

GUIDEBOOK



A Free Program

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.

East Bay 
Regional Park District


REGIONAL PARKS
Foundation
Supporting East Bay Regional Parks

KAISER PERMANENTE  thrive
Every Body WALK!
everybodywalk.org



Congratulations on joining the 2016 Trails Challenge.

By taking on the Challenge, you are now joining the thousands of people who support a vital environmental and cultural heritage in the East Bay: our Regional Parks. We hope you enjoy this, our 23rd year of bringing you the opportunity to explore our beautiful natural resources. Last year, nearly 10,000 people joined the Trails Challenge and today, it is your turn to discover new parks or reconnect with old favorites.

By participating in the Trails Challenge, you become part of the International Healthy Parks Healthy People movement founded by Parks Victoria in Australia. The movement explores the connections between a healthy environment and a healthy society, between nature and human health. Open spaces and parks provide many societal, economic and health benefits. The Park District began promoting Healthy Parks Healthy People in 2011 to encourage people to use the Regional Parks for physical, mental and spiritual well-being.

We thank Kaiser Permanente for generously sponsoring the Trails Challenge and supporting our vision to offer it as free program. Together, we encourage you to discover the benefits of hiking, walking, bicycling, or simply being in the great outdoors. On the first Saturday of every month, please join the Healthy Parks Healthy People Bay Area programs held in different parks. For more information, visit our website at www.ebparks.org.

Robert Doyle

*General Manager
East Bay Regional Park District*

2016 Trails Challenge

This year's Trails Challenge program highlights 20 of our most interesting parks and unique trails for all interests and abilities. The majority of trail routes are "moderate" and ideal for most participants. They lead to scenic destinations through a variety of parklands. Each park description includes information about special features in the selected parks. We have included "easy" and "difficult" routes, but keep in mind that you can use any trail route to complete the Challenge.

For 23 years, our Trails Challenge has been designed to get you outdoors, exploring on your own, or with family and friends. For this year's program, we have incorporated group activities around the Healthy Parks Healthy People campaign. Please review the "Guided Hikes" section of this guidebook, the Park District's Regional in Nature (RIN) activity guide, and our website www.ebparks.org for upcoming activities and events. Also, check out our popular "Healthy Hikes" and "Hiking with Kids" programs to learn about natural and cultural resources in the parks while staying fit and building a healthy park system.

Stay Connected



Instagram - Follow us on instagram @ebrpd and tag your hike photos #TrailsChallenge2016



facebook - Join us on Facebook for announcements, park happenings, and Trails Challenge updates.

E-News

E-News - Sign-up for the Park District's monthly e-Newsletter at www.ebparks.org/subscribe.



Every Body Walk! App - See page 66 for details about Kaiser's Every Body Walk! app. This mobile app is free and available from the Android Market or iTunes App Store.



Photo: David Silva



Morgan Territory Regional Preserve

Photo: Marc Crumpler



Big Break Regional Shoreline

Photo: Jerry Ting



Garin/Dry Creek Regional Parks

Photo: Marc Crumpler



Carquinez Strait Regional Shoreline

East Bay Regional Park District www.ebparks.org

From sunlit shores to shade-covered hillsides, the East Bay Regional Park District spans more than 119,800 acres in 65 parks, including 1,250 miles of trails in Alameda and Contra Costa counties, offering experiences as diverse as the land itself. Our mission is to provide recreational opportunities, to ensure the natural beauty of the land, and to protect wildlife habitat. Whether you are a visitor or a volunteer, you'll find a world of discovery and enjoyment right here in your own backyard. So go out, discover and explore your East Bay Parks, get healthy, stay fit, and embrace life.



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How to Complete the Trails Challenge

Photo: Marc Crumpler

1) Choose Your Trails:

This guidebook is designed to help you choose trails that meet your interests and abilities. In the following pages, you will find:

- Guidelines for rating the difficulty of each route based on personal fitness.
- A checklist of things to take with you and rules to remember.
- A trails chart listing the appropriate user groups, mileage, and level of intensity.
- Maps of each park with the selected routes.
- Detailed trail descriptions identifying notable features.
- Safety information.
- If you are concerned about your chosen trail's conditions, you may call the park's office to inquire. Phone numbers for the parks can be found on pages 18-23.

2) Log Your Outings:

When you complete a Challenge Trail, record the trail's name on your trail log (page 68 in the guidebook). If you lose your trail log, you can record your hikes on any piece of paper, get a replacement trail log online at www.ebparks.org, or email us at reservations@ebparks.org. Be sure to include your full name and address.

When you have completed at least five trails, or 26.2 miles (a marathon distance), submit your log electronically at reservations@ebparks.org, or return your log to:

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

You have until December 1, 2016 to turn in your trail log to receive your 2016 pin. Pins will be mailed 7-10 business days after log is received (while supplies last).



Big Break
Regional Shoreline

Plan Your Outing



Sunol Regional Wilderness

Photo: Abel Alcantara

When choosing a trail, consider your physical condition, the length, the level of intensity, and the weather conditions. You can shorten or lengthen most routes to meet your ability – just note it on your trail log. We may use your route next year! Read the trail descriptions, as they contain specific information about individual trails.

Before heading out, always tell a friend or family member your route and expected time of return, take plenty of water, and know the location of an emergency phone before starting. When possible, go with a friend. Most importantly, have fun! Use the following guidelines to determine how far to go and what level of intensity suits you.

EASY: Trails are relatively flat with good trail conditions (paved or packed gravel). Trail lengths vary from 1 to 3 miles, typically taking 1 to 2 hours or less to complete. These trails are generally suitable for strollers.

MODERATE: Trails have significant elevation gain (500-1,000 feet), are 3-6 miles in length, and trail conditions vary from good to rugged. They generally take 2-4 hours to complete. You should be in good physical condition, and carry plenty of water, a high energy snack, and a first aid kit.

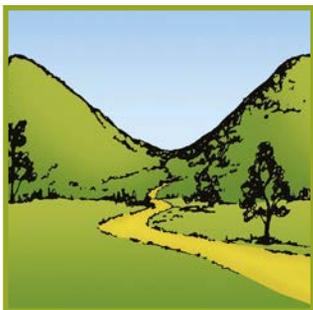
CHALLENGING: Trails have significant elevation gain (1,000+ feet), are 6-20+ miles in length, and trail conditions vary from good to rugged. They generally take 4-8 hours to complete. We strongly recommend you be in good physical condition, carry plenty of water, a high energy snack, and a first aid kit.

Challenger Checklist:

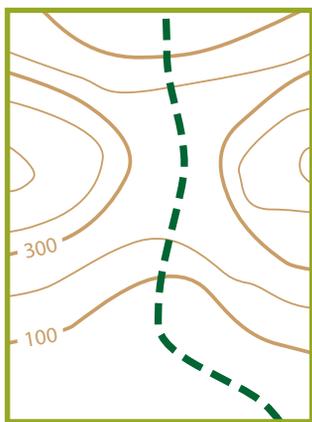
- Water for yourself and your animal(s)
- Trail map
- High energy snacks
- Money for fees when applicable
- First aid kit
- Camera and binoculars (optional)
- Extra clothing
- Trekking poles (optional)
- Sunglasses/hat
- Flashlight (optional)
- Sunscreen
- Compass (optional)
- Insect repellent

Visit our website, www.ebparcs.org, for more information on parks and to download park maps and learn about upcoming events.

Using a Map and Compass



The above picture illustrates a terrain feature called a “saddle.” It is a dip or low point between two areas of higher ground. Other terrain features found on maps include hills, valleys, ridges, depressions, draws, spurs, cliffs, cuts, and fills.



The “saddle” terrain feature is shown here as a topographical detail with contour lines, elevation call-outs, and a trail running through the saddle area.

Map Reading Tips

Wilderness exploration often requires basic map reading knowledge and navigation skills. For most moderate to difficult trail routes, these skills are essential. Fortunately, most Regional Parks have well-marked trail systems but you do not want to rely on trail markers for navigation. With practice, you will hone your skills and increase your confidence while outdoors. Below are a few tips to help you get started. EBRPD offers classes to take your learning to the next level – please visit our website for more information or call (510) 544-2553.

Topographic maps depict land features including mountains, streams, valleys, and changes in elevation. Also, topographical maps have a scale to help determine the distance you are traveling and a legend to depict what the symbols mean.

The thin solid lines throughout the map are contour lines. They represent the shape of a land feature at a constant elevation. Contour lines never cross, which is important when reading a map, so contour lines are not confused with trails or other features. The *contour interval* is the change in elevation between two contour lines. If lines are close together, the steeper the change in elevation. If the lines are far apart, the elevation change is more gradual. *Index contours* are a heavier line weight and show their assigned values to facilitate reading elevations.

- Man-made features shown on a map can be out of date, so topography is an easier way to determine location and follow a trail.
- Use your thumb or string against the scale to determine distance on a map.
- Count contour lines to determine elevation gains *before* heading out. Any routes gaining over 300 feet are pushing the “easy” levels for typical hiking.
- Check the legend to see what features are in the park or staging area.

Orienting a Map with Your Compass

Orienting a map is important to eliminate confusion about direction, and to reduce the likelihood of getting lost. When using a map you should orient it north, which also makes it easier to read.

By orienting a map, you are positioning it so its north is actually pointing north; look for the north arrow in the legend box to determine which direction is north. When you orient a map and know where you are on the map, you can look in a certain direction, see a landmark, and find it on the map.

Orienting a map north can be very easy. Follow these four steps:

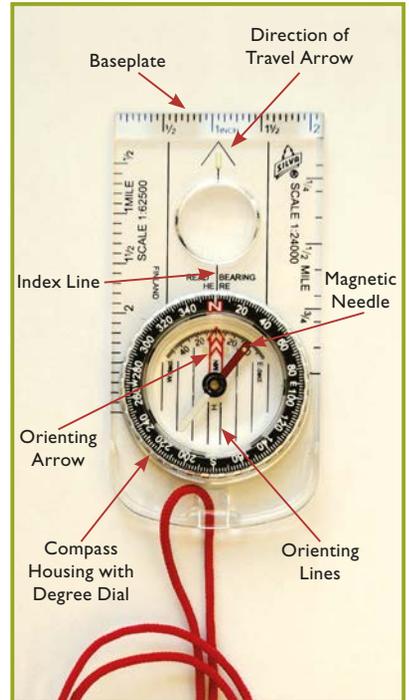
1. Position your map on a flat, smooth surface.
2. Turn your compass dial so due north is at its index line.
3. Place your compass on your map with the edge of the base plate parallel to the north-south meridian lines on the map. Now, the orienteering lines and direction-of-travel arrows should all be parallel with the map lines.
4. Turn the map and compass together until the compass needle is “boxed” in the orienting arrow (a.k.a. “red in the shed”) while keeping the compass in the same position on the map.

Now, the map should be oriented to the real world. You should be able to look in any direction and see the objects represented on the map in the same direction.

Orienting Your Map by Your Surroundings

For a rough, simple orientation, you can orient a map based on your surroundings. Simply turn the map so the position of your surroundings matches the position on the map. It is best to do this where you have wide-open views. Try to locate where you would be on the map. We recommend identifying at least five different features, which can include topography, vegetation, water sources, and/or man-made features. The more items you can identify, the better.

Please note: EBRPD maps do not have meridian lines, however in the legend the true north directional arrow is shown to help orient maps to north.



Wildlife Encounters

Snakes:

Although most snakes found in California are harmless, the Northern Pacific rattlesnake can wield a venomous bite if provoked. Its coloration allows it to blend in with the soil, providing excellent camouflage. Rattlesnakes and gopher snakes have similar coloration, so a rattlesnake is often mistaken for its harmless cousin. Therefore, use caution around any snake you see in the wild, and avoid handling.

Grazing Animals:

Cattle are large animals, weighing 1,000 pounds or more. While not aggressive by nature, if aggravated, cattle can respond in a potentially dangerous manner. If you encounter cattle on the trails, try not to startle them. Keep your distance and walk around groups, rather than through them. Don't get between a calf and its mother; they are protective of their young. Don't try to get close, touch, or pet them. Always keep your dog under control.



What to do if Bitten by a Snake:

If bitten by a rattlesnake, stay calm and send someone to call 9-1-1. The victim should remain calm by lying down with the affected limb lower than the heart. Wash the wound, if possible. (Rattlesnake bites are typically associated with intense, burning pain.) If you are by yourself, walk calmly to the nearest source of help. **DO NOT RUN!** If bitten by another kind of snake, wash the wound with soap and water or an antiseptic and seek medical attention.

Wild Animals:

Coyote, bobcats, deer, elk, wild pigs, and mountain lions are occasionally spotted in the parks. Their normal reaction is to run away. Some have become used to our presence and will continue their activities while being watched. Never feed, try to approach, or pet wild animals. Keep pets and small children near you in wilderness areas. These animals may become dangerous should they be surprised or confronted, or if they begin to associate humans with food.

*If you would like more information on wildlife to watch for,
ask for brochures at the Visitor Centers.*

Ticks and Lyme Disease:

Lyme disease is an infectious disease transmitted by the bite of a tick. It may be treated and cured with early diagnosis, but if not properly treated it may persist in the body for years.

How to Avoid Ticks:

- Wear long pants, long sleeves, and closed-toe shoes in tick country.
- Tuck shirt into pants, and pants into socks.
- Stay on trails! Avoid brush and grassy areas.
- Use insect repellent on shoes, socks, and pants.

Check yourself, your children, and your pets for ticks thoroughly and frequently!

What Does a Tick Look Like?

Photo: UC Berkeley



MALE

FEMALE

In California, the Western black-legged tick is the major carrier of Lyme disease.

The adult female is reddish-brown with black legs, about 1/8-inch long. Males are smaller and entirely brownish-black. Both are teardrop shaped.

What are the Symptoms of Lyme Disease?

Early symptoms sometimes, but not always include a spreading rash accompanied by fever, aches, and/or fatigue.

What to Do if You Think You Have Been Bitten by a Tick:

- Pull the tick gently from the skin, using a tissue or tweezers (not with bare hands).
- Scrape (a credit card works!) to remove any mouthparts left behind.
- Wash hands and the tick bite with soap and water; apply antiseptic to the bite.

Prompt removal of ticks may prevent disease transmission. See a physician immediately if you think you have found a tick attached to your skin and you have any of the above symptoms.

Poison Oak:

Poison oak is common in California. It grows as a shrub or as a vine, sometimes reaching up into the tops of trees. The glossy leaflets grow in groups of threes, and change from light green in the spring to pink or red in the summer. The “poison” is the oil found throughout the plant. Even if it does not have leaves, touching the stem can cause a reaction on the skin. Avoiding

poison oak is the best way to prevent any problems caused by it. Staying on the trail will help avoid contact. If you do come in contact with poison oak, wash immediately with soap and water. Calamine lotion relieves itching. If the rash spreads, see a physician.

Remember “*Leaflets of three, let it be; if it’s hairy, it’s a berry.*”

Hiking with Dogs in the Parks



Before You Leave Home:

- Bring enough water for you and your dog.
- Bring snacks and toys if needed.
- Make sure you have a six-foot-long leash and any harness needed.
- Bring doggie waste bags – better to bring a few, just in case.
- Know your dog's limits – how far can she/he go?
- Check the weather where you plan to hike. Stay away from the hottest times of the day and stick to shaded routes.

While You Are Hiking:

- Upon arrival at the park or trail, read the dog rules to ensure you know whether dogs are allowed and if it is an off-leash area or not.
- You know your dog best – watch for signs of thirst, hunger, and fatigue.
- Stop to rest for yourself and your buddy. Dogs appreciate some time in the shade to cool off, too.
- Very important! If your dog deposits waste along the trail, pick it up in your dog waste bag or one provided at the park. Please take it with you – do not leave it on the side of the trail. These bags are often left for someone else to pick up. Everyone likes to see a clean park, so please do your part.
- Be sure to keep your dog close as there are dangers for dogs in the parks. They can also transmit poison oak to their owners. Remember that many people are afraid of dogs, even friendly ones.

After Hiking:

- Make sure your dog is properly hydrated, fed, and has a place to cool down.
- Check for ticks – if the tick has attached, your dog will be focusing on that spot.
- Check for foxtails and other weeds in their coat, nose, paws, and ears.

For more helpful information on dogs in the parks, please visit: www.ebparks.org/activities/dogs



Photo: Shelly Lewis

Hiking With Kids

Ages	Approximate Mileage
6 months - 2 years	Keep it short
3 - 6 years	1 - 3 miles, with many stops
7 - 11 years	2 - 5 miles
12 and up	Up to 7 miles

Note:

Trail conditions, weather, and physical conditions are major considerations. Start with low mileage and work your way up.

Prepare:

- Make sure you and your child wear good footwear and socks – no open-toe shoes.
- Bring lots of water and snacks.
- Bring sunglasses, sunscreen, hats, and additional layers of clothes.
- Bring a small first aid kit, sting and allergy care, hand wipes, and tissues.

Rules:

- Stay on the trail.
- Stay with a buddy.
- Best not to touch, just use your eyes.
- Leave things where they are.
- No running or shouting.
- No littering – what you pack in, you pack out.

Activities:

- Children in carriers may fall asleep, but talking or singing may keep them engaged.
- For children walking on their own, keep incentive treats with you. If a child is having a hard time getting up a hill and the view at the top isn't enough, make stopping points where they will get a treat. Keep granola bars, trail mix, or energy treats handy. The number of stopping points depends on the kids,

more at shorter distances for younger children. The more stopping points, the smaller the treat.

- This is a great time to play age-appropriate games. Try “I Spy” and “20 Questions,” or find shapes in the clouds.
- For kids 12 years and up, give them responsibilities. For example, let them keep the map and lead the way. Put them in charge of water and snack breaks. If you have an old camera or a disposable one, they can be photographer for the day.



Photo: Lisa Palk-Jones

Tips for Trail Users



Hikers: As a general rule, hiking one mile on relatively flat terrain at a moderate pace takes approximately ½ hour. Beginners should plan one hour for every two miles of hiking. For hikes labeled “Challenging,” or days when the temperature is over 80 degrees, allow extra time and take more water! Hikers should wear sturdy shoes with ankle support.



Dogs: Carry litter bags and extra water when hiking with dogs. Dogs should wear identification in case of separation. Carry a 6-foot leash at all times. Know which parks allow dogs off-leash and where they are prohibited.



Cyclists: Heat and steep trails make bicyclists more susceptible to fatigue and dehydration. Take PLENTY of water and a high-energy snack. A six to ten-mile route on unpaved fire roads in the East Bay hills is a challenging route for an intermediate rider to complete within two hours. The “Easy” rated trails featured in this guidebook are flat and are ideal for family bicycle outings. Always wear a helmet; bring a patch kit, bike pump, and bike bell.



Equestrians: Consider terrain, temperature, humidity, and your horse’s condition. Chart a course that will allow your horse to drink at least once every hour. For an average horse, a hilly five-to seven-mile route should take about 1-1/2 hours. Learn to take your horse’s pulse and respiration. Always wear a helmet and wear sturdy boots.



Wheelchairs: Pavement conditions and steepness of grades are factors to consider when choosing a route suitable for wheelchair users. Wheelchair users tend to get cold faster than walkers/bikers, so bring warm and dry gear even if you do not expect cold or wet weather. Traveling with a companion is recommended.



Skaters: Pavement conditions, steepness of grades, and skating ability are factors to consider when choosing a skating route. Paved trails in this guide have smooth pavement and gentle to medium grades. However, be prepared to encounter leaf debris, cracks, and uneven surfaces. You should be able to safely negotiate around road debris, dogs, bikes, and other trail users while maintaining control. Always wear a helmet, wrist guards, and kneepads.

Trail Etiquette:

- Stay on designated trails. Do not make switchbacks or take shortcuts!
- Check trail signs for allowable user groups (i.e. cyclists, equestrians).
 - Hikers yield to horses; cyclists and skaters yield to hikers and horses.
 - Keep dogs on leashes unless specifically posted that they can be off leash.
- Leave the wildflowers for wildlife.
- Pack it in, pack it out – do not litter!
- Cyclists must ring a bell or call out when passing.





Benefits of Being Fit

Brought to you by Kaiser Permanente

Kaiser Permanente has been supporting the East Bay Regional Park District's Trails Challenge program since 2005. Due to Kaiser's generosity, this is the third year Trails Challenge is free for participants. With this program and many others, Kaiser believes everyone can bring health and wellness into their daily lives.

Need a reason to get fit? Read on...

Enjoying Regular Physical Activity Can:

- Give you more energy
- Improve concentration and memory
- Help you achieve and maintain a healthy weight
- Boost your metabolism (the rate at which your body burns calories) during and after exercise
- Strengthen bones, muscles, and joints
- Tone muscles
- Lessen depression and improve mood
- Improve balance, flexibility, and posture
- Reduce stress and anxiety
- Help you sleep better
- Lower blood pressure
- Raise "good" artery-clearing HDL cholesterol
- Reduce the risk of heart disease, stroke, type 2 diabetes, and osteoporosis
- Protect against cancer of the colon, breast, and cervix
- Help elderly people maintain independence and stay fully functioning
- Lower death rates from all causes

Aim for at least 30 minutes of moderate physical activity on most days. The more active you are, the greater the health benefits. Keep up an exercise routine all year!

Visit Kaiser's Health and Wellness webpage at www.kp.org to find online programs, health classes, as well as interactive fitness calculators, videos, and podcasts.



KAISER PERMANENTE® thrive



Photo: Steve Fiola

Briones Regional Park

Free 2016 Guided Hikes and Events

The East Bay Regional Park District offers a variety of hiking programs for all abilities and ages. Hikes vary in theme, offering something for everyone. Please visit our website for a detailed list of upcoming guided hikes at www.ebparks.org. Below are a few of the guided hikes offered by the Park District.

Tuesday Twilights:

Enjoy sunset with the family in a different Regional Park on Tuesday evenings throughout the summer. Walks vary in difficulty and terrain. These hikes are not suitable for large, organized groups. For more information and a complete schedule, contact Sunol Visitor Center at (510) 544-3249.

Wednesday Walks:

Explore a new East Bay Regional Park District park every week with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. Wear sturdy footwear, bring water, and dress for the weather. Hikes begin at 9:30 a.m. For more information and a complete schedule, contact Naturalist Christina Garcia at (510) 544-3282.



The Over-the-Hills Gang!

Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks. For more information and a complete schedule, contact the Tilden Environmental Education Center at (510) 544-2233.

Please note that any of the guided hikes attended can be used to complete your Trails Challenge.



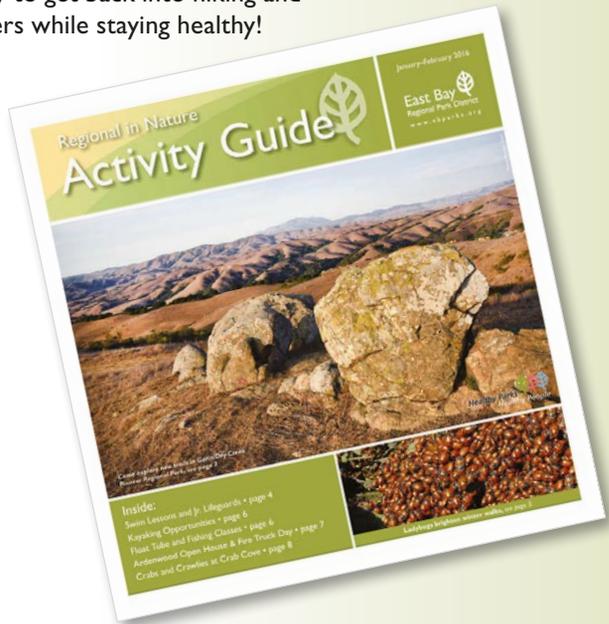
Healthy Parks Healthy People Bay Area Hikes :

All Healthy Parks Healthy People Bay Area park agencies are hosting programs and monthly activities on the first Saturdays of each month to provide safe, low-impact physical activity dedicated to improving the health and well-being of all Bay Area residents.

Programs begin with a short feature on health benefits and safety tips. Participate for all or a portion of the hike, increasing your distance as stamina improves. This is a great way to get back into hiking and meet other like-minded hikers while staying healthy!

Hiking with Kids:

Kids can stay healthy by participating in a series of kid-friendly hikes designed to make walking fun. Hikes include breaks for games, searches, and activities. Parents or guardians must accompany children.



Check the Regional In Nature Activity Guide or www.ebparcs.org for upcoming Healthy Hikes for kids and adults.

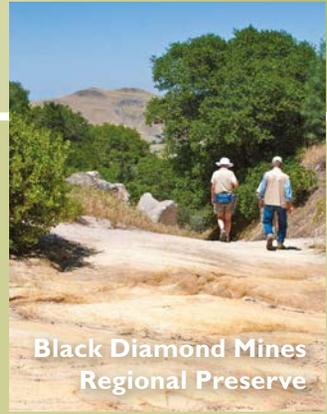


Safety and Hiking in the Heat

Brought to you by Kaiser Permanente

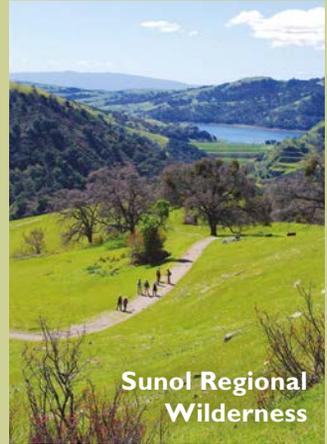
- Be careful when you exercise in temperatures above 80°F (27°C). Find shade, take regular breaks, and drink plenty of fluids. Conditions are considered extremely dangerous at temperatures above 91°F (33°C).
- Watch for signs of heat exhaustion such as nausea, dizziness, cramps, and headache. If you notice these signs, stop your activity right away, get in the shade, cool off, and drink fluids.
- When it is more humid, you should be careful at even lower temperatures. Higher humidity can make it feel hotter, since your body cannot cool off as well by sweating. This puts you at a greater risk for illness.
- Older adults and children are at a higher risk for heat-related illness and should be extra cautious. Remind children to drink plenty of fluids before, during, and after activity.
- If you are overweight, have health problems, take medicines, or use alcohol, you may be at a higher risk for heat-related illness. You may also have trouble even if you're accustomed to exercising in warmer weather.
- In hot weather, drink plenty of fluids before, during, and after activity. Water or sports drinks are best. This helps prevent dehydration and heat-related illness. Water is all you need if you are exercising for less than an hour. For longer exercise periods, sports drinks contain carbohydrates and minerals called electrolytes that may help your endurance and keep you from getting muscle cramps.

Call 911 immediately if you have stopped sweating or have other signs of heatstroke, such as a fast heart rate, dizziness, high body temperature, mental confusion, or loss of energy. Heatstroke is very dangerous.



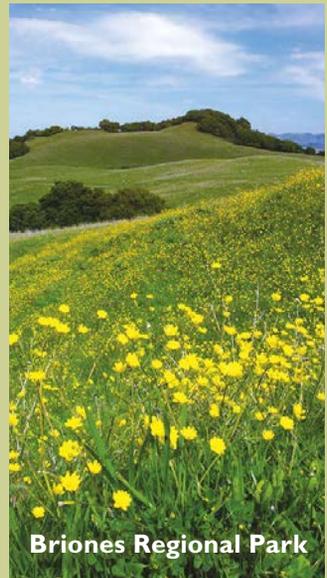
Black Diamond Mines
Regional Preserve

Photo: Hillary Van Austen



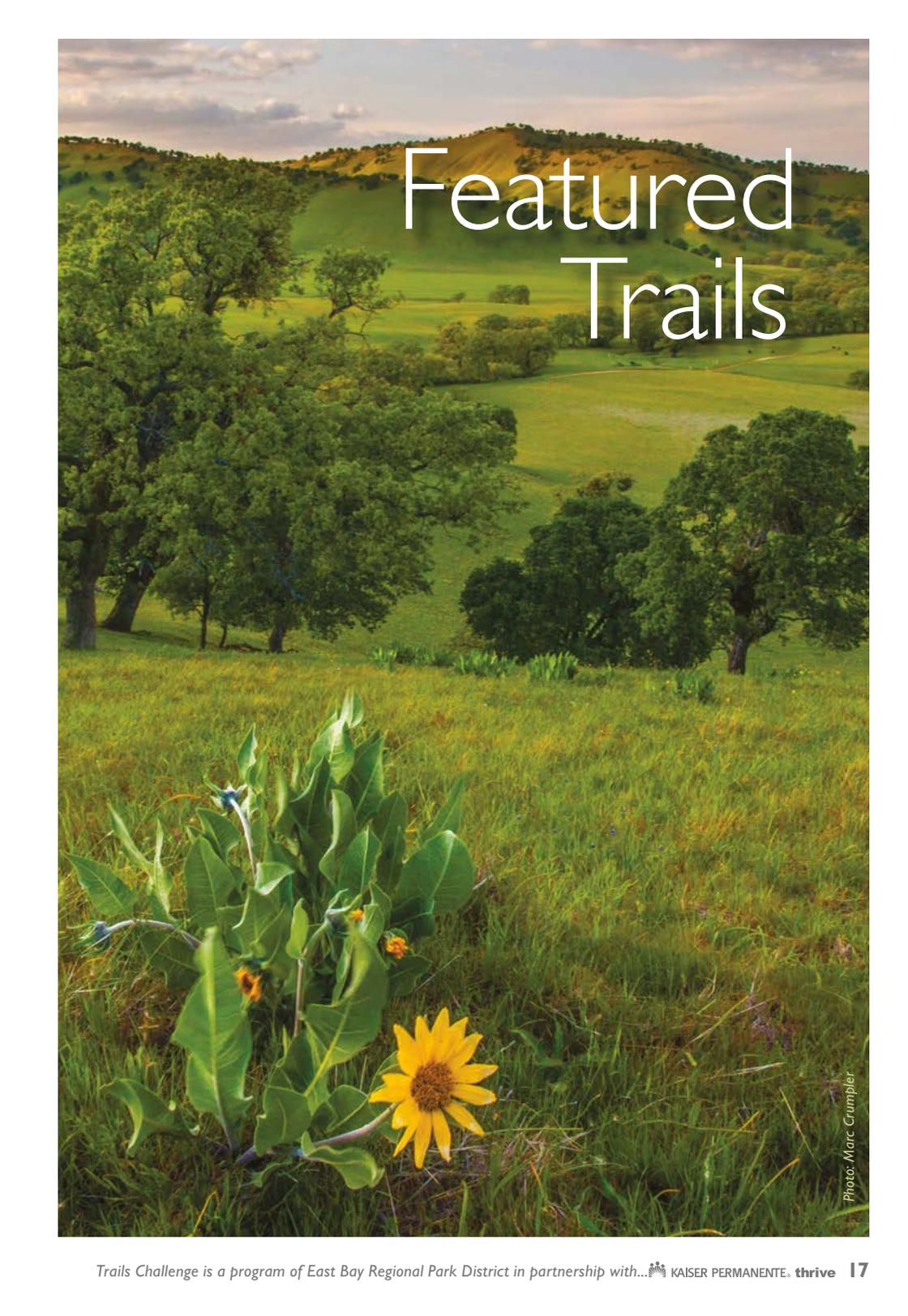
Sunol Regional
Wilderness

Photo: Hillary Van Austen



Briones Regional Park

Photo: Marvin Soriano



Featured Trails

Photo: Marc Crumpler



At-a-Glance Featured Trails • EASY •

East Bay Regional Park Park Office Phone Number	City	Trails	Page
Big Break Regional Shoreline 510-544-3050	Oakley	<i>Big Break Trail to Marsh Creek</i>	24
Carquinez Strait Regional Shoreline 1-888-EBPARKS, Option 3, then 4514	Martinez	<i>George Miller Regional Trail</i>	26
Dublin Hills Regional Park 510-544-3030	Dublin	<i>Calaveras Ridge Regional/ Donlon Loop/ Calaveras Ridge Trails</i>	28
Hayward Regional Shoreline 1-888-EBPARKS, Option 3, then 4531	Hayward	<i>Cogswell Marsh Loop</i>	30
Quarry Lakes Regional Recreation Area 1-888-EBPARKS, Option 3, then 4552	Fremont	<i>Old Creek/Californio/ Wood Duck/Old Creek/ Western Pacific Trails</i>	32
Shadow Cliffs Regional Recreation Area 1-888-EBPARKS, Option 3, then 4557	Pleasanton	<i>Levee/South Arroyo/ North Arroyo/Levee Trails</i>	34



TRAILS CHALLENGE 2016

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Intensity
●	●	●	●	●		6.12 Round Trip	Easy
●	●	●	●			3.5 Round Trip	Easy
●	●	●	●			4.03 Round Trip	Easy
●		●		Partial Use		2.9 Loop	Easy
●	●	●		Partial Use		3.05 Loop	Easy
●	●	●	●	Partial Use		2.85 Loop	Easy



At-a-Glance Featured Trails • MODERATE •

East Bay Regional Park Park Office Phone Number	City	Trails	Page
Anthony Chabot Regional Park <i>1-888-EBPARKS, Option 3, then 4502</i>	Oakland	<i>MacDonald/Grass Valley/ Ranch/Goldenrod/Buckeye</i>	36
Carquinez Strait Regional Shoreline <i>1-888-EBPARKS, Option 3, then 4514</i>	Martinez	<i>Hulet Hornbeck/ Franklin Ridge Loop Trails</i>	38
Diablo Foothills Regional Park <i>1-888-EBPARKS, Option 3, then 4526</i>	Walnut Creek	<i>Castle Rock/Borges Ranch/ Shell Ridge/Fairy Lantern/ Castle Rock Trails</i>	40
Huckleberry Botanic Regional Preserve <i>1-888-EBPARKS, Option 3, then 4532</i>	Oakland	<i>Huckleberry Path/ Skyline National Trail/ Huckleberry Path</i>	42
Miller/Knox Regional Shoreline <i>1-888-EBPARKS, Option 3, then 4544</i>	Richmond	<i>Old Country Road/ West Ridge/False Gun/Crest/ Old Country Road Trails</i>	44
Round Valley Regional Preserve <i>1-888-EBPARKS, Option 3, then 4556</i>	Brentwood	<i>Miwok/Hardy Canyon Trails</i>	46
Sobrante Ridge Regional Preserve <i>1-888-EBPARKS, Option 3, then 4534</i>	Richmond	<i>Sobrante Ridge/Manzanita/ Manzanita Loop/ Sobrante Ridge/Conestoga Way/ Carriage Drive/Coach Drive</i>	48
Tilden Nature Area <i>1-888-EBPARKS Option 3, then 4564</i>	Berkeley	<i>Laurel Canyon Trail/ Wildcat Peak/Sylvan/ Jewel Lake Trails</i>	50



TRAILS CHALLENGE 2016

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Intensity
●	●		Partial Use			2.0 Round Trip	Moderate
●	●	●	●			3.15 Loop	Moderate
●	●	Partial Use	●	Partial Use		3.21 Loop	Moderate
●						1.7 Loop	Moderate
●	●					2.6 Loop	Moderate
●			●			4.75 Loop	Moderate
●	●	●				3.42 Loop	Moderate
●						3.15 Loop	Moderate



At-a-Glance Featured Trails • CHALLENGING •

East Bay Regional Park Park Office Phone Number	City	Trails	Page
Black Diamond Mines Regional Preserve <i>1-888-EBPARKS, Option 3, then 4506</i>	Antioch	<i>Nortonville Trail/Chaparral Loop/ Ridge Trail/Miner's Trail/Stewartville Trail/Star Mine Trail/Corcoran Mine Trail/Ridge Trail/Stewartville Trail</i>	52
Briones Regional Park <i>1-888-EBPARKS, Option 3, then 4508</i>	Martinez	<i>Blue Oak/Spengler/Briones Crest/ Seaborg/Crescent Ridge/Yerba Buena/Valley/Old Briones Road/ Spengler/Blue Oak Trails</i>	54
Garin/Dry Creek Regional Parks <i>1-888-EBPARKS, Option 3, then 4530</i>	Hayward	<i>High Ridge Loop Trail</i>	56
Las Trampas Regional Wilderness <i>1-888-EBPARKS, Option 3, then 4537</i>	San Ramon	<i>Chamise/Calaveras Ridge/Sulphur Springs/Virgil Williams /Madrone/ Corduroy Hills/Las Trampas Ridge/Bollinger Creek Trails</i>	58
Morgan Territory Regional Preserve <i>1-888-EBPARKS, Option 3, then 4546</i>	Livermore	<i>Condor/Coyote/Stone Corral/ Highland Ridge/Eagle/Volvon Loop/Blue Oak/ Hummingbird/ Volvon/Prairie Falcon Trails</i>	60
Sunol Regional Wilderness <i>1-888-EBPARKS, Option 3, then 4559</i>	Sunol	<i>Indian Joe Nature/Unnamed Connector/Hayfield Road/High Valley/Welch Creek Road/Upper Maguire Peaks/Maguire Peaks/ Maguire Peaks Loop/Maguire Peaks/Welch Creek Road/High Valley Road/Hayfield Road Trails</i>	62

TRAILS CHALLENGE 2016

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Intensity
●	●	Partial Use	Partial Use	Partial Use		7.9 Loop	Challenging
●	●		●			10.47 Loop	Challenging
●	●	●	●	Partial Use		5.61 Loop	Challenging
●	●	Partial Use	Partial Use			6.78 Loop	Challenging
●	●	Partial Use	Partial Use	Partial Use		6.85 Loop	Challenging
●	●	Partial Use	Partial Use			11 Loop	Challenging

Big Break Regional Shoreline

Big Break Trail to Marsh Creek

Length: 6.12-mile round trip **Elevation Gain:** Approximately 30 ft.

Location: Oakley

GPS Coordinates: 38.0089 N, 121.7321 W

Intensity: Easy



Park Features: Big Break Regional Shoreline, part of a larger estuarine region known as the “Inland Coast,” features beautiful delta views. It is home to many species of birds, fish, and other wildlife. Walks along the wetlands, and large, shaded picnic areas, make this a great place to gather with friends and family. A fishing and observation pier allows for a relaxing place to take in the scenic marshlands. Bring your canoe or kayak to the launch facility for a day on the water. Be sure to check out the interactive Delta Discovery Experience or the naturalist programs offered through the park’s visitor center.

Trail Highlights: Big Break Regional Trail provides a smooth ride alongside the delta, making it a perfect route for all park users, including hikers and bicyclists. Pack snacks, as there are benches and picnic tables to stop at along the trail. There is not much shade at this site, so keep this in mind on hot days. Bring plenty of water, and if you bring dogs, don’t forget to keep them on a leash. Restroom facilities are located near the visitor center and right before the transition onto Marsh Creek Trail.

Trail Directions: Big Break Regional Trail begins at Big Break Rd. (near the entrance to the shoreline). Begin heading east on this wide, multi-use trail. After .60-miles, the trail reaches the cul-de-sac of Piper Ln. Continue on Piper Ln, then make your first left onto Rutherford Ln. As Rutherford Ln. begins to curve right, turn left, and continue back onto the paved trail. Shortly after, you come out onto Merlot Ln. Continue on this street until Merlot Ct., then turn left back onto the paved trail. Follow this trail for the next 2-miles until you reach the Marsh Creek Bridge. Enjoy the view of the creek before turning around to retrace your steps back to the parking lot.

Driving Directions: Take Highway 4 east and exit CA-160 toward Rio Vista / Sacramento. Take the exit for Main St. / E 18th St. Turn right onto Main St. Turn left onto Big Break Road. Turn right into the park.

Park/Gate Hours: 8 a.m. to 5 p.m. (seasonal)

Fees: None

Website: www.ebparks.org/parks/big_break



Photo: Robin Mayoff

JERSEY ISLAND



DOGS ARE NOT ALLOWED OFF THE TRAILS. Dogs MUST be on leash at all times in the park.

- Featured Trail--Hiker, Horse, Bike
- Hiker, Horse, Bicycle Trail
- Mileage Between Points
- Parking
- Drinking Water
- Restrooms
- Information
- Picnic



Photo: Robin Mayoff

Carquinez Strait Regional Shoreline

George Miller Regional Trail

Length: 3.5 miles round trip **Elevation Gain:** None

Location: Martinez

GPS Coordinates: 38.036736, -122.179965

Intensity: Easy



Park Features: With a scenic drive and varying landscapes, this unique parkland has something for everyone. The hiking trails offer views of the strait and surrounding hills. The valley offers perches and nest sites for the red-tailed hawk, golden eagle and other bird species. Plant species found at the shoreline are typical of annual grassland and coastal vegetation. There are no reservable picnic or camping areas but there are plenty of areas to explore. Make sure to travel the recently restored scenic drive that stretches high above the shoreline offering views of bluffs and passing ships; it's a local favorite.

Trail Highlights: The newly restored George Miller Trail is a multi-use trail that provides breathtaking views of the Carquinez Strait along the entire route. The smooth path can accommodate hikers, cyclists, wheelchairs, and skaters. Picnic tables along the trail provide the opportunity to take a lunch break while enjoying the view. The closest restroom is located 1.75 miles away at the Nejedly Staging Area. There are not any water fountains, so be sure to carry plenty of water.

Trail Directions: George Miller Regional Trail is at the end of Carquinez Scenic Dr. Park on the side of the street and walk to trail entrance. The trail is 1.75 miles from end to end. When you reach the end, turn around and retrace your steps back to where you parked.

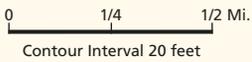
Driving Directions: From Interstate 680 North in Walnut Creek, take exit 56 for Waterfront Rd toward Marina Vista. Turn left onto Waterfront Rd. Continue onto Marina Vista. Turn right onto Alhambra Ave./Foster St. Take first left onto Buckley St. Take the third right onto Talbart St. Turn left onto Carquinez Scenic Dr./Snake Rd. Continue down Carquinez Scenic Dr. to the end.

From Highway 4 East, take exit 9 for Alhambra Ave.. toward Martinez. Turn left onto Alhambra Ave.. Turn left onto Buckley St. Take the third right onto Talbart St. Turn left onto Carquinez Scenic Dr/Snake Rd. Continue down Carquinez Scenic Dr. to the end.

Park Hours: 8 a.m. to dusk (seasonal)

Fees: None

Website: www.ebparks.org/parks/carquinez



-  Featured Trail--Paved Hiker, Horse, Bike
-  Hiker, Horse, Bike Trail
-  Mileage Between Points

-  Parking
-  Equestrian Staging
-  Restrooms
-  Information



Photo: Marc Clumpler

Dublin Hills Regional Park

Calaveras Ridge Regional/Donlon Loop/Calaveras Ridge Trails

Length: 4.03 miles round trip **Elevation Gain:** Approximately 946 ft.

Location: Dublin

GPS Coordinates: N37° 42.020' W121° 58.496'

Intensity: Easy



Park Features: With open valleys and steep slopes, Dublin Hills Regional Park offers an invigorating hike with spectacular views. Seasonal streams and springs provide habitat to animals such as Cooper's hawks, great horned owls, coyotes, deer, and frogs. Keep an eye out for the golden eagle, a protected species, which uses the area for hunting. The park has ample parking and restrooms available on site. The hike affords many views of the growing, surrounding community.

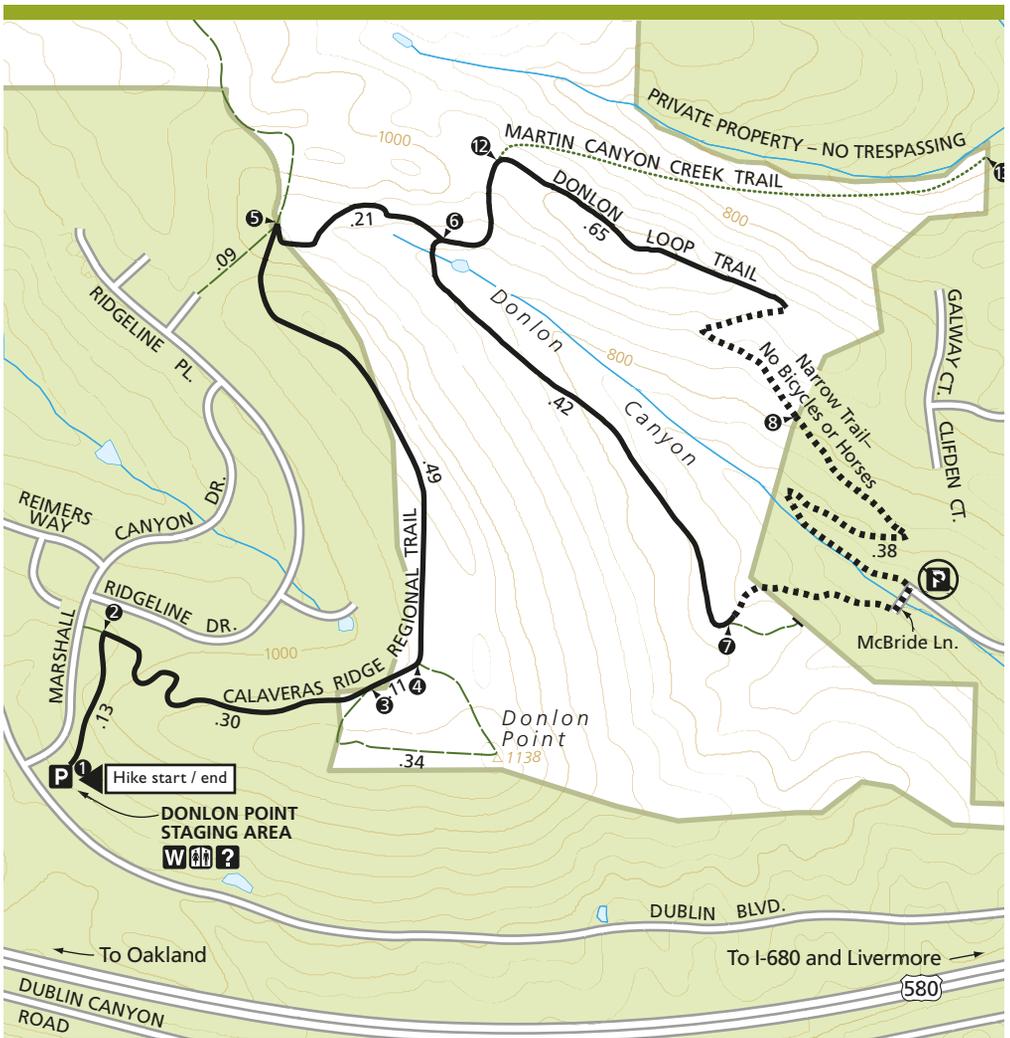
Trail Highlights: The Calaveras Ridge Trail begins near the Schaefer Ranch development and brings you to grassland areas grazed by cattle since the 1800s. The trail is completely exposed and doesn't provide any shade, so dress accordingly. There are restrooms and a drinking fountain in the Donlon Point staging area parking lot. Be sure to bring bug spray and check the cattle schedule!

Trail Directions: From Donlon Point staging area, walk through the cattle gate onto Calaveras Ridge Regional Trail. At the marker for Donlon Point, stay left to continue on Calaveras Ridge. At marker #5, take a sharp right onto Donlon Loop Trail. Pass marker #6 at the pond. After .15 miles, turn right at marker #12 so the treeline is to your left. Watch for a sign facing away from you that reads "hikers only beyond this point." Turn right here and start down the single track trail. At the bottom the trail approaches residences. Watch for a gate. Go through the gate and around the residences on your right on the street. Once around the residences, pick up the fire road for a steep ascent back to marker #6 to complete the Donlon Loop. After completing the 1.45-mile loop, follow your way back to Calaveras Ridge and make your way to the parking lot.

Driving Directions: From I-680 southbound in San Ramon, take Exit 31, the San Ramon Valley Blvd. exit. Turn left on San Ramon Valley Blvd. San Ramon Valley Blvd. becomes San Ramon Road. Continue south to Dublin Blvd. and turn right (west). Continue west on Dublin Blvd. for two miles. The staging area is on the right.

From I-680 northbound in Dublin, take exit 31, the Alcosta Blvd. exit. Turn left on Alcosta, and left again on San Ramon Road. Continue south to Dublin Blvd. and turn right (west). Continue west on Dublin Blvd. for two miles. The staging area is on the right.

From I-580 eastbound or westbound, take exit 44A, the San Ramon Road/Foothill Road exit, and turn north on San Ramon Road/Foothill Road to Dublin Blvd.



- Featured Trail--Hiker, Horse, Bike
- Featured Trail--Hiker Only
- Hiker, Horse, Bike Trail
- Hiker Only Trail
- ▼ .28 ▼** Mileage Between Points

- P** Parking
- W** Drinking Water
- ♿** Restrooms
- ?** Information

0 1/8 1/4 Mi.
Contour interval 40 feet



Turn west on Dublin Blvd. and drive for about two miles. The staging area is on the right.

Park/Gate Hours: 8 a.m. to dusk (seasonal)

Fees: None

Website: www.ebparks.org/parks/dublin_hills



Photo: John K.

Hayward Regional Shoreline

Cogswell Marsh Loop

Length: 2.9-mile loop **Elevation Gain:** Approximately 44 ft.

Location: Hayward

GPS Coordinates: 37.650241, -122.144195

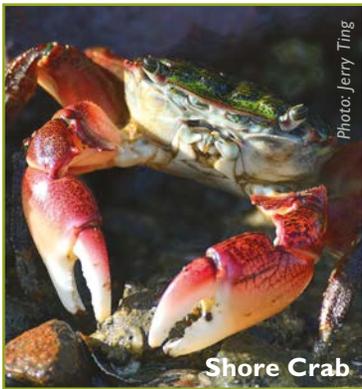
Intensity: Easy



PARTIAL
USE

Park Features: Hayward Regional Shoreline contains over a thousand acres of marshlands and seasonal wetlands. With five ponds and 15 islands, it's a great place for bird watching. Originally built for salt harvesting, the levees stretch along the bay, offering great vistas. You can fish from the levee, but you must have a fishing license. There are a variety of recreational activities to enjoy, including hiking, jogging, bicycling, and picnicking. Come visit and enjoy the fresh bay breezes!

Trail Highlights: The trail will walk you through Cogswell Marsh, a 250-acre salt marsh. This 2.9-mile loop offers views of the bay, mud flats, and the San Francisco skyline. This trail is on flat, graveled roads, and crosses over two footbridges. Dogs are not permitted in the southern portion of the park in order to protect nesting and feeding wildlife. A bench and informational displays can be found along the trail. Restrooms are available in the parking lot, but there is no water; be sure to bring your own. Please stay on the trail!



Trail Directions: This trail does not have any markers so be sure to bring a park map to guide you. Starting in the parking lot just past the park office, walk through the gate to start on the trail. Walk 0.83 miles to the Cogswell Marsh Loop. Continue on the loop for 1.2 miles until you arrive back at the starting point. The San Francisco Bay Trail intersects with the Cogswell Marsh Loop; be sure not to branch off from the trail.

Driving Directions: Take I-880 (Nimitz Freeway) north from Fremont or south from Oakland to Hayward. Exit the freeway at West Winton Avenue and follow West Winton westwards toward the Bay to the staging area.

Park/Gate Hours: 5 a.m. to 10 p.m.

Fees: None

Website: www.ebparks.org/parks/hayward



0 1/8 1/4 3/8 1/2 Mi.

North



- Featured Trail--Hiker, Bike
- Hiker, Bicycle Trail
- Mileage Between Points

- Parking
- Drinking Water
- Restrooms

- Information
- Telephone
- Gate

Health Tip: In California, drowning is the leading cause of death, disability, and injury for children under five years of age. Watch your children at all times near any water bodies. Never leave a child alone near water for any reason. A child can drown in less than two minutes, even if he or she knows how to swim.

Quarry Lakes Regional Recreation Area

Old Creek/California/Wood Duck/Old Creek/Western Pacific Trails

Length: 3.05-mile loop **Elevation Gain:** Approximately 22 ft.

Location: Fremont

GPS Coordinates: 37.577333, -122.006583

Intensity: Easy



PARTIAL
USE



PARTIAL
USE

Park Features: Quarry Lakes offers a variety of recreational activities for all to enjoy. The former site of a gravel quarry, the area now includes Horseshoe Lake and Rainbow Lake with beaches, swimming, and picnic areas. The swim complex is open year round. Trout and catfish are stocked in the lake, making this a great place to fish. A boat launch ramp is also available on site.

Trail Highlights: This loop offers views of three large lakes, waterfowl, wildlife, and the high summit of Mission Peak. The flat, gravel loop is easy to traverse and almost always offers a cool lakeside breeze. This trail is perfect for running, jogging, and bike riding. Amenities on the trail include drinking water, restrooms, and benches.



Photo: Enrique Romero

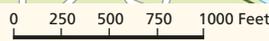
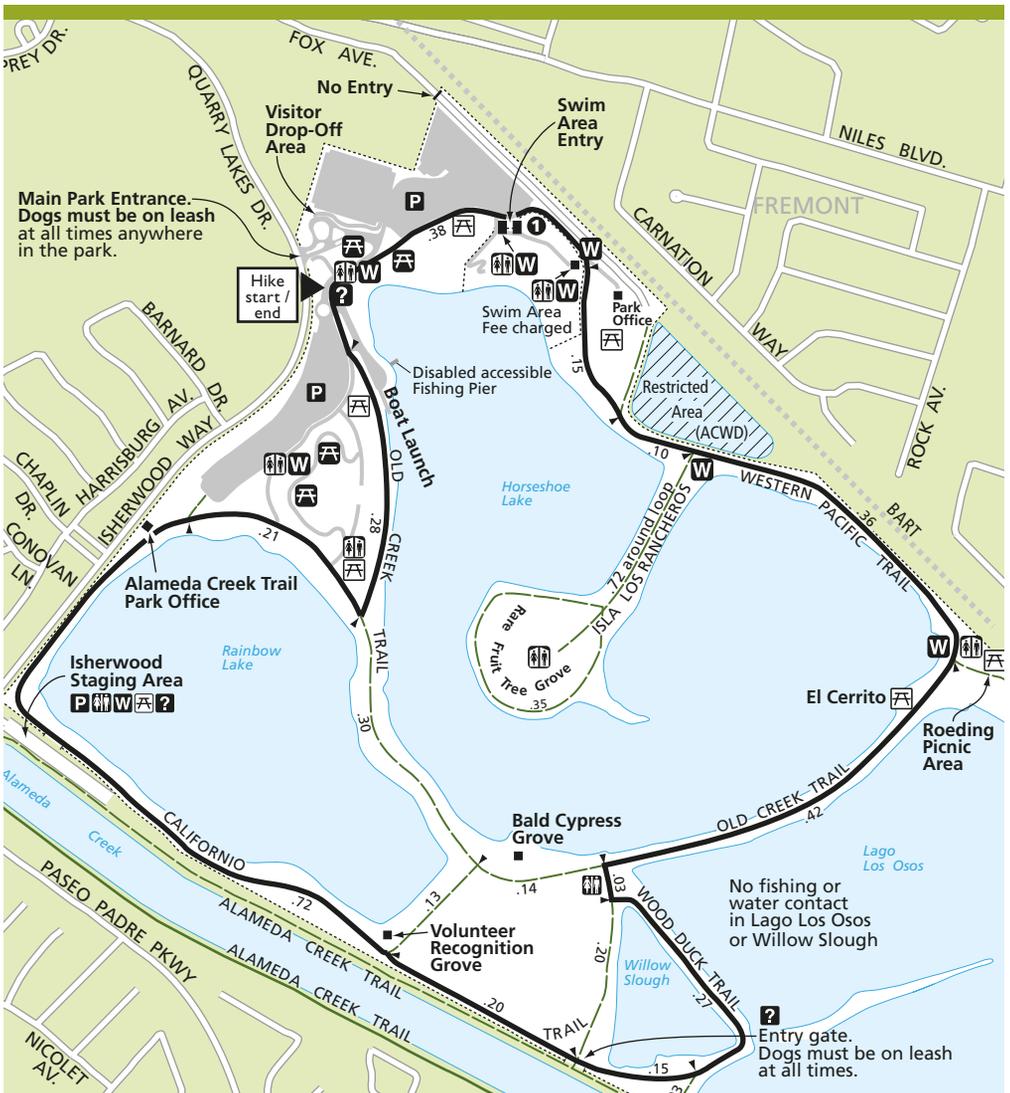
Trail Directions: From the parking lot near the Pescadero picnic area, head north past the restrooms to start on the Western Pacific Trail. Continue past the rare fruit trees; when you reach the George C. Roeding Jr. picnic area, veer to the right to take Old Creek Trail for 0.4 miles. Turn left onto Wood Duck Trail and then take an immediate left to continue around to the California Trail. The California Trail loops around Rainbow Lake; just past the Alameda Creek Trail park office, turn left back onto Old Creek Trail. Follow Old Creek around Horseshoe Lake back to the parking lot.

Driving Directions: From I-880 in Fremont, take the Decoto Road exit east and proceed to Paseo Padre Parkway. Turn right on Paseo Padre, then left on Isherwood Way. Proceed to the park entrance on the right. From Mission Blvd. (Hwy. 238) in Fremont, turn south on Nursery Ave. (away from the hills) and right (west) on Niles Blvd. Turn left on Osprey Drive and left on Quarry Lakes Drive. Proceed to the park entrance on the left.

Park Hours: Sunrise to dusk

Fees: \$5 per vehicle, \$4 per trailered vehicle \$2 per dog. Guide and service dogs free.

Website: www.ebparks.org/parks/quarry_lakes



- Featured Trail--Hiker, Horse, Bike
- Hiker, Horse Bicycle Trail
- Paved Trail--Hiker, Bicycle Trail
- Mileage Between Points

- Parking
- Drinking Water
- Restrooms
- Information
- Picnic
- Reservable Picnic

Health Tip: Your mind and body are connected – regular exercise can help lift your mood and reduce stress. Positive thinking helps you bounce back from difficult times and enjoy yourself and others more.

Shadow Cliffs Regional Recreation Area

Levee/South Arroyo/North Arroyo/Levee Trails

Length: 2.85-mile loop **Elevation Gain:** Approximately 236 ft.

Location: Pleasanton

GPS Coordinates: 37.671392, -121.844952

Intensity: Easy

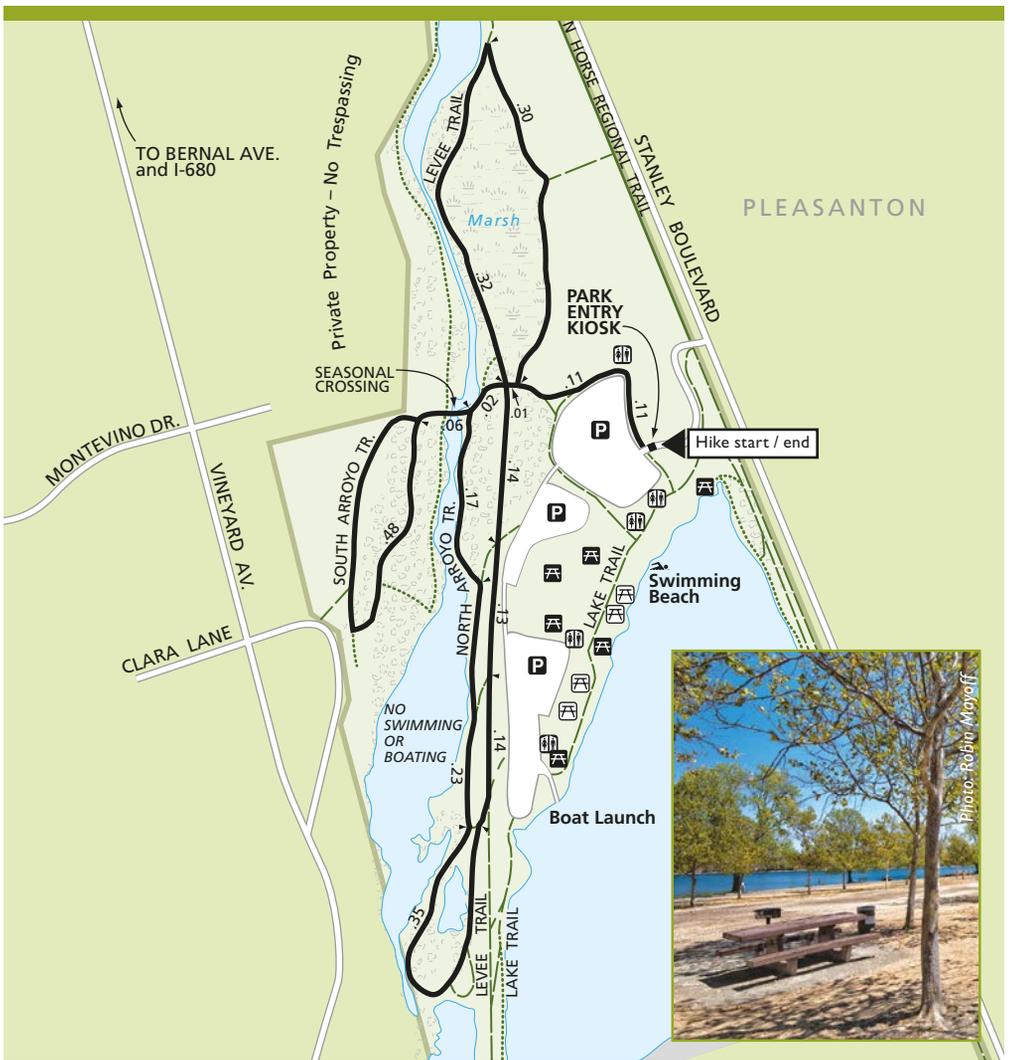


Park Features: Near downtown Pleasanton, Shadow Cliffs features an 80-acre lake, trails, and a seasonal swimming beach complete with refreshment stand and lifeguards. The park is a popular fishing spot. The District plants trout and catfish weekly and there is a fish cleaning station on site. Visitors can launch their own boat onto the lake for a fee. Boats, kayaks and paddle boards are available for rent at the marina as well. Ample parking and numerous picnic areas round out the impressive features this park has to offer.

Trail Highlights: Most of Shadow Cliffs was formerly a gravel quarry. Trails are graveled or dirt and are mostly flat and wide. There are no markers for these trails, so be sure to pick up a park map before you begin your hike. The trail offers views of the marsh and lake area, as well as a variety of habitats. Walk the Arroyo for a chance to glimpse or hear hawks, quail, heron, mallards, and other bird species. The trail runs along the shoreline; during the rainy season, it can be very wet. Water and restrooms are located at the picnic sites, and benches are located along the trail.

Trail Directions: Starting at the entry kiosk, head west away from the entry kiosk. Walk along the paved path keeping the parking lot on your left, then bear left around the parking lot. Go right at the park information signboard, along the right side of the marsh, parallel to Stanley Boulevard, looping around the marsh. At an intersection before the BMX park, take the Levee Trail to the left. When you reach the junction, cross over the water on the cement bridge to the right. After the bridge, head uphill on the middle path, then turn to the left. Take the South Arroyo Trail for 0.15 miles, which loops through the woodlands and along the arroyo's edge back to the concrete footbridge. Cross back over the bridge and turn right onto the North Arroyo Trail, heading along the arroyo and staying by the water. Head east on the trail as it takes you back along the waterline to a shaded, tree-lined area. The North Arroyo Trail will come out of the woodland and loop back around to the Levee Trail. Veer slightly right and up the hill to the Levee Trail. On the Levee Trail, turn left and head back to the intersection which will take you back to the entry kiosk.

Driving Directions: From I-580 in Pleasanton, take the Airway Blvd. exit and turn south, towards Pleasanton. Turn right on Kitty Hawk Rd., which becomes Isabel Ave. Turn left on Stanley Blvd. and proceed up on ramp. At the intersection, turn left on Stanley Blvd. and proceed to the park entrance about 2.2 miles on the left.



Park Hours: 5 a.m. to 10 p.m.

Park/Gate Hours: Varies monthly (check website for times)

Fees: \$6 per vehicle, \$5 per trailered vehicle, \$2 per dog. Guide/service dogs free.

Website: www.ebparks.org/parks/shadow_cliffs

Anthony Chabot Regional Park

MacDonald/Grass Valley/Ranch/Goldenrod/Buckeye

Length: 2.0-mile round trip **Elevation Gain:** Approximately 404 ft.

Location: Oakland

GPS Coordinates: 37.777556, -122.125028

Intensity: Moderate



Park Features: This 3,314-acre park sits in the hills above Oakland, and includes a beautiful, year-round public campground. A marksmanship range and miles of hiking and riding trails make this a must visit for outdoor enthusiasts. Anthony Chabot Family Campground overlooks Lake Chabot and offers walk-to tent sites, drive-to tent sites, and RV/trailer sites with full hook-ups. Group camping is also available. Horse boarding is available at Chabot Equestrian Center and Skyline Ranch Equestrian Center.

Trail Highlights: This trail starts at the Big Trees/Bort Meadow Staging Area on Redwood Road, mile marker 4.2. The route provides expansive views of Grass Valley and the surrounding hills, while traveling past oak and buckeye woodlands. Restrooms and drinking water are available at Bort Meadow Group Camp.

Trail Directions: From the gravel parking lot at the staging area, walk through the gate marked MacDonald Trail/East Bay Skyline Trail. After the gate, turn left on the spur trail towards Bort Meadow, then right onto Grass Valley Trail. Follow the marker to Ranch Trail through the cattle gates. Continue on Ranch Trail uphill. At the top of Ranch Trail, turn left onto Goldenrod Trail and continue towards Buckeye Trail. Turn left downhill onto Buckeye Trail and follow the steps down into the gorge. Walk along the creek bed and after crossing two bridges, walk through Bort Meadow Group Camp where restrooms and drinking water are available. Continue to Grass Valley Trail, which will take you back to MacDonald Trail. Follow this back to the staging area.

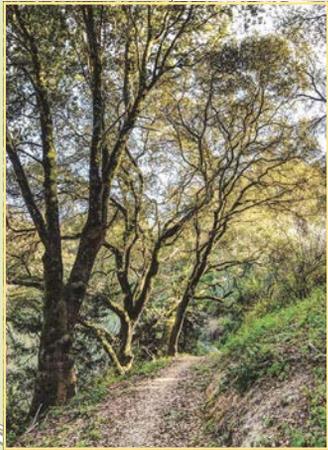
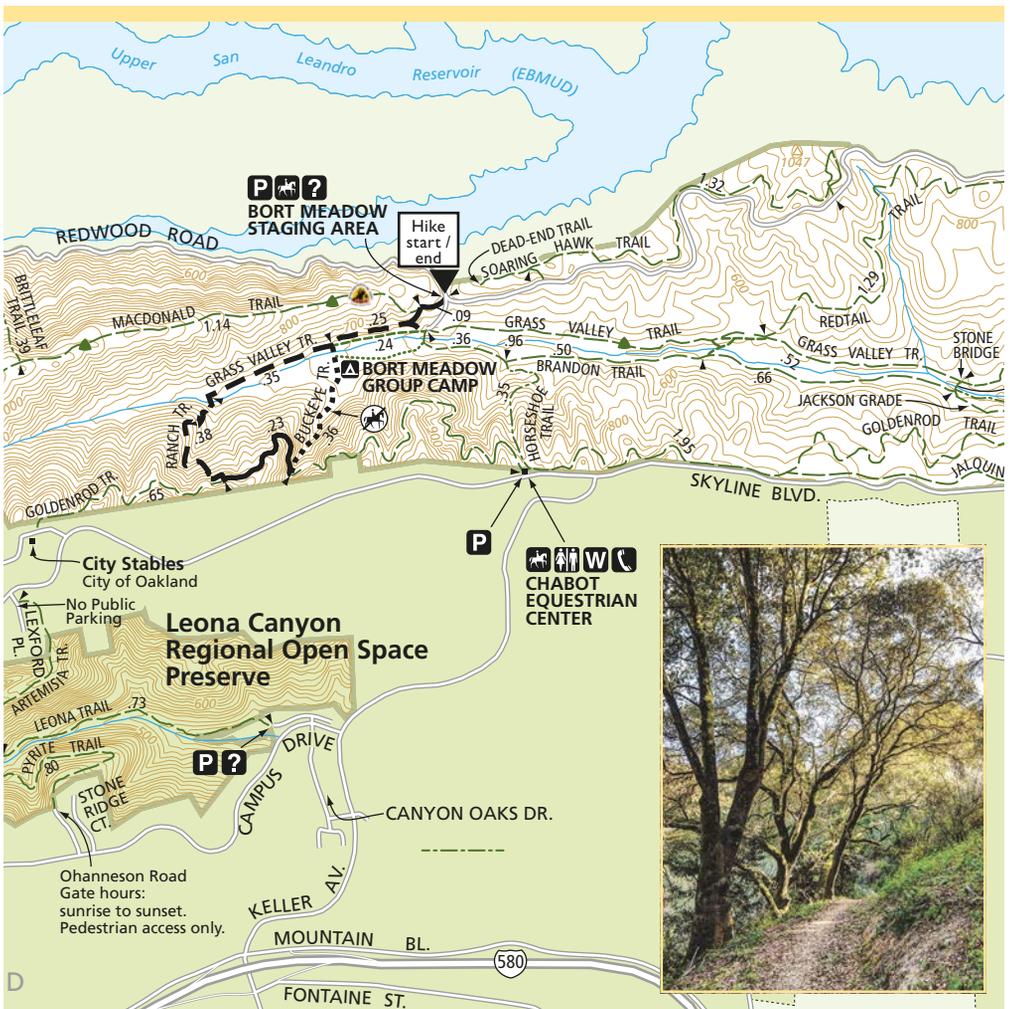
Driving Directions: From I-580 westbound in Castro Valley, exit Redwood Road, turn right onto Redwood Road. (From I-580 eastbound, take the Redwood Road exit and turn left onto Redwood Road.) Continue on Redwood Road 8.2 miles until you reach Bort Meadow Staging Area.

From Oakland, exit Highway 13 at Redwood Road. Turn onto Redwood Road heading up the hill. Continue 5.5 miles until you reach Bort Meadow Staging Area.

Park Curfew/Hours: 5 a.m. to 10 p.m.

Fees: None

Website: www.ebparks.org/parks/anthony_chabot



- Featured Trail--Hiker, Horse, Bike
- - - Featured Trail--Hiker, Bike
- Featured Trail--Hiker Only
- - - - Hiker, Horse, Bike Trail
- - - - Hiker, Horse Trail
- - - - Hiker, Bike Trail
- Hiker Only Trail
- ▼ .28 ▼ Mileage Between Points



0 1/4 1/2 Mi.
Contour interval 20 feet at right, 40 feet at left

- | | |
|-------------------------|----------------------|
| P Parking | Picnic |
| Equestrian Parking | Phone |
| W Drinking Water | ? Information |
| Restrooms | Group Camp |

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

Carquinez Strait Regional Shoreline

Hulet Hornbeck/Franklin Ridge Loop Trails

Length: 3.15-mile loop **Elevation Gain:** Approximately 1,049 ft.

Location: Martinez

GPS Coordinates: 38.017933, -122.147434

Intensity: Moderate



Park Features: With a scenic drive and varying landscapes, Carquinez Strait Regional Shoreline has something for everyone. The trail offers picturesque hillsides and partial views of the strait. Wildlife found in this area includes fox, deer, raccoons, squirrels, and gophers. Plant species found at the shoreline are typical of annual grassland and coastal vegetation. Although there are no reservable picnic or camping areas, there are many lovely areas along the trail to sit and eat.

Trail Highlights: After walking to the top of Franklin Ridge along the Franklin Ridge Loop Trail, the peaks of Mt. Tamalpais and Mt. Diablo dominate the horizon. Franklin Ridge also provides open views of Briones and Las Trampas Regional Parks, providing an opportunity to enjoy the beauty of the East Bay open spaces. The Nejedly Staging Area has a chemical toilet, picnic tables, and parking, but no water fountains; so be sure to carry plenty of water.



Photo: Marc Crumpler

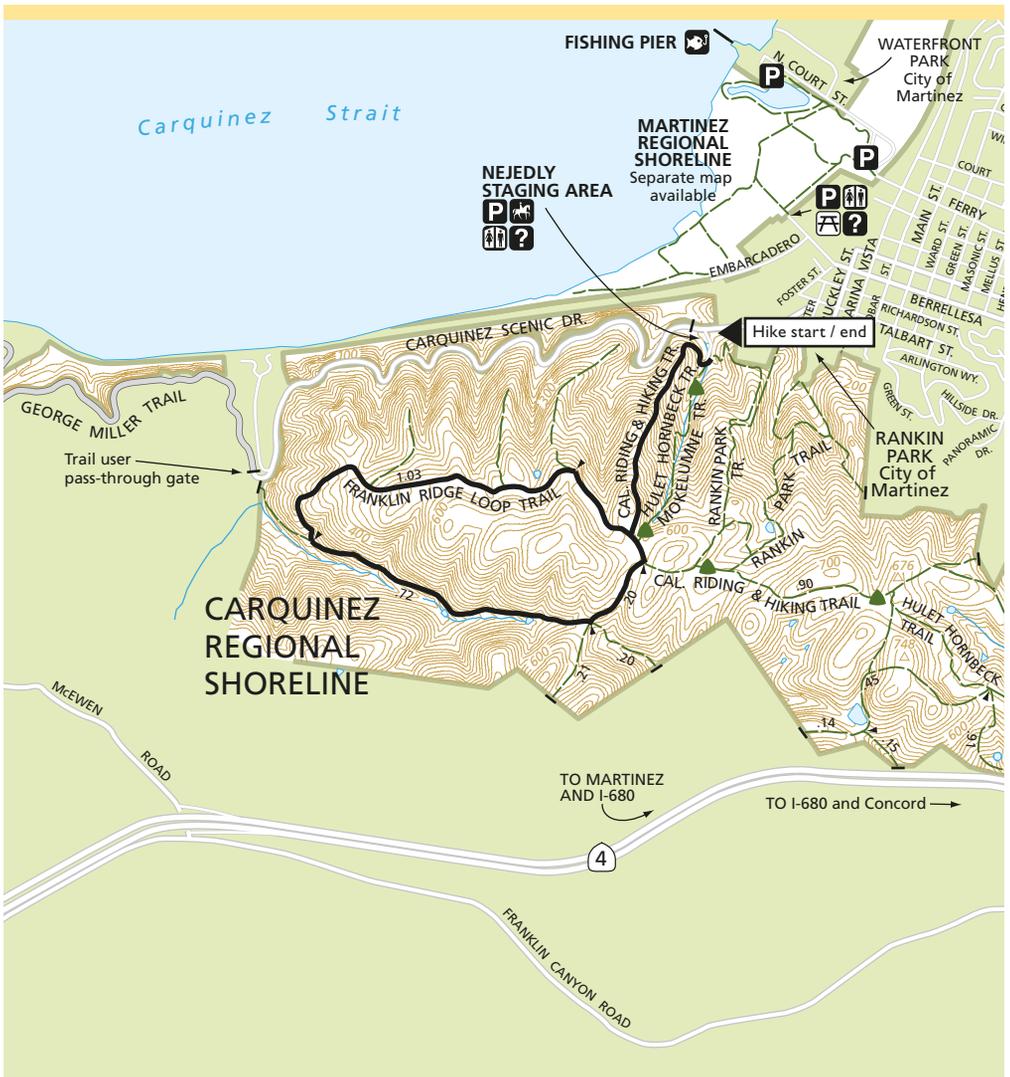
Trail Directions: From the top of the Nejedly Staging Area, turn right past the chemical toilet and walk through the gate to the Hulet Hornbeck Trail, which will dead end at the Franklin Ridge Loop Trail. Make a left at this dead end, walk the 2.25-mile loop, and then take the Hulet Hornbeck Trail back to the staging area.

Driving Directions: From Hwy. 4 in Martinez, exit at Alhambra Ave. and turn north into Martinez. In downtown Martinez, turn left onto Escobar Street, drive three blocks and turn right onto Talbart Street. Drive three blocks again and bear left onto Carquinez Scenic Drive. Drive to the Nejedly Staging Area entrance on the left.

Park/Gate Hours: 8 a.m. to dusk (seasonal)

Fees: None

Website: www.ebparks.org/parks/carquinez



- 0 1/4 1/2 Mi.
Contour Interval 20 feet
- North ↑
- Featured Trail-- Hiker, Horse, Bike
 - Hiker, Horse, Bike Trail
 - Mileage Between Points
 - Parking
 - Equestrian Staging
 - Restrooms
 - Information

Health Tip: Visit a farmer's market to find fresh new foods to add to your menu, and instead of salt, use herbs and spices for zest and to help lower your blood pressure.

Diablo Foothills Regional Park

Deer Canyon/Shady Canyon Trails

Length: 3.21-mile loop **Elevation Gain:** Approximately 1,415.68 ft.

Location: Walnut Creek

GPS Coordinates: 337.890715, -121.992987

Intensity: Moderate



PARTIAL
USE

PARTIAL
USE

Park Features: On the outskirts of Walnut Creek, Diablo Foothills Regional Park offers views of the San Francisco Bay Area and surrounding grasslands. The park is located next to the Castle Rock Recreation Area, which features picnic areas, a swimming pool, and sports fields. There are no facilities in the foothills, however there are vast open lands for hikers, bicyclists, and equestrians to explore. The ample wildlife, such as deer, coyote, fox, and ground squirrels, makes this a great place for animal observation and nature study. Sandstone rock formations and possible falcon sightings make for a memorable experience at this park.

Trail Highlights: This route provides the full experience of the Mt. Diablo ridgeline in a hike you can complete in an afternoon. Besides panoramic views of the mountain, you'll see interesting sandstone outcrops and beautiful wildflowers in season. Vegetation varies from grassland to oak woodland. This area is home to garter, gopher, and rattlesnakes as well as different species of lizards. Restrooms are available in the Castle Rock recreation area and at the Orchard staging area parking lot. There are no water fountains along the way, so bring plenty of water. The beginning of this hike has gradual climbs and some very steep sections, but later flattens out for a nice, easy cool-down on the way back.

Trail Directions: Starting at the Orchard staging area, head north towards Castle Rock Road to start on the Castle Rock Trail. Continue onto Borges Ranch Trail for .47 miles and turn left when you reach Shell Ridge Trail. After .13 miles, turn right to continue on Shell Ridge Trail. After about 1.19 miles, at the marker for Fairy Lantern Trail, turn left and then take another left after .2 miles back onto Castle Rock Trail. Stay to the left and continue on Castle Rock Trail. This portion is a single-track trail. Follow this back to the Orchard staging area parking lot.

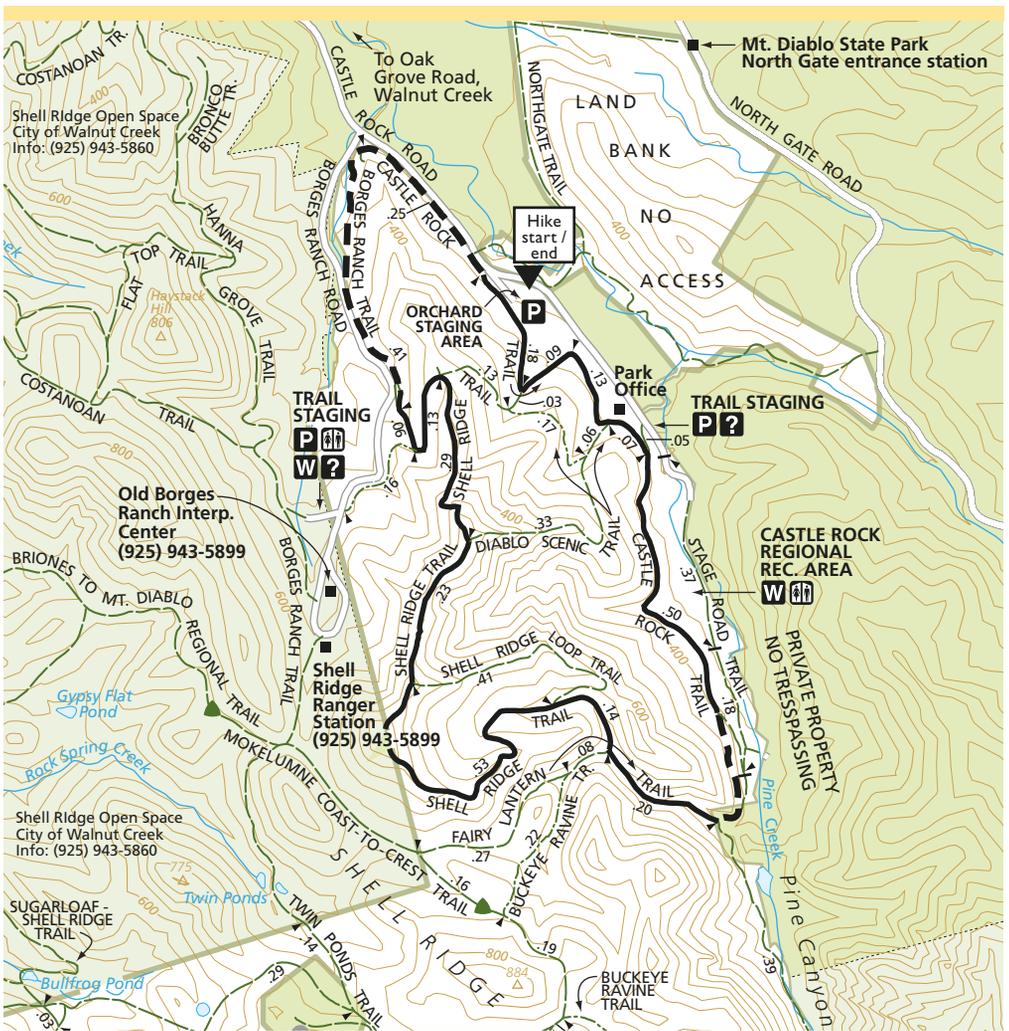
Driving Directions: Exit I-680 at Ygnacio Valley Road in Walnut Creek and drive east. After about three miles turn right on Walnut Avenue. After about two miles turn right on Oak Grove Road, then bear right onto Castle Rock Road and follow it to the Orchard Staging Area on the right.

Park/Gate Hours: 7:30 a.m. to dusk (seasonal)

Fees: None

Website: www.ebparks.org/parks/diablo_foothills





- Featured Trail--Hiker, Horse, Bike
- - -** Featured Trail--Hiker, Horse
- Hiker, Horse, Bike Trail
- Hiker, Horse Trail
- ▼ .28 ▼** Mileage Between Points

- P** Parking
- W** Drinking Water
- ♿** Restrooms
- ?** Information



Health Tip: Whether you're going for a power walk, playing an outdoor game, or just enjoying a sunny day, take care when the temperature rises and use commonsense precautions to prevent heart-related illnesses.

Huckleberry Botanic Regional Preserve

Huckleberry Path/Skyline National Trail/Huckleberry Path

Length: 1.7-mile loop **Elevation Gain:** Approximately 1,810 ft.

Location: Oakland

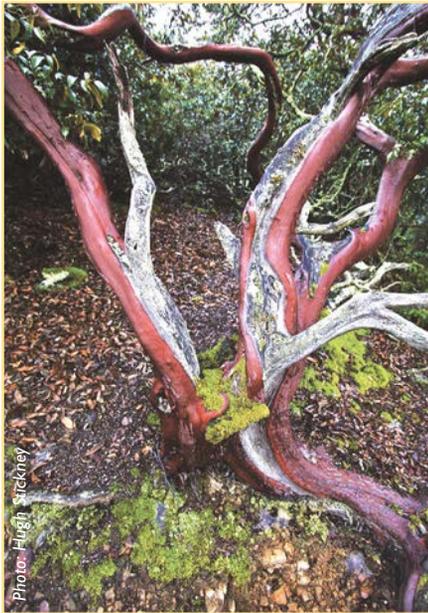
GPS Coordinates: 37.843520, -122.189730

Intensity: Moderate



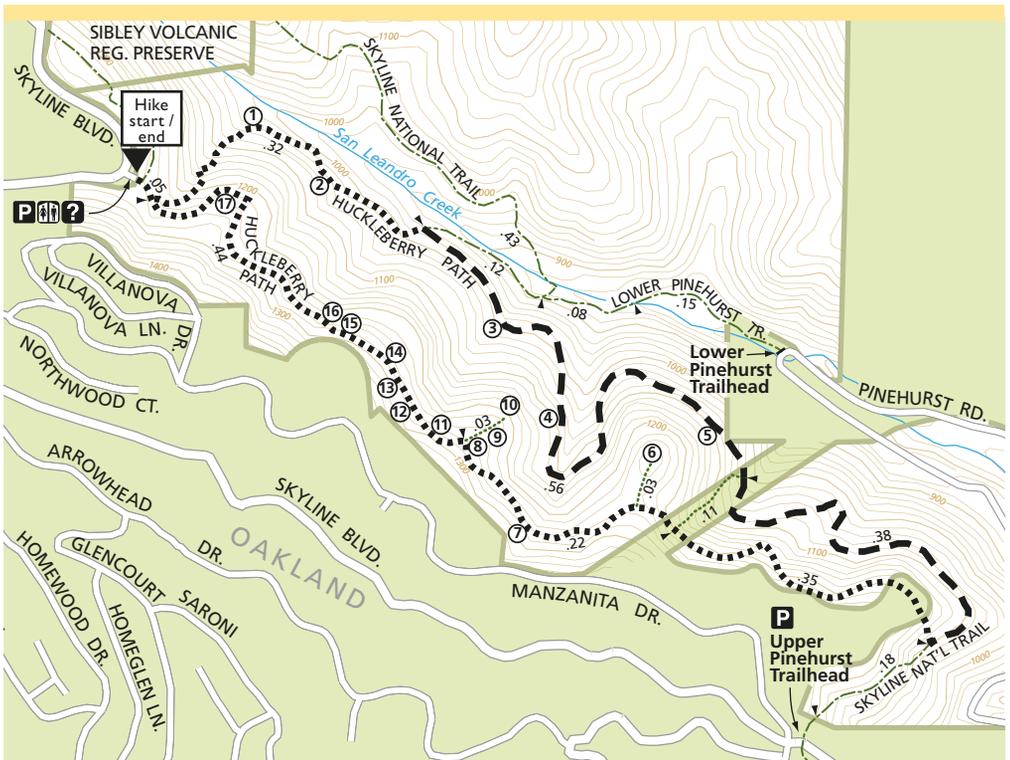
Park Features: If you're on the hunt for stunning evergreen plants, Huckleberry Botanic Regional Preserve is the place to go! This park features native plants that can only be found in certain areas along the California coast and are seen nowhere else in the East Bay region. With a self-guided nature path, and a 1.7-mile loop, you'll enjoy a wide variety of terrain and an almost year-round display of blossoming plants. The fragile nature of the preserve prohibits dogs, bicycles and horses.

Trail Highlights: : Along this narrow, winding path you'll see huckleberry, thimbleberry and a rare species of manzanita. Hiking on foot is the only way to explore the trail. Before hiking Huckleberry, it is helpful to pick up the self-guided brochure at the entrance. If you require a less strenuous trail, begin on the right fork, and return before it descends into the bay forest. Restrooms are available at the parking area but bring plenty of water as there are no water fountains on site.

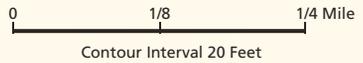


Trail Directions: From the parking lot on Skyline Blvd., follow the path to the first fork. At the fork, go left (towards the Skyline Trail) descending steeply. At the next fork, stay right, continuing through the Preserve on Huckleberry Path.

At this point you will be on the Skyline National Trail and in a beautiful wonderland of foliage and color (you may see a connector trail on the right after about half mile). You will leave the Skyline National Trail about .4 miles later, taking Huckleberry Path to the right. Along the way, you will pass signposts 6-17; continue straight past signpost #6. After ¼ mile go left, past signpost #8 and back to the parking area.



- — — — — Featured Trail--Hiker & Horses
- Featured Trail--Hikers Only
- Hiker & Horses
- Hikers Only
- ▼ .28 ▼ Mileage Between Points



- P** Parking
- Restrooms
- ?** Information



Driving Directions: From Highway 24 in Oakland, take the Fish Ranch Road exit just east of the Caldecott Tunnel. Continue 0.8 miles to Grizzly Peak Blvd. Turn left and go 2.4 miles on Grizzly Peak to Skyline Blvd. Turn left and drive approximately one-half mile to the park entrance on the left, past Sibley Volcanic Regional Preserve.

Park Hours: 5 a.m. to 10 p.m

Fees: None

Website: www.ebparks.org/parks/huckleberry

Health Tip: When you get outside and enjoy fun activities – hiking, walking, boating, or swimming – it’s important to stay hydrated. Drink plenty of water during light activities, and sports drinks with electrolytes and carbohydrates for more strenuous activities.

Miller/Knox Regional Shoreline

Old Country Road/West Ridge/False Gun/Crest/Old Country Road Trails

Length: 2.6-mile loop **Elevation Gain:** Approximately 631 ft.

Location: Richmond

GPS Coordinates: 37.9164, -122.38358333333

Intensity: Moderate



Park Features: Miller/Knox Regional Shoreline is an East Bay jewel. A secluded cove and swimming beach, a fishing pier at historic Ferry Point, and a ridgetop with panoramic views round out some of the incredible features this park has to offer. Numerous picnic areas on a tree-shaded lawn surround a saltwater lagoon and provide a great place to stop and enjoy the scenery. A mile-long jogging and bicycling trail loops around the lagoon, which is home and feeding ground to many waterfowl. At Keller Beach, visitors can wade and swim in the shallow waters of San Francisco Bay. The park is within easy walking distance to the historic Point Richmond community.

Trail Highlights: This one-of-a-kind shoreline provides rare native coastal prairie habitat, as well as vistas of Mt. Tamalpais across the bay, and a view to the east of industrial Richmond and WWII's famous Point Potrero shipyards. Have lunch and stroll among California landmarks and historic buildings at the point. Bring a map with you on the trail as many markers and trail identifiers are missing.

Trail Directions: From the parking lot, cross Dornan Dr. to get on the Old Country Road Trail, heading away from the large water tank on the hill. You'll begin on a wooden boardwalk. After 0.11 miles, turn right at the top of the stairs to continue another 0.25 miles on Old Country Road. Just before West Ridge Point, turn left onto West Ridge Trail. Climb very steeply 0.36 miles up to False Gun Loop. After you enjoy the 360-degree views, stay to the left and follow the marker for Crest Trail. Continue



on Crest Trail for 0.51 miles to Nicholl Knob, which is a look-out point with more great views. Descend from Nicholl Knob on the asphalt road, taking the first left onto Marine View Trail. Turn right shortly and follow the signs for Old Country Road. Continue past Dornan Grove Trail and turn right towards the Richmond Rambler's building which will lead you back to the parking lot.

Driving Directions: From I-580 in Richmond, exit at Canal Blvd. and turn south onto Canal Blvd. Turn right onto W. Cutting Blvd., then left onto S. Gerrard Blvd. Proceed through the tunnel, (S. Gerrard Blvd. becomes Dornan Dr.) drive for about one-half mile, and turn right into the Miller/Knox Regional Shoreline parking lot.



- 0 1/8 1/4 Mile
Contour interval 10 feet
- North
↑
- Featured Trail--Paved Bike Path
 - Featured Trail--Hikers Only, No Bikes
 - Paved Path, No Bikes
 - Hikers Only
 - ▽ .28 ▽ Mileage Between Points
 - P** Parking
 - W** Drinking Water
 - Restrooms
 - Playground
 - Reservable Picnic

Park Hours: 5 a.m. to 10 p.m

Fees: None

Website: www.ebparks.org/parks/miller_knob

Round Valley Regional Preserve

Miwok/Hardy Canyon Trails

Length: 4.75-mile loop

Elevation Gain: Approximately 980 ft.

Location: Brentwood

GPS Coordinates: 37.870245, -121.749937

Intensity: Moderate



Park Features: The place now known as Round Valley Regional Preserve is located within the homeland of the Volvon, a Bay Miwok-speaking tribe. The nearby Tamcan tribe spoke Delta Yokuts; the nearby Ssaoam and Souyen people spoke an Ohlone language. Once used for ranching and farming, Round Valley was acquired by the East Bay Regional Park District in 1988 and preserved as open space for public enjoyment. The park is open to hikers, horseback riders, and bicyclists (with some restrictions). Campsites are available by reservation. The sensitive nature of the wildlife habitat prohibits dogs.

Trail Features: The scenic valleys of the preserve feature spectacular views of the surrounding hills and Mt. Diablo. The route is a dirt trail with grassy hills and not much tree cover. Restrooms, water fountains, and picnic tables are available in the parking area. Grab a map from the parking lot to better guide you along the trail.

Trail Directions: From the parking lot, walk 0.11 miles to the cement bridge and stay to the right (if you want a more gradual climb then take a left to complete the route in reverse). Continue on Miwok Trail and stay along the property boundary. There are several unmarked trails that branch off, so be sure to follow the map and the trail markers. Cross a foot bridge and follow markers towards Hardy Canyon Trail. If you get to the Murphy Meadow marker you have gone too far. The split to Hardy Canyon is just past the horse-watering station; it will veer up to the left. Continue on Hardy Canyon for 3.07 miles. Walk past the picnic tables and creek; then you will walk up to the bridge that leads back to Miwok and the parking lot.

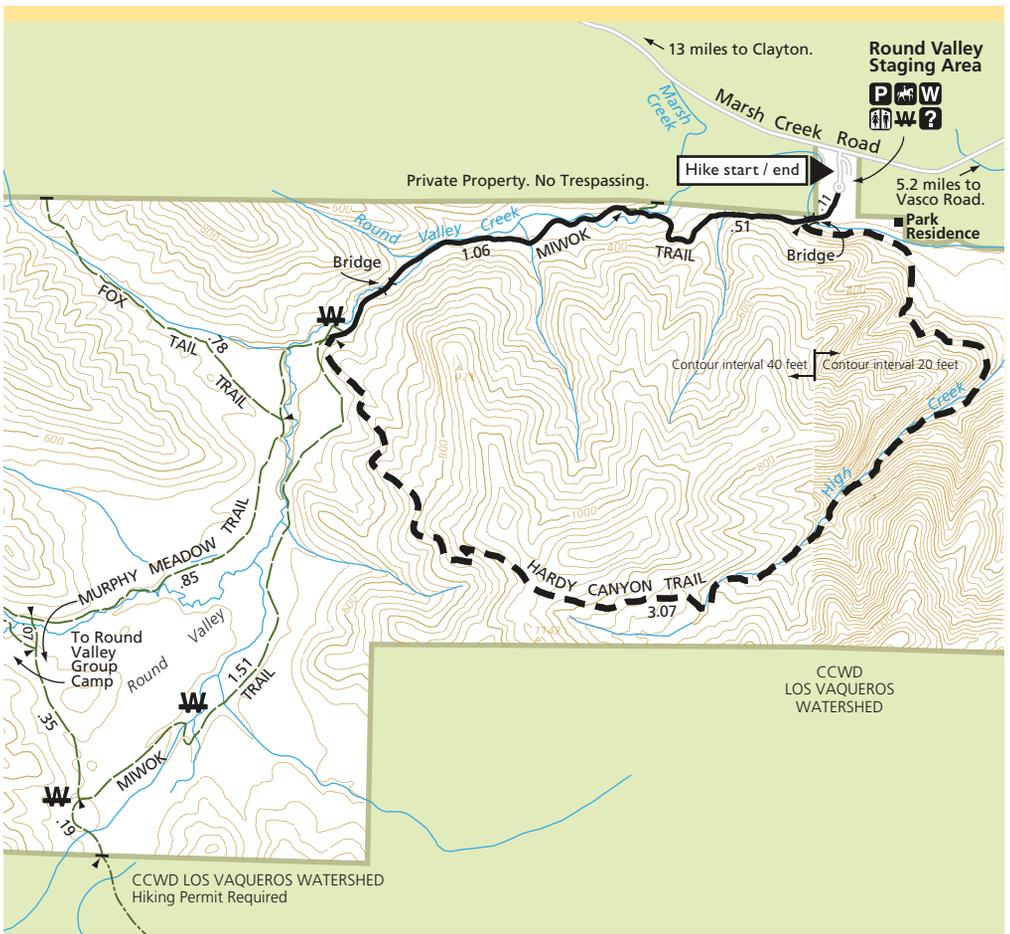
Driving Directions: From Walnut Creek: From I-680, exit at Ygnacio Valley Road. Proceed on Ygnacio Valley Road to Clayton Road in Concord and turn right (east). Clayton Road becomes Marsh Creek Road in Clayton. Proceed east on Marsh Creek Road, past Deer Valley Road, until you reach the preserve staging 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/Gate Hours: 8 a.m. to dusk (seasonal)

Fees: None

Website: www.ebparks.org/parks/round_valley



- Featured Trail--Hiker, Horse, Bike
- - -** Featured Trail--Hiker, Horse
- Hiker, Horse, Bicycle Trail
- - - -** Hiker, Horse Trail
- ▼ .28 ▼** Mileage Between Points

- P** Parking
- E** Equestrian Parking
- W** Drinking Water
- ?** Information

- ♿** Restrooms
- W** Horse Water
- Gate



Sobrante Ridge Regional Preserve

Sobrante Ridge/Manzanita/Manzanita Loop/Sobrante Ridge/Conestoga Way/Carriage Drive/Coach Drive

Length: 3.42-mile loop **Elevation Gain:** Approximately 1,468 ft.

Location: Richmond

GPS Coordinates: 37.969938, -122.259259

Intensity: Moderate



Park Features: Home to the extremely rare Alameda Manzanita and other indigenous plant and animal species, this small park is full of great sights. The Wildlife Refuge Pond is home to a variety of birdlife, including the protected golden eagle. A few benches and picnic tables overlook the hillsides. The trails in this hilly park are primarily dirt fire roads and a few single-track trails. Park activities include hiking, dog-walking, bird-watching, and bicycling on designated trails.

Trail Features: This trail offers gorgeous glimpses of the bay as well as a visit to an ancient manzanita grove. Along the way there are scattered oaks and grassy hills with seasonal wildflowers. There are no bathrooms in the park; a drinking fountain is available in the parking lot. Due to the varying elevations and uneven terrain, the trail is inaccessible by wheelchair. To make a complete loop, this hike finishes through the residential area adjacent to the park.

Trail Directions: From the parking lot, go up the hill 0.05 miles, then turn left onto the gravel trail, which becomes the Sobrante Ridge Trail. Stay on Sobrante Ridge until you reach Manzanita Trail. Turn right onto Manzanita, then stay left and complete the short Manzanita Loop. Return along the Manzanita Trail to the Sobrante Ridge Trail and turn right. Walk 0.15 miles and then veer left at the “Y” to follow the Sobrante Ridge Trail. At the tower, take a left onto the single track trail (Sobrante Ridge Trail) and follow it downhill until you reach the staging area in the residential area. Turn left on Conestoga Way, left on Carriage Dr., and then right on Coach Dr. to complete the loop and return to the staging area.

Driving Directions: From the Richmond/Oakland area: Take I-80 to the San Pablo Dam Road exit in Richmond. Turn south on San Pablo Dam Road and proceed through El Sobrante to Castro Ranch Road. Turn left on Castro Ranch Road, left on Conestoga Way, left on Carriage Drive, and right on Coach Drive. The entrance is at the end of Coach Drive.

From the Diablo Valley area: From Taylor Boulevard in Pleasant Hill turn right (west) onto Grayson Road. Turn right onto Reliez Valley Road. Go straight (west) on Alhambra Valley Road at its intersection with Reliez Valley Road. Turn left onto Castro Ranch Road, right onto Conestoga Way and follow directions above.

Park/Gate Hours: 5 a.m. to 10 p.m.

Fees: None

Website: www.ebparcs.org/parks/sobrante_ridge

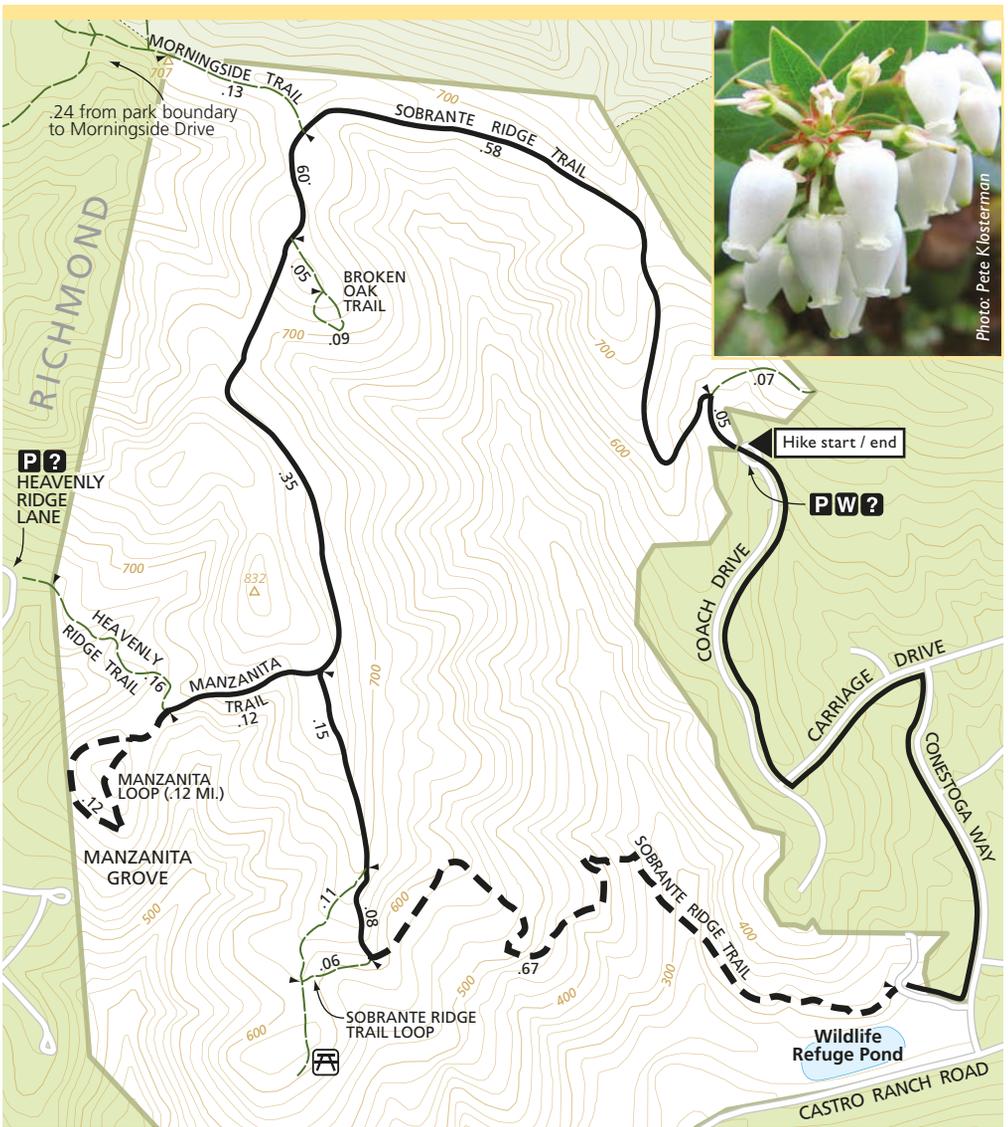
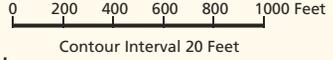


Photo: Pete Klosterman

- Featured Trail--Hiker, Horse, Bike
- - -** Featured Trail--Hiker, Horse
- Hiker, Horse, Bike
- ▼ .28 ▼** Mileage Between Points

- P** Parking
- ♿** Restrooms
- ?** Information



Health Tip: Form good exercise habits – make walking a part of your regular exercise routine. Add more exercise to your day by parking farther from the office or store and walking some extra steps.

Tilden Nature Area

Laurel Canyon Trail/Wildcat Peak/Sylvan/Jewel Lake Trails

Length: 3.15-mile loop **Elevation Gain:** Approximately 1,400 ft.

Location: Berkeley

GPS Coordinates: 37.910071, -122.264204

Intensity: Moderate



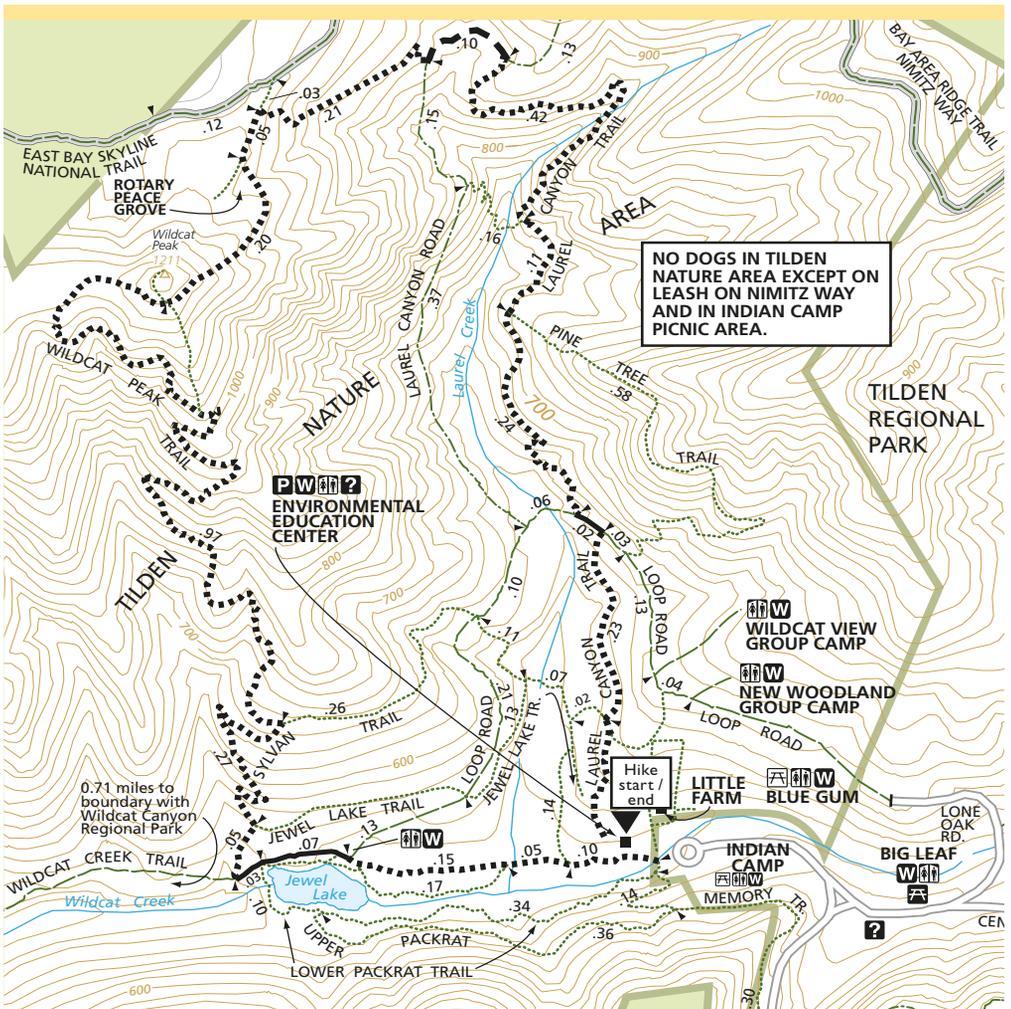
Park Features: These lands are a 740-acre nature preserve with over 10 miles of hiking trails, the renowned Environmental Education Center (EEC), the Little Farm, and Jewel Lake. The EEC features exhibits and park information. The farm, built in 1955, features a variety of farm animals. Visitors may bring lettuce or celery (only) to feed the animals. Dogs are NOT permitted; bicycle routes are limited.

Trail Highlights: Follow narrow, winding paths through shaded oak/bay woodland, rolling grasslands, and scented eucalyptus forests. Catch magnificent views atop 1,211-foot Wildcat Peak, then descend to historic Jewel Lake. You'll pass the waterworks of this small reservoir which once supplied East Bay communities; then return to the visitor center by way of the boardwalk.

Trail Directions: Start at the EEC where you'll find drinking water, restrooms, and trail maps. Begin your hike at the Laurel Canyon trail post on the EEC back lawn (the Laurel Canyon posts are marked with a bay leaf symbol). Pass two small buildings, a small pond, and then cross a dirt road as you follow Laurel Canyon Trail gently uphill through a eucalyptus forest. At Loop Road (the second dirt road) jog left for a few yards, then turn right and continue uphill as the trail climbs through oak/bay woodland. Pass the intersection with Pine Tree Trail, and then watch for a fork in the trail. Take the right fork "To Peak Trail," and continue uphill. Turn left onto the Laurel Canyon fire-road and take next right onto a steep, narrow path. Turn left at top and follow the dirt road to the summit. To return, retrace your steps and quickly turn right onto the Peak Trail that you passed on the way up. Continue down, staying on the main trail and ignoring unmarked forks. At the Sylvan Trail, turn right and follow it to the Jewel Lake Trail junction. Turn right (following duck symbol) at post #8 to the fire-road. Turn left here (at post #9), onto Wildcat Creek Trail. Continue straight along the dirt road to the EEC, or take the boardwalk by following the trail along the East side of the lake. After exiting the boardwalk, turn right onto the road to return.

Driving Directions: From Hwy 80: Take the University Avenue exit in Berkeley. Follow University towards the hills, turn left onto Oxford St. Turn right onto Rose St. Turn left onto Spruce St. Follow Spruce up the hill, you will reach a stop sign at the top of the hill, proceed through the intersection and turn immediately left down Canon Dr. At the bottom of Canon, veer left onto Central Park Drive and follow into the parking lot for the Nature Area.

From Hwy 24: Exit at Fish Ranch Road. Take Fish Ranch Road to Grizzly Peak Blvd.



NO DOGS IN TILDEN NATURE AREA EXCEPT ON LEASH ON NIMITZ WAY AND IN INDIAN CAMP PICNIC AREA.

- Featured Trail--Hiker, Horse, Bike
- Featured Trail--Hikers Only
- Paved Trail--Hiker, Horse, Bike
- Hiker, Horse, Bike Trail
- Hikers Only
- Mileage Between Points



- Parking
- Drinking Water
- Restrooms
- Information

and turn right. Continue on Grizzly Peak Blvd. until you come to the intersection of Spruce Street, Wildcat Canyon Road and Canon Drive. Turn right on Wildcat Canyon Rd., then immediately make a sharp left down Canon Drive. At the bottom of the hill, veer left onto Central Park Drive and follow into the parking lot for the Nature Area.

Park/Gate Hours: 5 a.m. to dusk (seasonal)
Fees: None **Website:** www.ebparks.org/parks/tilden/tna

Black Diamond Mines Regional Preserve

*Nortonville Trail/Chaparral Loop/Ridge Trail/Miner's Trail/Stewartville Trail/
Star Mine Trail/Corcoran Mine Trail/Ridge Trail/Stewartville Trail*

Length: 7.9-mile loop **Elevation Gain:** Approximately 2113 ft.

Location: Antioch

GPS Coordinates: 37.9583 N, 121.8632 W

Intensity: Challenging



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USE

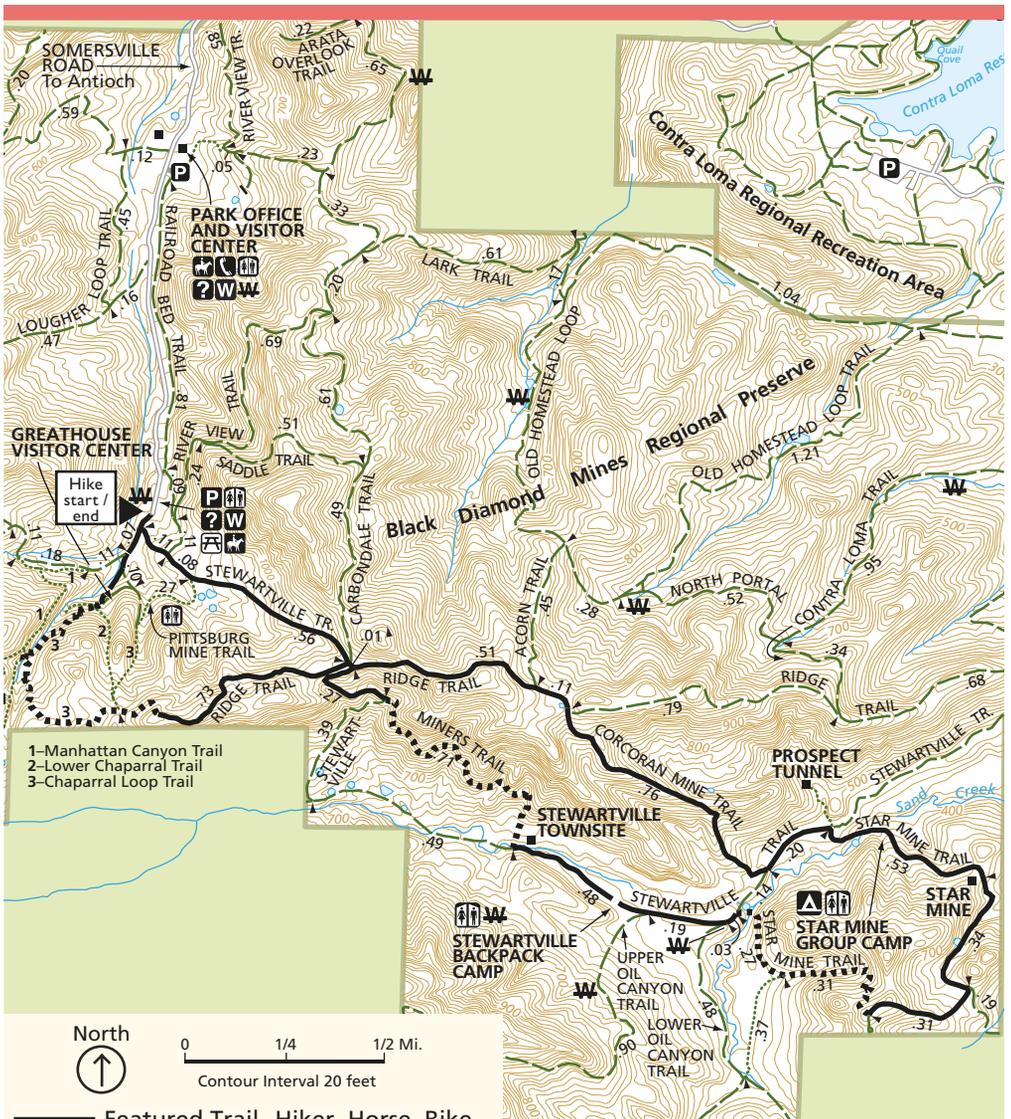
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USE

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Park Features: Once home to Bay Miwok-speaking people, ranchers, and coal and sand miners, Black Diamond Mines Regional Preserve is an ideal location for hiking, picnicking and nature study. The park features two visitor centers (one underground), a guided mine tour, and a historic cemetery. Its 65 miles of trail offer spectacular views and a firsthand look at unique rock outcroppings and unusual vegetation. There is a group camping area and a backpack campsite available by reservation. The Hazel-Atlas Mine Tour offers an up-close look at the historic coal and sand mining operations that took place at this very spot decades ago.

Trail Highlights: This trail takes you through tall manzanita chaparral and over erosion-carved sandstone rock and boulders. Once bustling with small mining towns, the rolling hills are now peaceful and quiet. This route provides views of both Antioch and Brentwood. Picnic tables, chemical toilets, BBQ pits, water fountains, and overflow parking are available across from the main parking lot. Restrooms and shaded picnic areas are also available at Stewartville backpack camp and Star Mine group camp. Take a break at the old site of Stewartville Township and read the info panel to learn more about the old town and railroad. Take a side trip to the Prospect Tunnel (bring a flashlight) to explore this 200-foot excavation.

Trail Directions: Starting at the upper parking lot, head past the restrooms to Nortonville Trail. Go straight towards the Greathouse Visitor Center and climb the stairs to the right of the entrance. At the top, take a sharp right to get onto the Chaparral Loop Trail. Continue uphill and to the left of the water tank, where the trail narrows. After the second set of steps, stay right to continue on Chaparral Loop. Cross the footbridge; when you reach the electric tower stay left. Where Chaparral and Ridge Trail meet, continue straight, uphill, on Ridge Trail. After the trail widens, turn right through the cattle gate onto Stewartville Trail, and then turn right again. After winding around Stewartville Trail, turn left at the marker for Miner's Trail. Miner's Trail is very narrow and you'll follow it until it comes out on Stewartville Trail. At the info panel, turn left. Just past the horse-watering station and corral, veer right to take Star Mine Trail. Turn left at the intersection and go uphill. When you reach the junction with the Stewartville Trail, continue straight for the Prospect Tunnel exploration, or turn left to continue your hike. At the marker for Corcoran, veer right and follow the narrow trail uphill. When you get back to Ridge Trail, turn left and continue to the Stewartville Trail junction. At the intersection, turn right then go through the cattle gate and continue downhill back on the Stewartville Trail. Follow this back to the parking lot.



— Featured Trail—Hiker, Horse, Bike

..... Featured Trail—Hiker Only

— Hiker, Horse, Bicycle Trail

..... Hiker Only Trail

↕ .28 ↕ Mileage Between Points

P Parking

Equestrian Parking

W Drinking Water

Restrooms

? Information

Phone

Picnic

Horse Water

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

Park/Gate Hours: 8 a.m. to dusk (seasonal)

Fees: \$5 per vehicle (when kiosk is attended), \$4 per trailered vehicle

\$2 per dog. Guide/service dogs free. **Website:** www.ebparks.org/black_diamond

Briones Regional Park

Blue Oak/Spengler/Briones Crest/Seaborg/Crescent Ridge/Yerba Buena/Valley/Old Briones Road/Spengler/Blue Oak Trails

Length: 10.47-mile loop **Elevation Gain:** Approximately 2133 ft.

Location: Martinez

GPS Coordinates: 37.939569, -122.101136

Intensity: Challenging

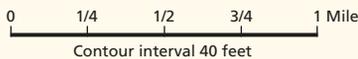
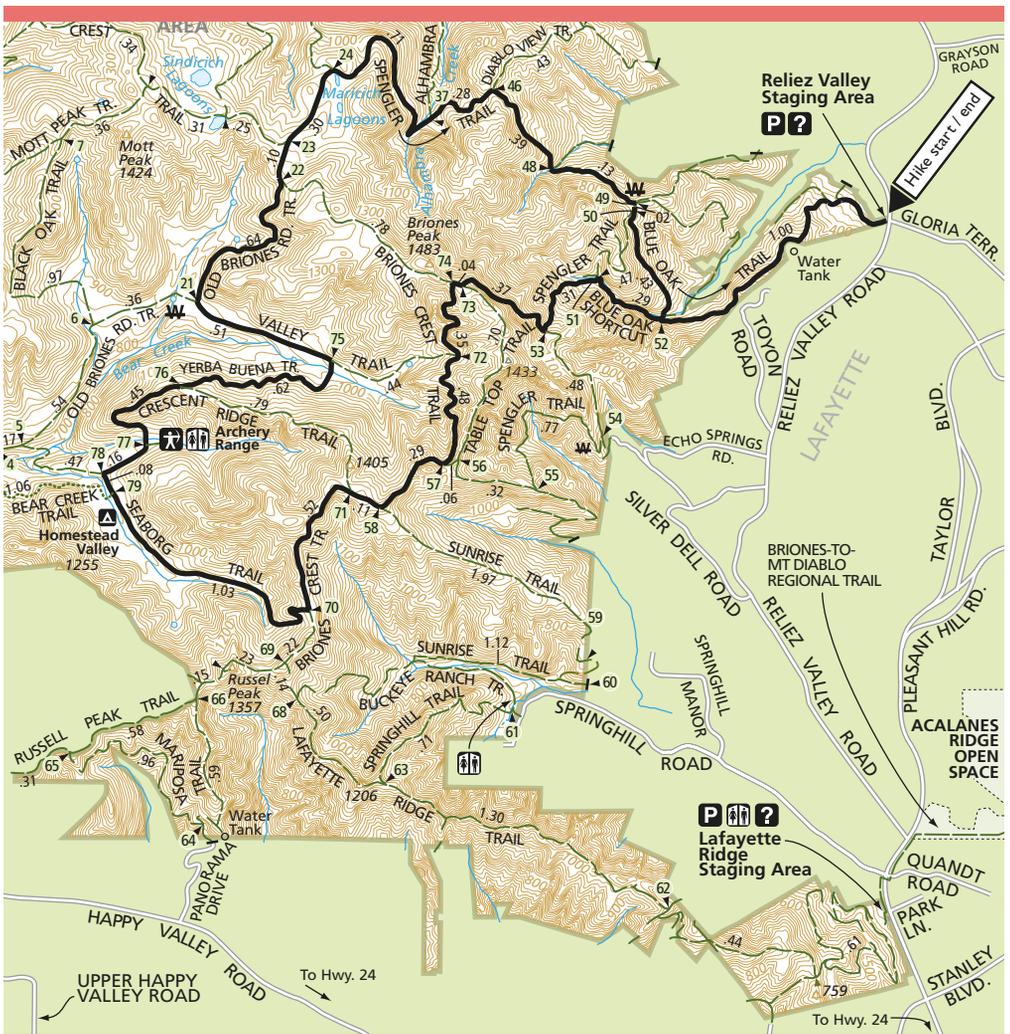


Park Features: Surrounded by cities on all sides, Briones Regional Park is a large and secluded oasis. Its high peaks offer views of the watershed lands in all directions. There are gorgeous wildflower displays in season. Briones is an ideal park for hiking, running, horseback riding, picnicking, bird watching, and other recreational activities, including kite flying and photography. The park contains three group camping areas and an archery range. With rolling, grassy hills and shady canyons, Briones has something for everyone.

Trail Highlights: With expansive views of Martinez and Carquinez Strait, this trail is as beautiful as it is challenging. There are lush ferns along the wooded portions of the trail, where you can seek a little shade. On a clear winter day you might see the Sierra Nevada range from the ridgetops. Restrooms are available at the archery range. There are no water fountains; bring plenty of water.

Trail Directions: Starting in the Reliez Valley Staging Area in Martinez, follow the trail, continuing straight at marker #52 onto Blue Oak Shortcut. At marker #51, turn left onto Spengler Trail. Stay to the right on Spengler, then turn right at marker #53 towards Table Top Trail. At marker #73, take a right onto Briones Crest Trail. At the next marker, #74, turn left downhill, then take a slight left to stay on Briones Crest. At the next fork go right, then make a right through the cattle gate onto Seaborg Trail. Stay on Seaborg past marker #78. At marker #79, turn right onto Crescent Ridge Trail. On Crescent Ridge Trail near the archery club, there is a shaded picnic area as well as a pit toilet. Continue uphill past the archery club and veer left onto Yerba Buena at marker #76. When you reach another cattle gate, pass through the meadow, then turn left onto Valley Trail at marker #75. Near the stables on Valley Trail at marker #21, turn right onto Old Briones Rd. Near the top of Old Briones Rd. you'll walk through the cattle gate to marker #22. Veer left onto Briones Crest Trail. Follow this straight, it will become Old Briones Road again. At marker #24, turn right onto Spengler; Maricich Lagoon will be on your right. Read the info panel to find out about local amphibians. After the next cattle gate, you'll reach the split for Spengler and Alhambra Trails. Keep right on Spengler, first heading uphill. Stay on Spengler Trail as it leads you downhill to the right. When you reach the horse watering station, turn right at the fork, then immediately down to the left, following the marker onto Blue Oak Trail. The loop is now completed and you must turn left at marker #52 to go back to the Reliez Valley staging area.

Driving Directions: From CA-24E exit on Pleasant Hill Road north. Veer left at the Taylor Blvd. Turn left on Withers Ave., then right on Reliez Valley Road. The Reliez Valley staging area is about .17 miles ahead, directly across from Gloria Terrace.



- | | | |
|---|-------------------------|----------------------|
| — Featured Trail--Hiker, Horse, Bike | P Parking | ▲ Res. Camp |
| - - - Hiker, Horse, Bicycle Trail | W Drinking Water | ♣ Archery |
| ⋯ Hiker Only Trail | ♿ Restrooms | W Horse Water |
| 12 25
28 25
▼ | ? Information | - Gate |
| Post Numbers/Mileages | | |

Park Curfew/Gate Hours: 8 a.m. to dusk (seasonal)

Fees: \$3 per vehicle (when kiosk is attended), \$3 per trailered vehicle, \$2 per dog. Guide/service dogs free.

Website: www.ebparks.org/parks/briones

Garin/Dry Creek Regional Parks

High Ridge Loop Trail

Length: 5.61-mile loop **Elevation Gain:** Approximately 1,217 ft.

Location: Hayward

GPS Coordinates: 37.628153, -122.029180

Intensity: Challenging



PARTIAL
USE

Park Features: With a long list of park activities to enjoy, Garin/Dry Creek Regional Parks are a great place to spend the day and explore. The park, formerly a ranch, includes a kite-flying field, the beautiful Dry Creek gardens, a seasonal visitor center, four group picnic areas, and over 20 miles of trails. Jordan Pond and the pier along it are great places to fish for bass and bluegill. You may find cows grazing in the park year-round, so keep your eyes peeled.

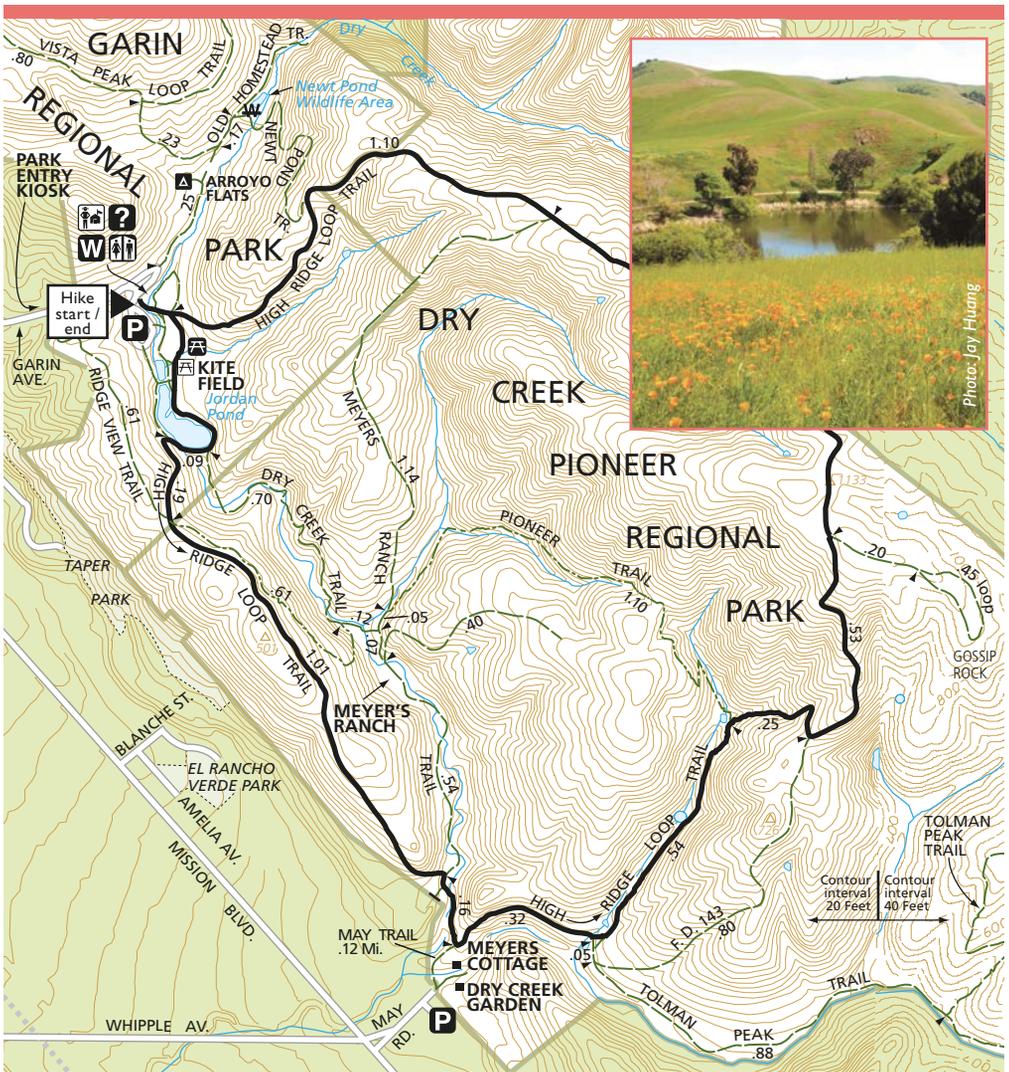
Trail Highlights: This route traverses open grasslands and deep, wooded canyons, reaching elevations over a thousand feet. Summer temperatures can be quite warm, so it's recommended this hike be done during the spring or late fall. Restrooms and water fountains are available at the picnic areas; there are shaded portions of the trail to stop, rest, and take in the views.

Trail Directions: Cross the bridge from the parking lot and walk straight across through the cattle gate to High Ridge Loop Trail. When you reach an old, faded marker, stay right to continue on High Ridge Trail. When you walk down the gorge and come to the split for Pioneer Loop, follow the sign to the left for "Ride Loop" (this is a typo and is actually High Ridge Loop). At the next fork, there is a small pond, and benches to take a break. Continue right on High Ridge and when you come down the hill to Jordan Pond, turn right to loop around the pond, back to the parking lot. You can also turn left but if you go this route, you will have to cross the edge of Jordan Pond to get back to the bridge leading to the parking lot.

Driving Directions: From I-880: Exit at Industrial Parkway W. in Hayward and head east toward the hills. Turn right at Mission Blvd., and left onto Garin Avenue into the park.

From I-580 eastbound (Oakland, Berkeley, etc.): Take the I-238 exit and keep left for downtown Hayward. Continue onto Foothill Blvd. for about 2 miles. Take a slight left onto Mission Blvd. Follow Mission Blvd. for about 5 miles and then turn left onto Garin Avenue in Union City.

From I-580 westbound (Tri-Valley Area): Take the Strobbridge Avenue exit. At the end of the ramp turn right onto Strobbridge Avenue. At the first stop light turn left onto Castro Valley Blvd. Follow Castro Valley Blvd. under the freeway and then turn left onto Foothill Blvd. Continue on Foothill Blvd. for about 2 miles. Take a slight left onto Mission Blvd. Follow Mission Blvd. for about 5 miles and then turn left onto Garin Avenue.



0 1/4 1/2 Mi.

North



- Featured Trail--Hiker, Horse, Bike
- Hiker, Horse Bicycle Trail
- Hiker, Horse Trail
- Mileage Between Points

- Visitor Center
- Parking
- Drinking Water
- Restrooms

- Information
- Picnic
- Reservable Picnic

Park Hours: 8 a.m. to dusk (seasonal)

Fees: \$5 per vehicle (when kiosk is attended), \$4 per trailered vehicle, \$2 per dog. Guide/service dogs free.

Website: www.ebparke.org/parks/garin

Las Trampas Regional Wilderness

*Chamise/Calaveras Ridge/Sulphur Springs/Virgil Williams /Madrone/
Corduroy Hills/Las Trampas Ridge/Bollinger Creek Trails*

Length: 6.78-mile loop **Elevation Gain:** Approximately 2,273 ft.

Location: San Ramon

GPS Coordinates: 37.816583, -122.049639

Intensity: Challenging



PARTIAL
USE

PARTIAL
USE

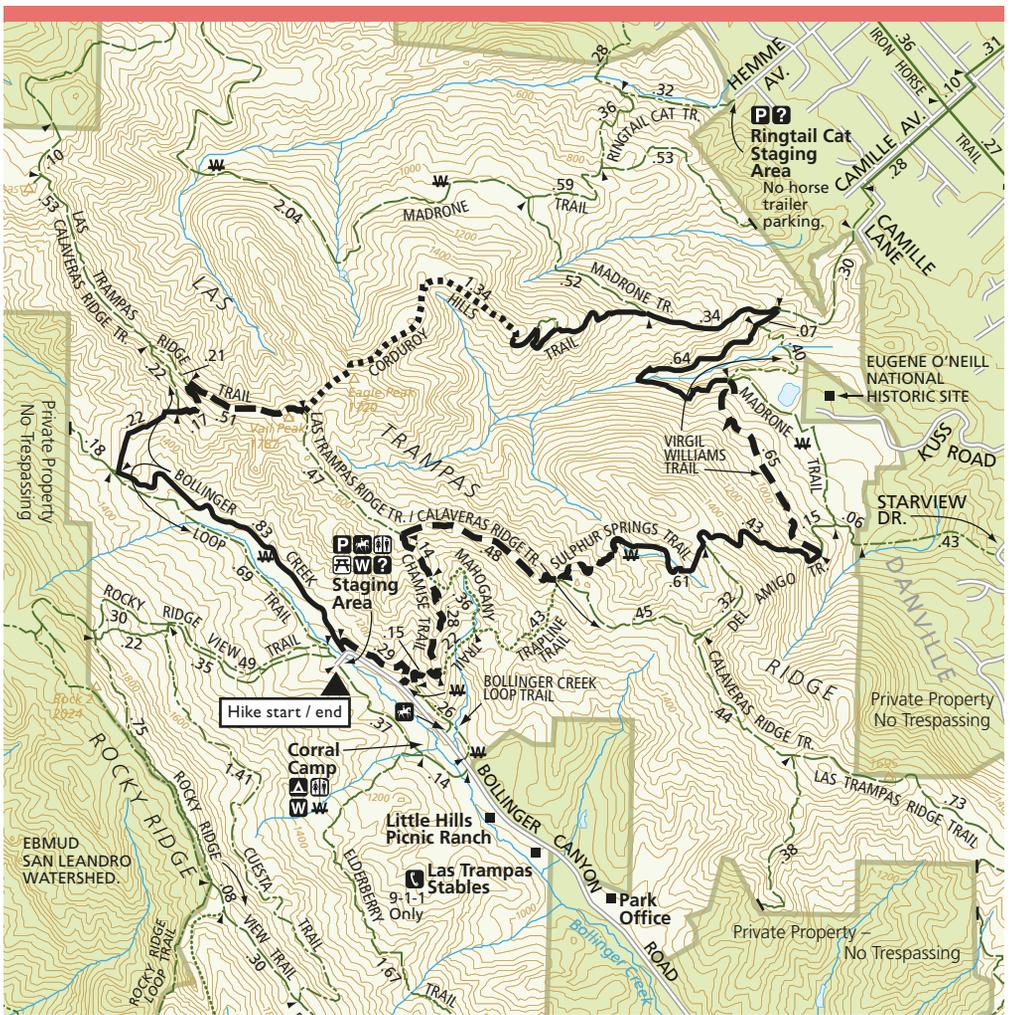
Park Features: With over 5,000 acres of open space and a network of trails, Las Trampas Regional Wilderness is the perfect escape from everyday life. The park features a wide variety of habitat types and is home to an array of wildlife. It's the perfect place for hikers, horseback riders, birdwatchers, and outdoor enthusiasts. Two major Bay Area faults run through the park and have created well-defined, unusual geological formations. Stables nearby offer horse boarding, as well as riding lessons for children and adults. Adjacent to the park is the Little Hills Picnic Ranch, which can accommodate up to 1,500 guests and features a swimming pool, picnic areas, and playfields.

Trail Highlights: This expansive park offers a wide variety of terrain. The route has some parts that are narrow and rocky and some parts that are partially overgrown. There is some tree coverage available along the trail, which comes in handy on hot, summer days. Restrooms are available in the parking lot, but there are no water fountains on site. Bring plenty of water. This is a very challenging hike.

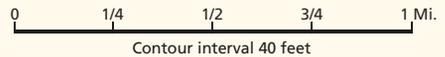
Trail Directions: From the main parking lot, walk to the street (Bollinger Canyon Rd.), turn right and follow the road to Chamise Trail on your left. Follow Chamise steeply uphill (too steep for wheelchairs); at the top you'll enjoy views of the hills and valley. Turn right onto Las Trampas Ridge. After walking down the ridge, turn left, following markers to Sulphur Springs. Continue straight at the horse watering station and at the top of Sulphur Springs, turn left, following markers to Del Amigo Trail. Walk down to Virgil Williams Trail and turn left up the hill. When you reach Madrone Trail, turn left. Continue until you reach the Corduroy Hills Trail. Follow markers for Corduroy Hills (pay close attention as there are many unmarked trails that branch off). There will be a signpost at the top of the trail that points down to the right, towards a rock formation that you will walk around, to continue down to the trail. At the top of the stairs, turn right, following the marker for Las Trampas Ridge Trail. Follow this trail until you reach the Bollinger Creek Trail where you'll turn right to go back to the main parking lot.

Driving Directions: From I-580 in Castro Valley, take Crow Canyon Road north to Bollinger Canyon Road. Turn left (north) onto Bollinger Canyon Road and follow it into the park.

From I-680 in San Ramon, take Crow Canyon Road west to Bollinger Canyon Road, turn right (north) and follow it into the park.



- Featured Trail--Hiker, Horse, Bike
- - - Featured Trail--Hiker, Horse
- Featured Trail--Hiker Only
- Hiker, Horse, Bike Trail
- - - Hiker, Horse Trail
- Hiker Only Trail
- ▼ .28 ▼ Mileage Between Points



- P** Parking
- E** Equestrian Parking
- W** Drinking Water
- W** Horse Water
- R** Restrooms
- T** Telephone
- ?** Information
- P** Picnic

Park Hours: 8 a.m. to dusk (seasonal)
Fees: None
Website: www.ebparcs.org/parks/las_trampas



Photo: S. Dos Rejos

Morgan Territory Regional Preserve

*Condor/Coyote/Stone Corral/Highland Ridge/Eagle/Volvon Loop/Blue Oak/
Hummingbird/Volvon/Prairie Falcon Trails*

Length: 6.85-mile loop **Elevation Gain:** Approximately 1,100 ft.

Location: Livermore

GPS Coordinates: 37.818702, -121.795861

Intensity: Challenging



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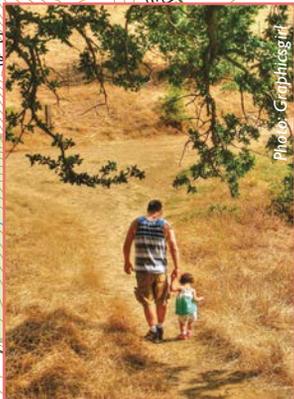
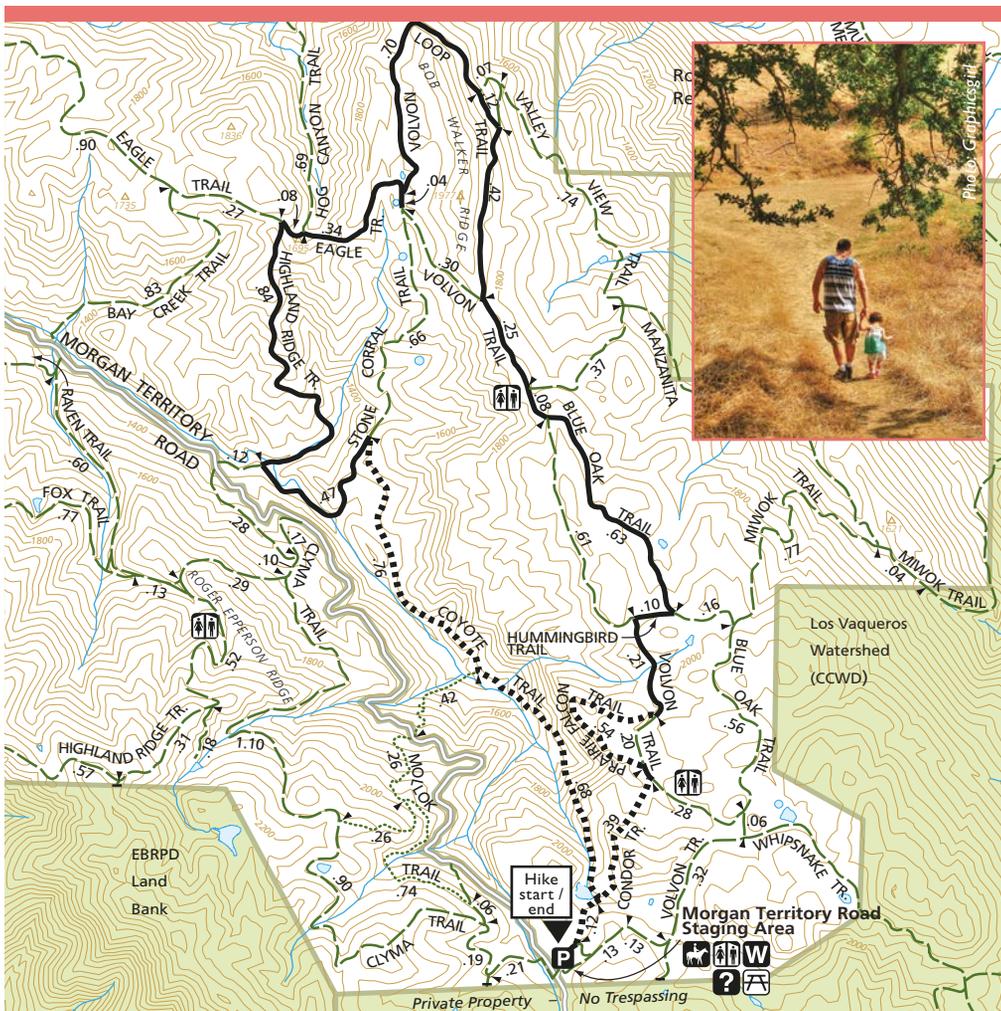
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Park Features: Morgan Territory is located within the homeland of the Volvon, a Bay Miwok-speaking tribe. Over 90 species of wildflowers fill the park every spring including the Diablo sunflower, which grows only in the foothills of Mt. Diablo. Deer, coyote, cattle, and even mountain lions may be seen here. The rock formations throughout the park host nesting prairie falcons and other raptors. Park activities include hiking, horseback riding, picnicking, and camping. There is a backpack campsite in the Preserve.

Trail Highlights: Once home to Volvon people and ranchers, this park pays tribute to its past through the names of its many trails. Expansive ridge top views reveal sightings of Mt. Diablo, Mt. St. Helena, and the Sierras. Restrooms, water fountains, and picnic tables are available in the parking lot. At the backpack camp, there is a restroom and a horse watering station. Equestrians should not rely on the water provided by the springs as they dry up quickly in the warmer months. The few trees along the trail provide little shade, so you may want to avoid this route in summer. Bring plenty of water and sunscreen, and watch out for poison oak.

Trail Directions: From the parking lot, the trailhead is next to an old building. Head north along the Condor Trail (it may be signed as Volvon Trail). Before the gate take a left onto the Coyote Trail. Stay to the right of the creek. This trail descends the canyon for 1.44 miles. At the next intersection, take a left onto the Stone Corral Trail, then right onto the Highland Ridge Trail. This is the biggest climb of the hike with a gain of approximately 400'. At the top of the hill, take a right onto the Eagle Trail. At the Y in the trail, stay to the right to continue on the Eagle trail. After the water trough, take a left onto the Volvon Loop Trail. This loop trail takes you around Bob Walker Ridge with spectacular views of Round Valley and Mt. Diablo. Continue past the intersections for Valley View Trail until you reach the sign post for the Volvon Trail. Veer left onto the Volvon Trail. At the next intersection, veer left onto the Blue Oak Trail. Take a right onto the Hummingbird Trail. This connector trail brings you back to the Volvon Trail. Take the left turn back onto Volvon and then a right onto Prairie Falcon Trail. This single-track trail winds thru an understory of oaks and chaparral with sweeping views of the canyon. When you return to the Volvon Trail, take a right turn back onto it. There is a picnic table and bathrooms off to your left. Just past these amenities is the junction for the Condor Trail. Take a right onto Condor and follow it back to 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



- Featured Trail—Hiker, Horse, Bike
- Featured Trail—Hiker Only
- Hiker, Horse, Bike Trail
- Hiker Only Trail
- ▼ .28 ▼ Mileage Between Points

- P** Parking
- W** Drinking Water
- ♿** Restrooms
- 📞** Reservable Picnic
- 📍** Picnic
- 📞** Phone
- ?** Information
- Gate

North
 0 1/4 1/2 Mi.
 Contour interval 40 feet

Creek/Concord, take Clayton Road to Marsh Creek Road, then turn right onto Morgan Territory Road. The staging area is 9.4 miles from Marsh Creek Road.

Park/Gate Hours: 8 a.m. to dusk (seasonal)

Fees: None

Website: Website: www.ebparks.org/parks/morgan

Sunol Regional Wilderness

Indian Joe Nature/Unnamed Connector/Hayfield Road/High Valley/Welch Creek Road/Upper Maguire Peaks/Maguire Peaks/Maguire Peaks Loop/Maguire Peaks/Welch Creek Road/High Valley Road/Hayfield Road Trails

Length: 11-mile loop **Elevation Gain:** Approximately 2,527 ft.

Location: Sunol

GPS Coordinates: 37.516433, -121.831846

Intensity: Challenging



PARTIAL
USE

PARTIAL
USE

Park Features: These lands have been ranch lands since the early 1800s. Today, camping, picnicking, hiking, backpacking, and equestrian trails attract thousands of visitors every year. Park naturalists lead programs to teach about the park's special features. Cave Rocks provides a challenge to rock climbers. Little Yosemite is a scenic gorge on the creek. Cattle also graze within this 6,859-acre wilderness.

Trail Highlights: This route provides a partially shaded trail that weaves back and forth along creeks as well as grassy hilltops with panoramic views. The Maguire Loop Trail offers views of the San Antonio Reservoir and Mt. Diablo. Restrooms are available at the parking area and at High Valley Camp. Visitors should bring plenty of drinking water. Water is only available at High Valley Camp and the staging area.

Trail Directions: From the Visitor Center, cross the footbridge and turn right onto Canyon View/Indian Joe Trail. Continue past Hayfield Road, cross the streambed, ascend a short hill to the left and turn left at next trail junction, Indian Joe Creek Trail. The trail traverses steeply up the canyon, with several stream crossings (in the rainy season). At the SO23 trail post, turn left and go .27 miles to Hayfield Road. Turn right. About .08 miles ahead you'll see High Valley Camp, a large barn, and water, restrooms, and picnic tables. You are now on High Valley Road. Continue to the paved Welch Creek Road and turn right. Use caution, since this is a one-lane, two-way road with traffic and blind curves. Up the road you'll see marker SO5; cross the creek and continue onto Upper Maguire Peaks Trail. Bear right at marker SO7 to access Maguire Peaks Trail, and right again at marker SO8 onto the Maguire Peaks Loop. Follow the loop trail for almost 3 miles back to marker SO8 on Maguire Peaks Trail. Turn right at SO8, continue to SO7 and turn right (straight) and continue to Welch Creek Road at SO6. Turn left on the road and proceed .18 miles to High Valley Road on the right. Follow High Valley Road past High Valley Camp and down Hayfield Road. At the bottom, you'll reach the long footbridge over Alameda Creek where you started.

Driving Directions: From Fremont: Drive north on I-680 and exit at Calaveras Road (near the town of Sunol). Turn right at the exit onto Calaveras Road and proceed about four miles to a left turn onto Geary Road, which leads directly into the park. Visitor center is open on weekends only.

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.

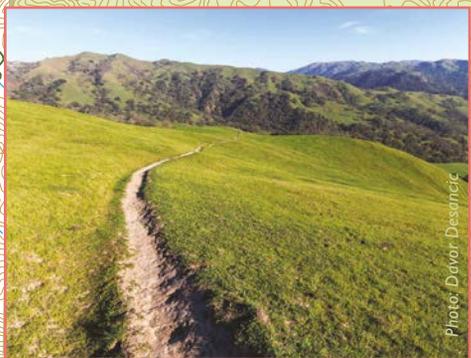
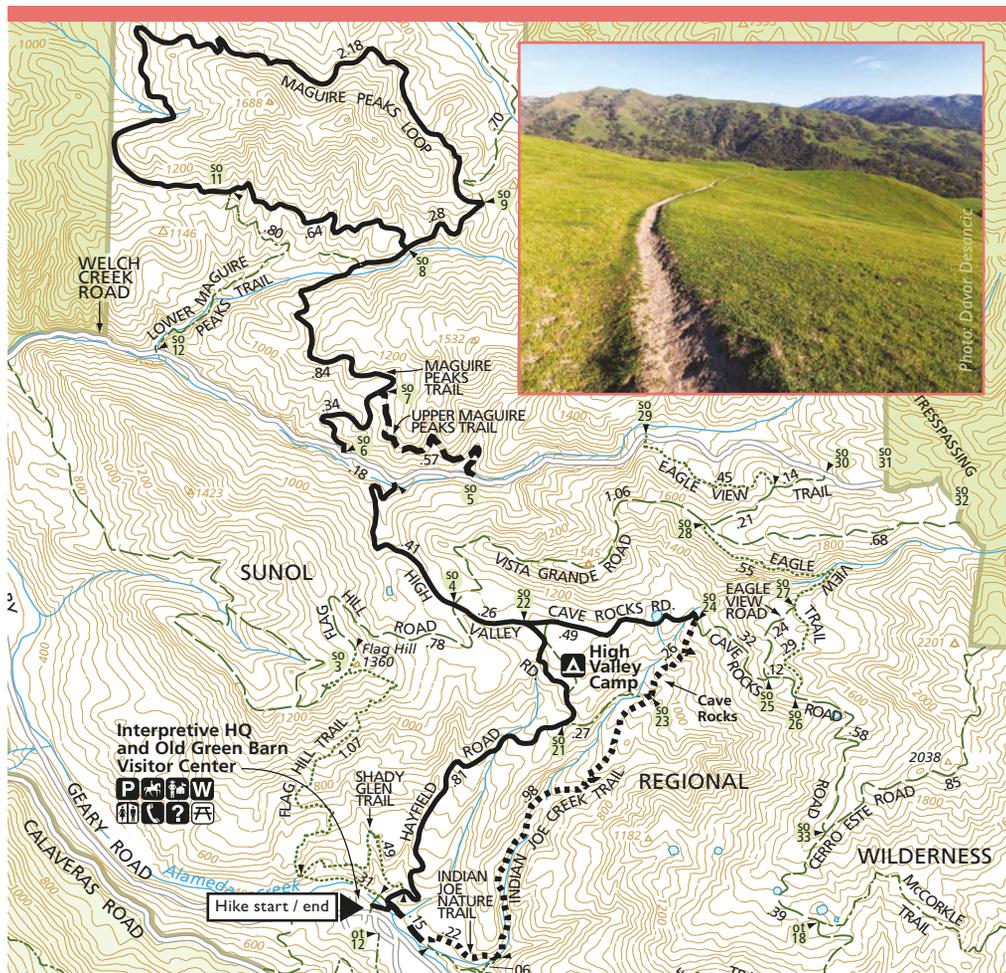


Photo: Davor Desanovic



- Featured Trail--Hiker, Horse, Bike
- Featured Trail--Hiker, Horse
- Featured Trail--Hiker Only
- - - - - Hiker, Horse, Bike Trail
- Hiker, Horse Trail
- Hiker Only Trail
- ▼ .28 ▼ Mileage Between Points

0 1/4 1/2 3/4 1 Mi.

Contour interval 40 feet

<ul style="list-style-type: none"> Visitor Center Parking Equestrian Parking Drinking Water 	<ul style="list-style-type: none"> Restrooms Telephone Information Picnic
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From the Walnut Creek-Danville area: Drive south on I-680 and exit at Calaveras Road/Highway 84 just south of the Sunol exit. Proceed as noted above.

Park/Gate Hours: 8 a.m. to dusk

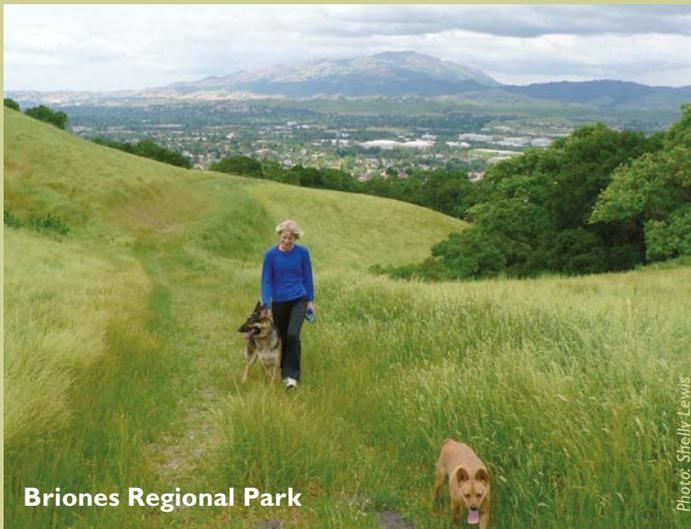
Fees: \$5 seasonal, weekends and holidays, \$4 per trailered vehicle, \$2 per dog. Guide/service dogs free.

Website: <http://www.ebparks.org/parks/sunol>



Kaiser Permanente Medical Centers and Offices

Kaiser Permanente Medical Centers and Offices	
Alameda Medical Offices 2417 Central Ave. Alameda, CA 94501	Oakland Medical Center Emergency Services 280 W. MacArthur Blvd. Oakland, CA 94611
Antioch Medical Center Emergency Services 4501 Sand Creek Road Antioch, CA 94531	Richmond Medical Center 901 Nevin Avenue Richmond, CA 94801
Fremont Medical Center & Offices Emergency Services 39400 Paseo Padre Parkway Fremont, CA 94538	San Leandro Medical Center 2500 Merced Street San Leandro, CA 94577
Hayward Medical Center Hospital & Main Campus 27400 Hesperian Blvd. Hayward, CA 94545	San Leandro Medical Center 2500 Merced Street San Leandro, CA 94577
Livermore Medical Offices 3000 Las Positas Road Livermore, CA 94551	Walnut Creek Medical Center Emergency Services 1425 South Main Street Walnut Creek, CA 94596
Martinez Medical Offices 200 Muir Road Martinez, CA 94553	Walnut Creek Medical Center Emergency Services 1425 South Main Street Walnut Creek, CA 94596



Briones Regional Park

Photo: Shelly Lewis



Kaiser Permanente Medical Centers and Offices and Adjacent Regional Parks



Photo: Shelly Lewis

Diablo Foothills Regional Park



Walking: The Best Path to Fitness and Health

Join the Every Body Walk! Movement • www.everybodywalk.org

Walking 30 minutes a day, five days a week, is the first step toward better health. This simple, take-charge message comes from health advocate Kaiser Permanente, which sponsors Every Body Walk!, a public awareness project about the health benefits of walking.

Every Body Walk! is an online educational campaign aimed at getting Americans up and moving. Their website contains news and resources on walking, health information, maps, walking groups, a personal pledge form, and a place to share stories.

The centerpiece of the everybodywalk.org website is a series of short video vignettes featuring average Americans sharing motivational stories about how walking has changed their lives and lifestyles. The site also includes a wealth of information from experts

about healthy lifestyles that incorporate walking. There is even an “Ask the Expert” section where visitors can post questions.

The site includes a list of hiking trails and pre-planned walking routes searchable by city and state, and includes trail maps, trail descriptions, and photos. The website also provides access to a comprehensive directory of walking groups, including contact information and upcoming walking events for all levels of walkers from beginners to advanced.

Free Every Body Walk! App

Now available on the iTunes App Store and Android Market, the Every Body Walk! app enables you to personalize your walking plan, connect with walking communities, learn about the latest fitness trends and tips, and more.

Every Body **WALK!**
everybodywalk.org



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About Kaiser Permanente



Kaiser Permanente is committed to helping shape the future of health care and is recognized as one of America's leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser's mission is to provide high-quality, affordable health care services and to improve the health of members and their communities. Expert medical teams are supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery, and world-class chronic disease management. Find out more about health and well being at www.kp.org. The Every Body Walk! campaign is powered by Kaiser Permanente. Campaign partners include the American College of Sports Medicine and their Exercise Is Medicine® global initiative. Kaiser Permanente is also a sponsor of the East Bay Regional Park District's 2016 Trails Challenge.



Take a Walk *Close to Home*

The East Bay Regional Park District offers nearly 200 miles of paved trails, perfect for walking, jogging, cycling, or in-line skating. Find out more at www.ebparks.org/parks/trails. These trails are featured on Kaiser's Every Body Walk! website: www.everybodywalk.org. That website also includes information on local walking groups, including a section on starting your own group.

Favorite East Bay walking trails include:

Alameda Creek Regional Trail	Delta de Anza Regional Trail
Briones-to-Mount Diablo Regional Trail	Iron Horse Regional Trail
California Riding and Hiking Trail	Lafayette-Moraga Regional Trail
Contra Costa Canal Regional Trail	Marsh Creek Regional Trail

Photo: Deone Little

Las Trampas Regional Wilderness



Trails Challenge 2016 Trail Log

- 1. Trail Log Deadline:** December 1, 2016
- 2. To receive your 2016 commemorative pin (*while supplies last*)** submit your log electronically at reservations@ebparks.org or mail to:
East Bay Regional Park District
c/o Reservations Department
2950 Peralta Oaks Court
Oakland, CA 94605
- 3. Please fill out our online program evaluation at www.ebparks.org**

Congratulations! You did it!

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: _____



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 \$50 per year.

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

Join online at www.RegionalParksFoundation.org under “Membership.”



P.O. Box 21074 Crestmont Station • Oakland • CA • 94620

510-544-2220

www.RegionalParksFoundation.org



2016 TRAILS CHALLENGE GUIDEBOOK

East Bay Regional Park District

2950 PERALTA OAKS COURT • OAKLAND, CA • 94605-0381

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