

2024
Trails
CHALLENGE



GUIDEBOOK



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



2024

Trails

CHALLENGE



General Manager's Message

Welcome to Trails Challenge 2024. The East Bay Regional Park District is celebrating its 90th Anniversary this year. Since its creation in 1934, the Park District has become the largest regional park district in the nation with 73 parks, 55 miles of shoreline, and over 1,300 miles of trails for your enjoyment. We look forward to your participation as we continue to protect and maintain open space and provide education and access into the next century.

The Park District has encouraged the public to explore Regional Parks through its annual Trails Challenge program, now in its 31st year. The free program connects people with nature and healthy recreation opportunities with 20 designated trails for hiking and biking, ranging from easy to moderate to challenging trails.

Trails Challenge 2024 also includes a number of fully accessible trails that have been evaluated and identified as usable by persons with mobility limitations (see chart on pages 8-13).

In addition to Trails Challenge, we hope you will take time out during this year to explore our newest park amenities and programs, including a renovated boat launch and Bay Trail expansion at Doolittle Drive in Oakland, the renovated Roberts Pool Complex in Oakland, and the Briones Regional Park in Lafayette-Martinez that is enhancing the visitor experience and trail safety while protecting wildlife and habitat.

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

See you on the trails.

A black ink signature of Sabrina Landreth.

Sabrina Landreth
General Manager



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Trails Challenge 2024

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

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



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



Claremont Canyon Regional Preserve, Oakland

Stay Connected

Tag your hike photos #TrailsChallenge2024



Instagram – @ebrpd



Twitter – @ebrpd



Facebook – @EastBayParks



EBRPD Monthly E-Newsletter – ebparks.org/subscribe



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

How to Participate

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

1) Determine Your Level of Hiking/Biking Comfort

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

EASY

- Relatively flat with good trail conditions (paved or packed gravel).
- 1-3 miles; 1-2 hours to complete.
- Generally suitable for people using mobility devices, strollers.

MODERATE

- Significant elevation gain (60-900 feet) with good-to-rugged conditions.
- 2-9 miles; 2-4 hours to complete.
- Requires good physical condition.

CHALLENGING

- Significant elevation gain (115-2,000 feet) with good-to-rugged trail conditions.
- 4-19 miles; 4-8 hours to complete.
- Requires good physical condition.

2) Plan Your Outing

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

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

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

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

List of Things to Bring

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

See website for full list.

3) Exploring the Trail

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

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

See website for more trail rules and safety guidelines.

4) Log Your Outings

After each hike, record the name of trail and distance in Trail Log on page 56 (or on a separate piece of paper). After completing five trails, or 26.2 miles (a marathon distance), submit your log at ebparks.org/tclog or reservations@ebparks.org, or mail it to:

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

Turn in your log by 12/1/2024 to receive a 2024 pin, while supplies last. The pin will be mailed within ten business days after your log is received.

Safety on the Trails

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

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



Walk around cattle

BE FAMILIAR WITH THE FOLLOWING TOPICS BEFORE HEADING OUT:

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

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

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



Hike safely with kids and dogs



Stay hydrated



Watch out for poison oak

Accessibility and Trails



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

For most trails listed below, more detailed accessibility information can be found on Access Northern CA website, accessnca.org. It's a trusted source, provided by Bay Area Outreach & Recreation Program (BORP). Additional accessible East Bay Regional Park District trails are listed on this website.

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

Note: Trail conditions may have changed since trails were reviewed in spring 2023.

ACCESSIBLE HIKES FEATURED IN THIS GUIDEBOOK:

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

ACCESSIBLE REGIONAL PARK HIKES FEATURED ON ACCESS NORTHERN CALIFORNIA:

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



Coyote Hills



At-A-Glance Easy Hikes

ebparks.org/trails-challenge

Page	East Bay Regional Park	City	Trails	Total Miles	Elevation Gain (feet)	Ave. Grade*	Surface*
16	Hayward Regional Shoreline	Hayward	Cogswell Marsh Loop	3.1 Round Trip	26	Level	Firm
18	Kennedy Grove Regional Recreation Area	El Sobrante	Laurel Loop/ Kennedy Creek/Oak	1.5 Round Trip	226	Mostly Gentle	Hard
20	McLaughlin Eastshore State Park	Berkeley	At Brickyard Cove	1 Round Trip	13	Level	Firm
22	Miller/Knox Regional Shoreline	Richmond	Ferry Point Path/ S.F. Bay Trail/ Ferry Point Loop	1.8 Round Trip	39	Level	Firm
24	Waterbird Regional Preserve	Martinez	Meadowlark Ridge Loop	1.5 Round Trip	164	Gentle/ Mostly Gentle	Moderately Firm
26	Wildcat Canyon Regional Park	Richmond	Wildcat Creek/North Richmond Bay Trails	1 Loop	184	Gentle to Steep	Firm/ Moderately Firm/Soft

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

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

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



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

Hikers	Dogs	Bikers	Horses	Skaters	Trails	Restrooms	Parking	Picnic Sites
Accessible Park Features								
●		●			●	●	●	
●		●			Partial Use	●	●	●
●		●			●	●	●	●
●	On-leash	●		Partial Use	Partial Use	●	●	●
●		●	●			●		
●	●	●	●			●	●	

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



At-A-Glance Moderate Hikes

ebparks.org/trails-challenge

Page	East Bay Regional Park	City	Trails	Total Miles	Elevation Gain (feet)	Ave. Grade*	Surface*
28	Alameda Creek Regional Trails	Union City	Alameda Creek	7.8 Round Trip	39	Mostly Gentle	Firm
30	Big Break Regional Shoreline	Oakley	Big Break Regional Trail/Marsh Creek	9.1 Round Trip	82	Gentle	Hard
32	Claremont Canyon Regional Preserve	Berkeley	Stonewall Panoramic	2.6 Round Trip	889	Very Steep	Hard, Moderately Firm
34	Dublin Hills Regional Open Space Preserve	Dublin	Calaveras Ridge Regional Trail/Donlon Loop	4.3 Round Trip	955	Mostly Gentle	Hard
36	Five Canyons Open Space	Castro Valley	Shady Canyon/Newt Pond Trail	2.1 Round Trip	440	Very Steep	Firm
38	Huckleberry Botanic Regional Preserve	Oakland	Upper Huckleberry/Upper Pinehurst/Lower Huckleberry Loop	2.4 Loop	394	Steep	Hard, Moderately Firm
40	Sibley Volcanic Regional Preserve	Oakland	Overlook Trail/Round Top Loop	2.1 Loop	318	Mostly Gentle	Hard, Moderately Firm
42	Sobrante Ridge Botanic Regional Preserve	Richmond	Sobrante Ridge/Manzanita/Manzanita Loop	3 Round Trip	430	Steep	Firm, Moderately Firm

*Average Grade (*An ADA ramp is no greater than 8%)
 Level: < 8% Gentle: 8% or less Mostly Gentle: 8% with few sections > 8%
 Steep: Many sections > 8% Very Steep: Mostly > 8%



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

Hikers	Dogs	Bikers	Horses	Skaters	Trails	Restrooms	Parking	Picnic Sites
Accessible Park Features								
●	●	●	●		●	●	●	
●	On-leash	●			●	●	●	●
●	●		●					
●	●	Partial Use	Partial Use			●	●	●
●	●	●						
●					Partial Use	●	●	
●	●	Partial Use	●		●	●	●	
●	●	Partial Use						

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



At-A-Glance Challenging Hikes

ebparks.org/trails-challenge

Page	East Bay Regional Park	City	Trails	Total Miles	Elevation Gain (feet)	Ave. Grade*	Surface*
44	Black Diamond Mines Regional Preserve	Antioch	Stewartville/Corcoran Mine/Ridge Trail	5.2 Round Trip	1,020	Steep	Mostly Gentle, Very Steep
46	Briones Regional Park	Lafayette	Springhill/Lafayette Ridge/Briones Crest/Sunrise/Buckeye Ranch	4.6 Loop	1,132	Very Steep	Firm/Moderately Firm
48	Diablo Foothills Regional Park	Walnut Creek	Stage Road/Little Yosemite/Briones to Mount Diablo/Hanging Valley/Stonegate/Buckeye Ravine/Fairy Lantern	5.7 Loop	912	Steep	Firm
50	Iron Horse Regional Trail	Pleasant Hill	Iron Horse Regional Trail	19 One Way	115	Mostly Gentle	Hard
52	Pleasanton Ridge Regional Park	Sunol	Tyler Ranch Trail/Sunol Ridge Trail/Woodside Spring/Niles Canyon Overlook	7.8 Round Trip	2,016	Mostly Gentle, Very Steep	Firm, Moderately Firm, Soft
54	Reinhardt Redwood Regional Park	Oakland	Stream/Tres Sendas/West Ridge/Fern	6.2 Round Trip	1,027	Mostly Steep	Firm

*Average Grade (*An ADA ramp is no greater than 8%)
Level: < 8% **Gentle:** 8% or less **Mostly Gentle:** 8% with few sections > 8%
Steep: Many sections > 8% **Very Steep:** Mostly > 8%



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

Hikers	Dogs	Bikers	Horses	Skaters	Trails	Restrooms	Parking	Picnic Sites
Accessible Park Features								
●	●	●					●	
●	●	●	●					
●	Partial Use	Partial Use			Partial Use		●	
●	●	●	●	●	●			
●	●	●	●			●	●	
●	●	Partial Use	●		Partial Use	●	●	●

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

Featured Trails



Featured Trails Map Legend

Key to Map Icons

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

Key to Map Roads and Trails

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

Hayward Regional Shoreline

Location	Hayward	EASY HIKE
GPS	37.646807,-122.145577	
Phone	1-888-327-2757, option 3, extension 4531	
Miles	3.1 miles	
Elevation Gain	26 feet	
Trails	Cogswell Marsh Loop	
Hours	5 a.m. to 10 p.m. (West Winton Ave. parking closes at 5 p.m.)	
Fees	None	  
Website	ebparks.org/parks/hayward	

Park Features: Hayward Regional Shoreline contains over a thousand acres of marshlands and seasonal wetlands. The park's levees, originally built for salt evaporation ponds, now provide visitors with long, flat paths along the bay that are perfect for biking, hiking, or jogging. You can fish from the levee but must have a license. Although there is no shade in the park, the cool bay air is refreshing and makes this park a wonderful spot at almost any time of year.

Trail Highlights: This is a great place for bird watching, spotting native plants and wildflowers, and observing everything from hawks to waterfowl, jackrabbits to ground squirrels. You will enjoy wonderful views of the bay on this hike.

Accessibility: The parking lot has two accessible parking spaces, including one van accessible. One accessible pit toilet is located at the staging area. There are few benches on this hike and it is in full sun

but you will enjoy cool breezes from the shoreline. The average grade of this hike is level, and the surface is firm, packed dirt and gravel. All sections of trail on the Cogswell Marsh Loop are more than 6 feet wide. All footbridges are accessible for folks using various types of mobility devices or strollers. A few sections of the Bay Trail are overgrown in the middle, creating a bit of a cross slope. Folks using mobility devices can straddle either side of these parts to avoid the raised sections of grasses on the trail.

Trail Directions: From the Parking lot take the San Francisco Bay Trail to the left to Cogswell Marsh. Stay to the left and head to the marsh boardwalk bridge. Once over the bridge, go left and follow the loop around Cogswell Marsh. This will lead you back to the boardwalk bridge. Retrace your steps to the parking lot.

Note: There are few signs or trail makers on this hike.

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.



Kennedy Grove Regional Recreation Area

Location	El Sobrante
GPS	37.947282370220755, -122.26626010180844
Phone	1-888-327-2757, option 3, extension 4534
Miles	1.5 miles
Elevation Gain	226 feet
Trails	Laurel Loop/Kennedy Creek/Oak
Hours	8 a.m. to Sunset Varies Seasonally
Fees	\$5/vehicle (see website for details)
Website	ebparks.org/parks/ kennedy-grove

EASY HIKE



PARTIAL

Park Features: Kennedy Grove is a small but diverse park at the base of San Pablo Dam, full of recreation opportunities from picnicking to family gatherings to hiking and more. The large and centrally-located turf meadow is a perfect place to toss a Frisbee, play a game of tag, or kick around a soccer ball, and is surrounded by picnic areas and towering eucalyptus trees. A native plant garden is a fragrant and colorful highlight to the park, and hiking trails can be accessed to explore and enjoy views of San Pablo Reservoir.



Marc Crumpler

Trail Highlights: This hike is an easy out-and-back with a very gradual incline. You may extend it by taking any of the trails that branch off from the main route. Most of the hike is in the shade of an oak/bay woodland. It follows Kennedy Creek before emerging into an open shrubland habitat. These trails are also part of the Bay Area Ridge Trail system.

Trail Directions: Drive through the entry kiosk to the main parking lot. Begin at the Laurel Loop trailhead. You will pass through a eucalyptus grove. At the clearing with several large logs placed around the perimeter, continue forward on the Kennedy Creek Trail. Stay on the lower trail here. It will begin to climb up Radach Hill and take you into more exposed and open territory. Continue onto the Oak Trail until you reach a gate that says Regional Park Boundary Line at .76 miles. Retrace your steps back to the parking lot.

Driving Directions: From I-80 east, take the San Pablo Dam Road exit (Exit 18) and turn right. Proceed through El Sobrante on San Pablo Dam Road to the park entrance on the left, about 0.25 mile south of the intersection with Castro Ranch Road.

From I-80 west, take exit 19A for El Portal Drive. Turn left onto El Portal Drive. Turn left onto San Pablo Dam Road and continue to the park entrance on the left, about 0.25 mile south of the intersection with Castro Ranch Road.

From the Oakland/Orinda/Walnut Creek area: Take Highway 24 to the Orinda exit and turn north on Camino Pablo, which becomes San Pablo Dam Road. Proceed north on San Pablo Dam Road, past the San Pablo Reservoir Recreation Area entrance, for about one mile to the Kennedy Grove entrance.

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



McLaughlin Eastshore State Park

Location	Berkeley
GPS	37.864772539896, -122.3054254810765
Phone	1-888-327-2757, Option 3, Extension 4528
Miles	1 mile
Elevation Gain	13 feet
Trails	At Brickyard Cove
Hours	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/mclaughlin-eastshore

EASY HIKE



Park Features: The park extends 8.5 miles along the East Bay shoreline from the Bay Bridge to Richmond. It includes 1,833 acres of uplands and tidelands along the waterfronts of Oakland, Emeryville, Berkeley, Albany, and Richmond. Brickyard Cove is part of McLaughlin Eastshore State Park, which is managed by the Park District.

Trail Highlights: Vistas across the bay provide ample locations to enjoy a picnic lunch at one of the many picnic tables or get some tasty food from the restaurant in the front parking lot. Brickyard Cove along the Berkeley shoreline provides access for walking, biking, and nature viewing and includes new parking, bike racks, picnic tables, restrooms, water fountains, interpretive signage, walking paths, and a connection to the San Francisco Bay Trail.

Trail Directions: With the information panels and the restrooms in front of you, follow the trail to your right where you will transition from pavement to hard-pack gravel. Stay on the trail and follow along the shoreline (walking south) then loop back at the end of the cove and follow the trail back until you see a fork. Go right toward Interstate 80, which will take you back to the parking lot.

Accessibility: There are three accessible parking spaces, including two van-accessible, located in the parking lot. The staging area has four accessible restrooms, one accessible water fountain and a dog fountain. Eight picnic tables are adjacent to the restrooms and mobility devices can access the table ends. This trail is in full sun but has wonderful breezes from the Berkeley shoreline. The average grade of this hike is level, and the surface is hard to firm, composed of paved, packed dirt and gravel. The overall trail is more than 6 feet wide.

Driving Directions: From Oakland/Fremont: Once on 580 W, use the 2nd from the right lane to take exit 9 for Powell St toward Emeryville, turn left onto Powell St, right onto W Frontage Rd.

From Richmond: Get on 580 E, Take I-80 W to University Ave. in Berkeley. Take Exit 11, turn left onto University Ave., turn right to W Frontage Road.



McLAUGHLIN EASTSHORE STATE PARK



Miller/Knox Regional Shoreline

Location	Richmond
GPS	37.910229566660675, -122.38762694306924
Phone	1-888-327-2757, Option 3, Extension 4538, 4544
Miles	1.8 miles
Elevation Gain	39 feet
Trails	Ferry Point Path/S.F. Bay Trail/ Ferry Point Loop
Hours	5 a.m. to 10 p.m. unless otherwise posted or permitted
Fees	None
Website	ebparks.org/parks/miller-knox

EASY HIKE



Park Features: A hidden gem of a shoreline park, Miller/Knox has a bit of something for everyone — a secluded cove with a swimming beach, an historic railway and fishing pier, peaks to climb, wide-sweeping bay views to admire, a lagoon for wildlife, and abundant picnic areas. The park is home to a wealth of local history, including a model railroad museum. Visitors can also visit the park via the San Francisco Bay Water Trail, with designated water craft landing and launch sites at Keller Beach and Ferry Point.

Trail Highlights: This loop takes you past an historic ferry terminus and public fishing pier, along the beautiful Richmond shoreline, and back around Miller/Knox Lagoon. Strolling along the San Francisco Bay, you can see across the water views of Marin and San Francisco. Many seabirds and waterfowl can be spotted at different points on this loop. Panoramic bay views and numerous tranquil picnic areas make for a relaxing respite from bustling city life.



Accessibility: There are three accessible parking spaces at Ferry Point Pier parking lot, and four accessible restrooms, in addition to other accessible restrooms and parking located within Miller/Knox. Mobility devices can access the table ends of the many picnic tables and benches along this route, in reservable and non-reservable sites. The hike is in full sun, but there are nice shoreline breezes on your stroll. The average grade of this hike is level, and the surface is paved, with some packed gravel and dirt portions. Trails are more than 6 feet wide.

Trail Directions: From Ferry Point parking area, head west toward the fishing pier along the Ferry Point paved path. At the fishing pier you will see the gravel path on your right. Follow the gravel path along the shoreline until you reach the paved Ferry Point Loop Trail 0.2 miles. Follow the loop around the pond. On your way back toward the pier, when you reach the gravel path intersection, head left on the paved path back to the Ferry Point parking area.

Driving Directions: From I-580 West in Richmond, exit at Canal Boulevard. Turn left (south) at the light onto Canal Boulevard and proceed for about 0.1 miles. Turn right onto Cutting Boulevard and proceed about 0.5 miles to the end. Turn left onto South Garrard Boulevard and continue south through the tunnel. After the tunnel, South Garrard Boulevard becomes Dornan Drive. The park entrance is the last one on the left side of the road.



Waterbird Regional Preserve

Location	Martinez
GPS	38.02550618525878, -122.09841236529715
Phone	1-888-327-2757, Option 3, Extension 4566
Miles	1.5 miles
Elevation Gain	164 feet
Trails	Meadowlark Ridge Loop
Hours	8 a.m. to Sunset Varies Seasonally
Fees	None
Website	ebparks.org/parks/waterbird

EASY HIKE



Park Features: Waterbird Regional Preserve is a 198-acre area comprised of a wetland and the associated uplands to the east. The focal point of the preserve is the rich and diverse Al McNabney Marsh, of which the East Bay Regional Park District owns 46 acres in the southern end, and Mountain View Sanitary District owns 69 acres in the northern end.

Trail Highlights: Many species of birds use the marsh. Some of the more commonly seen include the American coot, mallard, green-winged teal, black-necked stilt, bufflehead, Canada goose, cinnamon teal, and white pelican. Other common birds seen at the preserve include the barn swallow, black phoebe, Brewer's blackbird, cliff swallow, European starling, Say's phoebe, house finch, and house sparrow. More rarely, a lucky park visitor may see the white-tailed kite, northern harrier, golden eagle, osprey, or peregrine falcon.

Do not forget to take in the spectacular view of the Carquinez Strait.

Trail Directions: From the parking lot walk towards trailhead signs and a large gate. Follow the Meadowlark Ridge Loop to the next gate, stay to your right, and follow the trail along the base of the hill toward a cattle watering trough. Here the trail will loop towards your left and take you up to the base of the ridge. Follow the trail up the hill and enjoy the view as you walk the ridge back towards the parking lot. You will go past the small gate and backtrack to the parking lot.

Driving Directions: From Fremont: Take I-680 N past Concord and Highway 4. About two miles before the Benicia-Martinez Bridge, take the Marina Vista/Waterfront Road exit. At the end of the off-ramp turn right onto Waterfront Road, drive about ¼ mile, turn right onto Waterbird Way, and watch for the right turn into the preserve.

From Oakland: Take Highway 24 E through the Caldecott Tunnel and drive to Walnut Creek. In Walnut Creek, drive north on I-680, past Concord and Highway 4. About two miles before the Benicia-Martinez Bridge, take the Marina Vista/Waterfront Road exit. At the end of the off-ramp turn right onto Waterfront Road, drive about ¼ mile, turn right onto Waterbird Way, and watch for the right turn into the preserve.



Wildcat Canyon Regional Park

Location	Richmond
GPS	37.95205600369913, -122.31845181385758
Phone	1-888-327-2757, Option 3, Extension 3092
Miles	1
Elevation Gain	184
Trails	Wildcat Creek/North Richmond Bay Trails
Hours	5 a.m. to 10 p.m. Varies Seasonally
Fees	None
Website	ebparks.org/parks/wildcat-canyon

EASY HIKE



Park Features: Wildcat Canyon Regional Park encompasses 2,789 acres along the Wildcat Creek watershed and the surrounding hills and ridges. The park extends from the Tilden Nature Area above the Berkeley hills in the south to historic Alvarado Park at the north end in Richmond. It includes a significant portion of the paved Nimitz Way extending from Inspiration Point in Tilden Regional Park.

Trail Highlights: From scenic views to picturesque trees, you'll be treated to a wonderful experience. The hills are lined with eucalyptus trees, and you'll see a variety of native plants and wildflowers. You can easily spend the day here and enjoy a picnic by the creek or seek shade under the cool canopy of redwoods and other trees.

Health Tip
Exercise strengthens breathing muscles.

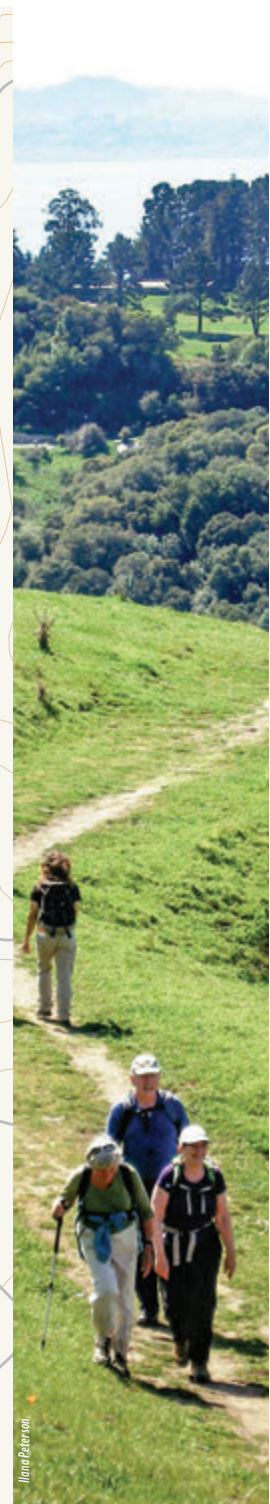
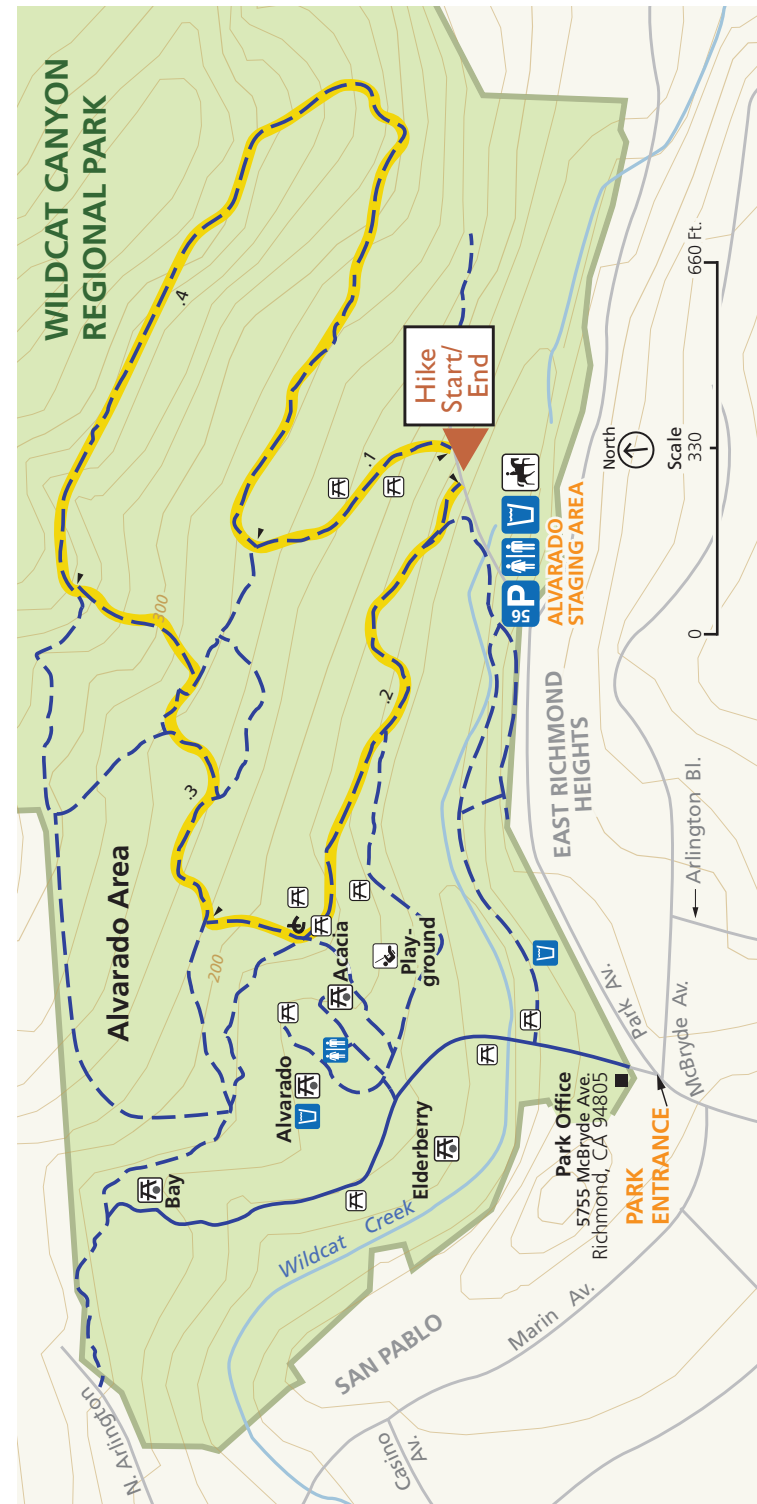
Trail Directions: From the Alvarado Staging Area parking lot, walk downhill to the last parking space, an accessible parking spot. The trail starts directly behind the accessible sign. Head up the hill, and turn right at the fork. At next fork, go left, deeper into the eucalyptus trees. This will lead you up the hill. Stay straight on the path. At the next fork stay left and you will start to see the park boundary and a few homes. Walk downhill to a small grassy open field, turn left at middle of the field and head back into tree line. At the fork turn right (short walk downhill). Turn right on the fire road and after a short distance, turn left at the fork. You are entering the picnic areas of Alvarado Park. At fork, turn left (before pavement). Once at the next fire road, stay left and make the very next right downhill to the creek. Stay left at the stairs. Go straight at the small fence to reach the parking lot. There are no signs or trail names on this hike.



Chris Tolomei

Driving Directions: From I-80 W in Pinole, exit McBryde Ave. Turn left onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.

From I-80 E in El Cerrito, exit toward Solano Ave. Keep left at the fork, turn left at the bottom of the off ramp onto Amador St. Merge onto Amador St., then turn right onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.



Ilana Peterson

Alameda Creek Regional Trails

Location	Union City
GPS	37.564471646382295, -122.07010168238466
Phone	1-888-327-2757, option 3, extension 4501
Miles	7.8 miles
Elevation Gain	39 feet
Trails	Alameda Creek Trail
Hours	5 a.m. to 10 p.m. Gate Hours: 8 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/trails/interpark/alameda-creek

MODERATE HIKE



Park Features: Opened in 1973, this 3.19 section of the trail is great for out-and-back hikes and seasonal birding. Catch pied-billed grebes diving in the water seeking aquatic invertebrates or small fish. Glimpse the American coot with its dark gray to black plumage, bright white bill and forehead, and its large yellow-green legs. Along the creek and wetlands, you can also find egrets, herons, mallards, and pelicans.

Trail Highlights: Alameda Creek Regional Trail follows the banks of Alameda Creek from Niles Canyon to Coyote Hills Regional Park. With over 12 miles of unpaved trail on the northern side of the creek, this trail is home to some of the best bird watching in the Bay Area. There are information panels on the trail for you to stop and learn about the area and about birds.



Please note that there is no direct access to Coyote Hills Regional Park from the trail on the north side of the creek.

Accessibility: Two van-accessible parking spaces are in the Stables Staging Area parking lot, with one accessible portable restroom and one water fountain, not accessible. There are two picnic benches, mobility devices can access the table ends, and a few benches are also along the trail. You will have partial shade from the trees, but the majority of the hike is in full sun. The average grade of this hike is mostly gentle with a few steep sections, including the beginning where you head up a packed gravel slope. The trail is more than 8 ft. wide.

Trail Directions: From the parking lot follow the trail and head up the slope to Alameda Creek going right. You will be heading toward the bay. This is an out-and-back hike, so you can turn around at any time or take the trail to the bay for a full day of sightseeing.

Directions: 35000 Eastin Dr., Union City, CA 94587. From 880 N use exit 22 for Alvarado Blvd. Turn right onto Alvarado Blvd. In 1.4 miles turn left onto Lowry Road. Continue onto Eastin Drive. Staging area will be on the left.



Big Break Regional Shoreline

Location	Oakley
GPS	38.00912, -121.73218
Phone	1-888-327-2757, option 3, extension 3050
Miles	9.1 miles
Elevation Gain	82 feet
Trails	Big Break Regional Trail/Marsh Creek
Hours	5 a.m. to 10 p.m. Varies Seasonally
Fees	None
Website	ebparks.org/parks/bigbreak

MODERATE HIKE



Park Features: Big Break Regional Shoreline is a part of the great 1150-square-mile Sacramento-San Joaquin River Delta. The water flowing past Big Break through the Sacramento and San Joaquin - the state's two greatest rivers - drains half of California's water and creates the largest estuarine environment on the Pacific coast. This area is also referred to as the "Inland Coast." Big Break is home to 100 species of birds and several species of mammals.

Trail Highlights: Big Break Regional Trail provides a smooth hike alongside the Delta, making it a perfect route for all park users, including hikers and bicyclists. This is a great place for birding as you stroll by all the marshlands and past all the tule that fills Marsh Creek. Bring plenty of water for yourself and your animals. This hike can be as short or as long as you would like to make it. It is an out-and-back hike, so you can turn around at any time.

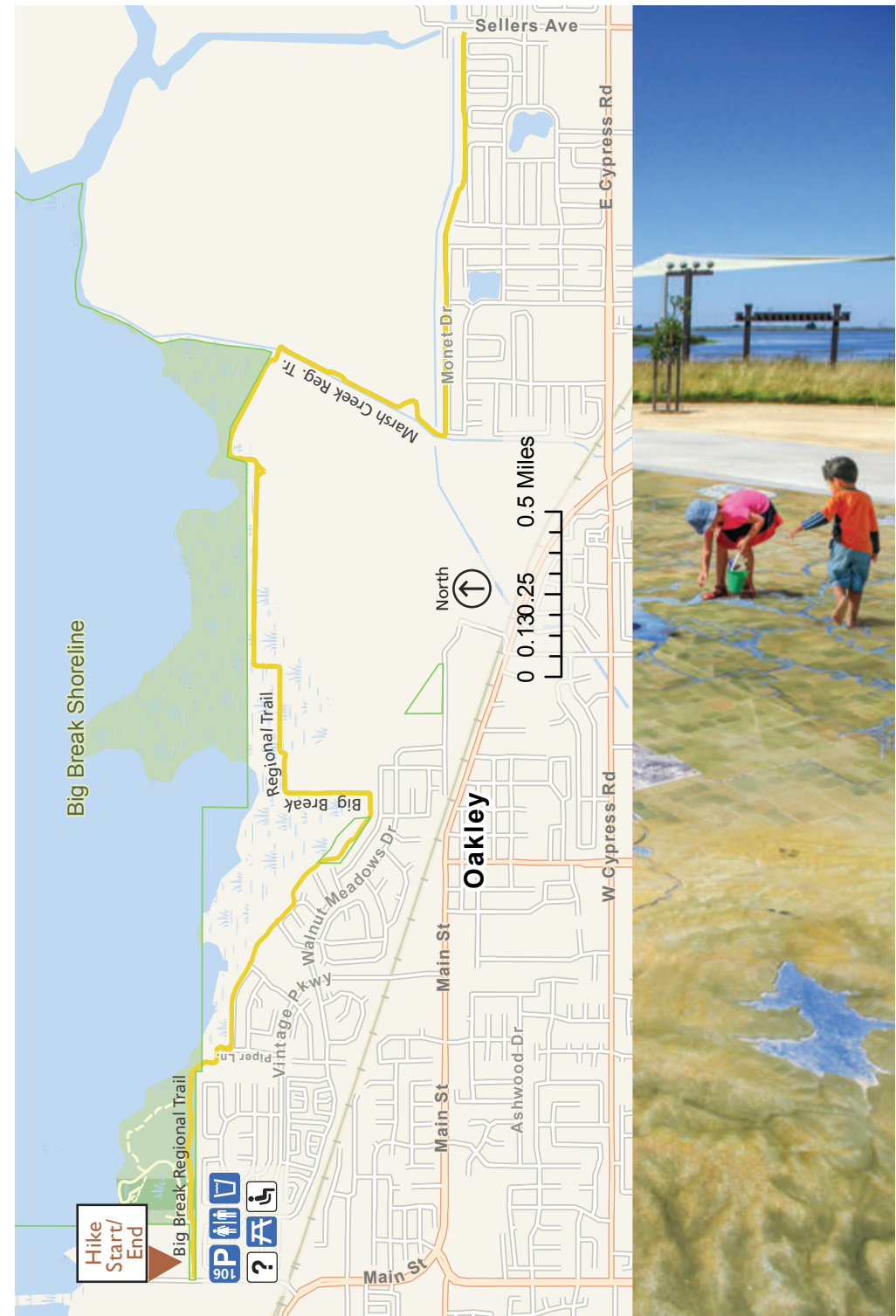
Trail Directions: Big Break Regional Trail begins at Big Break Rd., near the entrance gate. Head east on this wide, multi-use trail till you reach the cul-de-sac of Piper Ln. Continue on Piper Ln., and make your first left on to Rutherford Ln. As Rutherford Ln. begins to curve right, keep left, and continue on the paved trail. Shortly after, you come out onto Merlot Ln. Continue on this street until Merlot Ct., then turn left back on to the paved trail. Follow this trail for the next two miles until you reach the Marsh Creek Trail bridge. Cross it, turn right, and follow the paved path. After about 0.5 miles, turn left just before Monet Dr. and follow the trail until it ends at Sellers Ave. Enjoy the beautiful flowers on this last leg of the trail, before turning around and retracing your steps.

Accessibility: There are five accessible parking spaces in the parking lot by the visitor center, three are van-accessible. Two accessible restrooms and an accessible water fountain are located in the parking lot and there are also accessible restrooms inside of the visitor center, in addition to an accessible water fountain. Four large benches and two picnic tables are located by the parking lot, in addition to a few benches scattered along the hike. There is also one picnic table on Marsh Creek Trail. Mobility devices can access the table ends on all picnic tables by the parking lot. This trail is in full sun with a few shady areas. The average grade of this hike is gentle, the surface is paved, and the trail is more than 6 ft. wide.

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.

Health Tip

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



Claremont Canyon Regional Preserve

Location	Berkeley
GPS	37.862730289667105, -122.24402179600678
Phone	1-888-327-2757, option 3, extension 4516
Miles	2.6 miles
Elevation Gain	889 feet
Trails	Stonewall Panoramic
Hours	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/claremont-canyon

MODERATE HIKE

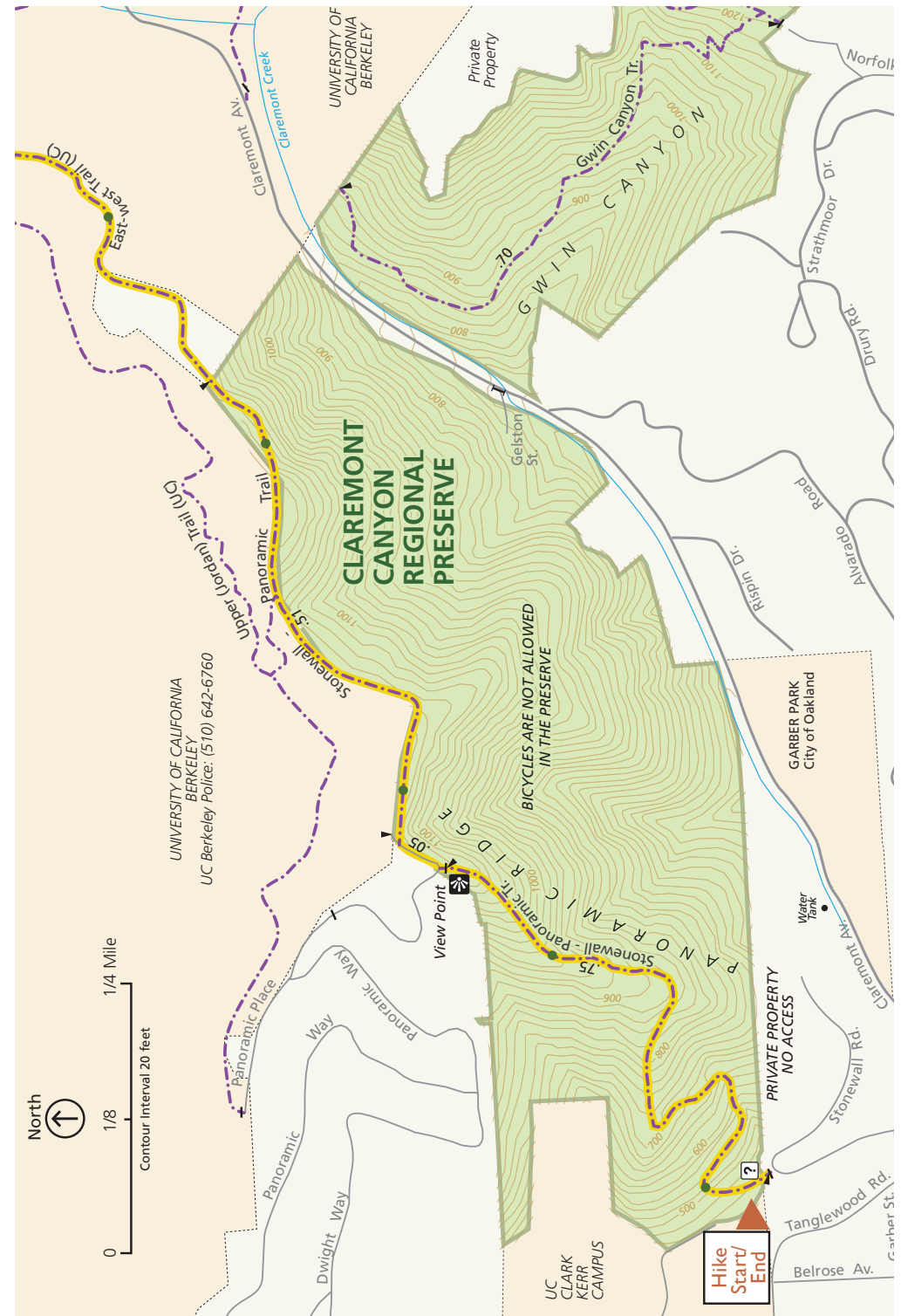


Park Features: Claremont Canyon Regional Preserve is nestled in the Berkeley and Oakland hills behind the historic Claremont Hotel. This scenic, 208-acre preserve protects two parcels of land located on both sides of upper Claremont Avenue. This park is used primarily for its picturesque hiking trails. The Stonewall Panoramic Trail is the primary access through the preserve. The 0.75-mile climb from Stonewall Road to the ridgetop is very steep, but hikers are rewarded with a panoramic view of Oakland, Berkeley, San Francisco Bay, and the Golden Gate Bridge. The trail continues east along the ridge, straddling the boundary with University of California property, and connecting with the University's Ecological Study Area trail system. The scenic single-track Gwin Canyon Trail is worth exploring as well. Parking is limited to street parking, there are no restrooms or water available, please plan accordingly. Cyclists are not allowed in Claremont Canyon.

Trail Highlights: Due to the steepness of the trail, this route is only recommended for hikers; elevation starts at 450 feet and rises to over 1,100 feet in only 0.75 miles. Commonly seen wildlife includes black-tailed deer, coyotes, gray foxes, red-tailed hawks, scrub jays, and western terrestrial garter snakes. The route traverses through a shaded eucalyptus forest, then transitions into oak and bay trees and open grassland towards the end.

Trail Directions: Begin at the Stonewall-Panoramic Trail gate. The trail is paved the first 600 feet, then transitions into a dirt fire road. Shortly after starting, you will see a water tank to the right. Continue on the Stonewall Trail until you get to an area where you will see a huge rock, a great spot to catch your breath before climbing up the steep hill beyond. Once you have reached the ridge, there will be a bench that overlooks the entire Bay Area. Continue past the gate, and head right onto a short section of the street, until you reach the other portion of the Stonewall-Panoramic Trail which is clearly marked and visible. The trail will continue to rise and dip for the remainder of the way. Once you are at the crest of the hill on the East-West Trail (UC), you can either continue on the trail to end at Claremont Trail (UC) or turn back on the Stonewall-Panoramic Trail and head back downhill to the starting gate.

Driving Directions: To reach the Stonewall Panoramic trailhead from Highway 24, exit Fish Ranch Road immediately east of the Caldecott Tunnel. Go up Fish Ranch Road about 1 mile to the four-way stop. Continue through the stop; Fish Ranch becomes Claremont Ave. Continue for about 3 miles. Make a right onto Stonewall Road and continue for approximately 0.25 mile to the trailhead. From Highway 13: Turn east onto Claremont Ave. and continue for about 0.25 mile. Turn left onto Stonewall Road. The main entrance to the preserve is on Stonewall Road, which is a block north of the Claremont Hotel. Parking on the street is limited.



Dublin Hills Regional Open Space Preserve

Location	Dublin	MODERATE HIKE
GPS	37.700041, -121.974799	
Phone	1-888-327-2757, option 3, extension 3033	
Miles	4.3 miles	
Elevation Gain	955 feet	
Trails	Calaveras Ridge Regional Trail/ Donlon Loop	
Hours	8 a.m. to Sunset	
Fees	None	   
Website	ebparks.org/parks/dublin-hills	

Park Features: Dublin Hills Regional Park is an undeveloped open space corridor that includes the Calaveras Ridge Regional Trail, which spans most of the park. Much of the terrain is grassland comprised of native and non-native annual and perennial grasses. Clusters of coast live oak, with acorns growing in the fall, and California bay laurel are found near the watershed areas. Many raptors can be seen hunting in the grasses, such as Cooper's hawks, red-tailed hawks, northern harriers, and white-tailed kites. Also hunting are golden eagles with their distinct high-pitched whistled calls. Glorious wildflower blooms can be viewed in the springtime.

Trail Highlights: The loop traverses a portion of the Calaveras Ridge Regional Trail before diverting to the Donlon Loop Trail. The first part of the hike goes through open grassland with views of the hills and valleys and the grazing land that surrounds the park.

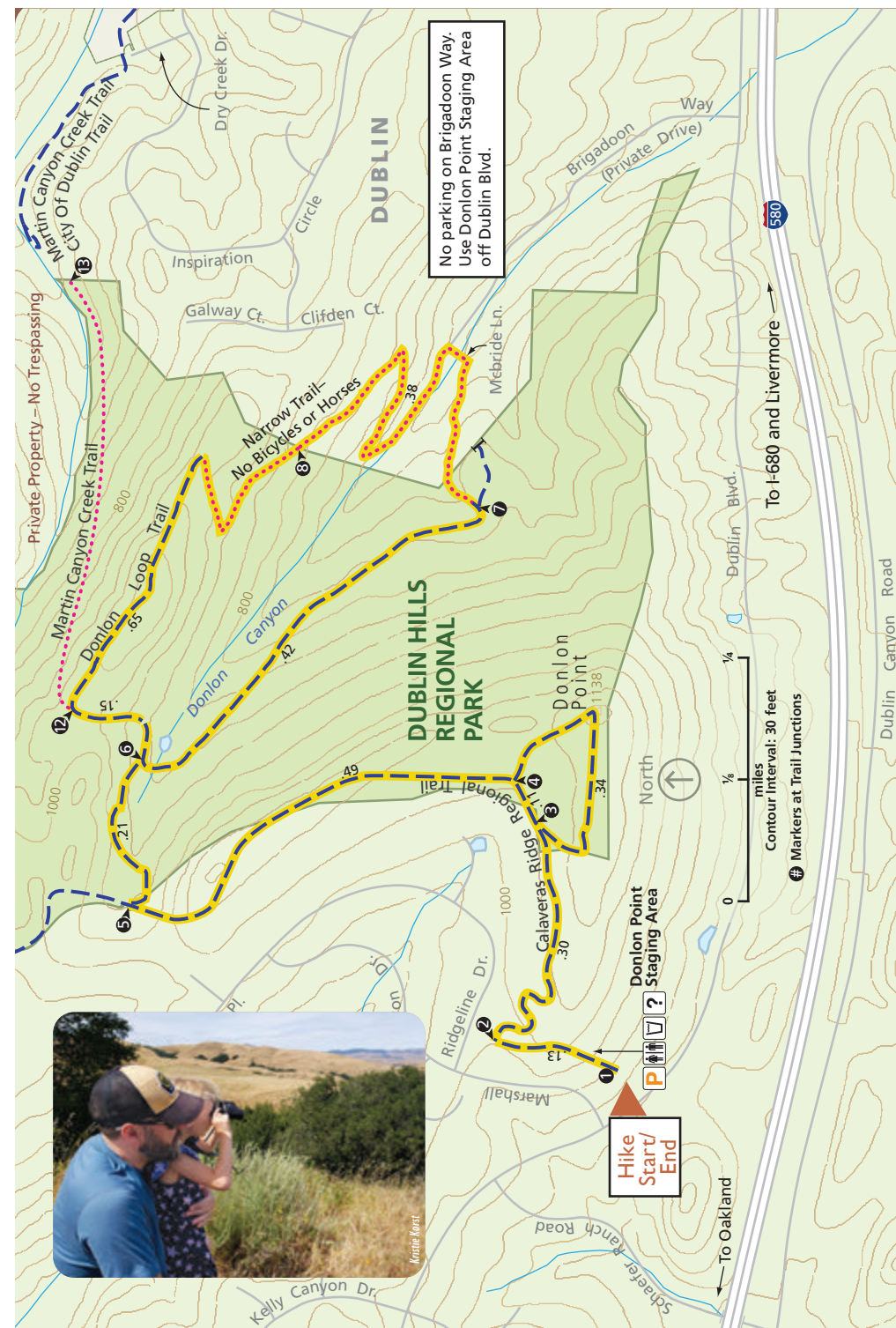
Along the Donlon Loop is a pond and seasonal stream which offer a shady canopy to walk under. The trail briefly crosses into a quiet residential area before it resumes following the creek back to the Calaveras Ridge Trail. The final loop toward the end of the trail has excellent views and a bench to rest on before descending back down to the main trail and the Donlon Point staging area.

Trail Directions: From Donlon Point Staging Area follow the Calaveras Ridge Regional Trail, turn right on Martin Canyon Creek Trail, then right on Donlon Loop Trail which will narrow as you go into the Canyon (hiker-only trail). At the gate, you will go on a paved street (Brigadoon Way - make a right on McBride Lane) past Townhome Garage and look for a brown East Bay Parks sign for Donlon Loop Trail. Start back on the trail, follow it up the hill and stay to the right up the valley. Make a left on Martin Canyon Creek Trail, then a left on Calaveras Ridge Regional Trail. Take a quick break at Donlon Point before heading back 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. which 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, 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. Turn west on Dublin Blvd. and drive for about two miles. The staging area is on the right.



Five Canyons Open Space

Location	Castro Valley
GPS	37.6868241,-122.042438
Phone	1-888-327-2757, option 3, extension 3073
Miles	2.1 miles
Elevation Gain	440 feet
Trails	Shady Canyon/Newt Pond Trail
Hours	8 a.m. to Sunset Varies Seasonally
Fees	None
Website	ebparks.org/parks/five-canyons

MODERATE HIKE



Park Features: Five Canyons Open Space includes a segment of the Bay Area Ridge Trail which connects to many other parks in the district. Seasonal ponds form during the rainy season, providing a home for California newts and a habitat for birds. There are recreational opportunities in neighboring parks that are connected via the trail system.

Trail Highlights: On this loop, an oak/bay riparian woodland gives way to ridgetop views. There are a variety of landscapes to enjoy, from the shady creekside path to pastureland with beautiful vistas of the East Bay. You may extend this loop by taking any of the trails that branch out from it.

Trail Directions: Walk out of the parking lot and head left on Recreation Center Rd. Cross the street and start at the trailhead with a chain link fence and two wooden fences. This is Shady Canyon Trail. The path follows the creek until it climbs up out of the canyon

into open country. Shortly after you reach the pond the trail turns to the left and starts to climb upward at the Newt Pond Trail. The trail continues to climb along a ridge. At 1.05 miles you will reach a trail post marked with "Bay Area Ridge Trail." Go right here. The next marker down the hill shows the Shady Canyon Trail plaque to confirm you are going in the right direction. Continue forward past the water trough and head back down into the creek canyon. Cross the bridge over the creek and go right to follow the trail back to where you started.

Driving Directions: Take 580 East to Grove Way and stay left. Make a right onto East Castro Valley Blvd. Turn right on Five Canyons Parkway. Make a right on Recreation Center Rd. Make a left into Five Canyons Recreation Center parking lot.



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

Huckleberry Botanic Regional Preserve

Location	Oakland
GPS	37.842963005922236,-122.19497792991766
Phone	1-888-327-2757, option 3, extension 4532
Miles	2.4 miles
Elevation Gain	394 feet
Trails	Upper Huckleberry/Upper Pinehurst/Lower Huckleberry Loop
Hours	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/huckleberry

MODERATE HIKE



Park Features: The native plant diversity found at Huckleberry Preserve is a unique treasure found only in a few locations in California. This 241-acre preserve has a year-round display of blossoming plants, some of which are extremely rare in the East Bay. On your hike, be sure to take time to read the 21 interpretive panels



Alan Hernandez

Health Tip

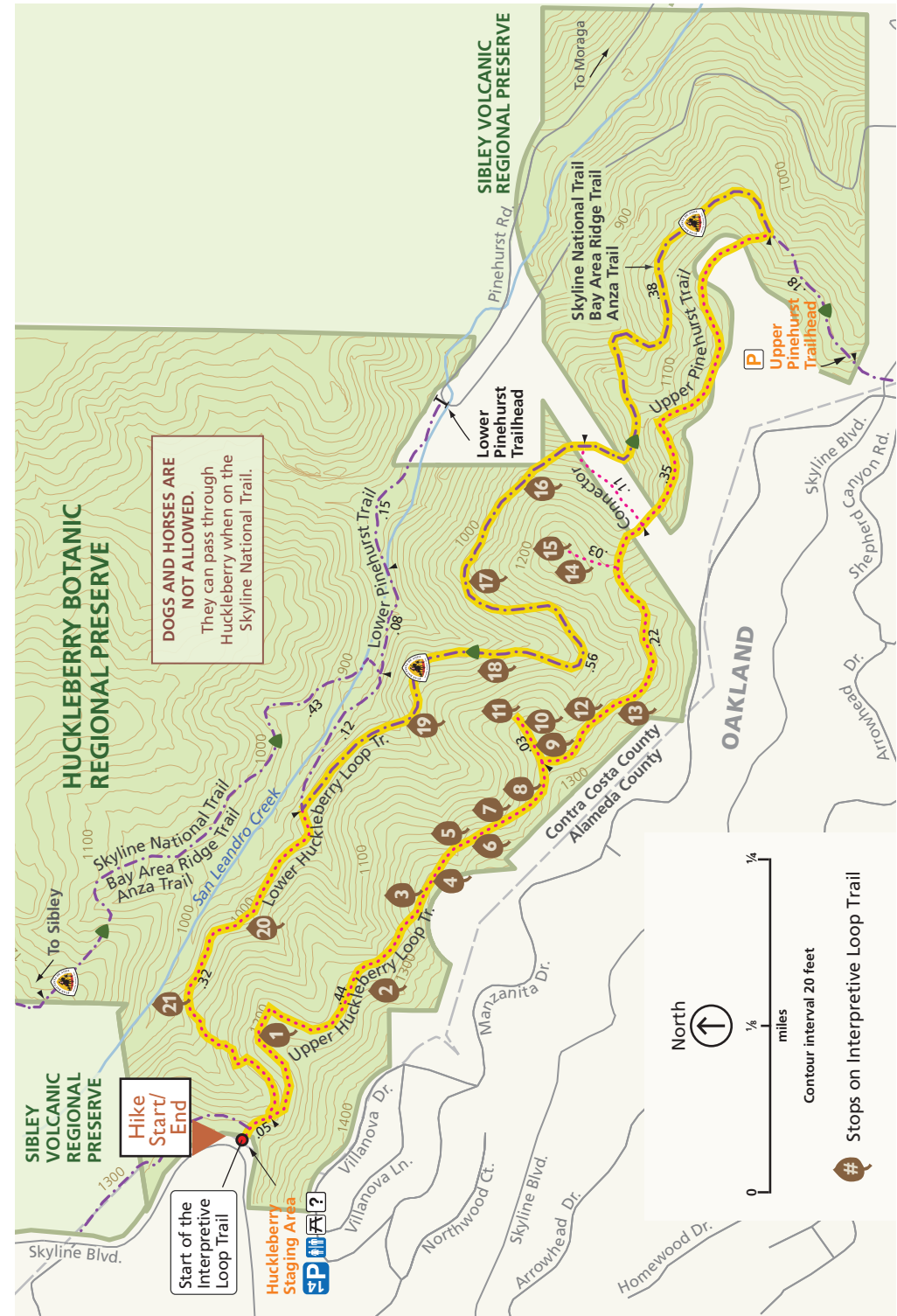
Researchers at Iowa State University found that just 12 minutes of walking can boost your mood, resulting in an increase in joviality, vigor, attentiveness, and self-confidence.

to learn about the plants that make Huckleberry Preserve such an ecological gem. Dogs are not allowed in the preserve.

Trail Highlights: This is a self-guided nature path where you can enjoy the amazing abundance of plants and trees. There is no water on the trail. No dogs.

Trail Directions: From the parking lot, the trail starts to the right of the trail map sign. At the first junction stay right on Upper Huckleberry Trail Loop Trail. Stay right to continue on Upper Pinehurst Trail. Make a sharp left to take Lower Huckleberry Loop Trail back to the parking lot.

Driving Directions: From Highway 24 in Oakland, take the Fish Ranch Road exit immediately 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 Boulevard. Turn left and drive approximately 1/2 mile to the park entrance on the left, past Sibley Volcanic Regional Preserve.



Sibley Volcanic Regional Preserve

Location	Oakland
GPS	37.84775511538232, -122.19863944887173
Phone	1-888-327-2757, option 3, extension 4554
Miles	2.1 miles
Elevation Gain	318 feet
Trails	Overlook Trail/Round Top Loop
Hours	7 a.m. to 6 p.m.
Fees	None
Website	ebparks.org/parks/sibley-volcanic

MODERATE HIKE

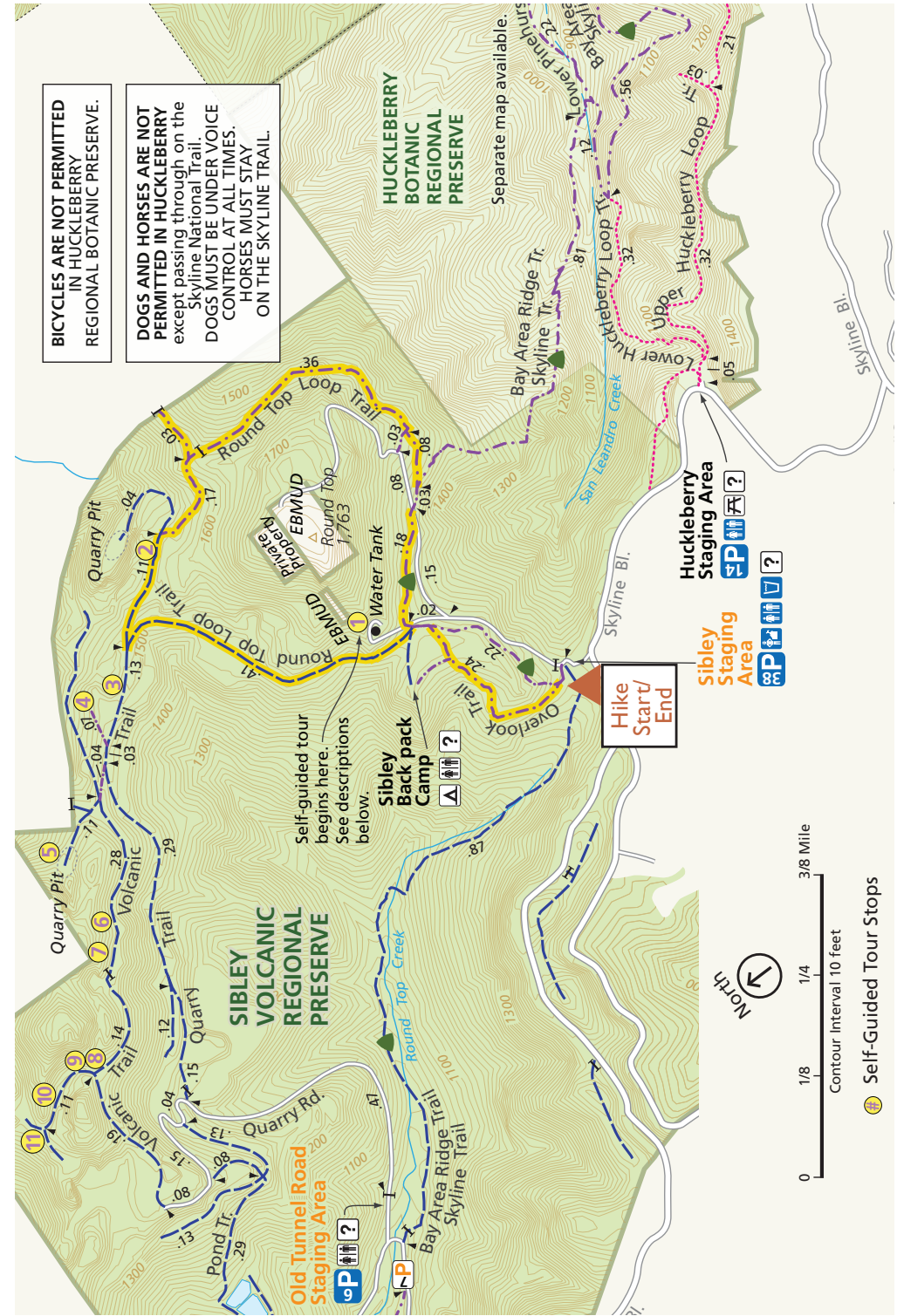


Park Features: One of the East Bay Regional Park District's original parks, Sibley Volcanic Regional Preserve is home to a rich geological history, including the now dormant volcano Round Top, highlighted in the unstaffed visitor center near the entrance. The park is filled with breathtaking views of the East Bay throughout its trails, which include a segment of the Bay Area Ridge Trail and Skyline Trail. Wildflowers delight in springtime, wildlife flourish in the hills and creek sides, and visitors enjoy discovering the labyrinth found at the Quarry Pit off the Round Top Loop Trail.

Trail Highlights: Make sure you plan to stop at one of the many benches on this hike for some of the best views of the area. Very nice mix of fire trails and a single track trail makes the hike challenging and fun. You can extend this hiking event by enjoying one of the many other trails along the way.

Trail Directions: From Sibley Staging Area, take the Overlook Trail. Adjacent to the backpacker campsite, you will see the large water tank. Follow the Overlook Trail to the left to Round Top Loop Trail. Keep left. After 0.41 miles, turn right on Volcanic Trail. Keep right at 1.1 miles. Just up the hill you will see a couple of benches with tremendous views. Head back to the trail sign and continue on Round Top Loop Trail. You will soon come full circle around the water tank and reconnect to the Overlook Trail. Follow the Overlook Trail back to the parking lot.

Driving Directions: From Highway 24 take the Fish Ranch Road immediately east of the Caldecott Tunnel. Continue 0.8 miles to Grizzly Peak Boulevard. Turn left and go 2.4 miles on Grizzly Peak to Skyline Boulevard. Turn left and drive 0.1 mile to the preserve entrance on the left.



Sobrante Ridge Botanic Regional Preserve

Location	Richmond
GPS	37.970598804459605, -122.2595144207854
Phone	1-888-327-2757, option 3, extension 4534
Miles	3 miles
Elevation Gain	430 feet
Trails	Sobrante Ridge/Manzanita/Manzanita Loop
Hours	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/sobrante-ridge

MODERATE HIKE

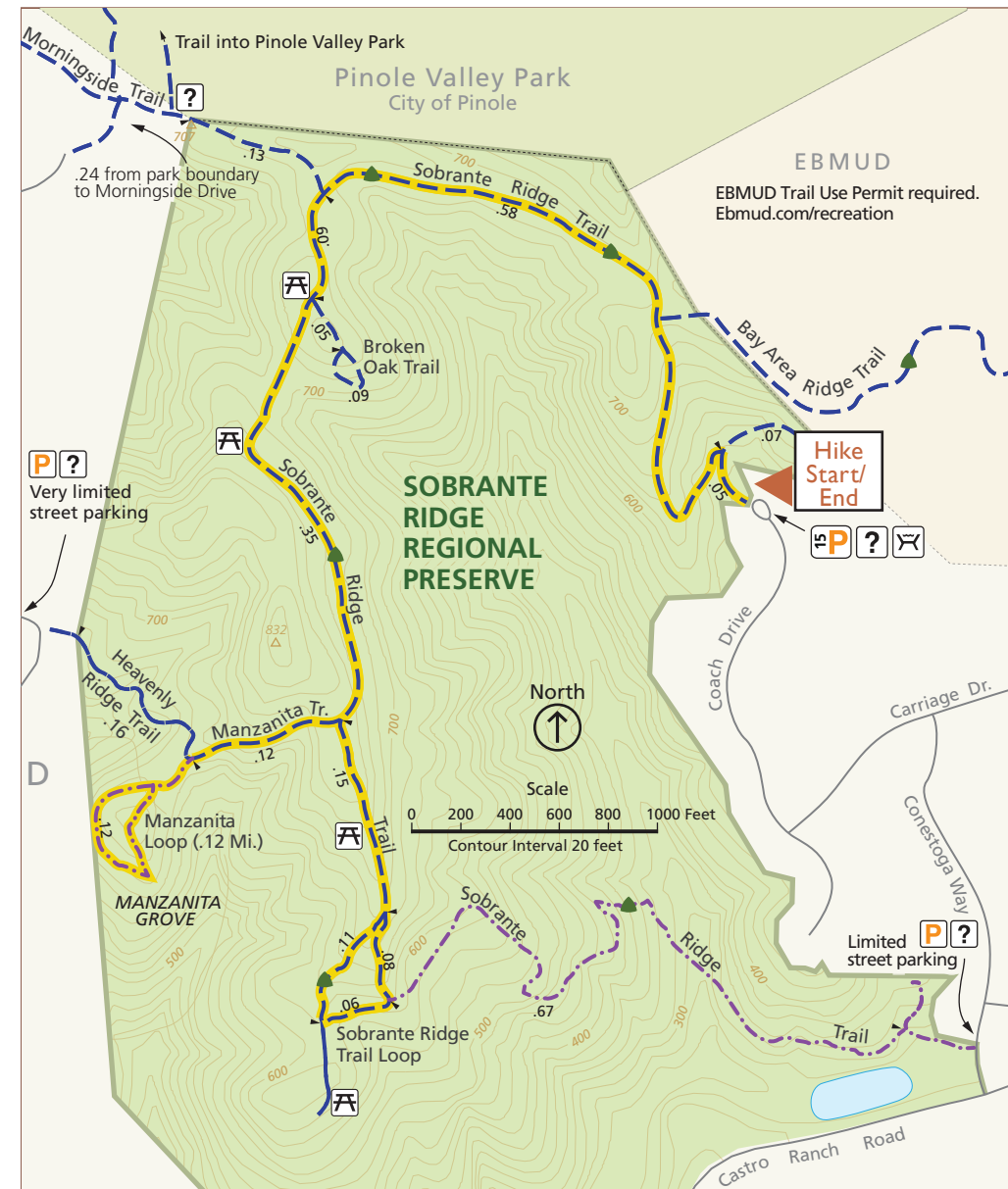


Park Features: A small and quiet open space with unique natural resources, Sobrante Ridge was yet part of a rich and varied history. The area continues to be a part of the ancestral homeland of the Saclan, one of six California Native American tribes whose primary language is called Bay Miwok today. Since time immemorial these tribes have maintained a strong connection to the land. In 1841, under Mexican colonialism, the extended land was granted to Juan Jose Castro and became part of the vast Rancho Sobrante. At that time, great herds of Spanish longhorn cattle freely roamed the hills. Beginning in the early 1900s, Cutter Laboratories in Berkeley had a ranch there that raised horses and cattle for use of the animals' blood to produce tetanus and diphtheria vaccines through the 1970s. When developers in the 1980s wanted to build homes in the area, the Park District and surrounding communities successfully advocated for the preservation of the scenic ridgelines

and the rare endemic plant life, keeping the subdivision development to the low-lying areas.

Trail Highlights: This hidden gem is tucked behind a residential neighborhood in El Sobrante. The trail takes you along a ridgeline, through oak/bay woodland, and into a grove of rare Alameda Manzanita. Raptors soar the ridges, and many other birds can be found in the forests and coyote brush scrub. In the spring, wildflowers are abundant, and in the summer the coastal winds will keep you cool. This trail is part of the National Skyline Recreation Trail, so you are guaranteed fabulous views in all directions. Also, this park has many well-placed picnic tables with fabulous views. Park maps and litter bags are available at the staging area, but water and restrooms are not. Please plan accordingly. Be sure to read the bulletin board and the park website for park updates.

Trail Directions: From the Coach Drive staging area, walk around the gate and head up the paved road. Shortly after passing the gate, turn left onto a gravel road which is the start of the Sobrante Ridge Trail. A quarter mile uphill brings you to the ridgeline, and from here the trail becomes relatively flat. Follow the trail west. As the trail begins to turn south you will pass Morningside Trail on your right. Continue the Sobrante Ridge Trail passing the Broken Oak Trail on your left. The trail undulates gently from here to the Manzanita Trail junction. To visit the Manzanita Grove (hikers and horses only), turn right onto Manzanita Trail. Go downhill, just as the trail bends sharply to the right, look for a less prominent trail that branches off to the left. Take this trail and shortly after you will see a story board for the manzanita grove. Take a moment to read it, then continue down the trail around this small mound. While going down the trail, look for animal footprints. As you leave the grove, turn right back up the hill. Head onto the Sobrante Ridge Trail, passing a grassy ridge top, and then down into oak woodland for the small trail loop. Retrace your steps back to the staging area.



Driving Directions: 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.

Black Diamond Mines Regional Preserve

Location	Antioch
GPS	37.965432608928275, -121.82194376057389
Phone	1-888-327-2757, option 3, extension 4506
Miles	5.2 miles
Elevation Gain	1,020 feet
Trails	Stewartville/Corcoran Mine/ Ridge Trail
Hours	8 a.m. to Sunset
Fees	None
Website	ebparks.org/parks/black-diamond

CHALLENGING HIKE



Park Features: The Black Diamond Mines Regional Preserve features relics of three mining towns, former coal and sand mines, and offers guided mine tours led from the Greathouse Visitor Center. The preserve contains 8,349 acres of land which offers over 60

miles of hiking trails, cultural history, and nature exploration. Several rare species of flora and fauna are found here.

Trail Highlights: The trail covers terrain from open pastureland with views of Mount Diablo to oak and buckeye woodlands to drier and rockier conditions with sandstone outcroppings. On a clear day the Ridge Trail offers great views of the Central Valley and the Sierras. This hike allows you to add an amazing stop at Prospect Tunnel on the west side of the preserve. The tunnel was driven in the 1860s by miners in search of commercial-quality coal. Two hundred feet of the 400-foot tunnel are open for exploration. Bring a flashlight.

Trail Directions: Begin at the Frederickson Lane staging area, at the curve in the road before the entrance to Contra Loma Regional Park. Take the Stewartville Trail from the parking area. Make a right on Corcoran Mine Trail, then another right on Ridge Trail. Take this trail to Stewartville Trail and retrace your steps back to where you began.

Driving Directions: To reach Contra Loma from Highway 4 in Antioch, exit on Lone Tree Way, go right on Golf Course Road, and right on Frederickson Lane to the park.



Briones Regional Park

Location	Lafayette
GPS	37.915488395065246, -122.12243489834944
Phone	1-888-327-2757, option 3, extension 4508
Miles	4.6 miles
Elevation Gain	1,132 feet
Trails	Springhill/Lafayette Ridge/ Briones Crest/Sunrise/ Buckeye Ranch
Hours	8 a.m. to Sunset Varies Seasonally
Fees	None
Website	ebparks.org/parks/briones

CHALLENGING HIKE



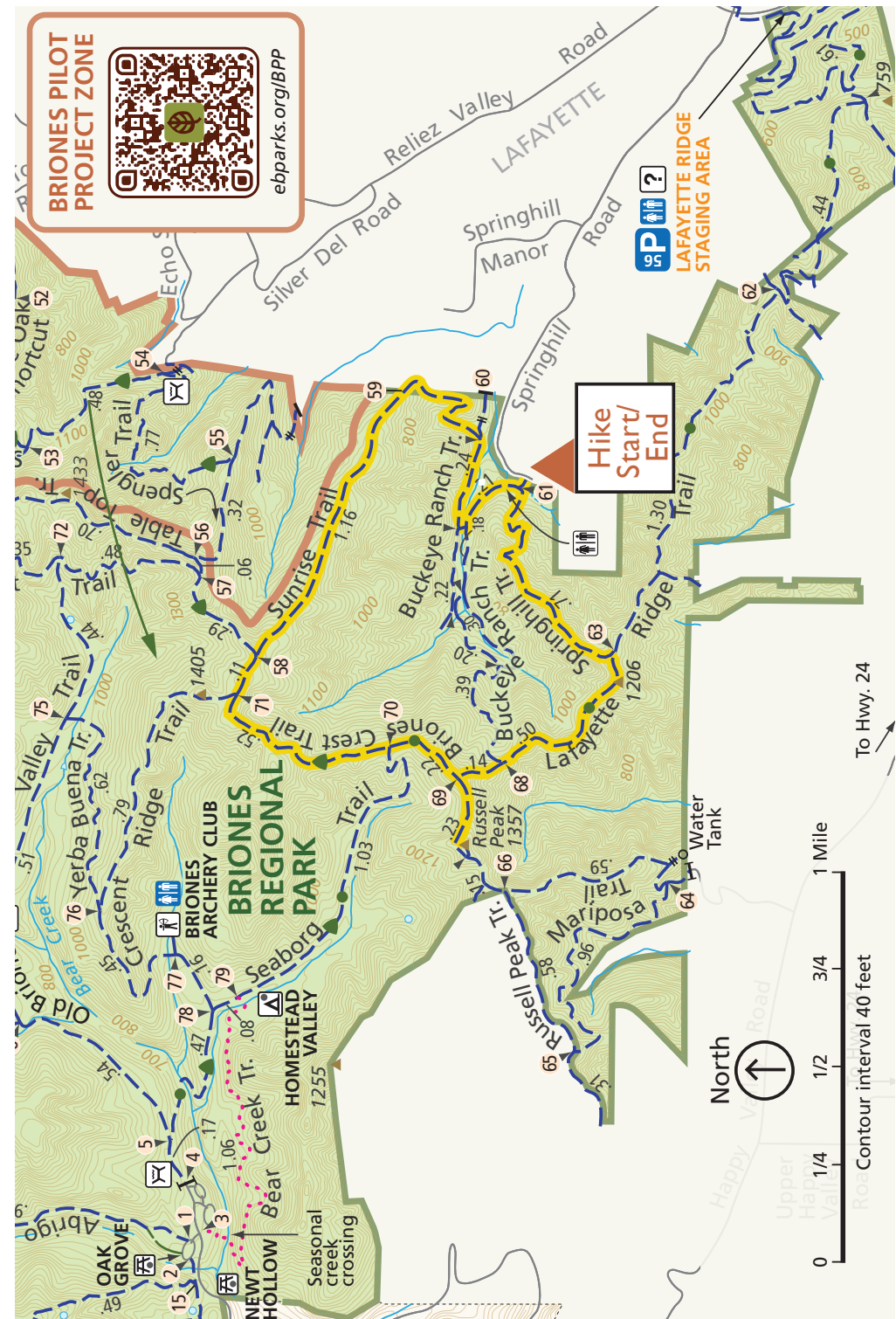
Park Features: Briones' 6,255 acres are home to many animals and birds, which forage on the grasslands or find shelter among the oaks and bays. You may see black-tailed deer, coyotes, squirrels, red-tailed hawks, turkey vultures, and if you are lucky, other more reclusive creatures. There are gorgeous seasonal wildflower displays. Park District naturalists often lead walks to view the park's natural and historic features.

Trail Highlights: Briones has thousands of acres of rolling hills full of amazing views and wildlife. With dozens of interlocking trails, you will find the scenic stretch of hills between the suburban centers of Lafayette, Orinda, Martinez, and Pleasant Hill.

Trail Directions: From the Springhill Road parking lot, head to the left following sign marker for Springhill Trail. Go right at the sign marker on Lafayette Ridge

Trail, then left at the trail marker onto Briones Crest Trail (trail turns into Russell Peak Trail). Stop and take in the view, then backtrack to Russell Peak/Briones Crest Trail. Go right at the trail marker onto Sunrise Trail, then right on Buckeye Ranch Trail and cross the creek, following Buckeye Ranch Trail to the parking lot.

Driving Directions: From Highway 24 head north on Pleasant Hill Road toward Acalanes Ave. Turn left onto Springhill Road. In about 1.4 miles start looking for the Briones Springhill Road Trailhead.



Diablo Foothills Regional Park

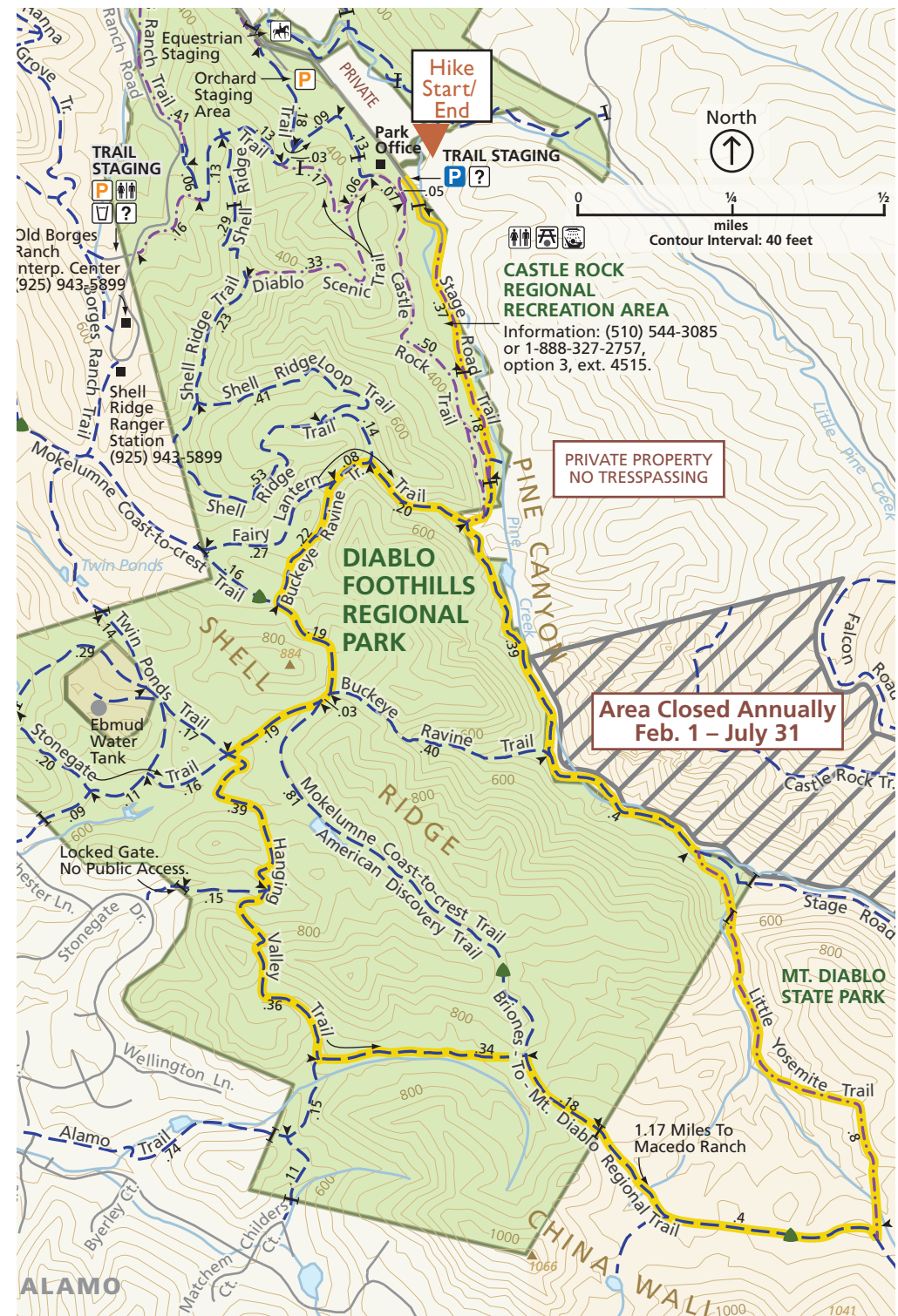
Location	Walnut Creek
GPS	37.891120, -121.993069
Phone	1-888-327-2757, option 3, extension 4526
Miles	5.7 miles
Elevation Gain	912 feet
Trails	Stage Road/Little Yosemite/Briones to Mount Diablo/Hanging Valley/Stonegate/Buckeye Ravine/Fairy Lantern
Hours	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/diablo-foothills

CHALLENGING HIKE

single-track Little Yosemite Trail features a waterfall in the rainy season and many bay and buckeye trees in the creek canyon. Wildflowers can be seen in the spring on the oak savannah and sunny open ridges.

Trail Directions: Begin at the Trail Staging area closest to Castle Rock Regional Recreation Area and the Stage Road trailhead. Go through a cattle gate and continue on Stage Road Trail. Make a right on Little Yosemite Trail. Bear right at the top of the trail onto Briones to Mount Diablo Regional Trail. The China Wall will come into view on your left. Stay on the main trail. Go left on Hanging Valley Trail, then make a right to stay on Hanging Valley Trail. Right onto Stonegate Trail, then left on Briones to Mount Diablo Regional Trail. Make a right on the Buckeye Ravine Trail. At the intersection continue right on Buckeye Ravine Trail. Bear right on Fairy Lantern Trail. At the bottom of the trail go left to Stage Road Trail to return to where you began.

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. Limited parking is available at the end of Castle Rock Road.



Iron Horse Regional Trail

Location	Pleasant Hill
GPS	37.928656225967295, -122.05524249210328
Phone	188-327-2757, Option 3, Extension 4533
Miles	19 miles
Elevation Gain	115 feet
Trails	Iron Horse Regional Trail
Hours	5 a.m. to 10 p.m. unless otherwise posted or permitted
Fees	None
Website	ebparks.org/parks/iron-horse

CHALLENGING HIKE



Park Features: This multi-use, whole-access trail between the cities of Concord and Pleasanton follows the Southern Pacific Railroad right-of-way established in 1891 and abandoned in 1978. The Iron Horse Regional Trail spans a distance of 32 miles.

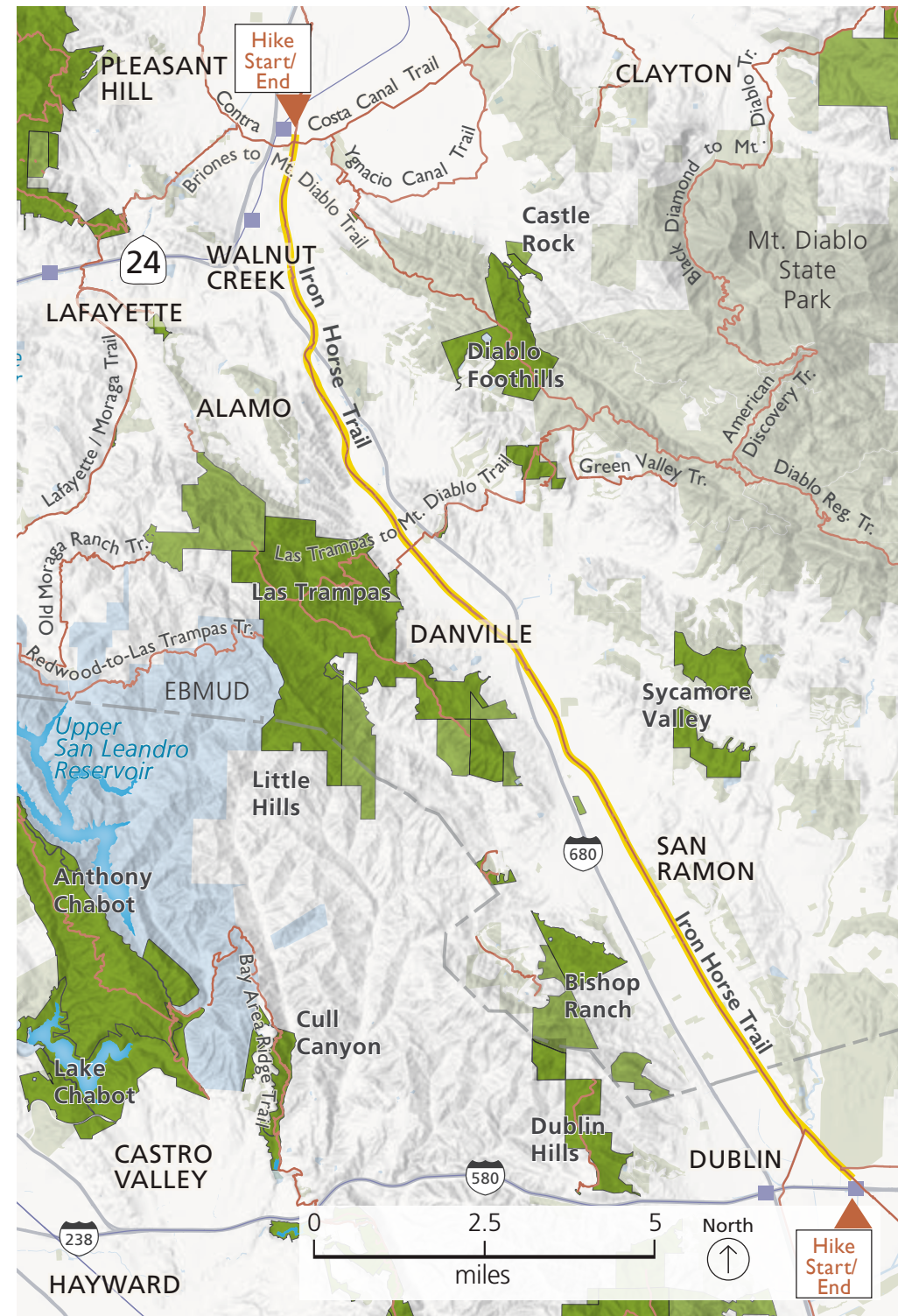
Trail Highlights: The Iron Horse Trail is a nearly-level, paved trail extending through the valley in both Contra Costa and Alameda counties. The trail connects directly to two BART stations, Pleasant Hill and Dublin/Pleasanton. Although the trail is suitable for all users, because of the distance this trail challenge is recommended for cyclists or perhaps strong, experienced inline skaters and hikers. Water fountains are available at several locations along the way.

Trail Directions: This trail could be taken from either direction. We will start from the Pleasant Hill BART station at 1365 Treat Blvd, Walnut Creek, CA

94597. Head east through the parking lot to the paved trail and turn right, or south. Cross Treat Boulevard at the signal and continue south. The intersection with the Contra Costa Canal Trail is in less than ½ mile. Continue straight and stay on the Iron Horse Trail. The distinctive bridge over Ygnacio Valley Boulevard is a short distance, followed by the old railroad bridge, a reminder of the history of this corridor as a rail line. At the intersection of Newell and South Broadway, cross both streets to where the trail continues on the west side of the street. Continue south, under the I-680 Freeway, and across Rudgear Road into the staging area. Water is available here. The trail then leads toward Danville through several street crossings. At mile 8.6 is a small rest area with benches and a water fountain across from the Museum of the San Ramon Valley in Danville.



After a short break, cross the street and follow the trail around the parking lot to the right. On Saturdays fresh fruit may be available at the farmer's market. After leaving Danville, there will be longer stretches of trail between street crossings. Most of the streets are major roads with traffic signals. At mile 17.7 cross a short bridge where two creeks intersect. The trail turns left and then right after about 100 feet. Cross Dougherty Road at the signal, continue along the trail and look ahead for the distinctive roof of the Dublin Pleasanton BART station. After reaching the station, take a leisurely train ride back to Pleasant Hill.



Pleasanton Ridge Regional Park

Location	Sunol
GPS	37.5953312952162, -121.89527693190176
Phone	1-888-327-2757, option 3, extension 3033
Miles	7.8 miles
Elevation Gain	2,016 feet
Trails	Tyler Ranch Trail/Sunol Ridge Trail/Woodside Spring/Niles Canyon Overlook
Hours	8 a.m. to Sunset Varies Seasonally
Fees	None
Website	ebparks.org/parks/ pleasanton-ridge

CHALLENGING HIKE



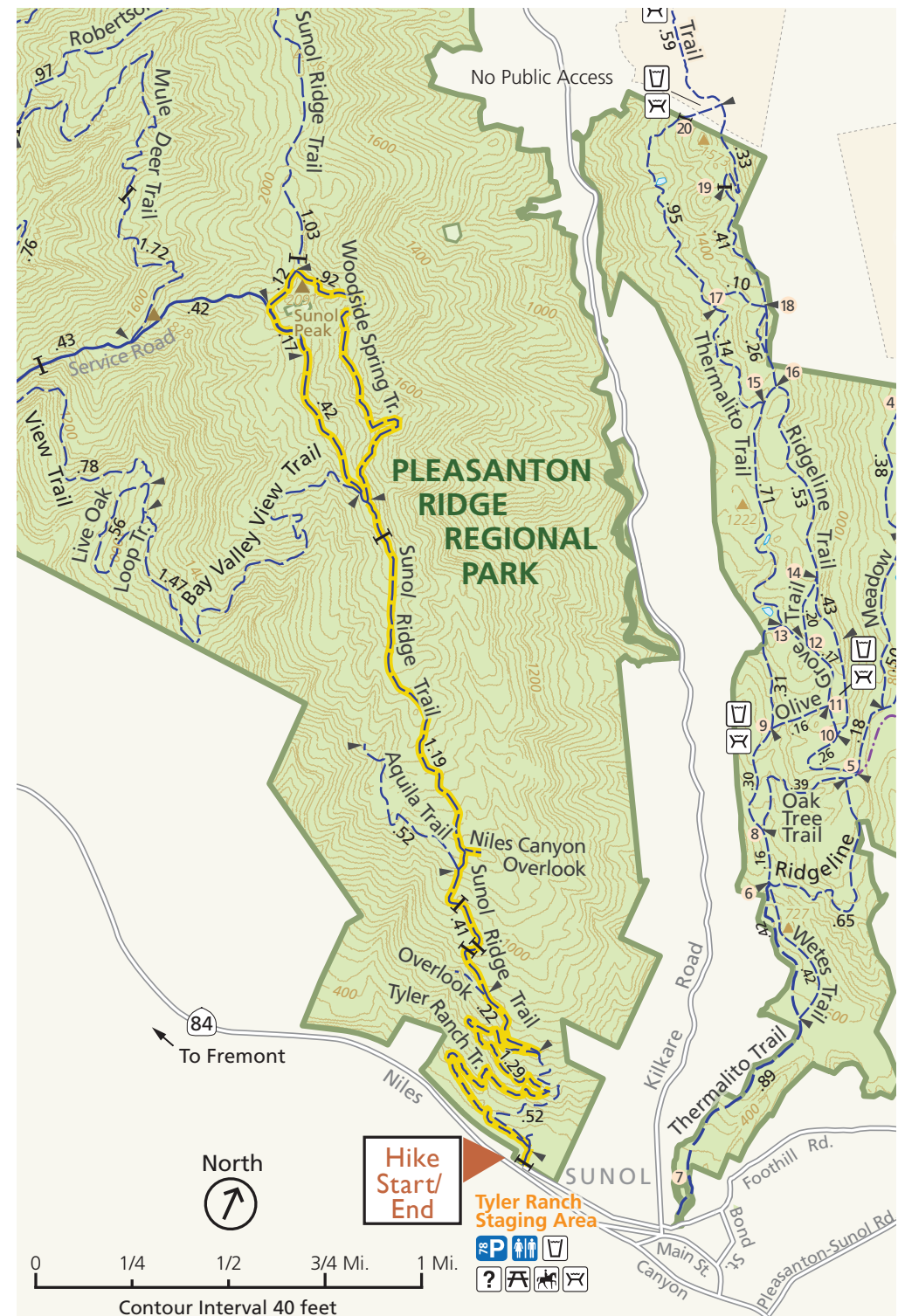
Park Features: Tyler Ranch is the newest addition to Pleasanton Ridge Regional Park, adding 2,844 acres to the park and over 18 miles of new trails for hiking, biking, equestrians, and dog walking. The park contains a variety of landscapes and ecosystems, with expansive grasslands, shady woodland forests, and deep canyon riparian areas. Each ecosystem is home to a variety of native plants and animals, which makes this park a great location for observing wildlife and viewing wildflower blooms in late winter and early spring. Visitors can enjoy numerous panoramic views from ridgeline trails, scenic overlooks, and Sunol Peak, the highest peak in the park at 2,191 feet.

Trail Highlights: This route takes you up to Sunol Peak by way of the Tyler Ranch and Sunol Ridge Trails. This is a strenuous hike, as you are climbing uphill all the way to the highest point in the park. You will

be rewarded with magnificent views of the valley and neighboring ridges as well as Mount Diablo, Brushy Peak, San Antonio Reservoir, Mission Peak, Vargas Plateau, and Niles Canyon. The return trip from the peak ventures into a shady woodland until meeting back up with the trails that descend along the exposed ridge and back down to the Tyler Ranch area.

Trail Directions: Begin at the Tyler Ranch Staging Area at the end of Foothill Road. Take Tyler Ranch Trail from the parking lot. Bear left. Stay on the trail as you continue uphill. Turn left on to Sunol Ridge Trail. Continue all the way up to the ridge top. Make a right on Woodside Spring Trail, then left on Sunol Ridge Trail. Go left on to the Niles Canyon Overlook Trail for incredible views. Turn back and head left onto Sunol Ridge Trail. Then take Tyler Ranch Trail to retrace your route to the staging area

Driving Directions: From I-680 in Pleasanton, exit at Sunol and go west. Turn right onto Koopmann Road and then immediately turn left onto Pleasanton-Sunol Road, towards the town of Sunol. Turn right onto Niles Canyon Road, then make a right onto Main Street. Turn right on Killkare Road and cross the railroad tracks, then make a left onto Foothill Road. The Tyler Ranch Staging Area is at the end of Foothill Road, on the right.



Reinhardt Redwood Regional Park

Location	Oakland
GPS	37.806973076868545, -122.14833756552869
Phone	1-888-327-2757, option 3, extension 4553
Miles	6.2 miles
Elevation Gain	1,027 feet
Trails	Stream/Tres Sendas/West Ridge/ Fern
Hours	5 a.m. to 10 p.m.
Fees	\$5 when kiosk is staffed
Website	ebparks.org/parks/ reinhardt-redwood

CHALLENGING HIKE



understory here is a lush and shady landscape of ferns and huckleberry, along with bay and madrone. The West Ridge portion is more exposed and open, passing through the Redwood Bowl and Roberts Regional Recreation Area. There are many amenities to enjoy in the Canyon Meadow area.

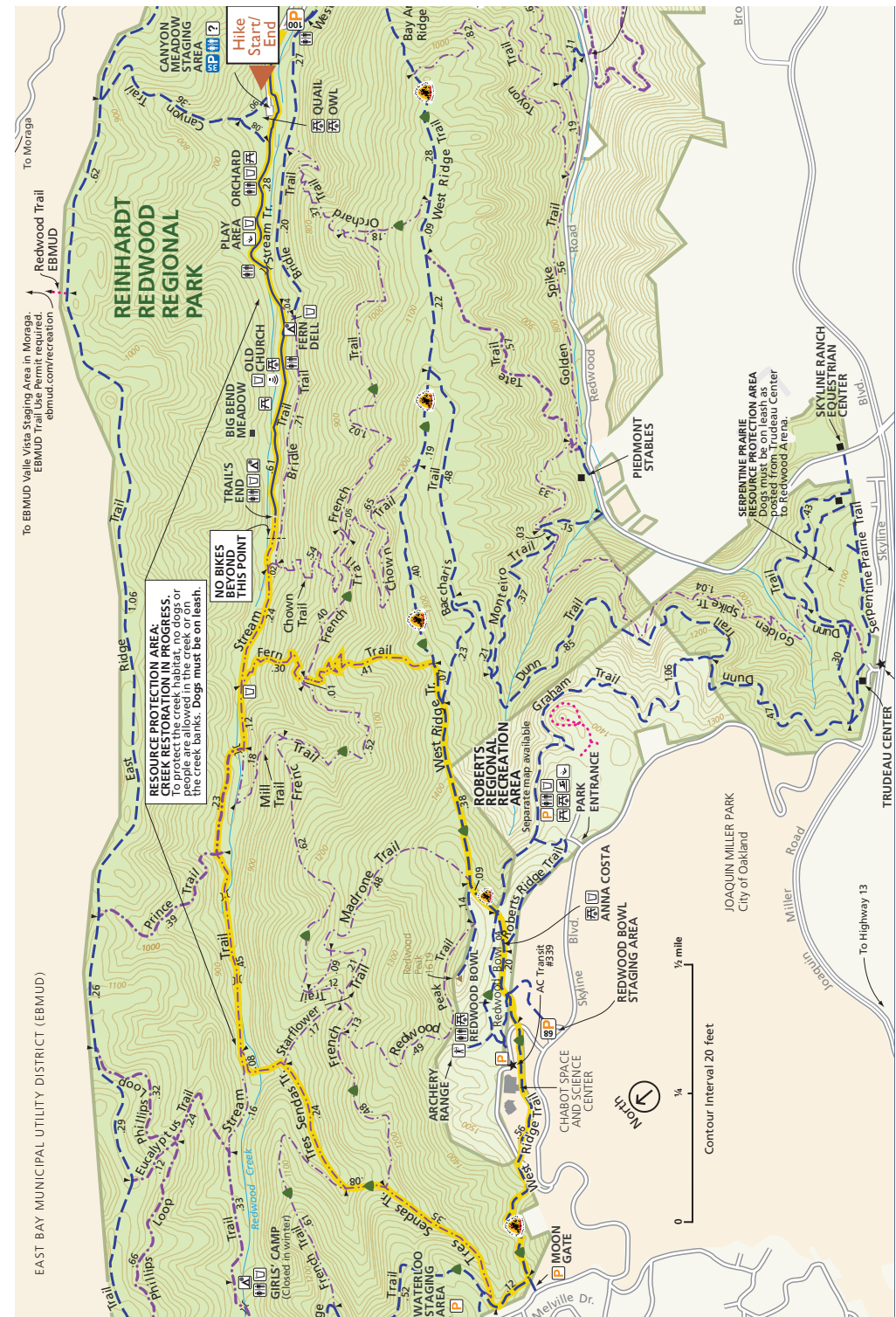
Accessible Park Features: Canyon Meadow area, and only some portions of the Stream Trail. There is one accessible restroom, two parking spaces, and one picnic bench.

Trail Directions: Starting at the Canyon Meadow Staging Area at the end of the main Redwood Gate entrance, take the Stream Trail heading north. At the Stream/Mill Trail junction at 1.45 miles go right to cross the bridge, then bear left to stay on Stream Trail. Take a left on Tres Sendas Trail. Continue all the way up to the West Ridge Trail and go left. You'll pass Chabot Space and Science Center. Bear left to stay on West Ridge at the Redwood Bowl. Left on Fern Trail and right on Stream Trail at the bottom. Take this trail back to the staging area.

Driving Directions: From Hwy. 13 north: Take exit 1 for Carson St. toward Redwood Rd. and go straight at the stop sign onto Mountain Blvd. At the light, make a sharp right onto Redwood Rd. and continue for three miles before turning left into the park. From Hwy 13 south: Take exit 1 for Redwood Rd. toward Carson St.; turn left onto Redwood Rd. and follow for three miles before turning left into the park.

Park Features: Reinhardt Redwood Regional Park contains the largest stand of coast redwood in the East Bay, providing shade and respite even in the warmest months. The creeks that flow through the park are an important habitat that supports the forest's animals, including the native rainbow trout. Keen-eyed visitors may spot the trout in Redwood Creek along the Stream Trail during the rainy winter. They are able to make their way to spawn upstream because of the historic fishway still found in the park today. In addition to abundant and varied hiking trails, there are opportunities for camping, picnicking and horseback riding in the park.

Trail Highlights: The loop features a significant amount of elevation gain but starts off easy along the Stream Trail. For this first portion of the hike, the trail follows Redwood Creek before climbing up through a forest of second and third growth redwood trees. The



Trails Challenge 2024 Trail Log



**Congratulations!
You did it!**

- 1. Trail Log Deadline:** December 1, 2024
- 2. To receive your 2024 commemorative pin** (while supplies last) submit your log at ebparks.org/tclog, or email it to reservations@ebparks.org or mail to:
East Bay Regional Park District
c/o Reservations Department
2950 Peralta Oaks Court
Oakland, CA 94605

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Email: _____

Please list names of at least five completed trails, or mileage totaling 26.2 miles.

Name of Trail(s)	Miles:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Total Miles Completed: _____



Membership Benefits

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

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

Join online at regionalparksfoundation.org/join



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

RegionalParksFoundation.org

2024 TRAILS CHALLENGE GUIDEBOOK



East Bay Regional Park District

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