Road, immediately east of the Caldecott Tunnel. Take the exit and go up Fish Ranch Road about 1 mile to a 4 way stop. Turn left on Grizzly Peak Boulevard toward Sibley Volcanic Regional Preserve. At .8 mi turn right on Marlborough Terrace, then a right on Norfolk Road, veering right to its end, where the very limited parking area is.



Dumbarton Quarry/ Coyote Hills

Location	Fremont
GPS	37.540810, -122.076010
Phone	1-888-327-2757, option 3, extension 4519
Miles	4.5 miles
Elevation Gain	Approximately 295 feet
Trails	Serpentine/Green Stone/ Lower Meadowlark/Apay Way/ Bay View/Apay Way/Upper Meadowlark
Hours	5 a.m. to 10 p.m. Gate Hours Vary Seasonally
Fees	\$5 parking. See website for details.
Website	ebparks.org/parks/dumbarton-quarry and ebparks.org/parks/coyote-hills

EASY HIKE



Donna DeBenedictis

Trail Highlights: This route is fully exposed, but usually gets nice breezes from the bay. The hike has firm terrain with a combination of paved, packed dirt and gravel surfaces and an average trail width of 4 feet and above. For a gentler trail grade follow the lower Meadowlark Trail in each direction.

Trail Directions: Start your route on the paved connector Serpentine Trail located in the campground behind the Patterson picnic area. Go right, past the picnic site, and turn left onto the paved Greenstone Trail which connects you to Coyote Hills. At the end of this trail go through the gate and make a left back onto the Serpentine Trail. In a little over a quarter-mile, there is an incline; proceed to the right towards the upper and lower Meadowlark trails. Take the lower or right-hand trail for the most accessible route. This trail is very bumpy and wheelchair riders can avoid some of the cross slope by straddling the raised middle sections. The Upper Meadowlark Trail is very steep but can be chosen as an alternate route since it goes to the same place. Where the two Meadowlark Trails re-join, turn right onto the paved road for about 50 yards (or continue straight on the paved road if on Upper Meadowlark). Then turn left onto the paved Bayview Trail. After about a mile on the Bayview trail, you will reach a bench on your right. Turn around here to complete the round trip or continue further to make your hike a little longer. Return to the campground by following the same route you just traveled.

Driving Directions: From I-880, take CA-84 to Paseo Padre North, left on Quarry Road, right into the Campground.

Park Features: Located within Coyote Hills Regional Park next to the eastern shore of San Francisco Bay in Fremont, Dumbarton Quarry Campground on the Bay is the District's first full-service campground, complete with 63 campsites, a camp store, an amphitheater, a playground, Wi-Fi, and picnic areas.

Coyote Hills offers diverse lessons in history and many activities. At the Visitor Center, you can learn about Ohlone history, settlers and ranching, salt production, bio-sonar research, and more. Naturalist-led walks, tours of the Tuibun Ohlone Village, and visits to the Nectar Garden are also available. Other park features include picnic areas, Alameda Creek Regional Trails, the marsh boardwalk, the nearby wildlife refuge, and salt evaporation ponds.



Leona Canyon Open Space Regional Preserve

Location	Oakland
GPS	37.775711, -122.145821
Phone	1-888-327-2757, option 3, extension 4538
Miles	2.8-Mile Round Trip
Elevation Gain	465 feet
Trails	Leona Trail
Hours	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/leona-canyon

EASY HIKE



Park Features: Leona Canyon Open Space Regional Preserve is a 290-acre park rich in native habitat. Though small and surrounded by the city, the preserve contains one of the East Bay's most natural riparian corridors. The creek ecosystem is sensitive; people and dogs are not allowed in the creek or on its banks. Please note there are no restrooms at this park. Dogs are allowed under voice control or on leash.

Trail Highlights: This route, an out-and-back hike, runs along Leona Creek and is mostly in the shade. The Leona Trail follows a lush, wooded canyon full of horsetail, blackberry, California buckeye trees, Bay trees and other native plants that line the creek.

The trail starts heading uphill at .6 miles, but is still a relatively easy stroll.

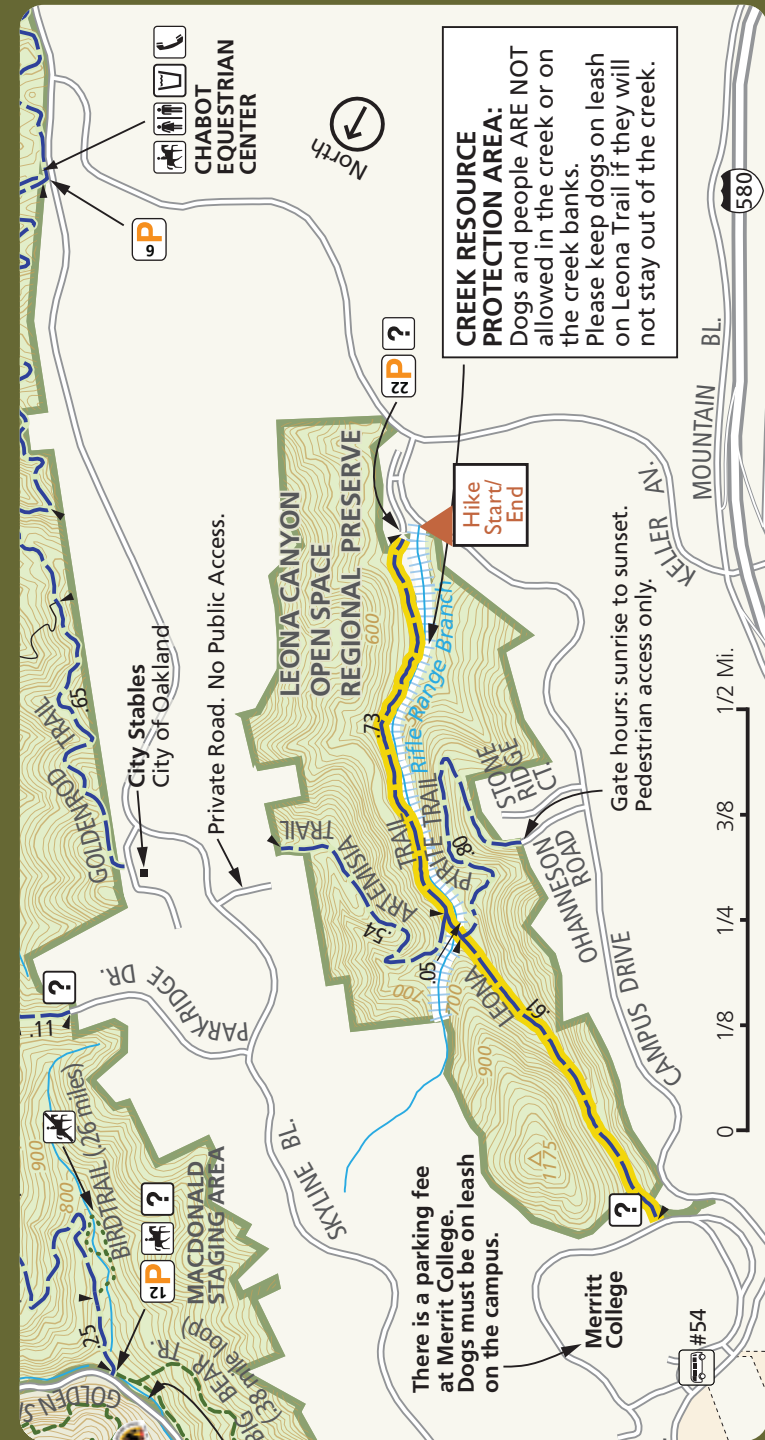
Trail Directions: From the Leona Trailhead staging area, take the Leona Trail. Almost immediately, the trail forks; stay to the right on Leona Trail.

Continue on this trail for about 1.5 miles all the way to the gate at the upper end of the park near the parking lot at Merritt College. Then, follow the trail back down to the staging area where you started.

Driving Directions: From I-580 in Oakland, exit Keller Avenue and turn east toward the hills. Turn left onto Campus Drive and make the first right on Canyon Oaks Drive into the Ridgemont at Skyline housing development. Turn left and continue to the Leona Canyon parking lot. Access is also available at the top of the park at Merritt College. However, the lot charges a fee and may be closed on weekends. AC Transit #54 serves Merritt College weekdays only.

Health Tip

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



Oyster Bay Regional Shoreline

Location	San Leandro
GPS	37.709070, -122.192460
Phone	(888-327-2757), option 3, extension 4548
Miles	2.2-Mile Round Trip
Elevation Gain	75 feet
Trails	San Francisco Bay Trail/Oyster Bay Loop Trail
Hours	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/oyster-bay

EASY HIKE



Park Features: An astonishing diversity of wildlife can be seen at this shoreline park even though it is still under development. Marsh hawks, black-shouldered kites, red-tailed hawks, and shorebirds abound. Views of the Bay are spectacular. Some new amenities include an 18-hole disc golf course and a quarter-acre garden with 300 plants that flower from fall through winter, providing overwintering Monarchs with nectar to help them survive the winter and migrate in spring. Come with friends and family to enjoy a game of disc golf or picnic at one of the seven group picnic areas.

Trail Highlights: The San Francisco Bay trail loop is mostly paved except for the last half mile, which is packed gravel and dirt with some moderate slopes. The rest of the trail is mainly flat and great for people using mobility devices and/or strollers, dog walkers, and cycling. It is only half-mile to reach the shoreline, where you can stroll along and soak up the sun and

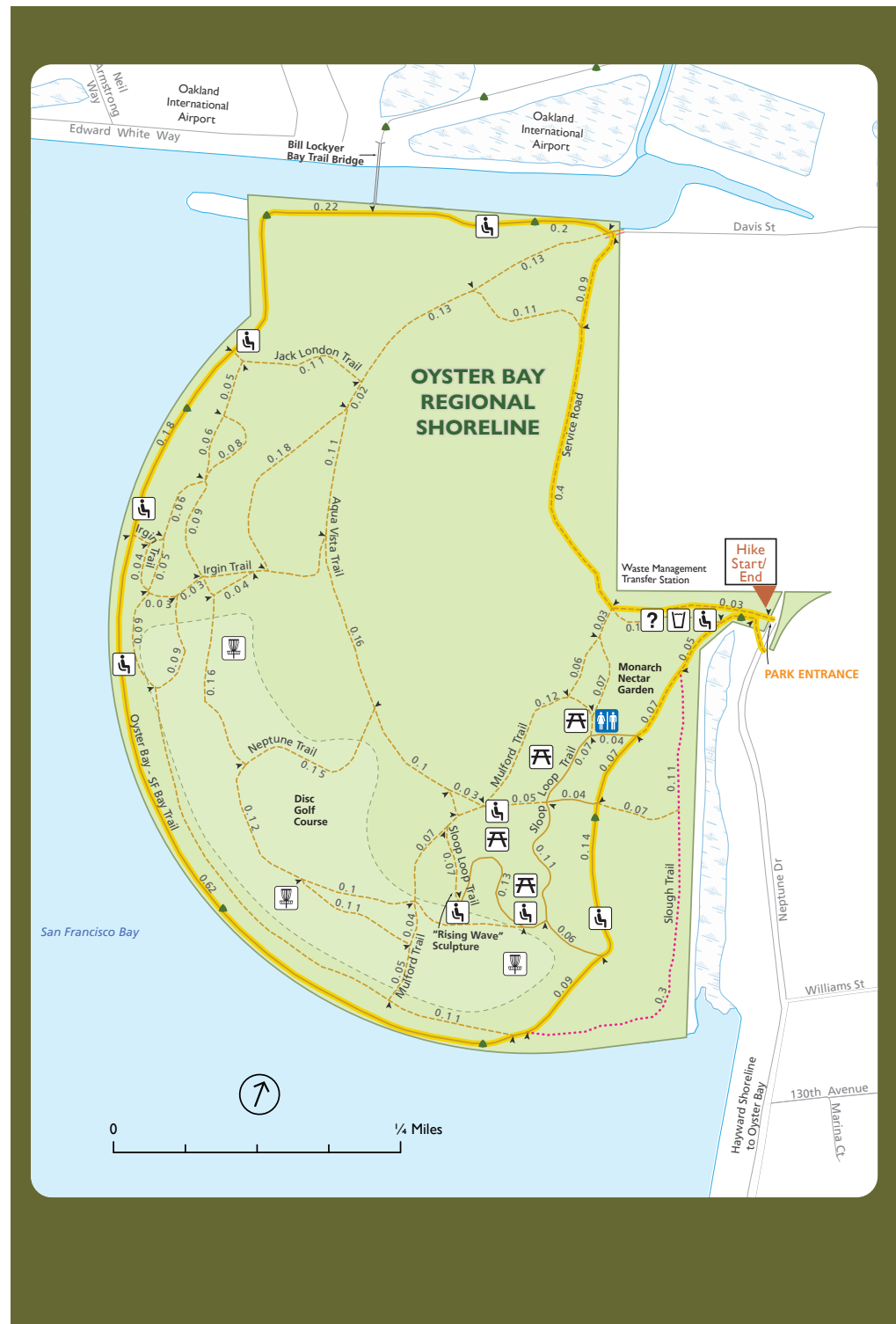
enjoy breezes from San Leandro Bay. There are many benches along the way but little shade, except by the picnic tables. The only accessible vault toilet is about a quarter-mile in, on the right. Trail width is 4 feet and above.

Trail Directions: From the staging area at the end of Neptune Drive, go through the entrance gate and turn left onto the paved San Francisco Bay Trail. This trail soon reaches the water. Follow the paved trail all along the park's perimeter. At the far end of the park, make a right turn at the end of the pavement, onto the service road. In about 0.4 mile, turn left to complete the loop. Alternatively, you can turn back when the paved path ends. Please use caution: there may be construction trucks in the park.

Driving Directions: From I-880 in San Leandro, exit at Marina Blvd. and drive west. Turn right onto Neptune Drive. Parking is at the end of Neptune Drive.



Michael Short



Point Isabel Regional Shoreline

Location	Richmond
GPS	37.898200, -122.323680
Phone	1-888-327-2757, option 3, extension 4550
Miles	4.5 miles
Elevation Gain	65 feet
Trails	SF Bay Trail/Channel Trail
Hours	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/point-isabel

EASY HIKE



south edge of the parking lot, close to the gas station on Isabel Street. You will follow it around the large bulk mail facility, with the dog park on your left. In a half mile, go past the Rydin Rd. park entrance lot, and continue following the SF Bay Trail by turning left just past the restrooms. After a little over a mile on SF Bay Trail, you'll reach the third bridge at Meeker Slough. Cross the bridge and turn left to continue on SF Bay Trail, following the shoreline. In about a half-mile you'll reach Shimada Friendship Park. Turn around here when ready and follow the route back to the Pt. Isabel dog park area. Just past the last bridge and restrooms, turn right, and then immediately right again to pass in front of the restrooms. Make a left onto the paved Channel Trail inside of the dog park. Follow this trail back to your starting point at the park's Isabel Street entrance.

Driving Directions: From I-580 or I-80 in Richmond, take Central Avenue and head west towards the bay. Continue to the end of Central and turn right onto Isabel St. Turn right into the first parking lot.

Special Rules for Dogs at Point Isabel

- Dogs may be off leash within the park. However, keep dogs on leash in parking lots and streets. Ensure leash is a maximum of 6 feet
- Keep dogs under voice control and within sight at all times
- Keep dogs out of marshlands and away from birds
- Immediately leash any dog exhibiting aggression toward people or other dogs
- Clean up dog waste and deposit in trash cans
- Prevent dogs from digging or destroying park resources

Anyone who walks or exercises a dog or dogs for a fee, or who walks more than three (3) personal dogs, must obtain and have in their possession a revocable annual permit. Please call (510) 690-6508 for information.

Park Features: Enjoy beautiful views of the Golden Gate Bridge, Marin County and Brooks Island from this popular park located along the east shore of San Francisco Bay in Richmond. The San Francisco Bay Trail runs along the shoreline, offering stunning views of the bay and surrounding areas, and excellent opportunities for birding. The park also has a well-used off-leash area for dogs.

Trail Highlights: The route along San Francisco Bay and Channel trails is paved, level, and over four feet wide. This hike hugs the shoreline where cool breezes abound. There are many benches along the way, but shaded areas are minimal. Accessible restrooms can be found at the Isabel Street park entrance.

Trail Directions: Park in the first parking lot at the Isabel Street entrance to the park. Proceed on the paved San Francisco Bay Trail. The trail begins at the



Richmond Inner Harbor

Black Diamond Mines Regional Preserve

Location	Antioch
GPS	37.9591221,-121.8631899
Phone	1-888-327-2757, option 3, extension 4506
Miles	2.2-Mile Loop
Elevation Gain	695 feet
Trails	Lougher Loop/ Lougher Ridge Trail
Hours	8 a.m. to Sunset Gate Hours Vary Seasonally
Fees	Fees: \$5 per vehicle, see website for details
Website	ebparks.org/parks/black-diamond

MODERATE HIKE



Flat Visitor Center and park office. There are restrooms at the back of the parking lot. Cross the road and go through the cattle gate onto the Lougher Loop Trail. You will pass the park residence and some historic structures, including a windmill and water tank on your right. Beyond the fenced area, the shady path crosses over the creek. At the first trail marker continue straight. Soon the trail curves to the right and begins to climb. After roughly 0.5 mile, go left at the junction on to Lougher Ridge Trail. Continue along the ridge for another 0.5 mile. At the next trail intersection, take a left to rejoin the Lougher Loop Trail as it begins its steep descent back into Markley Canyon. Stay to the left to continue on Lougher Loop Trail. This will take you back to the park residence and cattle gate. Follow the trail back to the road where you started.

Driving Directions: Take Highway 4 East to the Somersville Road exit in Antioch, then drive south (toward the hills) on Somersville Road to the preserve entrance.

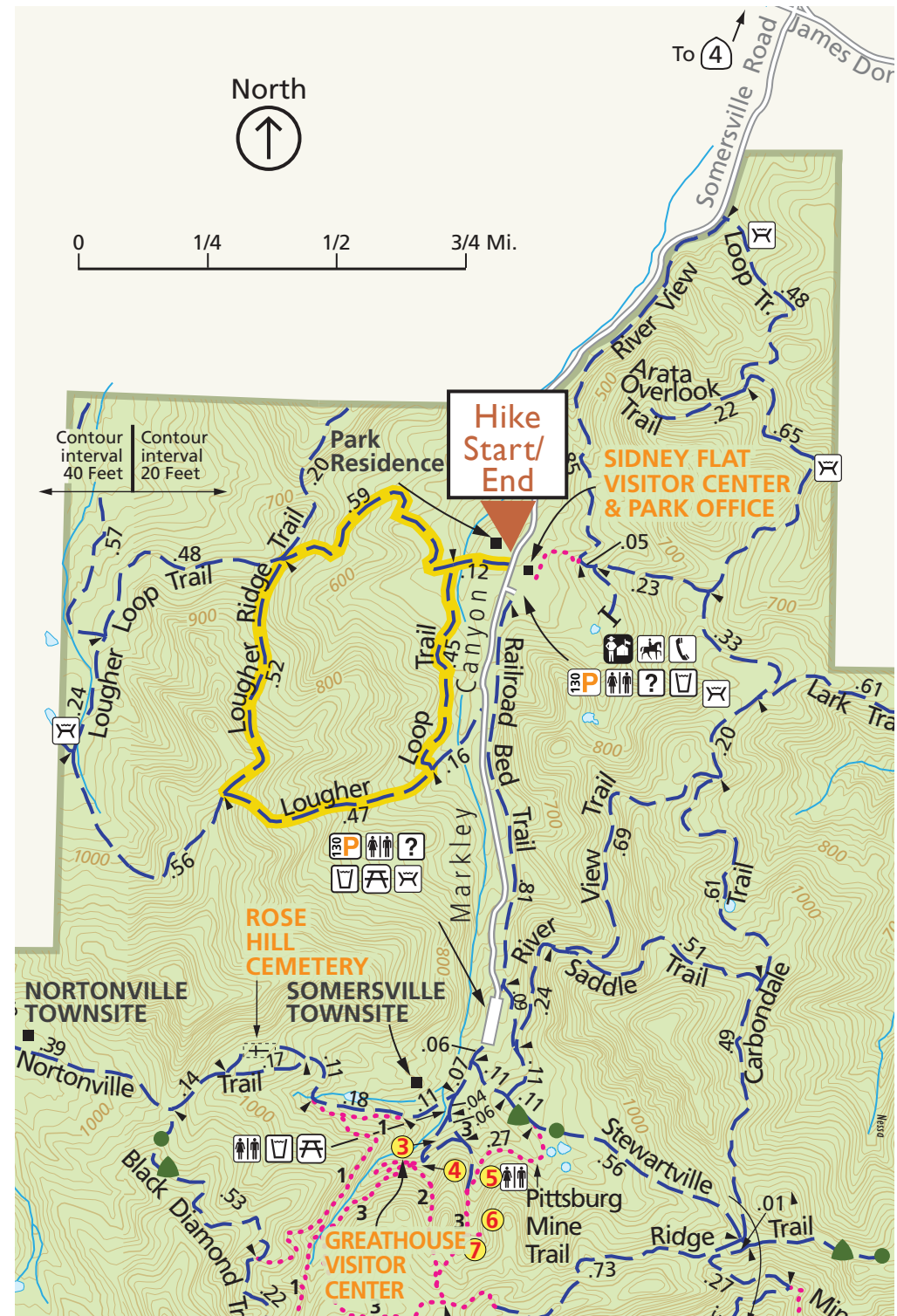
Park Features: Black Diamond Mines contains many interesting and unique natural and cultural resources in its 8,533 acres of parkland. Once home to Bay Miwok people, ranchers and coal miners, the park today offers underground mine tours, opportunities for nature study, camping, and picnicking. In Spring, some of the best wildflower displays in Contra Costa County can be found.

Trail Highlights: This trail features views of the canyon below, the surrounding hills, and the Delta to the north. On a clear day from the top of the ridge, the Sierra Nevada can be seen in the distance. Most of the trail is quite steep and the terrain is mostly open grassland. Note there are no shaded areas beyond the willows along Markley Canyon at the bottom of the trail loop.

Trail Directions: Park in the first lot on the left, just past the entrance kiosk, near the Sidney



Karen Fox



Dry Creek Pioneer Regional Park

Location	Union City
GPS	37.606813, -122.018979
Phone	1-888-327-2757, option 3, extension 4530
Miles	3.8-Mile Loop
Elevation Gain	803 feet
Trails	Meyers Ranch Trail/F.D. 143/High Ridge Loop Trail/Pioneer Trail
Hours	5 a.m. to 10 p.m. Gate Hours Vary Seasonally
Fees	None at Dry Creek Staging Area
Website	ebparks.org/parks/garin-dry-creek

MODERATE HIKE



Ben Lewis

parking lots, picnic areas, lawns, and always under voice control.

Trail Directions: At the staging area, exit the parking lot and follow the signs to the trailhead, which is at the end of May Rd. Go through a cattle gate; at next gate, bear right onto High Ridge Loop trail. In about a third of a mile, stay right where High Ridge Loop Trail continues to the left. Walk briefly on the Tolman Peak Trail and then make an immediate left on Trail F.D. 143. You'll begin climbing the hill parallel to the High Ridge Loop Trail. In about three quarters of a mile, you'll pass through a cattle gate. Shortly after, turn left onto High Ridge Loop Trail, and then, in a quarter mile, go right onto Pioneer Trail. Stay left where Pioneer Trail splits, then turn left onto Meyers Ranch Trail at the bottom of the canyon. Follow Meyers Ranch Trail to the south, heading downstream. You will cross several bridges as you make your way down the canyon. Continue straight onto a short section of High Ridge Loop Trail, and proceed back to the staging area.

Driving Directions: From Highway 880 take the Whipple Road exit in Hayward. Head east on Whipple Road. After crossing Mission Boulevard, continue straight as Whipple becomes May Road and proceed to the end. You will see the staging area and dirt parking lot just up ahead.

Park Features: Together, Dry Creek Pioneer and Garin Regional Parks form one large parkland area consisting of historic ranch lands. At this park entrance, you can visit the Dry Creek Gardens near the Meyers Cottage during open hours. The two-acre garden showcases nearly 200 rare, native and exotic plants. The trails here offer a variety of landscapes and habitat, from shaded stream meanderings to more strenuous routes that ascend the hills and provide sweeping views of the East Bay.

Trail Highlights: This loop features a mixture of open grasslands and rolling hills, as well as creekside terrain lined with native trees. You'll climb 450 feet up the ridge and be rewarded with panoramic vistas. Along the Pioneer Trail, and leading back to the Meyers Ranch site, the route takes you along parts of Dry Creek. There is one restroom and a water fountain at this parking lot. Dogs must be leashed in all



Lake Chabot Regional Park

Location	Castro Valley
GPS	37.716074, -122.103307
Phone	1-888-327-2757, option 3, extension 4536
Miles	3.8-Mile Round Trip
Elevation Gain	383 feet
Trails	East Shore/Indian Cove/McGregor/Ten Hills Trail Loop
Hours	5 a.m. to 10 p.m. Gate Hours Vary Seasonally
Fees	Fees: \$5 per vehicle; see website for details
Website	ebparks.org/parks/lake-chabot

MODERATE HIKE



winds gradually upward through the woods. The landscape opens up near the top to provide views of the lake. For a short stretch, the trail runs along the road past the District's Public Safety Headquarters, an area once occupied by a Nike Missile site in the 1950s. The route then descends to the lake and follows the shore back to the marina.

Trail Directions: Start at the main parking lot beyond the entrance kiosk. Walk towards the lake and go right at the fish cleaning station just before the restrooms and the Marina Cafe. Pass the Cove picnic area and continue left on the paved East Shore Trail on the other side of the boardwalk. In a half-mile, turn right onto Indian Cove Trail. At the top of the hill, turn left on the McGregor-George Trail and walk along the road past the Public Safety Headquarters. In less than a quarter-mile, make a right on Ten Hills Trail. At the next intersection, make a left onto Cameron Loop Trail. At the bottom of the hill, go left on East Shore Trail. Follow the trail back to Willow picnic area, go right to cross the boardwalk, and arrive back at the marina.

Driving Directions: From I-580 in San Leandro, exit at Fairmont Drive and go east (uphill). Fairmont Drive becomes Lake Chabot Road. The Marina entrance is on the left at the bottom of the hill.

Health Tip
Exercise strengthens breathing muscles.

Trail Highlights: This route covers areas of the park that are less traveled: the lake's east side and Honker Bay. The first part of the trail is paved until Indian Cove Trail and then becomes a dirt path that



Point Pinole Regional Shoreline

Location	Richmond	MODERATE HIKE
GPS	37.9795438,-122.3649495	
Phone	1-888-327-2757, option 3, extension 4551	
Miles	5.7 miles	
Elevation Gain	203 feet	
Trails	Bay Trail/ Point Pinole Trail/ Bayview Trail	
Hours	8 a.m. to Sunset Varies seasonally	
Fees	None	     
Website	ebparks.org/parks/point-pinole	



harcampier

Trail. Turn left here, and continue past the Palms picnic area. Follow the paved Point Pinole Trail until you reach the fishing pier. Venture onto the pier for views of San Pablo Bay and beyond. To return, you may follow the same route back to stay on pavement. Otherwise double back from the pier towards the picnic area, and make a right on Bayview Trail, a dirt and gravel road heading uphill. At the top of the small hill, the trail curves left. Stay on Bayview Trail, which runs along the shoreline, all the way back to the paved Bay Trail. Make a right here, cross the three boardwalks over the marsh, and return to the staging area where you began.

Driving Directions: From I-580 in Richmond, take the Richmond Parkway north and turn left on Goodrick Avenue. The staging area is at the end of Goodrick Avenue.

From I-80 take the Richmond Parkway exit and head west. Cross San Pablo Avenue and continue to Goodrick Avenue and turn right. The staging area is at the end of Goodrick Avenue.

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.

Park Features: Point Pinole Regional Shoreline has a rich history. Once the site of Chinese shrimping villages, it was later home to dynamite manufacturing for nearly 80 years. Today, the peaceful park offers a chance to explore gentle grasslands, quiet eucalyptus woods, and stunning views of San Pablo Bay.

Trail Highlights: The Dotson Family Marsh staging area has accessible parking and restrooms. This route traverses the entire park as it winds its way through restored marshlands into the heart of the park, and out to the fishing pier. The path to the pier is entirely paved; those with strollers or mobility devices may wish to turn around at the pier to stay on pavement the whole way.

Trail Directions: From the staging area, begin on the Bay Trail, a wide, paved path that leads to the Dotson Family Marsh and Giant Marsh areas. Stay on the paved path until reaching the Point Pinole



Round Valley Regional Preserve

Location	Brentwood
GPS	37.868988, -121.750192
Phone	1-888-327-2757, option 3, extension 4556
Miles	4.6-Mile Loop
Elevation Gain	1,010 feet
Trails	Miwok Trail to Hardy Canyon Trail Loop
Hours	8 a.m. to Sunset Varies Seasonally
Fees	None
Website	ebparks.org/parks/round-valley

MODERATE HIKE



Herz Cumpler

Trail Directions: Go through the gate at the end of the parking lot, cross the bridge, and go through the cattle gate onto the Miwok Trail. At 1.7 miles go left onto Hardy Canyon Trail where you will begin the climb to the ridge top. After about .6 miles, there is a rock outcropping where the trail turns sharply left, and just ahead the trail turns to the right at a large coast live oak tree. As you descend Hardy Canyon, you'll find a few "social" trails; be sure to stay on the main Hardy Canyon Trail. Near the bottom, Marsh Creek Road will come into view, and then the staging area where you started. Go through one more cattle gate and then follow the trail along the stream back to the bridge and staging area.

Driving Directions: From I-680, exit at Ygnacio Valley Road. Proceed on Ygnacio Valley Road to Clayton Road in Concord and turn right (east). Clayton Road becomes Marsh Creek Road in Clayton. Proceed east on Marsh Creek Road, past Deer Valley Road, until you reach the preserve staging area on your right.

From Brentwood: Take Walnut Blvd. south to Marsh Creek Road and turn right. When Marsh Creek Road intersects with Camino Diablo Road, bear right and stay on Marsh Creek Road. You will reach the preserve staging area on the left.

Park Features: Round Valley Regional Preserve is in the steep foothills east of Mt. Diablo. This former ranch is home to rare native species like the endangered San Joaquin kit fox. Due to the sensitive wildlife habitat here, dogs are not allowed in the preserve. The landscape comprises annual grasslands, chaparral, riparian woodland and oak woodland/savanna. The large gravel parking lot includes two accessible parking spaces, two accessible restrooms, and a drinking fountain. There are no other restrooms or drinking water within the park along this route.

Trail Highlights: On this route you will enjoy panoramic views of Round Valley and the peaks of Mt. Diablo. The Miwok Trail features some unusual shale and sandstone deposits along Round Valley Creek, which is part of the larger Marsh Creek watershed. Bicycles are allowed only on the Miwok Trail portion; equestrians may ride the entire loop.



Sunol Wilderness Regional Wilderness

Location	Sunol
GPS	37.5153112,-121.8319983
Phone	1-888-327-2757, option 3, extension 4559
Miles	4.6-Mile Round Trip
Elevation Gain	433 feet
Trails	Camp Ohlone Road
Hours	8 a.m. to Sunset Varies seasonally
Fees	\$5/vehicle (see website for details)
Website	ebparks.org/parks/sunol

MODERATE HIKE



Lewis Thompson

Park Features: Chochenyo Ohlone-speaking Taunan peoples were this area's first inhabitants. Later, since the 1860s, homesteaders ranched the land. Under the District's multi-use land management policy, cattle continue to graze many parts of the 6,859-acre wilderness. Today, picnicking, hiking, and backpacking attract thousands of park visitors a year. There is no drinking water in the park and poor cell phone reception.

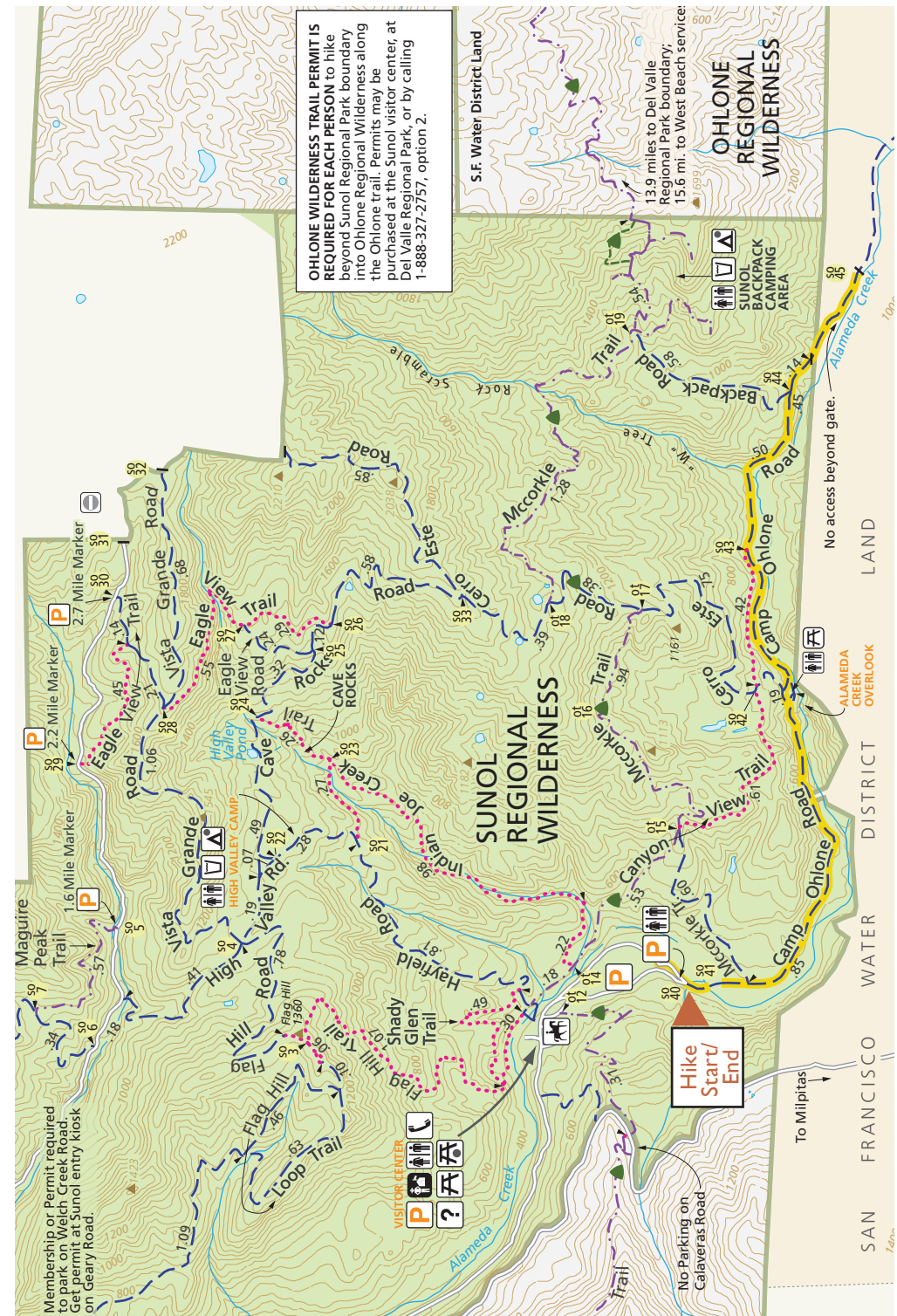
Trail Highlights: This hike is best done on a cool day as there is little shade. The route is an out and back on Camp Ohlone Road, a wide, uneven, dirt and gravel trail. The three pedestrian gates are accessible for people using wheelchairs. There are several very steep sections on this hike. The path follows the course of Alameda Creek with a scenic view at Alameda Creek Overlook.

Trail Directions: This hike begins at the far end of the road, past the park entrance kiosk. Go through the cattle gate at the end of the parking lot, cross the bridge, and

begin following Camp Ohlone Road. Over the next mile you'll pass through two more gates before arriving at the Alameda Creek Overlook. There is a non-accessible vault toilet and picnic bench here. Continue on Camp Ohlone Road, heading up an incline, until you reach the park boundary. Turn around here and follow the same route back to the beginning.

Driving Directions: From Fremont, drive north on I-680 and exit at Calaveras Road (near the town of Sunol.) Turn right onto Calaveras Road and proceed about four miles to a left turn onto Geary Road, which leads directly into the park. (If you find yourself driving uphill on a narrow winding road you've missed the Geary Road turnoff.) The hike begins at the end of the road past the entrance kiosk. From the Oakland-Berkeley area, drive east on I-580 to the junction with I-680. Take I-680 south and exit at Calaveras Road/ Highway 84 just south of the Sunol exit. At the bottom of the exit turn left onto Calaveras Road and proceed as noted above.

From the Walnut Creek — Danville area, drive south on I-680 and exit at Calaveras Road/ Highway 84 just south of the Sunol exit. At the bottom of the exit turn left onto Calaveras Road and proceed as noted above.



Tilden Regional Park

Location	Berkeley
GPS	37.9008749,-122.2500509
Phone	1-888-327-2757, option 3, extension 4562
Miles	3.5-Mile Loop
Elevation Gain	816 feet
Trails	Upper Big Springs/Lower Big Springs/Seaview Trail
Hours	5 a.m. to 10 p.m.
Fees	No parking fee at this entrance
Website	ebparks.org/parks/tilden

MODERATE HIKE



Health Tip

A Stanford study found that people who walked for 90 minutes in a natural environment, compared with those who walked in a high-traffic urban setting, reported lower levels of ruminating over negative experiences, and showed decreased activity in a region of the brain associated with depression.

Park Features: Tilden Regional Park, one of the District's original parklands, contains something for everyone. An extensive trail system offers visitors a chance to explore over 2,000 acres of varied terrain, and the park's many attractions include the Merry-Go-Round, Little Farm, Lake Anza, Regional Parks Botanic Garden, Golf Course and Environmental Education Center.

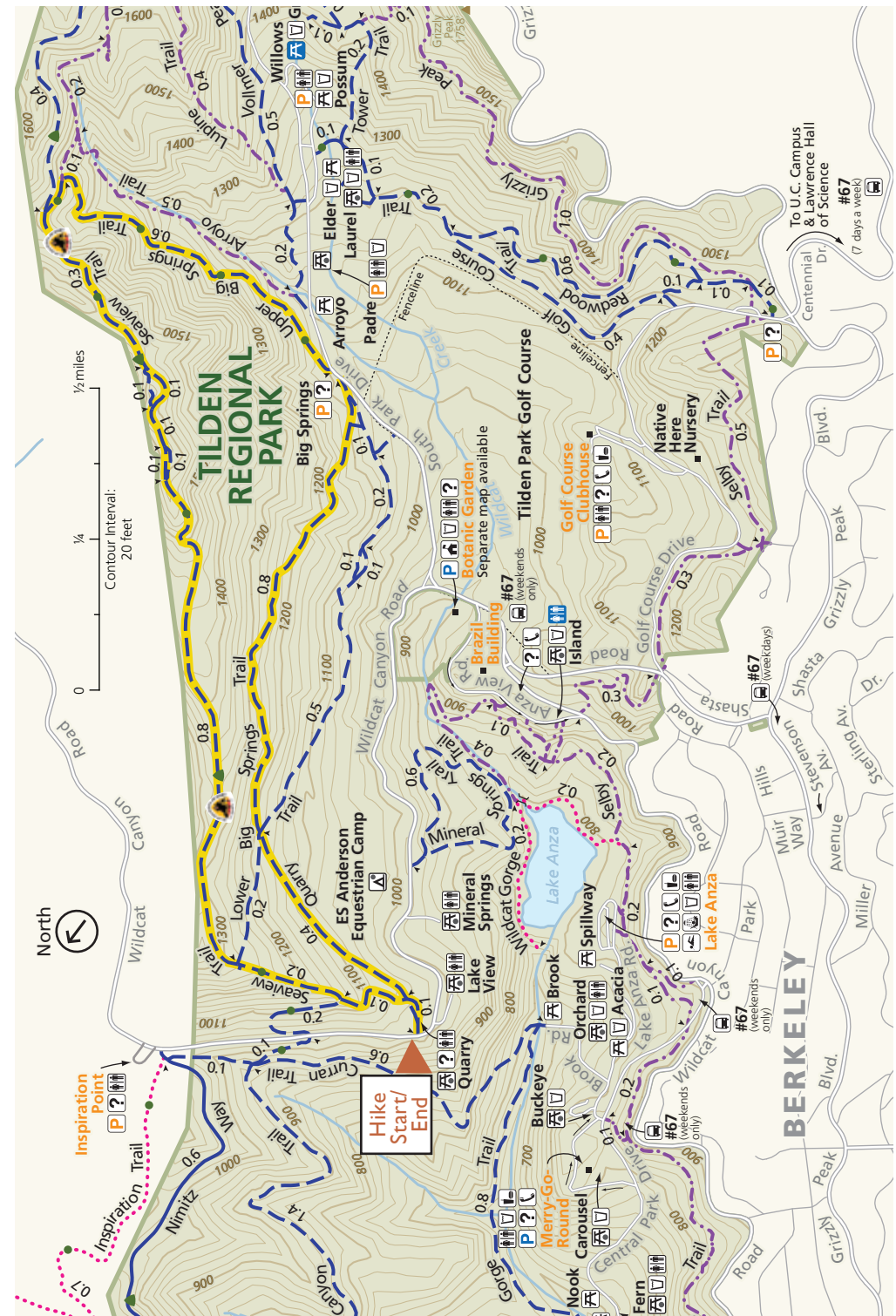
Trail Highlights: In spring, you are rewarded with a myriad of wildflowers and green rolling hills. At any time of the year there are panoramic vistas on this loop, including sweeping views of San Francisco Bay and the Marin Headlands to the West, and Mt. Diablo and beyond to the East.

Trail Directions: Start at the Quarry trailhead on Wildcat Canyon Road. There are portable toilets here. Take the Quarry Trail away from the parking lot. The trail starts with a gradual climb. At .4 miles, continue straight ahead onto Lower Big Springs Trail, heading

uphill to your right. Follow the trail along the hillside until you meet South Park Drive and the small Big Springs parking area. Bear left through the parking lot and continue on Upper Big Springs Trail, just ahead. At the top of the long hill, turn left onto Seaview Trail and continue climbing. At the top you'll find a memorial bench and picnic table at a vista point overlooking the Bay. Continue by descending steeply on Seaview Trail. Near the bottom of the hill, where the trail makes a hairpin turn to the right, continue straight, down through the Eucalyptus trees on the single-track trail that descends back to Quarry picnic area where the hike began.

Driving Directions: From Oakland: Take Highway 24 East to the Orinda exit. Left on Camino Pablo. After 2.9 miles turn left onto Wildcat Canyon Road. The Quarry parking lot can be found on the left (east) side of Wildcat Canyon Road, about 1/4 mile past the Inspiration Point parking lot.

From Berkeley: Drive up Marin Avenue to Grizzly Peak Boulevard. Right onto Grizzly Peak Boulevard. Left onto Shasta Road and stay left to continue on it. At the T-intersection at the bottom of the hill, right on Wildcat Canyon Road. Continue on Wildcat Canyon Road past the Botanic Garden and the intersection with South Park Drive. The Quarry picnic area and dirt parking lot are on the right (east) side of the road.



Anthony Chabot Regional Park

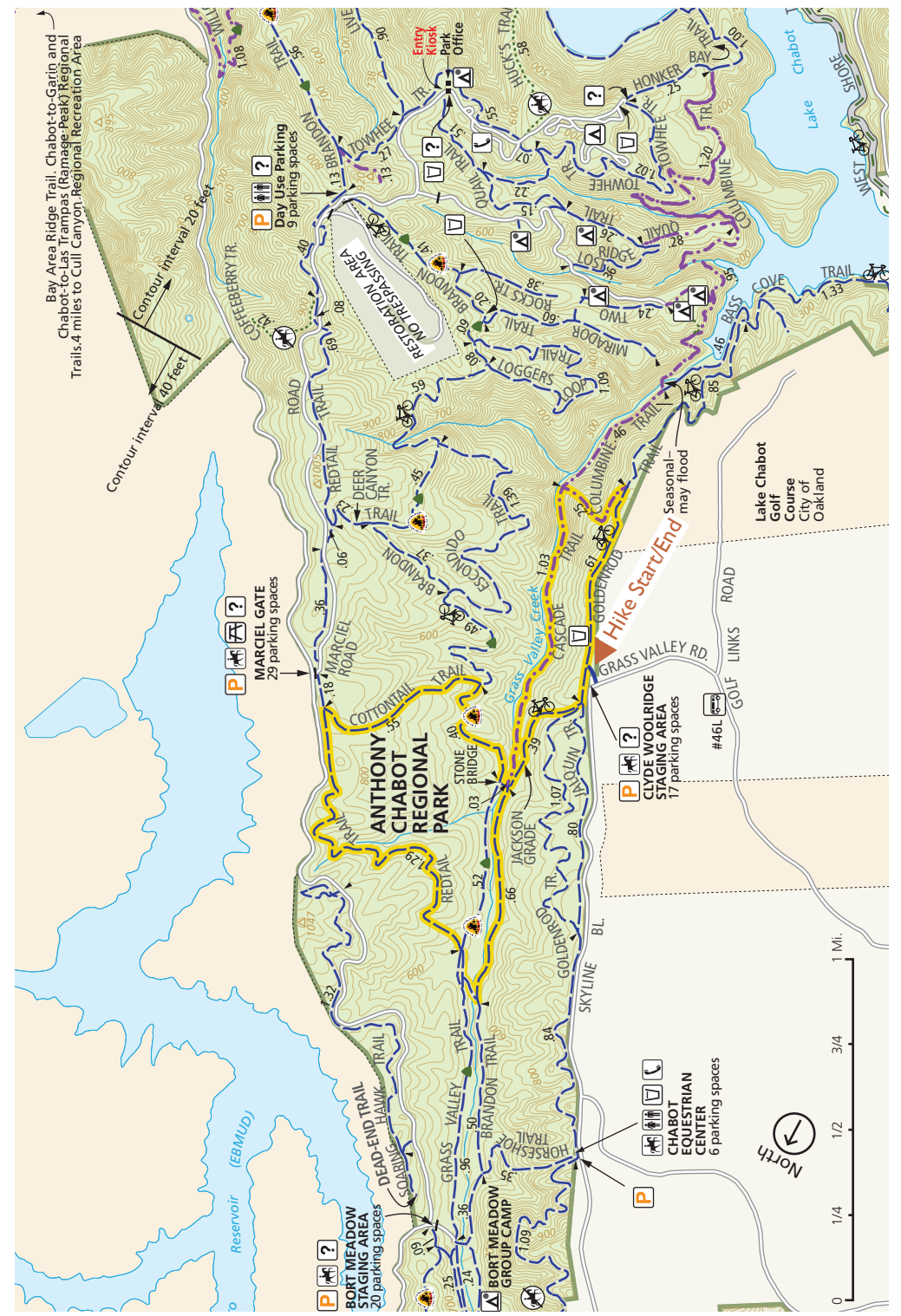
Location	Castro Valley and Oakland
GPS	37.75390435,-122.11818883
Phone	1-888-327-2757, option 3, extension 4502
Miles	5.4-Mile Loop
Elevation Gain	830 feet
Trails	Goldenrod/Cascade/Red Tail/Cottontail/Jackson Grade
Hours	5 a.m. to 10 p.m.
Fees	None at this entrance
Website	ebparks.org/parks/anthony-chabot

CHALLENGING HIKE



onto Goldenrod Trail. After about a half-mile, turn sharply left at the trail junction for the Columbine Trail (sign post here says "To Columbine"). At the bottom, turn left onto Cascade Trail, which runs along Grass Valley Creek. At the next trail intersection you'll see a stone bridge on your right; continue straight onto Brandon Trail. Make a right onto Redtail Trail in about two-thirds of a mile. Cross the creek and go through the cattle gate. Stay to the right on this trail until you reach the junction with Redtail and Grass Valley Trails. Cross Grass Valley Trail and head uphill on Redtail Trail. After another cattle gate, you will enter a shaded area that parallels the creek and then climb again adjacent to Marciel Road. At the top, turn right to descend on Cottontail Trail. At the bottom, turn right onto Brandon Trail and follow to the Stone Bridge, crossing back over the creek. Go left, uphill, onto Jackson Grade Trail (park sign here notes the Lake Chabot bike loop). At the top of the hill, turn left onto Goldenrod Trail and walk about a hundred yards to a gate that leads into Clyde Woolridge Staging Area where you began.

Driving Directions: From Highway 580 in Oakland take Exit 29, the Golf Links Rd./98th Ave. exit. Head east on Golf Links Rd. towards the hills. Continue onto Grass Valley Road to the staging area on the right.



Las Trampas Wilderness Regional Preserve

Location	San Ramon
GPS	37.8160146,-122.0497083
Phone	1-888-327-2757, option 3, extension 4537
Miles	6.4-Mile Loop
Elevation Gain	2,001 feet
Trails	Bollinger Creek Loop/Chamise/Mahogany/Trapline//Las Trampas Ridge/Sulphur Springs/Del Amigo/Virgil Williams/Madrone/Corduroy Hills/Las Trampas Ridge
Hours	8 a.m. to Sunset
Fees	None
Website	ebparks.org/parks/las-trampas

CHALLENGING HIKE

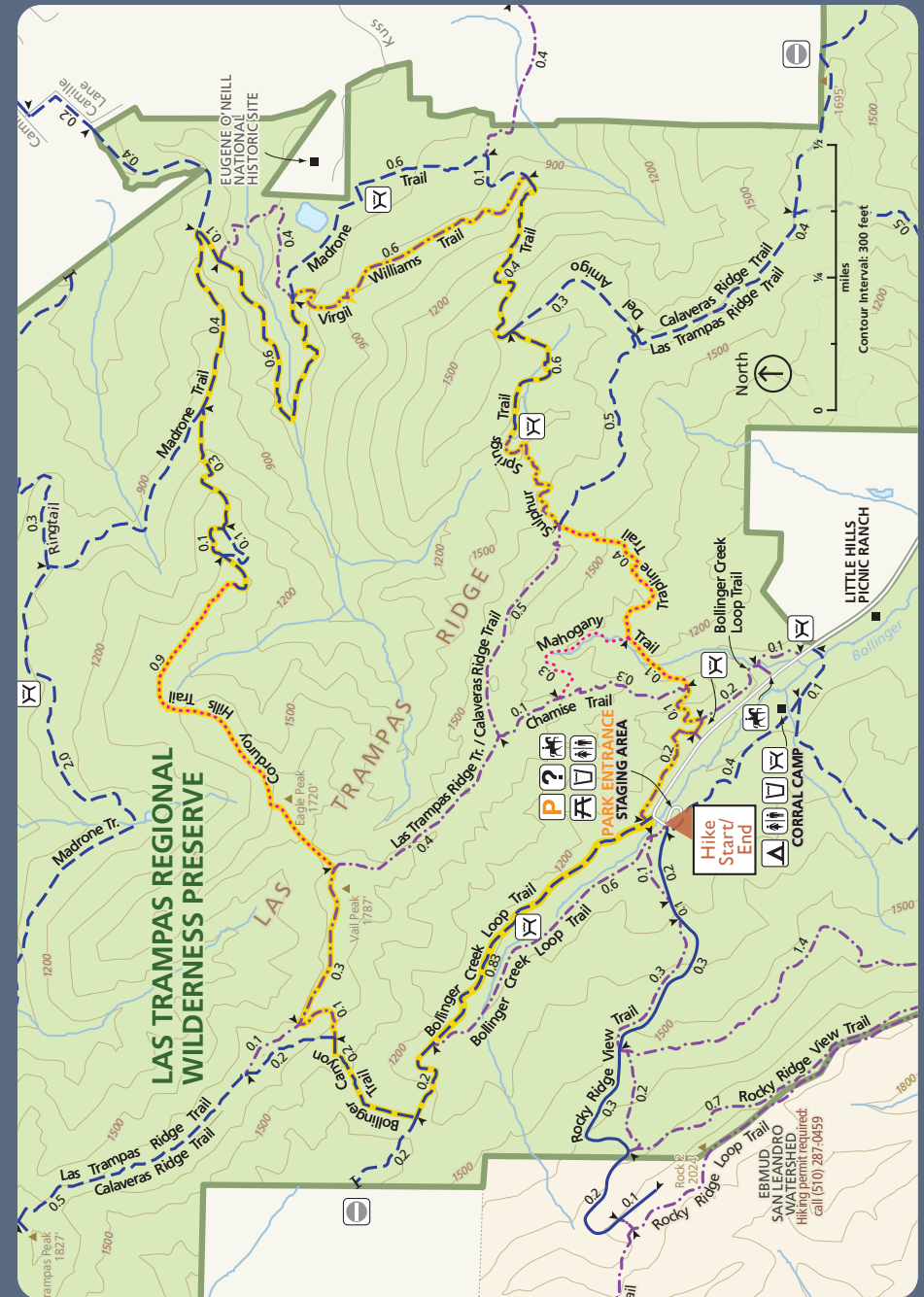


Park Features: Las Trampas is a great place to explore and get a taste of wilderness. You can choose an easy stroll closer to the staging area or more challenging hikes that lead into the woodlands, canyons and towering ridgetops. Many of the trails in the park allow bicycles and horses, but not all, due to the terrain and some fragile ecosystems. Dogs are allowed on leash and under voice control. At the staging area, there are two accessible restrooms, two accessible parking spaces, a water fountain, and a picnic area.

Trail Highlights: This route has expansive views of Mount Diablo, the Eugene O'Neill National Historic Site, and the San Ramon valley. The terrain ranges from shady creek canyons, chaparral-studded hills, oak woodlands, and the high rock outcropping of Eagle Peak. Along the Trapline Trail, fossils may be seen in the bedrock. Please

note: This route contains some very steep up and downhill sections; hiking poles and sturdy shoes are advised.

Trail Directions: At Bollinger Creek staging area go through the cattle gate near the main park entrance sign and onto Bollinger Creek Loop Trail. Go through small pedestrian gate immediately to your right. Head south on Bollinger Creek Loop Trail parallel to the paved road. Make a left onto Chamise Trail and begin climbing the switchbacks until reaching the top of the rise. Turn right here onto the smaller Mahogany Trail. You'll soon cross a bridge and go up two sets of steps. Shortly after this, bear right on Trapline Trail. Continue to the top of the ridge, cross Las Trampas Ridge Trail, and head immediately left, downhill, onto Sulphur Springs Trail, which takes you along a seasonal creek. At the bathtub water troughs the trail becomes a fire road. Stay on the road. At the trail marker at the hilltop, go left onto Del Amigo Trail and begin a steep descent. In about .4 miles, go left onto Virgil Williams Trail and through a cattle gate. After the next gate, turn left onto Madrone Trail, a wide fire road. Continue on Madrone Trail, passing another intersection with Virgil Williams Trail. Shortly after this is another trail junction; bear left here and continue on Madrone Trail, beginning another climb. In about .4 miles, turn left onto the Corduroy Hills Trail. The trail climbs steeply until you reach a fork; go right and continue climbing. Continue on the narrow Corduroy Hills Trail where the sign says "Hikers Only." Bear left where the path forks in the grassland. Near the large rock outcroppings stay right on Corduroy Hills Trail. Soon, you'll go up a set of steps and through a fence. Here, near Vail Peak, turn right onto Las Trampas Ridge Trail to begin a rocky descent. Turn left onto Bollinger Creek Loop Trail and continue downhill on the fire road. Go through a cattle gate and continue downhill on Bollinger Creek Loop Trail. Stay to the left on Bollinger Creek Loop Trail until you reach the cattle gate you started at, and the parking lot just beyond.



Driving Directions: From I-680 in San Ramon, take Crow Canyon Road west to Bollinger Canyon

Road, turn right (north) and follow it to the end and into the park.

Morgan Territory Regional Preserve

Location	Livermore
GPS	37.8184931,-121.7959732
Phone	1-888-327-2757, option 3, extension 4546
Miles	7.5 miles
Elevation Gain	1,673 feet
Trails	Clyma/Highland Ridge/Raven/Fox/Highland Ridge Loop
Hours	5 a.m. to 10 p.m. Gate Hours Vary Seasonally
Fees	None
Website	ebparks.org/parks/morgan-territory

CHALLENGING HIKE



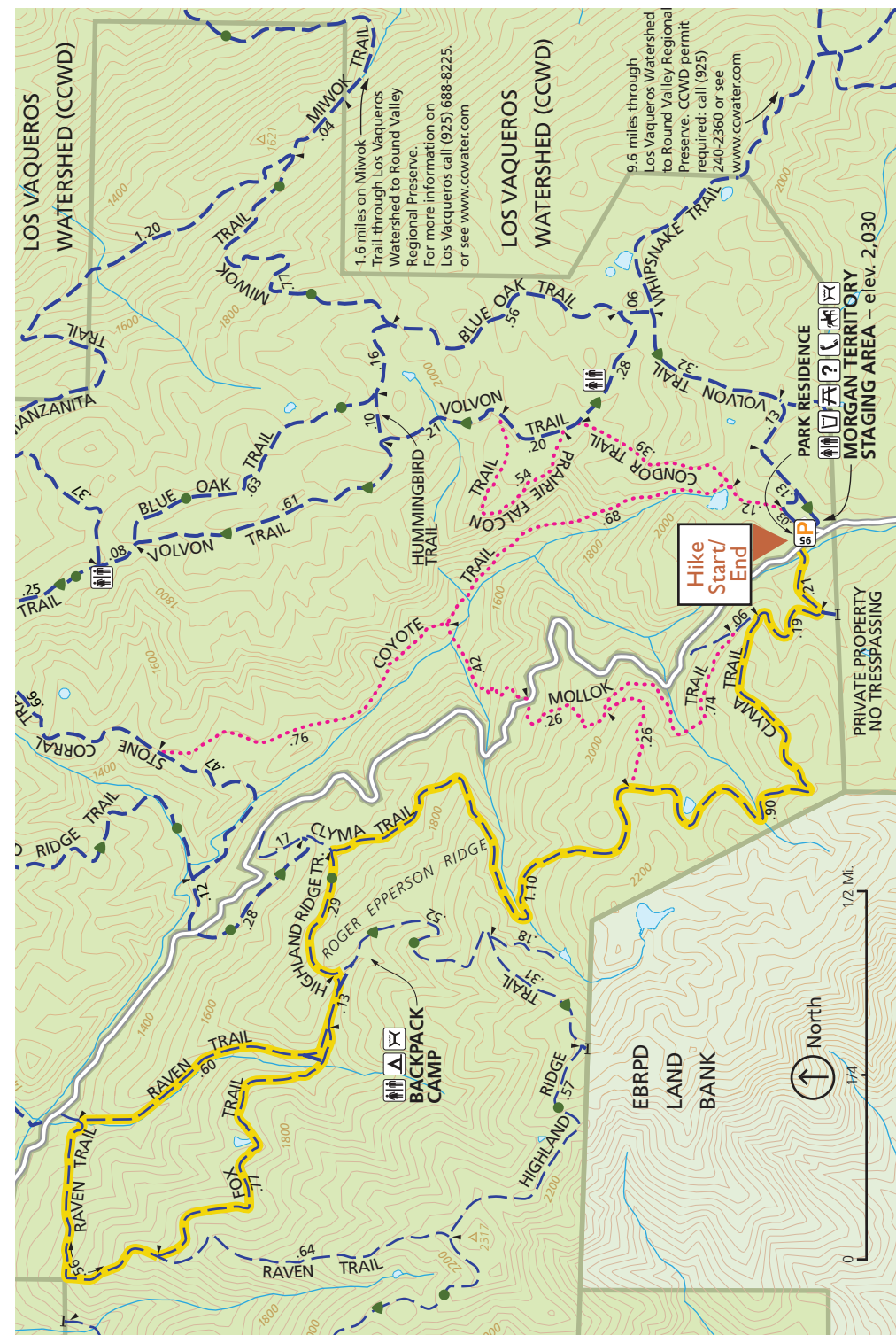
Park Features: Nestled in the Diablo Foothills, Morgan Territory is a stunning and remote five-thousand acre preserve. Sandstone outcrops, lowland valleys, and expansive ridge top views make for a varied experience. These lands are the ancestral home of the Volvon, a Bay Miwok people. There are two accessible restrooms and drinking fountains at the staging area. Dogs, bicycles, and horses are allowed on all trails on this route.

Trail Highlights: The peaks of Mt. Diablo are in view for most of this hike. In spring there are wildflowers in abundance, and in summer the California buckeye trees are in glorious bloom. The Raven trail and some parts of the Clyma Trail are wooded and shady. Otherwise, the route winds through grasslands and open, rolling hills. The trail is steep in a few sections.



Trail Description: From the NW corner of the staging area, cross Morgan Territory Rd. To the right is a dirt trail marked “Clyma Trail” leading off from the road. Follow this through a cattle gate and across a bridge. In .2 miles stay to the right. In another .2 miles, bear left on Clyma trail. Shortly after passing a cattle pond on your right, continue straight on Clyma Trail. A mile later, you’ll enter the remnants of an old orchard. After this, turn left near the bottom of the hill and head uphill on the Highland Ridge Trail. Make the next right onto Raven Trail. Continue straight on Raven Trail past the intersection of Fox Trail and past the next unmarked intersection a few yards ahead. In about a half-mile, turn left to stay on Raven Trail. A half-mile later, turn left onto Fox Trail. Continue straight on Fox Trail until you intersect Raven Trail and turn right. From this point on, you’ll be retracing your steps to the staging area. Turn left on Highland Ridge Trail. Bear right on Clyma trail at the marker at the bottom of the hill, and stay on this trail all the way back to Morgan Territory Road and the staging area.

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 Road and follow it for about 5.5 miles to the staging area. From Walnut Creek/Concord, take Clayton Road to Marsh Creek Road, then turn right onto Morgan Territory Road. The staging area is on the left, 9.4 miles from Marsh Creek Road.



Pleasanton Ridge Regional Park

Location	Pleasanton and Sunol
GPS	37.660081, -121.911618
Phone	1-510-544-3030
Miles	12.7-Mile Round Trip
Elevation Gain	2,089 feet
Trails	Courdet, Ridgeline, Shady Creek, North Ridge, Cowing, Sinbad Creek, Courdet Trails Loop
Hours	8 a.m. to Sunset
Fees	None
Website	ebparks.org/parks/pleasanton-ridge

CHALLENGING HIKE



Jeff Long

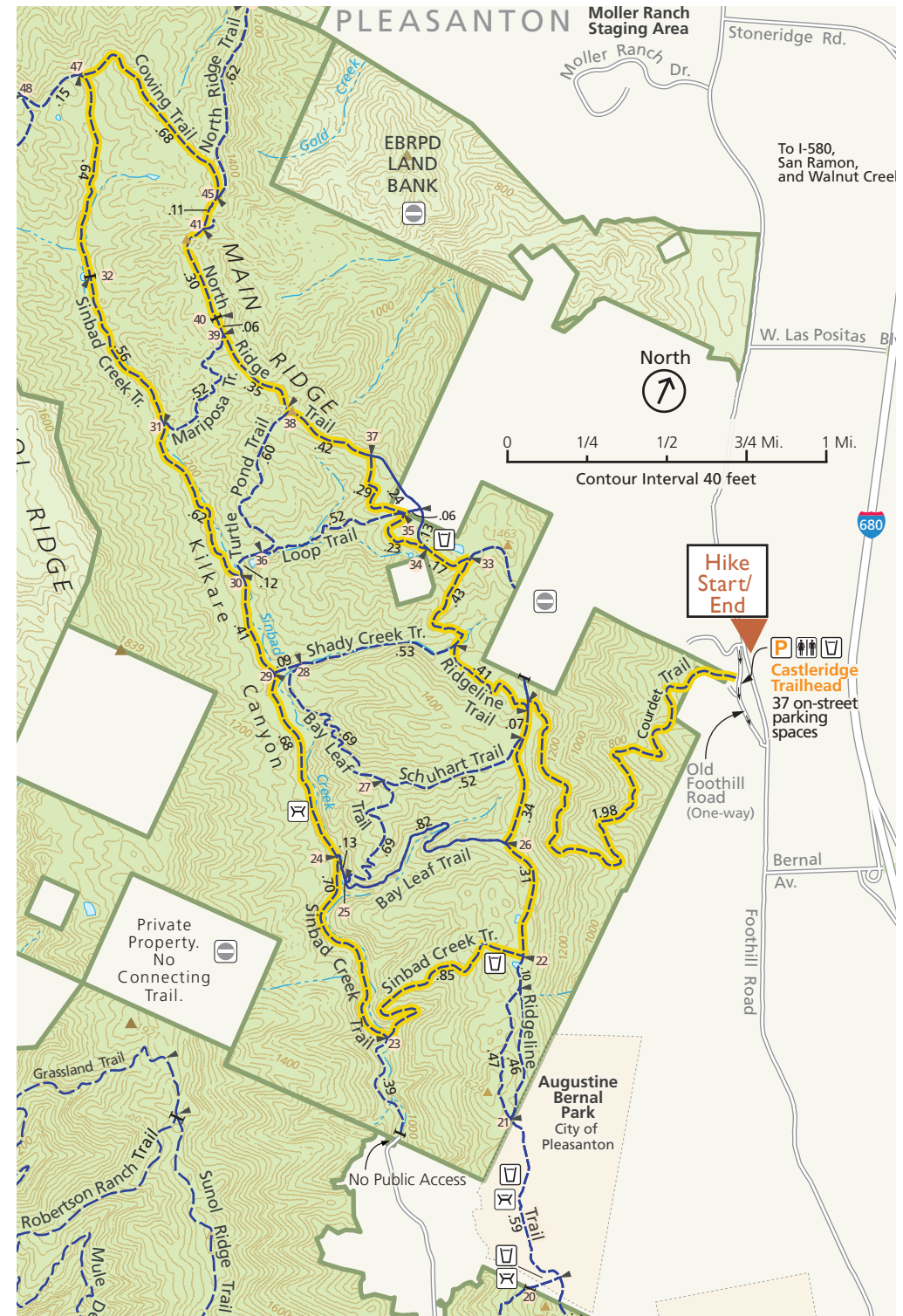
tranquil Kilkare Canyon, where majestic old-growth oaks drip with lichen. California buttercups, blue-eyed grass, Ithuriel's spear and other flowers flourish in spring. This loop can be made shorter by taking any of the trails that lead up to Ridgeline trail, before reaching the north end of Sinbad Creek Trail.

Trail Directions: Start at the Castleridge Trailhead on Foothill Road. From here, take the Courdet Trail uphill. In about two miles, turn left, go about two hundred feet, and then turn right onto Ridgeline Trail. After about .4 miles, turn right onto Shady Creek Trail. In a little less than a half-mile, go left on North Ridge Trail. Be sure to follow signs for North Ridge Trail, as it diverges from the wide dirt path about .2 miles later. Pass Loop Trail, continuing on North Ridge Trail. Pass through a cattle gate, and, after about .4 miles, turn left onto Cowing Trail. In about .7 miles, turn left onto Sinbad Creek Trail which leads through Kilkare Canyon. Follow Sinbad Creek Trail for about 3.5 miles. Where the trail splits (at marker 23), go left and follow Sinbad Creek Trail uphill. There is a drinking fountain at the top of the hill. Take a left on Ridgeline Trail. Follow Ridgeline Trail until you reach Courdet Trail. Turn right on Courdet Trail and descend two miles back to the trailhead.

Driving Directions: From Highway 680 in Pleasanton, exit at Bernal Avenue. Head west towards the hills and then turn right on Foothill Road. After .7 miles, turn left onto Old Foothill Rd., continue a short distance to find on-street parking.

Park Features: Pleasanton Ridge is an oak-studded ridge overlooking several valleys below. The landscape is characterized by open, rolling hills and deep, heavily wooded creek canyons. Many native species flourish here, and the more remote parts of the park provide important habitat for bobcats, coyotes, and mountain lions. You may see Western bluebirds or meadowlarks in the grasslands, or red tailed hawks and golden eagles soaring above. Parking at the Castleridge staging area is on the street. There are accessible restrooms and a drinking fountain here. Bicycles are allowed on the trails that make up this loop.

Trail Highlights: The steep climb begins on the Courdet Trail through oaks and bays. At the top, the landscape opens up as you walk along the ridgeline. From here you can see across the valley to Sunol Ridge to the west. On the Sinbad Creek Trail, you will experience the



Vargas Plateau Regional Park

Location	Fremont
GPS	37.574509, -121.932775
Phone	1-888-327-2757, option 3, extension 4568
Miles	6.8-Mile Round Trip
Elevation Gain	1,272 feet
Trails	Golden Eagle/Deer Gulch/Cliff Trail
Hours	8 a.m. to Sunset Varies Seasonally
Fees	None
Website	ebparks.org/parks/vargas-plateau

CHALLENGING HIKE



Jan 11

Park Features: Vargas Plateau towers over a thousand feet above the bay and distant cities below. You may see hawks and golden eagles soaring overhead, and perhaps deer or a bobcat in the hills. There is a restroom at the staging area, along with two accessible parking spaces. Bring plenty of water as it is not always available.

Trail Highlights: This route is an out and back with lots of steep up and down. With nearly a thousand feet of elevation gain and loss, the trail drops down to the edge of the city at the foot of the hills. Up high, the plateau offers spectacular views of the surrounding region. The terrain is mostly open and exposed.

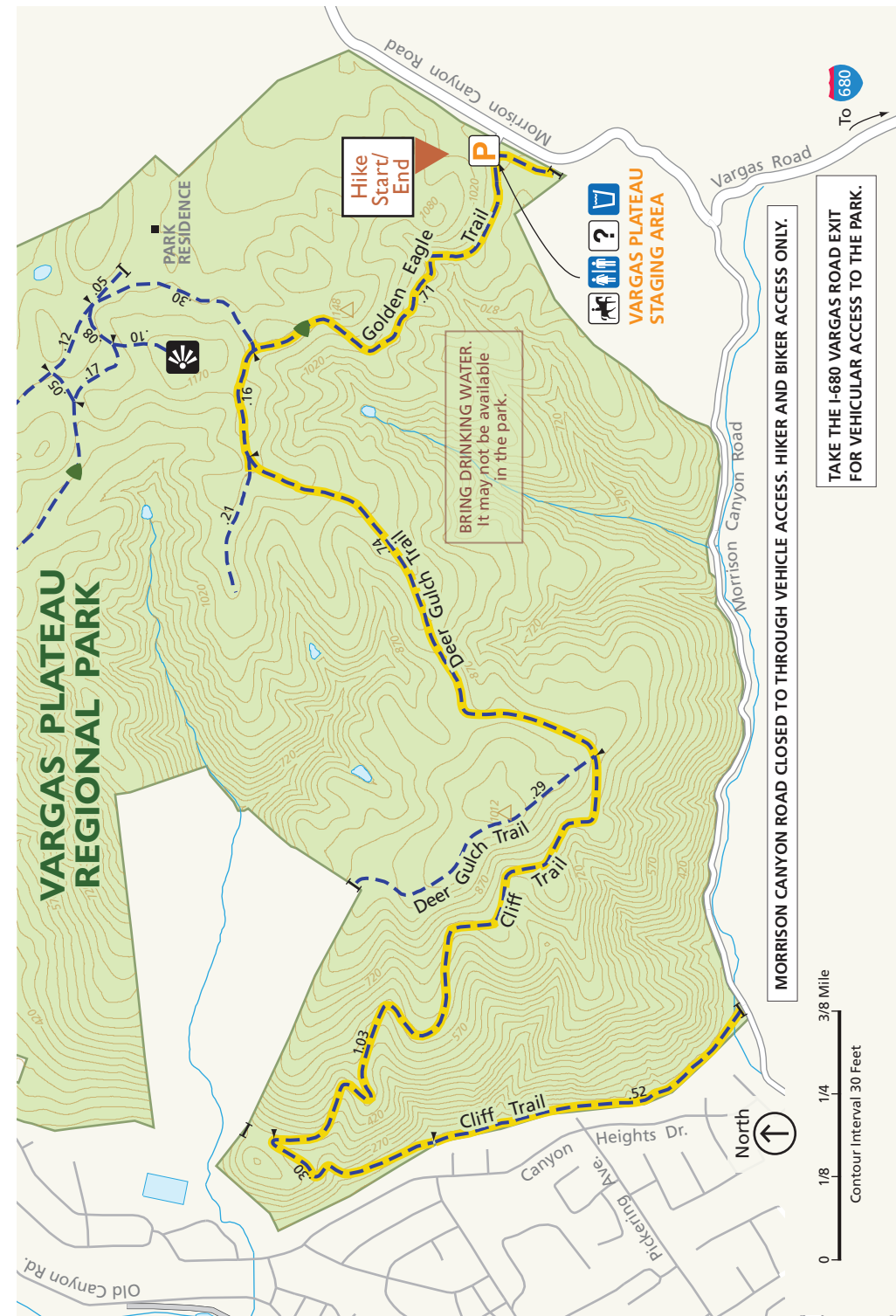
Trail Directions: From the staging area, begin on the Golden Eagle Trail. In about three-quarters of a mile, turn left onto Deer Gulch Trail. At the next intersection, continue straight onto the Cliff Trail.

Follow this trail to the bottom of the park until you reach the gate. Retrace your steps back up to the staging area. Please note: as an alternate return route, you may choose to turn left and head uphill on Morrison Canyon Rd. It is closed to vehicle traffic and also leads to the staging area.

Driving Directions: From I-680 in Fremont, exit at Vargas Road and go north. Drive about 1.6 miles to Morrison Canyon Road and turn right (you can't turn left; that section of Morrison Canyon Road is closed to vehicle traffic). The staging area is about 0.4 miles ahead on the left.

Health Tip

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



Wildcat Canyon Regional Park

Location	Richmond
GPS	37.9520402,-122.3184472
Phone	1-888-327-2757, option 3, extension 4567
Miles	7.9-Mile Loop
Elevation Gain	1,469 feet
Trails	Bonita/Monte Cresta/San Pablo Ridge/Havey Canyon/Wildcat Creek Trail Loop
Hours	5 a.m. to 10 p.m. Gate Hours Vary Seasonally
Fees	None
Website	ebparks.org/parks/wildcat-canyon

CHALLENGING HIKE



PARTIAL

Park Features: Wildcat Canyon Regional Park rises above Richmond and El Cerrito on the west, and connects with Tilden Regional Park to the south. With over 25 miles of trails, the park contains sunny slopes covered with wildflowers in the spring, and riparian woodlands that follow the canyons. Historic stonework features, including the large bridge, pathway walls and lamp towers, were built through depression-era labor programs and can still be seen in the Alvarado Area. There are restrooms, a drinking fountain and accessible parking spaces at the Alvarado Staging Area. Please note that bicycles and equestrians are not allowed on Havey Canyon Trail between December 1 and March 1.

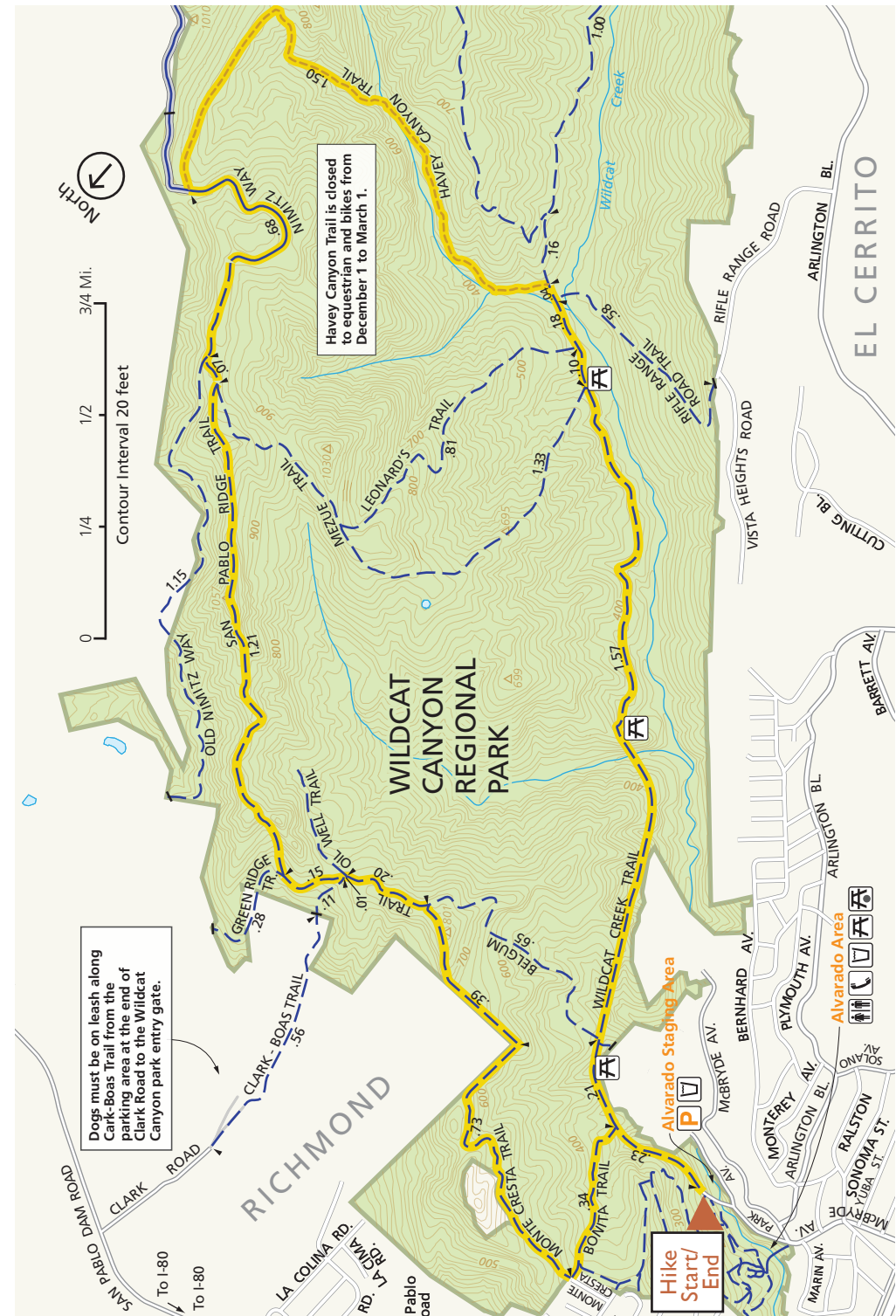


Trail Highlights: This route leads away from the Alvarado Area and climbs steeply uphill until you are high above the Wildcat Creek watershed. Enjoy magnificent 360-degree views as you traverse the ridgeline. For the first five miles there is little shade. Later, the trail descends into the lush and wooded Havey Canyon and winds its way to the narrow valley floor where you'll follow Wildcat Creek to your starting point.

Trail Directions: From the Alvarado Staging Area, walk uphill on the paved road onto Wildcat Creek Trail. Make the first left on Bonita Trail. After passing through the second cattle gate, head straight uphill a short ways to the end of Monte Cresta Ave., then turn right onto Monte Cresta Trail. Follow the trail uphill and around the wooded area along the park boundary. At the top of the hill, make a left onto Belgum Trail. About a ¼ mile further you'll see several trail intersections. Follow the trail marker for the San Pablo Ridge Trail and begin a very steep climb. In 1.2 miles, at the Mezeu Trail intersection, go left onto Nimitz Way Trail. You'll pass through a cattle gate and soon the trail becomes pavement. At the bottom of the hill, leave the pavement and turn right on Havey Canyon Trail. At the bottom, when you emerge from the woods, make a right turn onto Wildcat Creek Trail. Stay on Wildcat Creek Trail back to the staging area where you began.

Driving Directions: From El Cerrito, take I-80 east to Richmond and exit at Solano Avenue. Turn left at the bottom of the off ramp onto Amador St. Continue on Amador, turn right at McBryde Ave., and continue to the first stop sign. To reach the staging area and trail access, continue straight, through the stop sign, onto Park Ave. Wildcat Canyon Staging Area is approximately .25 miles ahead.

From North Richmond and Pinole, take I-80 west to the McBryde Ave. exit. At the bottom of the ramp, turn left and follow McBryde Ave. to the second stop sign. Follow the directions above to reach the Wildcat Canyon staging area and trail access.



Trails Challenge 2023 Trail Log



**Congratulations!
You did it!**

- 1. Trail Log Deadline:** December 1, 2023
- 2. To receive your 2023 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

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: _____



REGIONAL PARKS Foundation

Supporting East Bay Regional Parks

Membership Benefits

The Membership Program is another great way to get out in the Regional Parks and save money on parking and dog fees while you are hiking the Trails Challenge. There is a package for everyone, and regular Memberships start as low as \$60 per year.

Explore the benefits of Membership, and find out how it can save you time and money.

Join online at RegionalParksFoundation.org under "Membership."



P.O. Box 2527 • Castro Valley • CA • 94546
510-544-2220

RegionalParksFoundation.org

2023 TRAILS CHALLENGE GUIDEBOOK

CELEBRATING 30 YEARS



East Bay Regional Park District

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