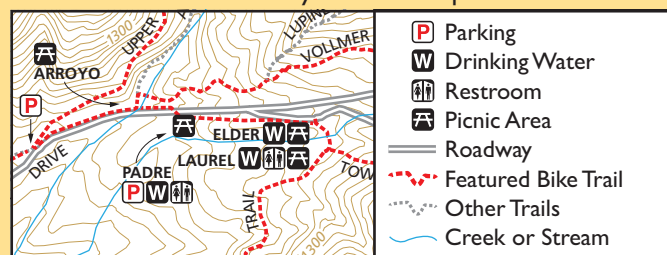


BICYCLE LOOP TRAILS Northern Region of the East Bay Regional Park District

Read the full description of each route before you plan your ride. Bring individual park map brochures with you as they provide greater detail.

See www.ebparks.org for more information on bicycle loop trails and short-loop hiking trails in the Regional Parks.

KEY to symbols on maps



Bicycle Routes At-a-Glance

East Bay Regional Park	City	Trail Type	Length	Elev. Gain	Approx. Time
1 Tilden	Berkeley	Dirt/gravel road, narrow trail	7.25 mi.	1,072 feet	1 hr., 45 min.
2 Black Diamond	Antioch	Dirt/gravel road, I-lane paved	5.9 mi.	1,336 feet	1 hr., 30 min.
3 Redwood	Oakland	Dirt/gravel road	5 mi.	568 feet	1 hr.
4 Wildcat Canyon	Richmond	Dirt/gravel road, narrow trail	12.3 mi.	2,765 feet	2 hrs., 10 min.
5 Crockett Hills	Crockett	Dirt/gravel road, narrow trail	6.8 mi.	1,245 feet	1 hr., 10 min.
6 Diablo Foothills	Walnut Creek	Dirt/gravel road	6.2 mi.	1,022 feet	1 hr., 30 min.
7 Round Valley	Brentwood	Dirt/gravel road	6 mi.	709 feet	50 min.
8 Briones	Lafayette	Dirt/gravel road	7.75 mi.	1,600 feet	1 hr., 30 min.
9 Morgan Territory	C.C. County	Dirt/gravel road	12+ mi.	2,471 feet	2 hrs., 30 min.

TRAIL ETIQUETTE

- Ride on open trails only.** See www.ebparks.org for notices of trail closures. Ask park staff for clarification if you are uncertain about the status of a trail.
- Stay on existing trails and do not create new ones.** Don't make shortcuts or switchbacks.
- Wet and muddy trails are more vulnerable to damage than dry trails.** When the trail is soft, consider other riding options.
- Do not trespass on private land and respect closures.** Be aware that bicycles are not permitted on all District trails.
- Leave no trace.** If you pack it in, pack it out.
- Control your bicycle.** Obey all bicycle speed regulations and ride within your limits.
- Park off of the trail** to keep the trail clear for other users and emergency vehicles.
- Yield to others.** Bicyclists yield to all trail users. Ring your bell to alert trail users and let them know the number in your party. Anticipate other trail users as you ride around corners. Bicyclists traveling downhill yield to bicyclists headed uphill. Strive to make each pass a safe and courteous one.
- Never scare animals.** Running cattle and disturbing wildlife are serious offenses. Animals are easily startled by an unannounced approach. Give animals enough room and time to adjust to your presence. When passing horses, slow down or dismount, alert the rider, and follow their directions (ask if you are uncertain).
- Always wear a helmet and wear appropriate safety gear.**

Visitors are responsible for knowing and complying with park rules. See www.ebparks.org/rules.



Use your smartphone to access more information about these bike loops. See www.ebparks.org/BikeLoops

East Bay Regional Park District
2950 Peralta Oaks Court,
P.O. Box 5381
Oakland, CA 94605-0381
1-888-EBPARKS (327-2757)
www.ebparks.org



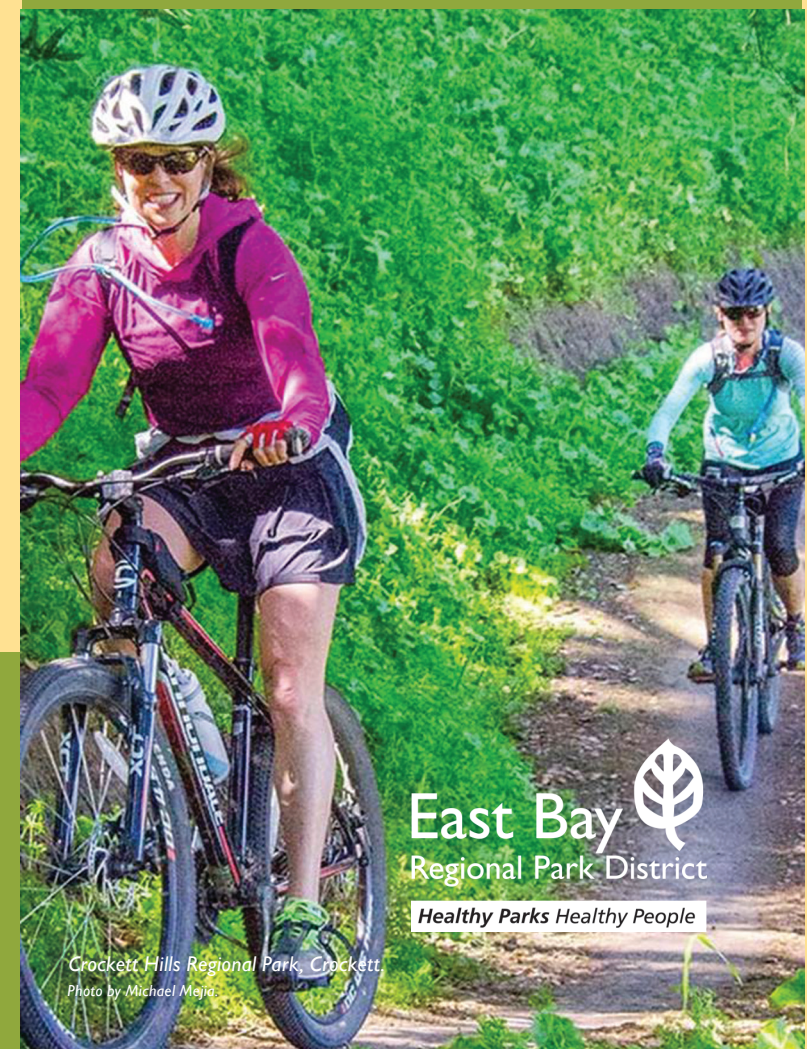
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EBRPD Northern Region

Bicycle Loop Trails

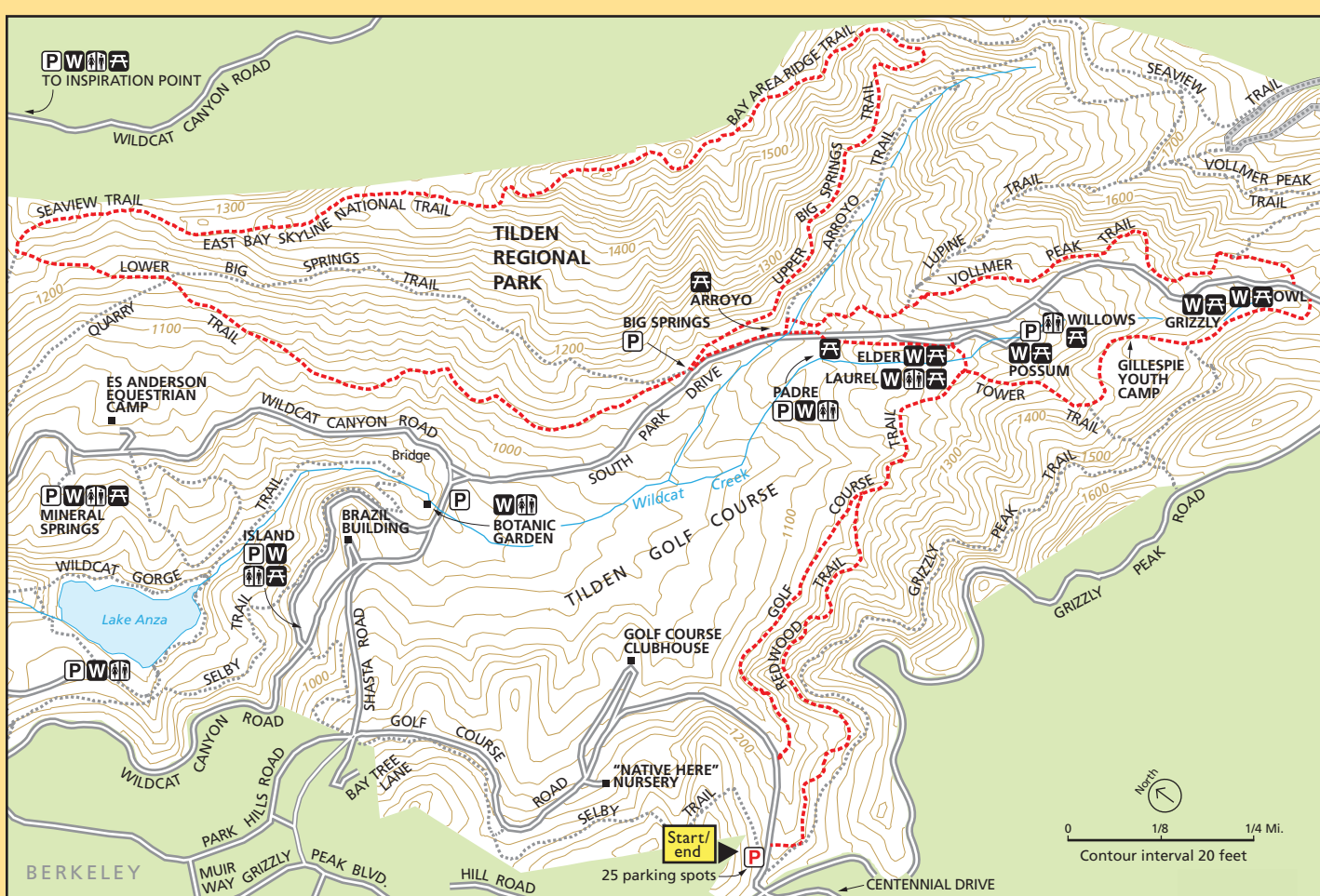
Favorite Trails for Biking in Your Regional Parks

Including trails in
Antioch, Berkeley, Crockett,
Eastern Contra Costa County,
Martinez/Lafayette, Oakland,
Richmond, Walnut Creek/Alamo



East Bay
Regional Park District
Healthy Parks Healthy People

Crockett Hills Regional Park, Crockett,
Photo by Michael Major



1 Tilden Regional Park

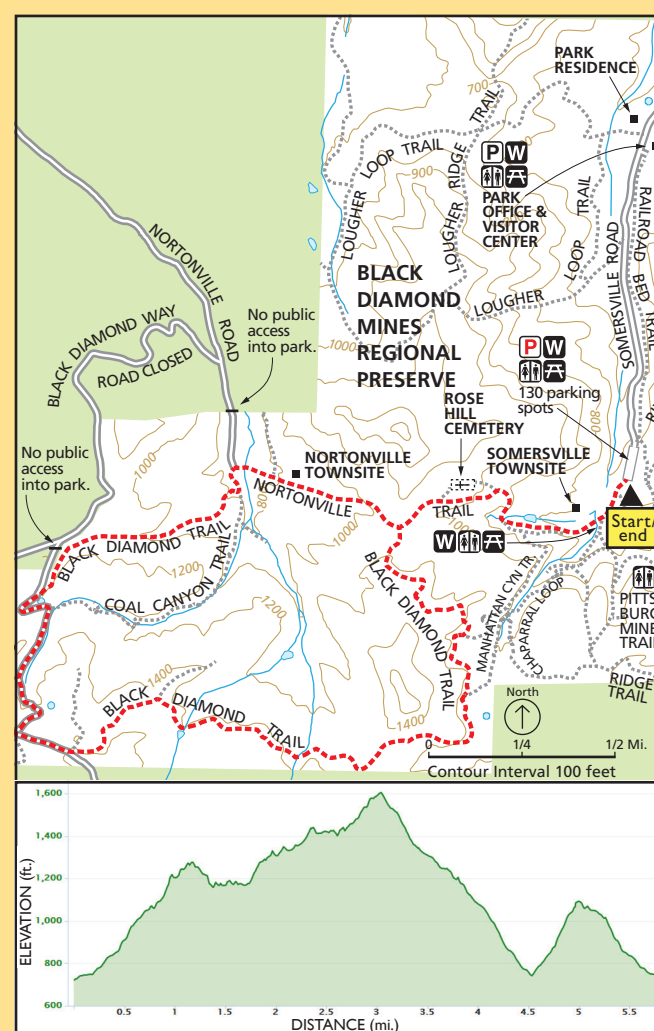
Staging Area: Parking area at the top of Golf Course Road, just off Grizzly Peak Road, Berkeley. **Route:** From the staging area, follow Redwood Trail to Golf Course Trail, then turn right onto Tower Trail. Pass through the Gillespie Youth Camp and take the gravel access road to the right up to South Park Drive. Cross South Park Drive at the crosswalk to descend Vollmer Peak Trail. Once back at South Park Drive, follow it a short distance before turning right to climb Upper Big Springs Trail. Turn left onto Skyline/Bay Area Ridge Trail, then left on Lower Big Springs Trail. Make a slight right onto Quarry Trail to South Park Drive past the Padre Picnic Area. Veer right past the Elder and Laurel picnic areas to Golf Course Trail. Return to Golf Course Road and turn left to return to the staging area. **Description:** This route contains a few sections of narrow trail, including a great downhill on Vollmer Peak Trail. Take in great views of Mt. Diablo and the San Pablo Watershed from Skyline Trail. For a longer, more



challenging route, climb back up Vollmer Peak on the way back. Use caution when riding or crossing South Park Drive and Golf Course Road. **Note:** Graph above includes steep climb up Vollmer Peak. **Loop direction:** counter-clockwise. **Trail type:** I-lane dirt, I-lane gravel, narrow. **Length:** 7.25 miles. **Elevation gain:** 1,072 feet. **Approximate time:** 1 hour, 45 minutes.

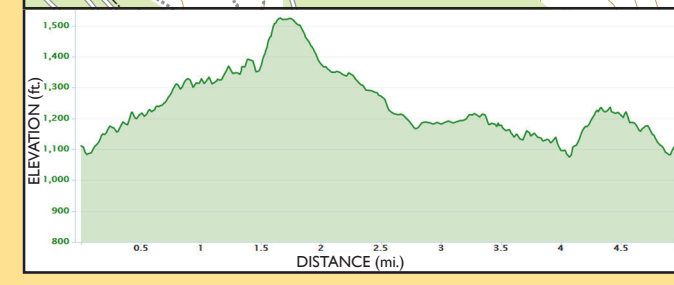
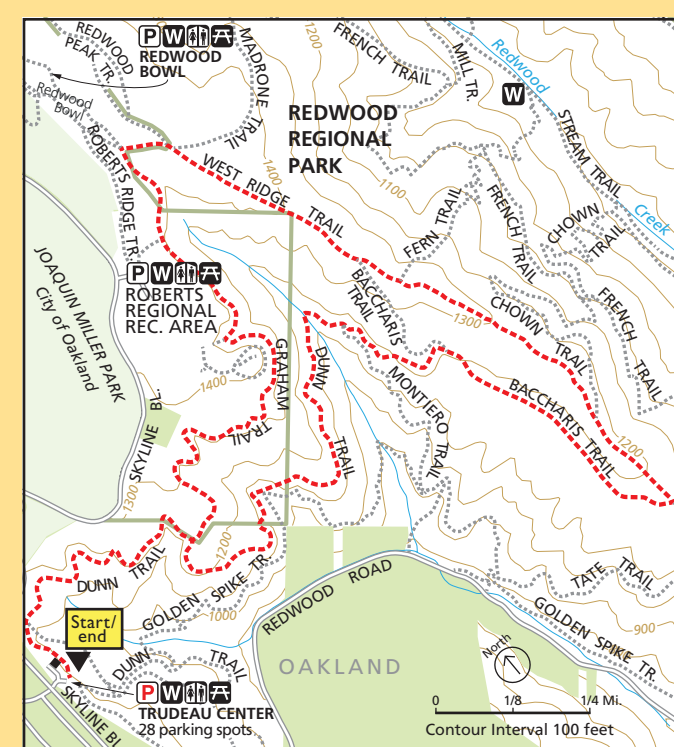
2 Black Diamond Mines Regional Preserve

Staging Area: South end of Somersville Road, Antioch. **Route:** Head south from the Somersville Road staging area. Veer right onto Nortonville Trail, stay left at the saddle and climb Black Diamond Trail. Follow along the ridge, then meet Black Diamond Way and descend. Turn right onto Black Diamond Trail and loop back to the Nortonville Trail to the staging area. **Description:** This loop can be ridden in reverse to climb the paved section of Black Diamond Way. The ridgeline portion weaves through the oaks and boasts expansive views of the Sierra Nevada on a clear day. Take the time to park your bike and walk through Rose Hill Cemetery to learn about the local history. **Loop direction:** Counter-clockwise or clockwise. **Trail type:** I-lane gravel, I-lane dirt, I-lane paved. **Length:** 5.9 miles. **Elevation gain:** 1,336 feet. **Approximate time:** 1 hour, 30 minutes.



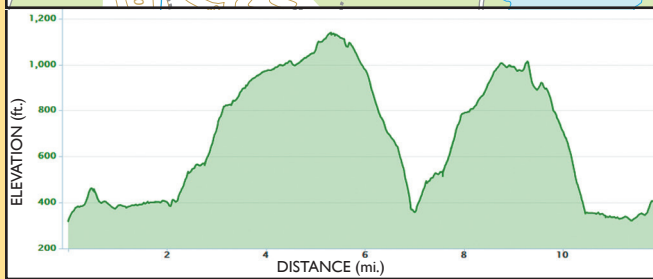
3 Redwood Regional Park

Staging Area: Trudeau Center, 11500 Skyline Blvd., Oakland. **Route:** From the staging area go behind the Trudeau Center, continue straight on the Dunn Trail, and stay left at the fork onto the Graham Trail. Climb up to Redwood Bowl and take the West Ridge Trail down to the second intersection with Baccharis Trail and turn right. Descend on Baccharis Trail to reconnect with the Dunn Trail and head back to the staging area. **Description:** This is a great quick ride, traveling through some of the East Bay's oldest trees. Some sections of West Ridge Trail are rocky, but not too steep. Be aware that this is a popular area for hikers and dog walkers, so please call out when passing other trail users. **Loop direction:** clockwise. **Trail type:** I-lane dirt road. **Length:** 5 miles. **Elevation gain:** 568 feet. **Approximate time:** 1 hour.



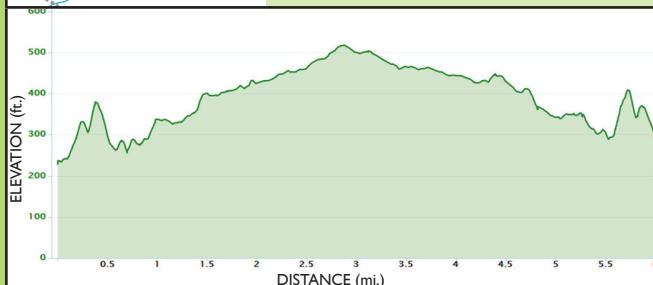
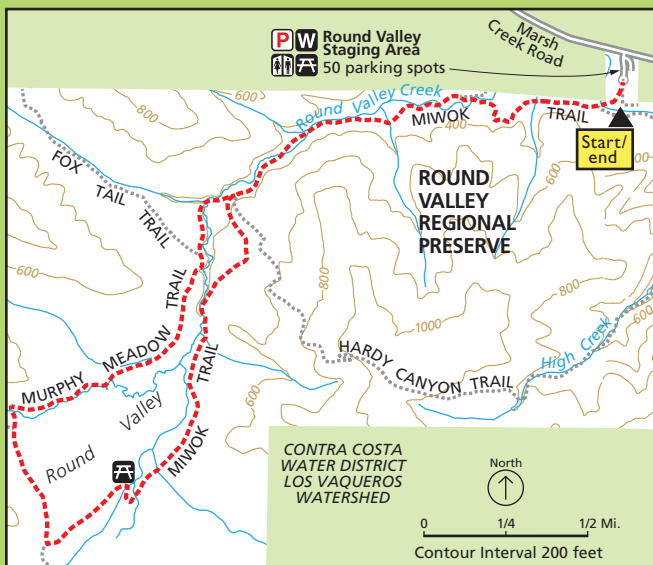
4 Wildcat Canyon Regional Park

Staging Area: Wildcat Canyon Staging Area, 5755 McBryde Ave., Richmond. **Route:** From the staging area, take Wildcat Creek Trail to Havey Canyon Trail. Climb to the ridge and turn right on Nimitz Way to descend on Conlon Trail back to Wildcat Creek Trail. Go right to climb back up Havey Canyon Trail. Turn left on Nimitz Way to descend on Mezue Trail, and take a right on Wildcat Creek Trail back to the staging area. **Description:** This loop offers beautiful views of the Sacramento/San Joaquin River Delta, Mt. Tamalpais, and the San Francisco Bay. Most of the climbing takes place in shady Havey Canyon, with descents on Conlon and Mezue trails. Watch your step when dismounting to cross the creek on Havey Canyon Trail as the rocks can be slippery. **Loop direction:** clockwise and counter-clockwise. **Trail type:** 1-lane dirt road/narrow. **Length:** 12.3 miles. **Elevation Gain:** 2,765 feet. **Approximate time:** 2 hours, 10 minutes.

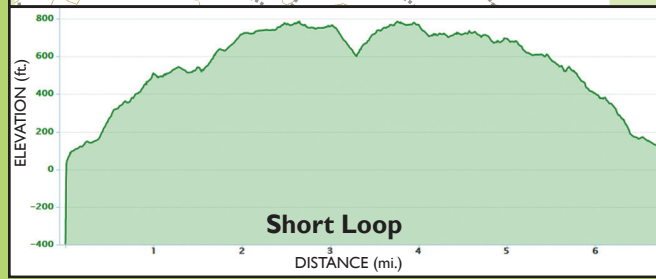
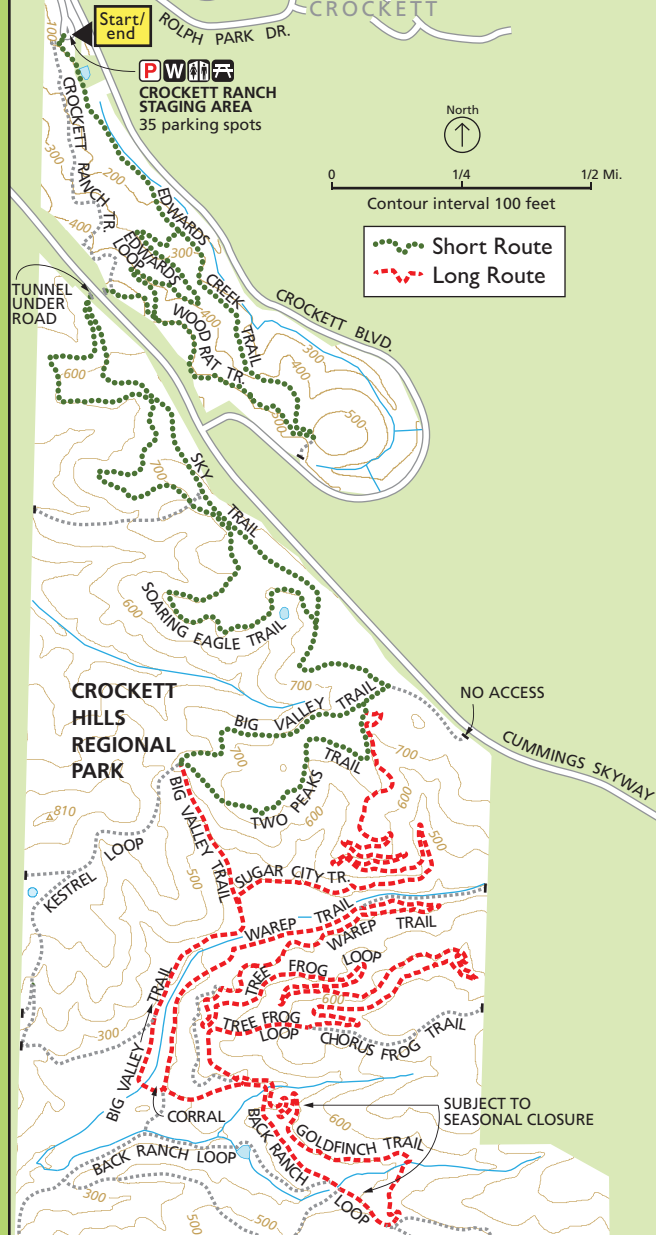


7 Round Valley Regional Preserve

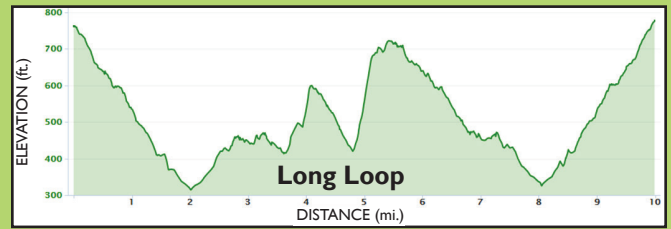
Staging Area: Round Valley Staging Area, 19450 Marsh Creek Road, Brentwood. **Route:** From the staging area, over the bridge, follow Miwok Trail veering right onto Murphy Meadow Trail, which loops through Round Valley. Continue left onto the Miwok Trail and back to the parking lot. **Description:** This ride is great for families or beginners. Once past the first mile climbing the trail meanders around the valley. **Loop direction:** counter-clockwise. **Trail type:** 1-lane dirt road. **Length:** 6 miles. **Elevation gain:** 709 feet. **Approximate time:** 50 minutes.



5 Crockett Hills Regional Park

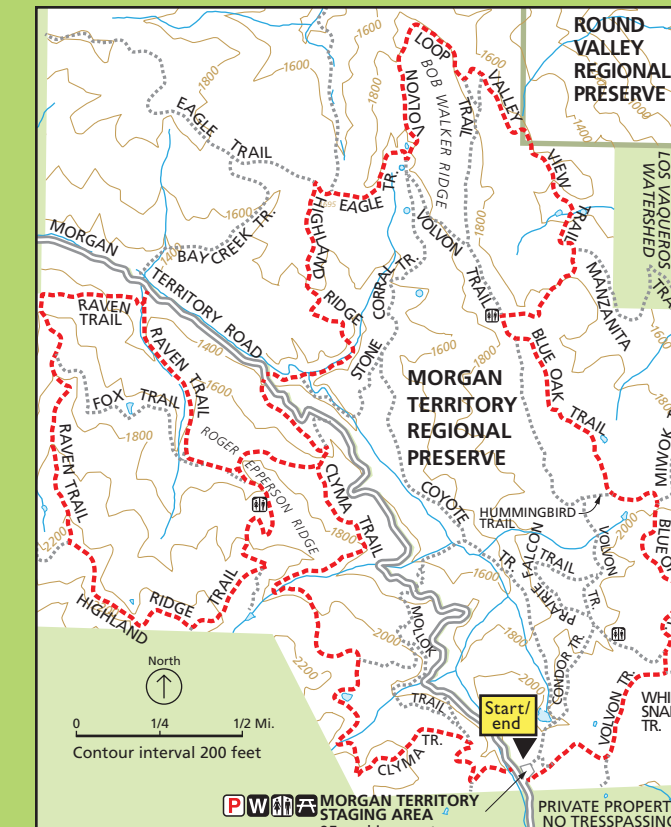
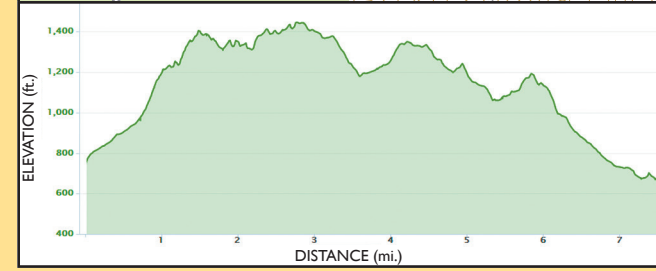
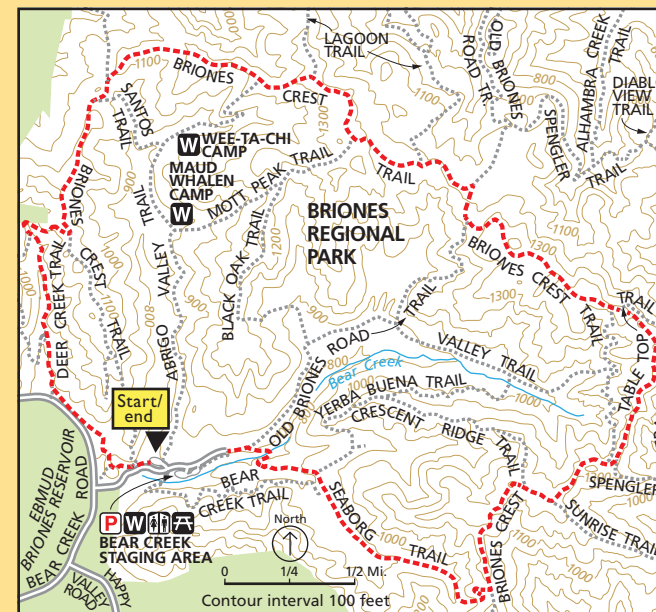


Staging Area: Crockett Ranch Staging Area on Crockett Blvd. just south of Pomona St. **Route:** From the parking lot climb Edwards Creek Trail about 1 mile to Woodrat Trail. Go right and follow Woodrat through the tunnel. Climb Sky Trail to Big Valley and go right. Make a quick left and ride through the trail gate. **Short Loop (green dots on map):** Veer right on Two Peaks Trail. Turn right to climb back up Big Valley Trail to Sky Trail and go left. Veer left onto Soaring Eagle Trail and wind back down through the tunnel. Stay right on Woodrat Trail and take the next left on Edwards Loop Trail, then left on Edwards Creek Trail, back to the staging area. **Description:** This loop offers mostly narrow trails. Two Peaks and Soaring Eagle Trail offers views of the San Pablo Bay and Carquinez Strait, while the Woodrat and Edwards Loop trails roll through oak woodland. **Long Loop (red dashes on map):** Take the short loop to the trail gate on Big Valley, near Sky Trail. Veer left onto Sugar City Trail and follow it downhill. Stay left as the trail merges onto Big Valley Trail/Bay Area Ridge Trail (BART). Veer left at the Kestrel Loop Trail junction. Cross the creek and turn left through the open gate. Veer right at the corral take Back Ranch Loop Trail south. Turn left on Goldfinch Trail to head back towards Tree Frog Loop (service road) and go right. Ride up to the saddle and head left at the marked narrow trail to stay on Tree Frog Loop. Descend to the junction with Warep Trail and go right. At the bottom, pass back by the corral and turn right on the Big Valley Trail. Climb Big Valley Trail and go left on the Sky Trail (you are back on the green-dotted short loop). Veer left onto Soaring Eagle Trail and down through the tunnel. Stay right on Woodrat Trail and take the next left on Edwards Loop Trail back to the staging area. **Note:** The Goldfinch Trail is open seasonally due to sensitive species habitat. **Description:** This loop is narrow multi-use trail. **Loop direction:** short loop—clockwise; long loop—counterclockwise. **Trail type:** both loops—1-lane dirt road/narrow. **Length:** short loop—6.8 miles; long loop—15.8 miles. **Elevation Gain:** short loop—1,245; long loop—2,572. **Approximate time:** short loop—1 hour, 10 minutes; long loop—3 hours.



8 Briones Regional Park

Staging Area: Bear Creek Staging Area, 16 Bear Creek Road, Lafayette. **Route:** From the parking area take Old Briones Rd to Seaborg Trail. Turn left on Briones Crest Trail and climb to Table Top Trail. Continue on Table Top Trail to connect back to Briones Crest Trail. Follow Briones Crest Trail to Deer Creek Trail. At the bottom stay left at the pond and go through the gate back to the staging area. **Description:** The route follows the Briones ridgeline, offering 360-degree views of the Sacramento/San Joaquin River Delta, Mt. Diablo, and Mt. Tamalpais. The trail traverses through both woodland and grassland habitats, and ends with a descent back to the parking area. **Loop direction:** counter-clockwise. **Trail type:** 1-lane dirt road. **Length:** 7.75 miles. **Elevation gain:** 1,600 feet. **Approximate time:** 1 hour, 30 minutes.

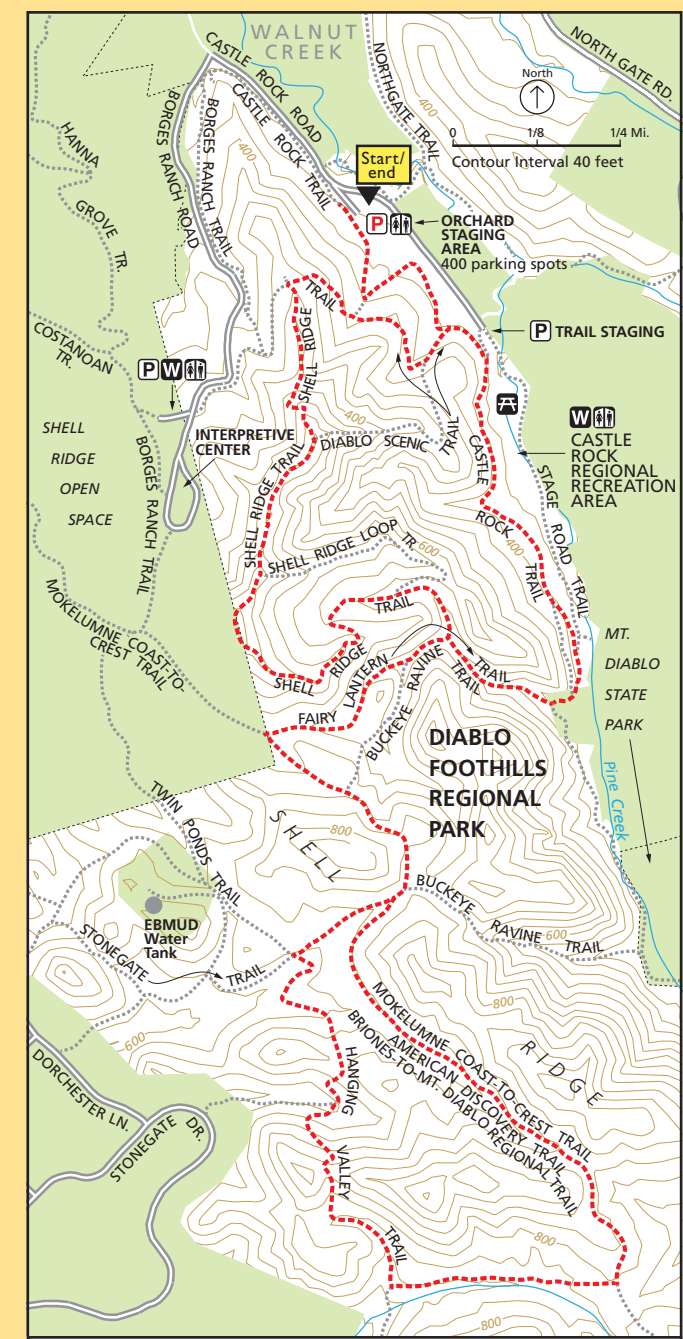


9 Morgan Territory Regional Preserve

Staging Area: Morgan Territory Road Staging Area, 9401 Morgan Territory Road, Livermore. **Route:** Head west across Morgan Territory Road from the staging area and go onto the Clyma Trail. Stay right, then left on the Clyma Trail and climb just over 2 miles. Go left on Raven Trail. Go left on Highland Ridge Trail, back down to Raven Trail, and go right. Follow back to Clyma Trail and make a left back down to Morgan Territory Road. Cross the road through the gates and continue on the east side of the road up Highland Ridge

6 Diablo Foothills Regional Park

Staging Area: Orchard Staging Area, south end of Castle Rock Road, Walnut Creek. **Route:** From the Orchard Staging Area take Castle Rock Trail to Stage Road. Go right on Fairy Lantern Trail and stay left at the fork up to Mokelumne Coast-to-Crest Trail and go left. Veer right onto Hanging Valley Trail, and stay left at all junctions, looping back to Mokelumne Coast-to-Crest Trail. Follow back to Fairy Lantern Trail and turn right. Turn left on Shell Ridge Trail to Castle Rock Trail. Go left to return to the parking area. **Description:** This loop is made up of service roads and offers views of Castle Rock and Mt. Diablo. There are some short, tough climbs and one steep section of technical downhill with rock features along the upper Shell Ridge Loop Trail. To avoid this section return to the staging area via Stage Road to Castle Rock Trail. **Loop direction:** Figure 8. **Trail type:** 1-lane dirt road. **Length:** 6.2 miles. **Elevation gain:** 1,022 feet. **Approximate time:** 1 hour, 30 minutes.



Trail. Go right on Eagle Trail. Stay right on Eagle Trail up to the Volvon Loop Trail junction and go left. Stay left and continue to Valley View Trail. At the restrooms go left for a brief distance on Volvon Trail then veer left on Blue Oak Trail. Stay on Blue Oak Trail through several junctions until it splits at Whipsnake and Volvon trails. Go right on Volvon Trail and follow back to the staging area. **Description:** This loop can be split into two loops east and west of Morgan Territory Road. The west side has steeper climbs but the east side is longer. Both routes have significant/hard climbs and offer spectacular views of the central valley, Los Vaqueros Reservoir, and Mt. Diablo. The loop travels mostly through oak woodland and tends to be very hot, so bring plenty of water. **Loop direction:** counter-clockwise. **Trail type:** 1-lane gravel, 1-lane dirt. **Length:** 12+ miles. **Elevation gain:** 2,471 feet. **Approximate time:** 2 hours, 30 minutes.