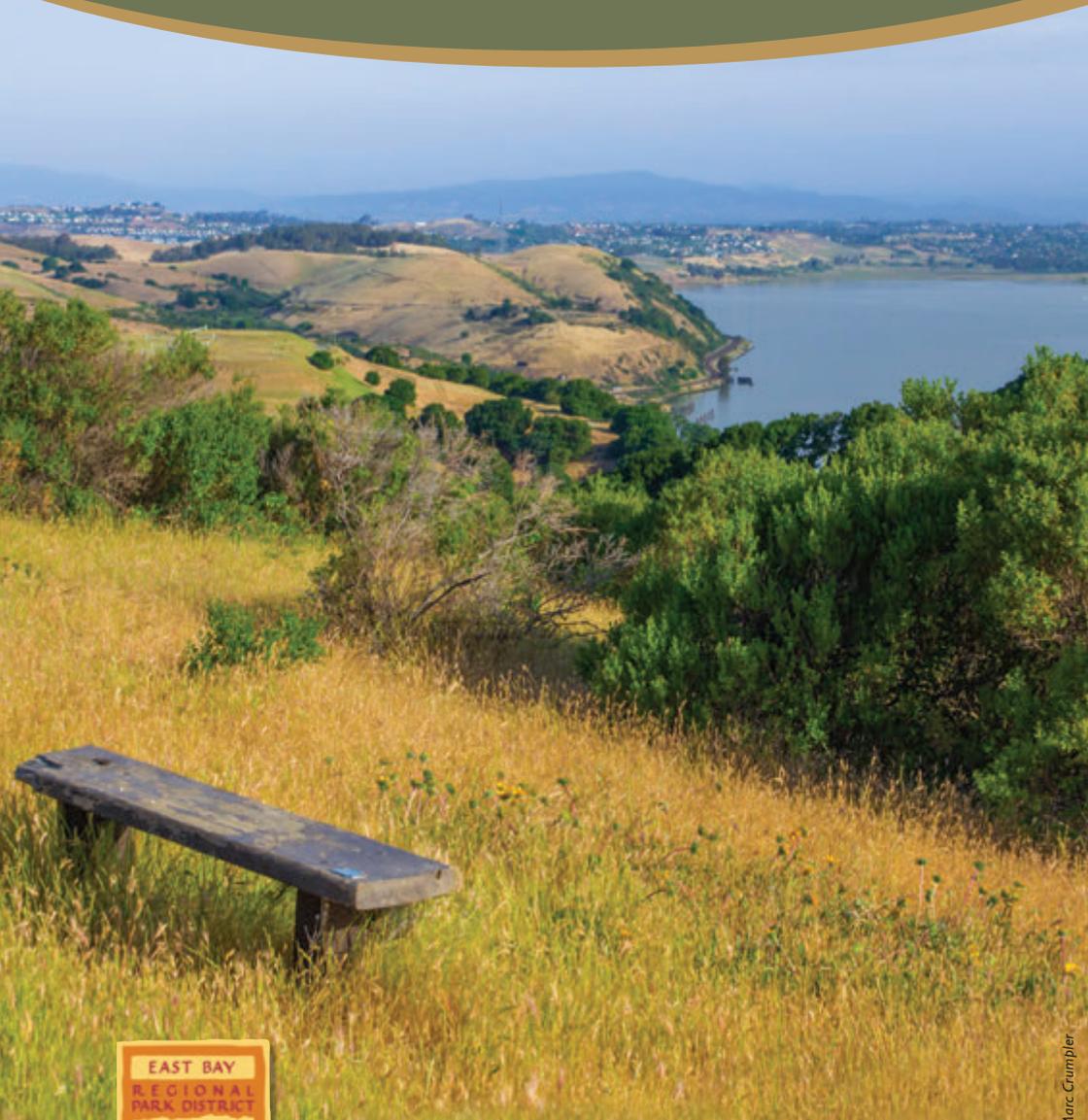


2022 TRAILS CHALLENGE GUIDEBOOK



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

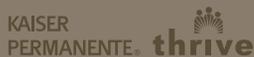


Photo: Marc Crumpler



Welcome to Trails Challenge 2022!

The Park District's Trails Challenge is a popular program that connects people to nature through hiking and biking. This free program, entering its 29th year, offers 20 diverse trails each year ranging from easy to challenging. The Trails Challenge is part of the global Healthy Parks Healthy People (HPPH) movement that underscores the connection between a healthy green environment and community health.

While we continue to navigate the challenges of COVID-19, one thing has become very clear, **PARKS ARE ESSENTIAL**. They play a vital role in sustaining our physical, mental, and spiritual health. We appreciate your support in loving and protecting this beautiful system of parklands and shorelines in Alameda and Contra Costa counties.

In addition to the Trails Challenge, we hope you'll take time out to explore our newest park in Oakland — Judge John Sutter Regional Shoreline at the eastern touchdown of the Bay Bridge. Visit the restored tidal marshlands at Bay Point Regional Shoreline with views of Suisun Bay. Or take a walk or bike ride on the new bridge and new trail segment of the San Francisco Bay Trail to the restored Albany Neck and Beach.

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

To protect yourself and other park visitors, please wear your face mask and observe the 6-foot social distance. Enjoy the trails, invigorate your health, and create fond memories in nature!

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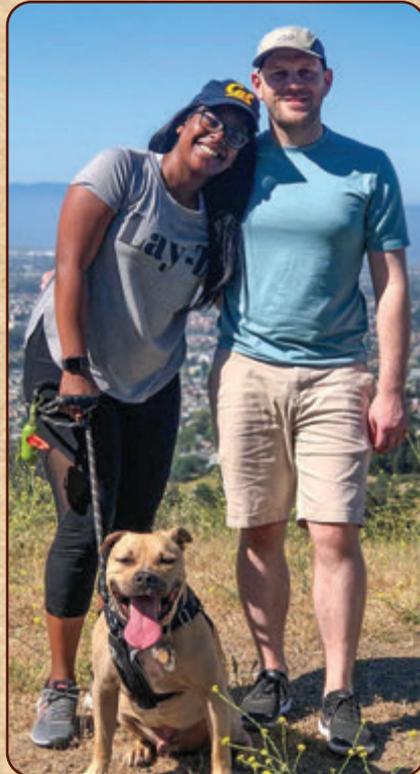
Trails Challenge 2022

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

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



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



Garin/Dry Creek Pioneer Regional Parks, Union City

Stay Connected

Tag your hike photos [#TrailsChallenge2022](https://twitter.com/TrailsChallenge2022)



Instagram – @ebrpd



Twitter – @ebrpd



Facebook – Follow us @EastBayParks



EBRPD Monthly E-Newsletter – ebarks.org/subscribe



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

How to Participate

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

1) Determine Your Level of Hiking/Biking Comfort

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

EASY

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

MODERATE

- Significant elevation gain (500-1,000 feet) with good-to-rugged conditions.
- 3-6 miles; 2-4 hours to complete.
- Requires good physical condition.

CHALLENGING

- Significant elevation gain (1,000+ feet) with good-to-rugged trail conditions.
- 6-20+ 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 10-15) 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 ebarks.org/TC for helpful tips.

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

List of Things to Bring

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

See website for full list.

3) Exploring the Trail

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

- Hikers yield to horses; bikers and skaters yield to hikers and horses.
- Keep dog on leash unless specifically posted that they can be off leash.
- Pack it in, pack it out – including dog waste bags.

Do not litter!

See website for more trail rules and safety guidelines.

4) Log Your Outings

After each hike, record the name of trail and distance in Trail Log on page 56 (or on a separate piece of paper). After completing five trails, or 26.2 miles (a marathon distance), submit your log at ebarks.org/tclog, or to reservations@ebarks.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 12/1/2022 to receive a 2022 pin. The pin will be mailed seven-to-ten business days after your log is received (while supplies last).

Wildlife Encounters

Safety on the Trails

While on the trails, remember that you are a guest of the many diverse plants and animals that call the Regional Parks their home. Observe the golden rule: *Leave plants and animals alone and they will leave you alone.* Below are some natural features found in the parklands. Review them on ebparks.org/TC and learn how to protect yourself and be a good steward of the natural environment. If you have an emergency, call 911 for assistance.

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. If bitten by a tick, pull it gently from the skin with a tissue or tweezers (not with bare hands). Wash hands and tick bite with soap and water; apply antiseptic to bite.



Poison Oak

Poison oak is common in California. It can grow as a shrub or vine. The glossy leaflets grow in groups of three, changing from light green in the spring to pink or red in the summer. The “poison” is the oil found throughout the plant, so touching the leaves or stem can cause a reaction on the skin. Stay on the trail

to avoid contact. Wash contacted skin immediately with soap and water.

Snakes

Most snakes found in California are harmless, but the Northern Pacific rattlesnake has a venomous bite if provoked. The color and pattern of both rattlesnakes and gopher snakes create excellent camouflage with soil, making it easy to mistake a rattlesnake for a harmless gopher snake. Therefore, use caution around ANY snake you see in the wild, and do not approach or attempt to handle it.

Grazing Animals

Cattle weigh 1,000 pounds or more. While generally not aggressive, cattle can respond in a dangerous manner if aggravated.

- Keep your distance and walk around groups of cattle, not through them
- Don't get between a calf and its mother; they are protective of their young
- Always keep your dog on a leash around cattle

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. These animals may become dangerous should they be surprised or confronted, or if they begin to associate humans with food.

- Keep your distance
- DO NOT feed, approach, or pet wild animals
- Keep pets and small children near you in wilderness areas

Health Tips

Get Healthy Today!

Kaiser Permanente has sponsored the Trails Challenge since 2005, making it free for all participants. Kaiser's Every Body Walk! Campaign, launched in 2007, goes hand in hand with Trails Challenge. It's about creating communities of families, friends, neighbors, and outdoor enthusiasts who walk every day for health and happiness. Some benefits gained from just 30 minutes of exercise a day include:

- More energy
- Better sleep
- Lower blood pressure
- Reduction of stress and anxiety
- Improved concentration and memory
- Stronger bones, muscles, and joints
- Achieving and maintaining a healthy weight
- Improved balance, flexibility, and posture
- Reduced risk of breast and colon cancer, heart disease, and diabetes



Briones Regional Park, Martinez

Watch the Heat!

When exercising in temperatures above 80°F (27°C), be sure to find shade, take regular breaks, and drink plenty of water to avoid heat exhaustion. Symptoms include nausea, dizziness, and cramps.

Call 911 immediately if:

- You have stopped sweating
- You have a rapid increase in heart rate
- Have a high body temperature
- Mental confusion
- Loss of energy

Resources

- Visit Kaiser Permanente at kp.org for health and wellness programs and classes, videos, and podcasts.
- Visit everybodywalk.org for news and resources on walking, walking groups, stories about how walking has changed lives.

Due to COVID-19: Water fountains and some restrooms may be closed.

Medical Centers and Offices and Adjacent Regional Parks



Alameda Medical Offices 2417 Central Avenue, Alameda, CA 94501	Oakland Medical Center • Emergency Services 3600 Broadway, Oakland, CA 94611
Antioch Medical Center • Emergency Services 4501 Sand Creek Road, Antioch, CA 94531	Kaiser Permanente Pleasanton Medical Offices 7601 Stoneridge Drive, Pleasanton, CA 94588
Kaiser Permanente Dublin Medical Offices and Cancer Center 3100 Dublin Boulevard, Dublin, CA 94568	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 Boulevard, Hayward, CA 94545	Kaiser Permanente San Ramon Medical Offices 2300 Camino Ramon, San Ramon, CA 94583
Livermore Medical Offices 3000 Las Positas Road, Livermore, CA 94551	Kaiser Permanente Union City Medical Offices 3555 Whipple Road, Union City, CA 94587
Martinez Medical Offices 200 Muir Road, Martinez, CA 94553	Walnut Creek Medical Center • Emergency Services 1425 South Main Street, Walnut Creek, CA 94596

Legend for Trails Challenge Maps

Key to Map Icons

- Parking (# of Spaces)
- Restroom
- Drinking Water
- View Point/Vista Point
- Information Panel
- Horseshoe Pit
- Picnic Area
- Bus Stop
- Reservable Picnic Area
- Marsh Area
- Visitor Center
- Wooded Area
- Emergency Phone
- ADA Accessible
- Horse Staging Area
- Swimming Beach
- Horse Water
- Boat Launch
- Gate
- Boat Rental
- Peak
- Kayaking/ Kayak Rental
- Changing Room
- Windsurf Area/Rental
- Shower
- Fish Cleaning Station
- Children's Play Area
- Fishing Permit Fee Station
- Volleyball Area (ball not provided)
- Fishing Dock
- Campground
- Hospital
- Campground: Reservable. with ADA site/s
- Commercial/Shopping
- Hot Coal Receptacle

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 Trail, Bay Area Ridge Trail
- Paved Trail: Hiker, Biker
- Single Track Multi-use HBH
- Unpaved Trail: Hiker, Biker



At-A-Glance Easy Hikes

ebparks.org/TC

East Bay Regional Park Park Office Phone Number	City	Trails	Page
Alameda Creek Regional Trail 1-888-327-2757, Option 3, ext. 4501	Fremont	Alameda Creek Trail/ Sequoia Bridge	16
Don Castro Regional Recreation Area 1-888-327-2757, Option 3, ext. 4527	Hayward	Whispering Creek/ Ridgetop Trail	18
Las Trampas Regional Wilderness 1-888-327-2757, Option 3, ext. 4537	San Ramon	Bollinger Creek Loop	20
Robert W. Crown Memorial State Beach 1-888-327-2757, Option 3, ext. 4522	Alameda	Shoreline Drive	22
Shadow Cliffs Regional Recreation Area 1-888-327-2757, Option 3, ext. 4557	Pleasanton	South Arroyo Trail	24
Temescal Regional Recreation Area 1-888-327-2757, Option 3, ext. 4561	Oakland	East Shore/West Shore/ Dam Trails	26
Tilden Regional Park 1-888-327-2757, Option 3, ext. 4562	Berkeley	Nimitz Way	28



Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Elevation Gain (feet)
●	● Leash Required	●	● Partial Use	●		1.8 Loop	43
●	● Leash Required	● Partial Use	● Partial Use			1.7 Round Trip	115
●	● Leash Required	● Partial Use	●			2.1 Loop	331
●	● Leash Required	●		●	●	4.6 Round Trip	9
●	●	● Partial Use	●	●		1.3 Round Trip	39
●	● Leash Required	● Partial Use		●	●	1 Loop	23
●	●	●		●		3 Round Trip	217



At-A-Glance Moderate Hikes

ebparks.org/TC

East Bay Regional Park Park Office Phone Number	City	Trails	Page
Briones Regional Park 1-888-327-2757, Option 3, ext. 4508	Lafayette	Old Briones Road/Valley Trail/ Briones Crest/Mott Peak/ Black Oak	30
Brushy Peak Regional Preserve 1-888-327-2757, Option 3, ext. 4512	Livermore	Laughlin Ranch Loop/ Tamcan/Brushy Peak Loop/ West Side Loop	32
California Riding and Hiking Trail 1-888-327-2757, Option 3, ext. 4513	Martinez	California Riding and Hiking Trail	34
Judge John Sutter Regional Shoreline 1-888-327-2757	Oakland	Alexander Zuckermann Bay Bridge Trail	36
Pleasanton Ridge Regional Park (510)-544-3030	Pleasanton	Courdet/ Ridgeline/ Shady Creek/ Bay Leaf/ Schuhart/ Ridgeline	38
Point Pinole Regional Shoreline 1-888-327-2757, Option 3, ext. 4551	Richmond	SF Bay Trail/ Bay View/ Point Pinole/ Owl Alley/ Cook's Point	40
Sobrante Ridge Regional Preserve 1-888-327-2757, Option 3 ext. 4534	El Sobrante	Sobrante Ridge/ Conestoga Way/ Carriage Dr./ Coach Dr.	42



Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Elevation Gain (feet)
●	●	●	●			6 Round Trip	1,007
●	●	●	●			4.9 Loop	889
●	●	●				6.3 Round Trip	1,270
●	●	●		●		5.5 Round Trip	233
●	●	●	●			6.7 Round Trip	1,436
●	● Leash Required	●		●	●	5.8 Round Trip	170
●	●	●	●			3 Loop	600



At-A-Glance Challenging Hikes

ebparks.org/TC

East Bay Regional Park Park Office Phone Number	City	Trails	Page
Crockett Hills Regional Park 1-888-327-2757, Option 3, ext. 4521	Crockett	Edwards Creek/ Wood Rat/ Edwards Loop/ Soaring Eagle/ Big Valley/ Two Peaks/ Kestrel Loop/ Sky/ Crockett Ranch	44
Del Valle Regional Park 1-888-327-2757, Option 3, ext. 4524	Livermore	Squirrel Gulch/ Ridgeline/ Swallow Bay/ East Shore/ Hetch Hetchy/ Hidden Canyon/ Eagle Crest	46
Garin/Dry Creek Regional Park 1-888-327-2757, Option 3, ext. 4530	Union City	High Ridge Loop/ Tolman Peak/ South Fork Trail/ Highland Loop/ Carol Severin Loop/ Dry Creek Trail/ Meyers Ranch	48
Morgan Territory Regional Preserve 1-888-327-2757, Option 3, ext. 4546	Livermore	Coyote/ Stone Corral/ Highland Ridge/ Eagle/ Volvon/ Valley View/ Manzanita/ Miwok/ Blue Oak/ Condor	50
Reinhardt Regional Redwood Park 1-888-327-2757, Option 3, ext. 4553	Oakland	East Ridge/ Canyon/ Stream/ Chown/ French/ Starflower/ Tres Sendas/ West Ridge	52
Sunol Wilderness Regional Preserve 1-888-327-2757, Option 3, ext. 4559	Sunol	Canyon View/McCorkle/Cerro Este Road/Cave Rocks Road/Eagle View/ Vista Grande Road/Flag Hill Road/ Flag Hill/Shady Glen/Hayfield Road	54



Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Elevation Gain (feet)
●	●	●	●			7.9 Round Trip	1,480
●	●	●	●			7.5 Loop	1,389
●	●	●	●			10.9 Round Trip	2,020
●	●	● Partial Use	● Partial Use			8.2 Loop	1,748
●	●	●	●			8.5 Round Trip	1,269
●	●	● Partial Use	● Partial Use			7.4 Round Trip	1,942

Alameda Creek Regional Trail

Location	Fremont
GPS	37.571910,-122.012530
Phone	(888-327-2757), option 3, extension 4501
Miles	1.8-Mile Loop
Elevation Gain	43 ft.
Trails	Alameda Creek Trail/Sequoia Bridge
Hours/Curfew	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/trails/alameda_creek

EASY HIKE



slope no greater than 2 percent. This hike is accessible for people using mobility devices and/or strollers but you can hike the paved side only from Isherwood by crossing the bridge near the staging area first and then heading back.

Trail Directions: Begin trip at Isherwood Staging Area in Fremont. Head towards the two portable toilets and stay to the right of them on the unpaved trail. Hike .8 miles to the Sequoia Bridge. There is a small incline before you cross the bridge. Make a right onto the bridge (the bridge is accessible and paved for persons using mobility devices and/or strollers). At the end of the bridge make another right onto the paved side of the Alameda Creek Trail and go until you reach Isherwood Bridge. Make another right onto the bridge sidewalk and cross back over and make your last right back into Isherwood Staging Area to complete the route.

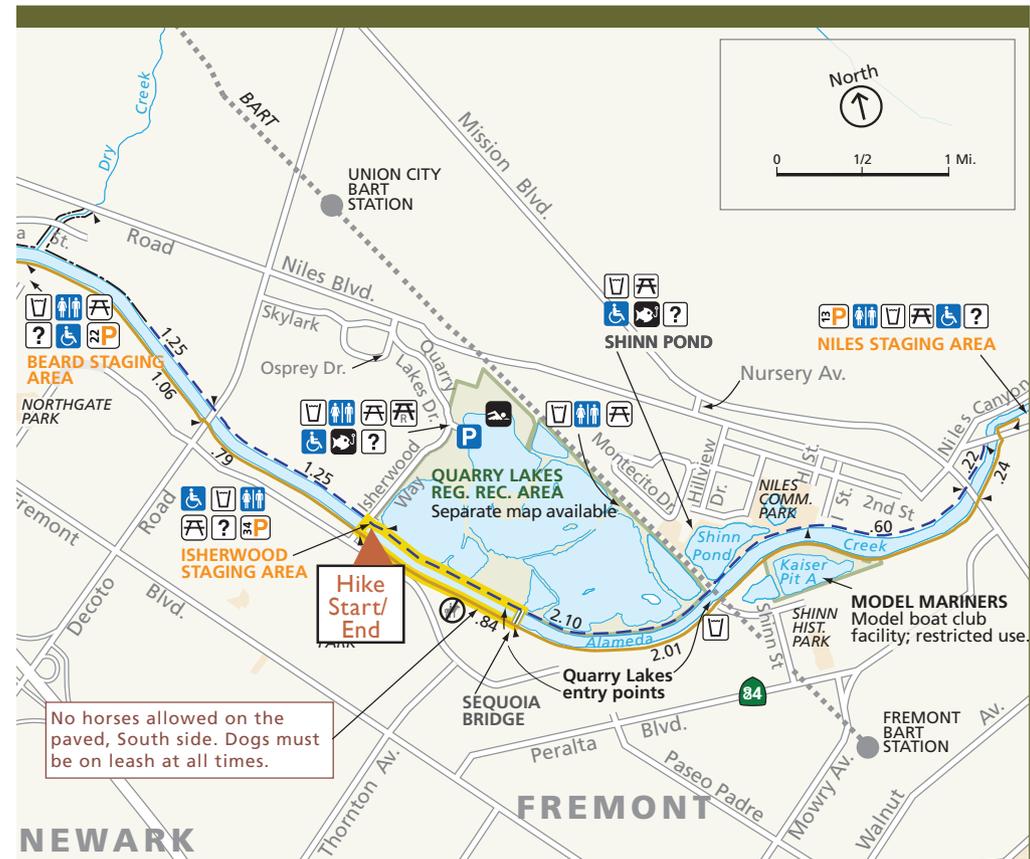
Driving Directions: I-880 S: Take exit 21 for Decoto Rd/CA-84 W toward Dumbarton Br. — 0.2 mi.. Turn left onto Decoto Rd — 269 ft. Turn right onto Paseo Padre Pkwy — 0.8 mi. Turn left onto Isherwood Way — 459 ft. Turn right — 407 ft.

I-880 N: Take exit 21 for Decoto Rd/CA-84 W toward Dumbarton Bridge. Right on Decoto, then turn right onto Paseo Padre Pkwy. Turn left onto Isherwood Way. Turn right and arrive at Isherwood Staging Area.

Park Features: Alameda Creek is Alameda County's largest creek and is home to a host of birds and other wildlife. Its rushing waters provided a valuable resource for the Ohlone Peoples who first settled in camps and villages along its banks.

Trail Highlights: This route is in full sun, with partial shade from trees along the trails, and is a great location for birding. There are benches spaced throughout the route on both the unpaved side, which is packed gravel, and the paved side of the trail, providing rest stops with views of the creek and wildlife.

Isherwood Staging Area has limited parking and there is high usage in the mornings; afternoons tend to be less busy with more parking available. There is one van accessible and one Accessible parking space, in addition to other parking, two accessible portable toilets, and a water fountain at the staging area. The typical width of the trail is 4+ft, the grade is gentle, and it is level with



No horses allowed on the paved, South side. Dogs must be on leash at all times.



Don Castro Regional Recreation Area

Location	Hayward
GPS	37.69214,-122.05341
Phone	(888-327-2757), option 3, extension 4527
Miles	1.7-Mile Round Trip
Elevation Gain	115 ft.
Trails	Whispering Creek/Ridgetop Trail
Hours/ Curfew	8 a.m. to 10 p.m.; varies seasonally
Fees	\$5 weekends and holidays
Website	ebparks.org/parks/don_castro

EASY HIKE



Photo: BronnMarina Higgins

sections. However, single-track areas less than 2ft wide and loose dirt portions make this trail not accessible for people using mobility devices and/or strollers.

Trail Directions: From the parking lot head back toward the entry kiosk and across the entry bridge, turn left and descend onto the dirt path marked as Whispering Creek Trail to continue along the edge of the lake. The trail leads under shade trees and widens. At .41 miles in, you will approach a fork in the trail; stay to the left of the fork and follow the shoreline for .24 miles.

There is a small wooden boardwalk over a small creek that empties into the lake; during the rainy season it may be muddy.

After crossing the small creek, take either the upper or lower portion of the Whispering Creek Trail. Both will bring you to a bridge crossing with connections to the Chabot-to-Garin and Bay Area Ridge trails. Turn left to cross the bridge, then stay left onto the Ridgetop Trail. Follow for .18 miles, then stay right on the multi-use trail up a small hill. Continue right as the Ridgetop Trail loops around and up. Continue for .21 miles back to the swim lagoon and parking area to complete the loop.

Driving Directions: From I-580 E from Oakland, take the Grove Way exit in Castro Valley; turn right at the exit onto Grove Way; left on Center Street; left onto Kelly; and left on Woodroe to the park entrance.

From I-580 W, take the Castro Valley exit and continue west on E. Castro Valley Blvd. to Grove Way; left on Grove; left on Center; Left on Kelly; and left onto Woodroe to the park entrance.

Park Features: This park is a verdant oasis between Castro Valley and Hayward. The lagoon and adjacent lake were created in 1964 when the Alameda Flood Control and Water Conservation District dammed up San Lorenzo Creek.

There are accessible restrooms and dressing rooms in the swimming area, which is only open to the public during swim season. There are pit toilets throughout the park and an accessible portable toilet by the kiosk. There are six accessible parking spaces, two are van accessible.

Trail Highlights: Whispering Creek Trail and the connecting Ridgetop Trail circle around the swim lagoon and fishing lake on a 1.7-mile loop. The route takes you over a variety of surfaces from paved to compacted dirt, loose dirt, and wood chips. The trail width ranges from 2 to 8ft as it runs along the shaded banks of the lake. The gentle grade has a few short steep



Las Trampas Regional Wilderness Preserve

Location	San Ramon
GPS	37.816160,-122.050380
Phone	(888-327-2757), option 3, extension 4537
Miles	2.1 Mile Loop
Elevation Gain	331 ft.
Trails	Bollinger Creek Loop
Hours/Curfew	8 a.m. to Sunset, varies seasonally
Fees	None
Website	ebparks.org/parks/las_trampas

EASY HIKE



bend, the trail widens to over 6ft with a firmer surface of packed dirt. This trail is not accessible for persons using mobility devices and/or strollers, but the parking lot has accessible parking and two accessible restrooms. There is also a paved trail with a steep incline at the beginning by Bollinger Creek Loop Trail that may be accessible for persons using mobility devices and/or strollers but would be a more moderate or challenging hike for these users. Maximum Grade: 16 percent.

Trail Directions: Begin at the Bollinger Staging Area, head towards the restrooms and go to the right of them to the cattle gate. Open the cattle gate and take a right to start the Bollinger Creek Loop Trail, following a trail marker. Watch for signage which keeps you on the route because there are parts that have soil erosion. You will cross a creek bridge at .6 miles in, and there will be some inclines, before you turn right and take the return part of the loop down at about 1.1 miles in. Make sure you stay on Bollinger Creek Loop Trail and don't go up the incline towards the Las Trampas Peak Trail. Stay on this widened trail. There is a social trail to the right of it, but you want to remain on the wider trail. Follow it all the way down to the cattle gate and entrance to Bollinger Creek Loop, which is right before you park in the staging area when you arrive. You can hike this loop either way.

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

Park Features: Las Trampas offers 5,778 acres of wilderness and an expanded trail system that allows hikers, bikers, and horseback riders to enjoy its remote and rugged areas. Carry plenty of drinking water for yourself, your dogs, and your horses. Until further notice, there will be no water available at the park. There is also no cell phone reception here.

Trail Highlights: There is partial shade through the creek area, which typically runs during the winter and spring. The hike ends in full sun on the dirt hills you hike to complete the loop. There are cattle gate entries for each trailhead at this staging area and you may encounter grazing cattle. Please close the cattle gates when entering and exiting the trails. There are many steep sections on this packed and soft dirt trail. At the beginning of the loop the trail is very narrow in places, less than 2-3ft wide with poison oak on either side. But once you come out of the creek area and around the



Health Tip

Walking tones your leg and abdominal muscles. Walking increases your range of motion, shifting the pressure and weight from your joints to your muscles.

Robert W. Crown Memorial State Beach

Location	Alameda
GPS	37.76908,-122.278401
Phone	(888-327-2757), option 3, extension 4522
Miles	4.6-Mile Round Trip
Elevation Gain	9 ft.
Trails	Shoreline Drive
Hours/Curfew	5 a.m. to 10 p.m.
Fees	\$5 parking, May-September
Website	ebparks.org/parks/crown_beach

Photo: Teri Schantz

EASY HIKE









Trail Directions: You will travel out and back along the same trail so you can turn around at any point during your trip. Begin at the park's McKay Avenue entrance and follow the paved Shoreline Trail past the Visitor Center to the left (south) of your route. Enjoy a small pond, habitat to ducks and dragonflies, on your left. As you round the large oval field, stay to the right. The 8th Street/Otis Drive parking lot will be to your left. Continue on the Shoreline Trail which will take you down to Broadway, ending at the Elsie Roemer Bird Sanctuary, home to the endangered clapper rail and salt marsh harvest mouse. Turn around and retrace your steps to return to the starting point.

Driving Directions: From I-880 S, take exit 42 toward Broadway/Alameda. Turn right onto 5th St. Make a slight right to stay on 5th St. Turn left to merge onto CA-260S/CA-61 S/Webster Street Tube. Continue to follow CA-260 S/CA 61 S. then turn right onto Central Ave. Take the first left onto McKay Ave, then turn left into parking lot.

From I-880 N, take exit 41B toward Broadway/Down-town. Merge onto 6th St. Turn left onto Broadway. Take the first left onto 5th St. Turn left to merge onto CA-260 S/CA-61 S/Webster Street Tube. Continue to follow CA-260 S/CA 61 S. Turn right onto Central Ave. Take the first left onto McKay Ave, then turn left into parking lot.

Park Features: The paved Shoreline Trail runs adjacent to San Francisco Bay with sweeping views and sandy beaches. Tides move from high to low twice a day, so every visit may offer a new vista. At Crab Cove parking lot there are four accessible parking spaces, not van accessible, and there are also two reservable picnic sites — Neptune and City View — with wheelchair accessible picnic tables. There are two accessible restrooms at Crown Beach and one accessible restroom at Shoreline Drive at Grand Street. Dogs are not permitted on the beach.

Trail Highlights: This is a paved trail for hikers and bikers. Along Shoreline Drive to Park Street intersection, there is a sandy beach portion of the trail and there are several woven fiber mats laid on top of sand for easier access to the beach. This trail is accessible for people using mobility devices and/or strollers. The average trail width is 4+feet, and it is hard asphalt; the typical grade is level.

Health Tip

Walking stimulates growth of nerve cells in the memory center of the brain.

MOTORIZED VEHICLES OR SELF-PROPELLED MODEL CRAFTS are NOT allowed on park trails. METAL DETECTORS are allowed by permit only. See www.ebparks.org or call 1-888-327-2757, option 2, for information.

Help protect park wildlife by NOT RELEASING or FEEDING ducks, cats, or other animals. Do not feed wildlife; enjoy them from a distance. Feeding or approaching wildlife is dangerous and illegal.

ROBERT W. CROWN MEMORIAL STATE BEACH

Shadow Cliffs Regional Recreation Area

Location	Pleasanton
GPS	37.671392,-121.844952
Phone	(888-327-2757), option 3, extension 4557
Miles	1.3-Mile Round Trip
Elevation Gain	39 ft.
Trails	South Arroyo Trail
Hours/Curfew	Varies monthly, check website
Fees	\$6 per vehicle
Website	ebparks.org/parks/shadow_cliffs

EASY HIKE



Park Features: Near downtown Pleasanton, Shadow Cliffs features an 80-acre lake and trails to explore. There is an arroyo with a chain of smaller lakes and ponds. Ample parking is available, including several accessible parking spaces in both the main lots, and at least one van accessible parking space in each. There are a limited number of accessible restrooms near the parking lots. Speak with the kiosk staff when you enter to locate them. Numerous picnic areas can also be found, with Lago Del Sol and Lakeside as reservable accessible picnic areas with a wheelchair accessible picnic table at each.

Trail Highlights: Please note, there are no markers for these trails, be sure to pick up a park map before your hike. Trails are paved, packed gravel, or dirt, and are mostly flat with 4+ft width. Near the Arroyo Del Valle you may glimpse or hear hawks, quail, heron, mallards, and other birds since this trail runs along the shoreline.



Parts of this route are accessible for people using mobility devices and/or strollers but as you get to the dirt trail on South Arroyo there are steep sections of the trail that are narrow with tree roots popping up. People using mobility devices may need assistance for these sections, or you can turn back and go on the accessible portions to adapt your route.

Trail Directions: For the South Arroyo Trail, go to the first solar panel parking lot where the accessible parking spaces are, until you reach the paved walkway, which starts right by the entry kiosk. Keep straight on this sidewalk until you reach the gravel road. Follow the gravel road and veer left past the Shadow Cliffs Interpretive Pavilion until you reach the first fork. Keep straight at the fork and cross the concrete bridge. Continue straight, take the second left on the main trail where the trail descends and becomes a hard packed dirt surface.

After about 300 feet, turn left and take the narrower trail (where there are tree roots and a bit more uneven footing) to the benches at the edge of Arroyo Del Valle. Turn right from the first bench and then keep straight until you reach the end of the trail alongside the lake. To finish this hike, simply follow the trail back in reverse.

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.



Health Tip
Exercise strengthens breathing muscles.

Temescal Regional Recreation Area

Location	Oakland
GPS	37.847596, -122.232814
Phone	(888-327-2757), option 3, extension 4561
Miles	1-Mile Loop
Elevation Gain	23 ft.
Trails	East Shore/West Shore/Dam Trail
Hours/Curfew	5 a.m. to 10 p.m.
Fees	\$5 parking fee April-October
Website	ebparks.org/parks/temescal

EASY HIKE



fully accessible for people using mobility devices and/or strollers until you reach the stairs. Here you can turn and go back to the starting point at any time. Maximum Grade: 3 percent.

Trail Directions: Begin at the east end of the north parking lot (farthest from the kiosk). Head east on the wide paved trail toward Landvale picnic site. Continue on this trail towards the beach, making a hard right at the fork. As you pass the beach on your right, you are officially on East Shore Trail. The Beach House will be coming up on your left. Continue on the trail and after passing the edge of the lake, make a right before the park office to go around to the other side of the trail. Make a right and head west onto West Shore Trail. After .37 miles walk up the stairs to your left and make a right onto Dam Trail. Travel past the lawn area, then make a left at the end to return to the starting point.

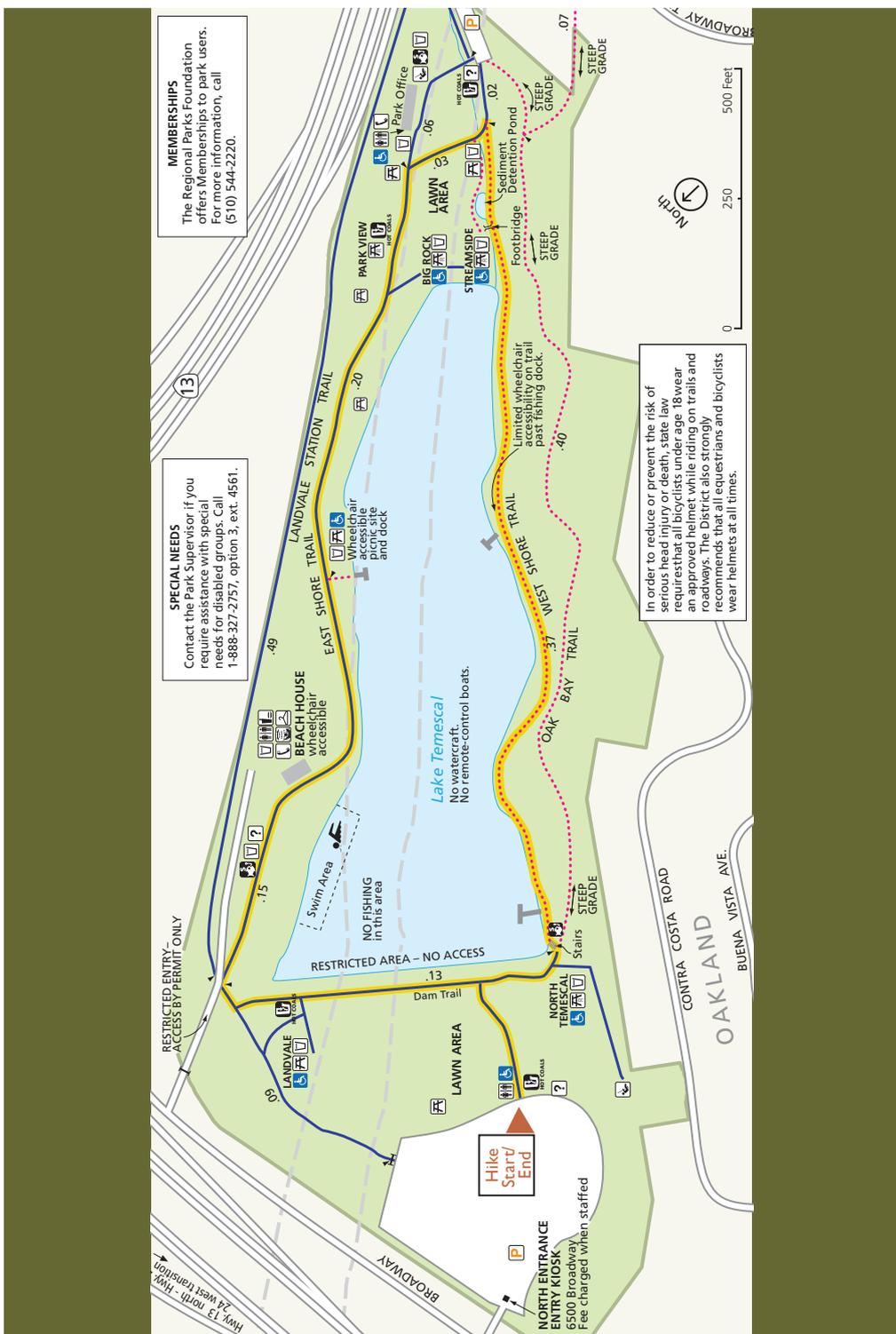
Driving Directions: From Highway 24 West, take the exit toward Tunnel Road. Turn left onto Caldecott Lane and then take your second left to cross over the freeway. Turn right on the far side of the overpass onto Broadway, drive .70 miles, and turn left into the park.

From Highway 24 East take the Broadway Exit. Merge onto Keith Ave. Turn left onto Broadway, drive .70 miles and then turn right into the park. From Highway 13 North, follow signs for Hwy 24/Walnut Creek. Keep to the right as you get to the top of the ramp, make a sharp right onto Tunnel Road and drive about 1 mile, turn left into the parking lot.

Park Features: Temescal is an oasis, located between Highways 24 and 13 in Oakland. This park is popular for walking, fishing, sunbathing, swimming, and picnicking. There are restrooms, drinking water and maps located near the lawns at the North and South entrances. The North entrance has nine accessible parking spaces, two of them are van accessible. There are also four accessible restrooms by the main lawn area. There are numerous picnic sites: North Temescal and Landvale have several wheelchair-accessible picnic tables.

Trail Highlights: This short-loop trail is a sure and easy way to feel refreshed in the great outdoors. It runs past the beach, children play areas, picnic sites, and goes around the lake. The route takes you along a narrow trail through the local plant life. It ends at a large lawn area. This trail is paved, with a level grade, and the trail width is 4+ft. Most of this route is

Photo: Tyler Chuck



Tilden Regional Park

Location	Berkeley
GPS	37.904750,-122.244950
Phone	(888-327-2757), option 3, extension 4562
Miles	3-Mile Round Trip
Elevation Gain	217 ft.
Trails	Nimitz Way
Hours/Curfew	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/tilden

EASY HIKE



Trail Directions: Arrive at Inspiration Point Staging area and go to the left, towards the restrooms. Nimitz Way Trail will be straight ahead, with a huge sign designating it. This hike is an out and back of 1.5 miles, for a round trip of 3 miles. You can make it a longer or shorter route. This trail goes all the way to Wildcat Canyon Regional Park and offers scenic views with groves of trees and beautiful open spaces. There are mile markers on your right-hand side to keep track of the mileage. Stay on the trail to avoid poison oak. After 1.5 miles in, turn around and hike back to your starting point to complete the route.

Driving Directions: From Hwy. 24 West: Exit in Orinda at Camino Pablo Rd./Moraga Way; head north on Camino Pablo for approximately 2.5 miles; go left on Wildcat Canyon Rd. — there is a traffic light at this intersection; continue up Wildcat Canyon Rd. for approximately 2 miles to the Inspiration Point parking lot — on the right.

From I-80: Take the exit for Albany/Buchanan St. and turn left onto Cleveland Ave.; stay on Buchanan and continue straight as Buchanan becomes Marin Ave.; continue on Marin through the traffic circle and up the hill before turning right on Grizzly Peak Blvd.; turn left on Shasta Rd. and go into the park's Shasta gate; make a slight right onto Wildcat Canyon Rd. and park in the lot for Inspiration Point.



Briones Regional Park

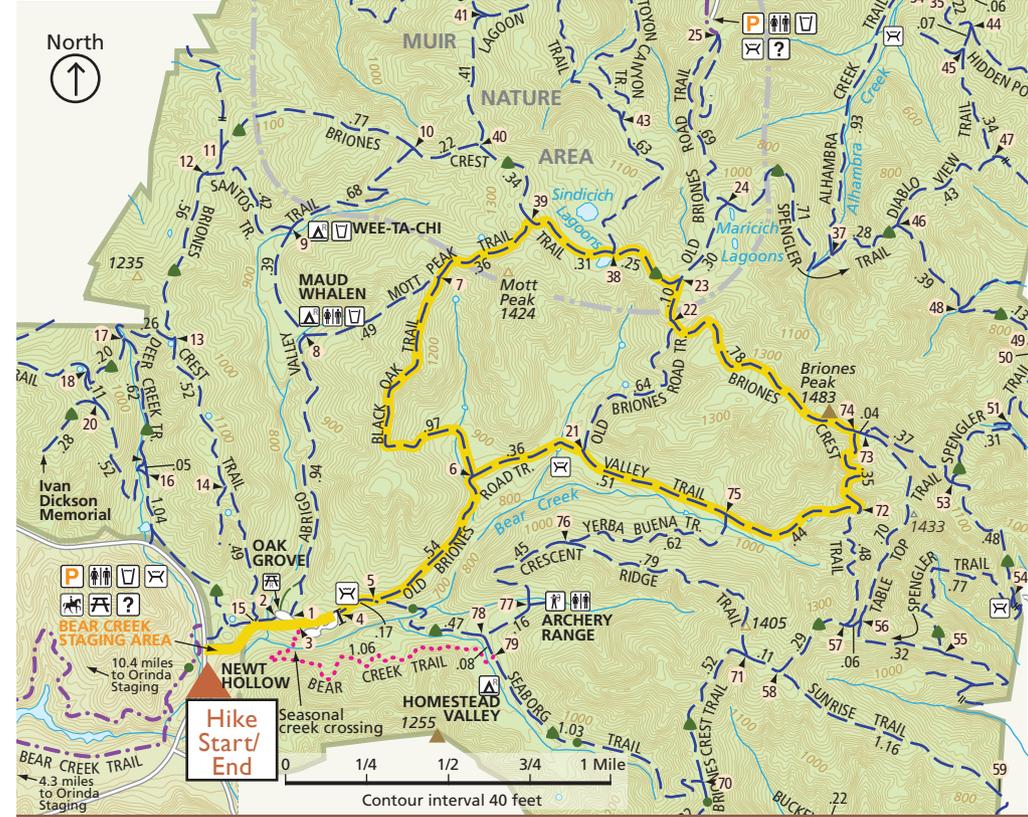
Location	Lafayette
GPS	37.92668,-122.15694
Phone	(888-327-2757), option 3, extension 4508
Miles	6-Mile Round Trip
Elevation Gain	1,007 ft.
Trails	Old Briones Road/Valley Trail/ Briones Crest/Mott Peak/ Black Oak
Hours/Curfew	Dawn to Sunset; varies seasonally
Fees	\$3 vehicle; \$2 dog
Website	ebparks.org/parks/briones

MODERATE HIKE



corral you will reach the intersection with Valley Trail. At trail post #21, continue onto Valley Trail, for .95 miles. Past the intersection for Yerba Buena Trail, you will begin an incline until you reach the juncture with Briones Crest Trail. At this 'T' intersection, turn left to continue uphill for .35 miles. At the rise, turn left again to continue along Briones Crest Trail. After a short hill, Briones Peak will be off to your right on a single-track use trail. Feel free to 'bag the peak'. Continue along Briones Crest Trail .78 miles downhill to the intersection with the Old Briones Road Trail. At the signpost, turn right and go .1 mile between trail posts #22 and #23 along Briones Crest/Old Briones Road Trails. At trail post #23, turn left to continue along the Briones Crest Trail. Go .56 miles, past Lagoon Trail, and uphill to the intersection with Mott Peak Trail. At the rise, take a left onto Mott Peak Trail and follow it .36 miles until you reach trail post #7. There you will veer left to join Black Oak Trail. Follow its undulations and the steep downhill for .97 miles. At the next intersection, trail post #6, take a right to rejoin Old Briones Road. Follow it .54 miles back to the paved road that will lead you to the staging area.

Driving Directions: To reach the Bear Creek Staging Area on Bear Creek Road, exit Highway 24 at the Orinda/Camino Pablo exit and head toward Richmond. Turn right on Bear Creek Road and travel 5 miles to the staging area on the right.



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

Brushy Peak Regional Preserve

Location	Livermore
GPS	37.747072, -121.708256
Phone	(888-327-2757), option 3, extension 4512
Miles	4.9-Mile Loop
Elevation Gain	889 ft.
Trails	Laughlin Ranch Loop/Tamcan/Brushy Peak Loop/West Side Loop
Hours/Curfew	8 a.m. to Sunset; varies seasonally
Fees	None
Website	ebparks.org/parks/brushy_peak

MODERATE HIKE



Photo: Stacy Cole Iken



Trail Directions: From Laughlin Ranch Staging Area, go past the restrooms and information panel, then slightly right to reach the Laughlin Ranch Loop Trailhead. After passing through the first gate, turn left to follow Laughlin Ranch Loop Trail, which merges left into the Tamcan Trail. Go 1.11 miles, when you reach the junction with Brushy Peak Loop Trail. Turn right onto the trail and continue for another 2.5 miles. Turn left on West Side Loop Trail, and continue for .93 miles, to complete the loop. Make sure to keep right around the cattle pond, as there are many branching, small trails. Safely cross Laughlin Road to re-enter Laughlin Ranch Staging Area to finish your hike.

Driving Directions: From I-580 W in Livermore, take the N. Greenville Road/Laughlin Road exit (Exit 57). Turn left onto Altamont Pass Road, then right onto Laughlin Road and drive about 2 miles into the park.

From I-580 E, take the Vasco Road/Brentwood exit (Exit 55) and turn left at the exit onto Vasco Road (follow the signs for Vasco Road northbound), then right onto Northfront Road. Take Northfront a short distance to Laughlin Road and follow it to the park.

Park Features: This parkland provides a pleasant getaway with active wildlife on the ground and in the sky. Brushy Peak is a 1,702-foot landmark at the juncture of the San Francisco Bay Area, the California Delta, and the Central Valley. Many animals live in these hills and oak groves, including meadowlarks, coyotes, rabbits, and several species of hawks and reptiles.

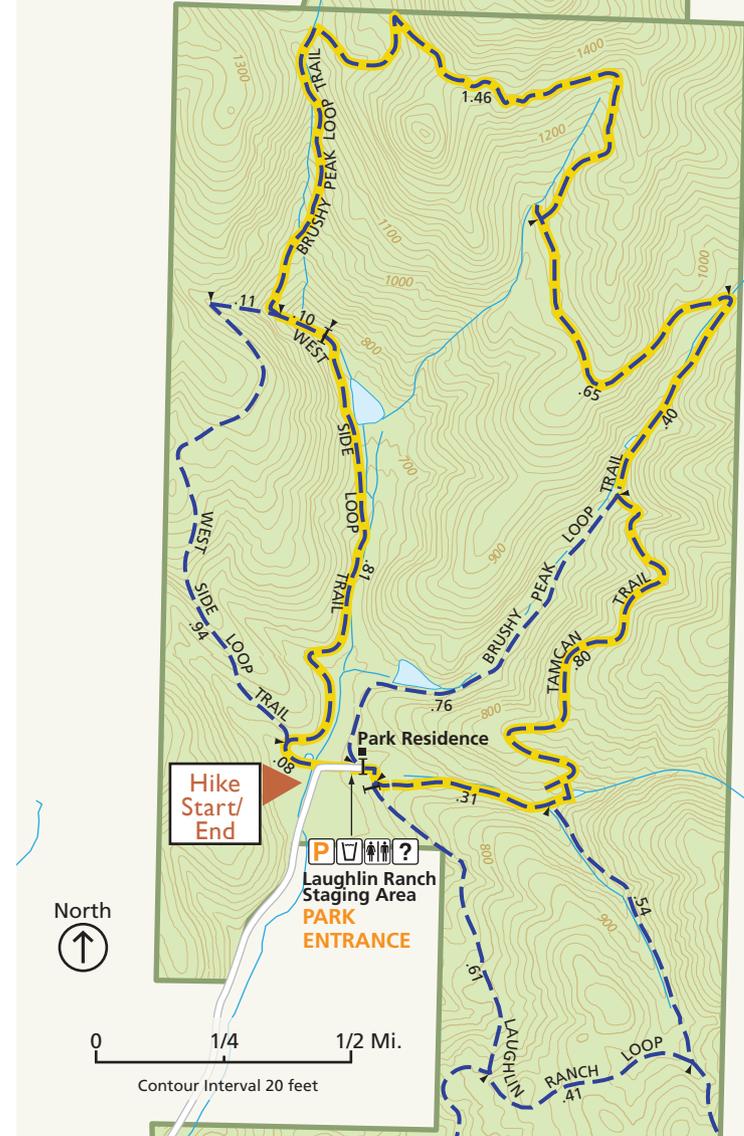
Trail Highlights: This challenge takes you near the very top of Brushy Peak with some fairly steep sections to enjoy along the way. The trail starts with a grassy and relatively smooth incline. It then passes through outcroppings of sandstone that add texture to the landscape and possible tripping hazards. At the top of the climb, enjoy views of rolling hills and ranchlands that surround the park. As temperatures heat up in the summer, this trail is best when the grasses are green during or just after the wet season.

DOGS MUST BE KEPT ON LEASH AT ALL TIMES WHILE IN THE PRESERVE.

BRUSHY PEAK REGIONAL PRESERVE

RESOURCE PROTECTION AREA. ACCESS BY RESERVATION ONLY. CONTACT LIVERMORE AREA RECREATION AND PARK DISTRICT (925) 373-5700.

Brushy Peak
1702



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.

California Riding and Hiking Trail

Location	Morello Ave. and Chilpancingo Pkwy, Martinez, CA 94553
GPS	37.977932,-122.090732
Phone	(888-327-2757), option 3, extension 4513
Miles	6.3-Mile Round Trip
Elevation Gain	1,270 ft.
Trails	California Riding and Hiking Trail
Hours/Curfew	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/trails/interpark/california-riding-hiking

MODERATE HIKE



Photo: Greg Harline



Trail Highlights: This trail can be very steep and hilly in sections as it follows property lines rather than contour lines. From the highest points you will be able to see views of Carquinez Strait, Martinez, Concord, and Mt Diablo. During the summer and fall it can be very hot. Bathrooms and water are located only at Hidden Lakes Open Space Park. Bring enough water for you and your dog. If you wish to hike this trail one-way, you could set up a car shuttle between Hidden Lakes and the Park & Ride lot on Alhambra Avenue. Though the featured trail is not part of the EBRPD, it provides a key connection between Carquinez Strait Regional Shoreline, the John Muir Historic Site, and the Contra Costa Canal Trail.

Trail Directions: From Hidden Lakes Open Space walk south on Morello Drive. Turn right at gate marked “California Riding and Hiking Regional Trail.” Hike uphill along the fence line. In a half mile you will head

back down and cross Elderwood Drive and continue straight ahead on the trail. In another half mile, cross Macalvey Drive, turn right and follow the trail markers to Costanza Drive. Cross Costanza and pick up the trail again as it leads uphill past a gate. Over the hill and down, you are back on Morello Drive. Turn left on Morello, pass Colton Place, cross Vinehill Way, and turn left. In about 100 yards, the trail bears right off Vinehill Way, goes through a steel mesh gate, and turns right, up the hill. Be sure to go through the gate. The path just before the gate is private property. The trail goes up and down from here between private properties. After 1.34 miles, you will descend through a gate and down a driveway to Pleasant Hill Road East. Turn right. At the first intersection, turn left on Alhambra Way, then, almost immediately, right on Brackman Lane. Brackman ends at Haag Road where you will turn left. You will see a path on the right marked CA Riding and Hiking Trail. It leads between houses out to Alhambra Avenue, across from the Mt Wanda trailhead and parking area. From here retrace your steps back to your car. If you would like to go further, there is a 2-mile loop up to Mt. Wanda and back.

Driving Directions: From I-680 in Concord, exit at Concord Avenue/Chilpancingo Parkway. Drive west on Chilpancingo Parkway to Morello Avenue and Hidden Lakes Open Space. Park at Hidden lakes Open Space. Walk up Morello 100 yards to trailhead.



Judge John Sutter Regional Shoreline

Location	210 Burma Road, Oakland
GPS	37.823080,-122.314881
Phone	(888-327-2757)
Miles	5.5-Mile Round Trip
Elevation Gain	233 ft.
Trails	Alexander Zuckermann Bay Bridge Trail
Hours/ Curfew	8 a.m. to Sunset; varies seasonally
Fees	None
Website	ebparks.org/parks/judge_john_sutter

MODERATE HIKE



Trail Highlights: This popular trail opened to pedestrians and bikers in September 2013 and was named in honor of the late East Bay Bicycle Coalition founder and Bay Bridge Trail advocate Alex Zuckermann. The parking area has four accessible parking spaces as well as accessible vault toilets. The path is split into separate lanes for bikers and pedestrians. The trail grade increases from an estimated 1 percent to 12 percent at 2.5 miles into the trail. People using wheelchairs or mobility equipment may need to use the railings or may need assistance with this section. Bring headphones or ear plugs to block out the traffic sounds from the bridge.

Trail Directions: This out-and-back trail starts at the Judge John Sutter Regional Shoreline parking area. Walk toward the paved trail adjacent to the bridge and turn left. Watch for bikers in both directions. As you

continue on the paved trail you will see the entrance to the Bay Bridge Trail. Follow the trail across the span of the bridge until you reach Yerba Buena Island. The vista point is your turn-around location. Follow the Bridge Trail back. Stop at the Judge John Sutter observation pier for a snack, a panoramic view, and descriptive interpretive panels on your way back to the parking area. Bring layers as it is often windy!

Driving Directions: From Westbound I-80 — Drive westbound to Emeryville, stay in the 3rd lane from the left through Emeryville, take the I-880 Alameda/San Jose connector, take the West Grand Avenue/7th Street Exit, turn right onto Grand Avenue, left onto Maritime Street, turn right onto Burma Road.

From San Francisco (Eastbound I-80) — Drive westbound on I-80 to Oakland, take the southbound I-880 connector, take the West Grand Avenue/Maritime Street exit, turn right onto Maritime Street, turn right onto Burma Road.

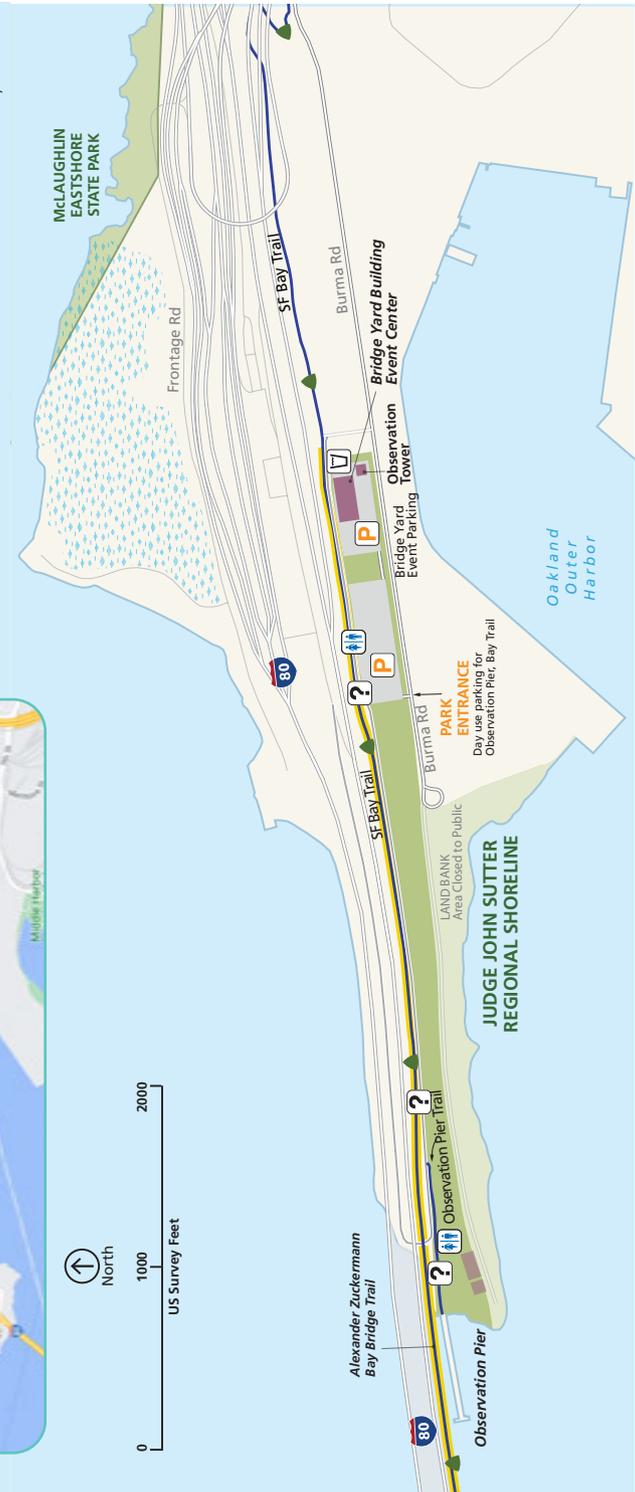
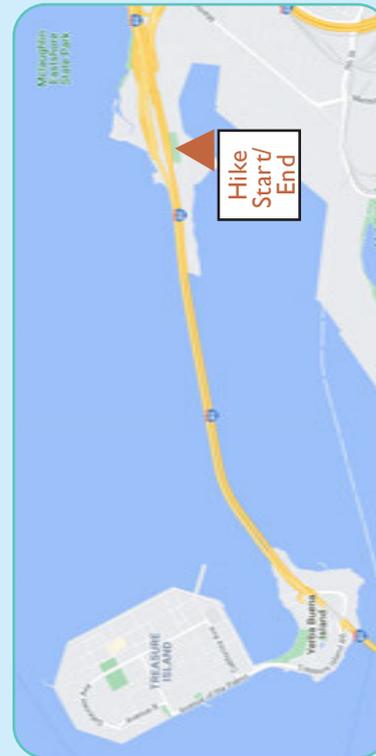
From San Jose — Drive northbound I-880 to Oakland, take the 7th Street/West Grand Avenue exit, proceed straight through the signalized intersection onto the (unnamed) frontage road, turn left onto Grand Avenue, left onto Maritime Street, right onto Burma Road.

From Walnut Creek — Drive westbound SR-24 to Oakland (SR-24 becomes I-980), take the 27th Street/West Grand Avenue exit, proceed straight through the signalized intersection onto Northgate Avenue, turn right onto Grand Avenue (proceed approx. 1.7 miles), turn left onto Maritime Street, right onto Burma Road.

From Castro Valley — Drive westbound I-580 to Oakland, take the I-980 Downtown Oakland exit, take the 27th Street/West Grand Avenue exit (requires a quick lane change), proceed straight through the signalized intersection onto Northgate Avenue, turn right onto Grand Avenue (proceed approximately 1.7 miles), turn left onto Maritime Street, turn right onto Burma Road.



Photo: Terry Jimms



Pleasanton Ridge Regional Park

Location	Pleasanton
GPS	37.66152,-121.91381
Phone	(510) 544-3030
Miles	6.7-Mile Round Trip
Elevation Gain	1,436 ft.
Trails	Courdet/Ridgeline/Shady Creek/ Bay Leaf/Schuhart/Ridgeline
Hours/ Curfew	8 a.m. to 7 p.m.; varies seasonally
Fees	None
Website	ebparks.org/parks/pleasanton

MODERATE HIKE



Health Tip
Walking stimulates circulation to improve skin, delay wrinkles, and promote hair growth.



Photo: H. Van Alstien

Park Features: The extensive trail system provides access for hikers, bikers, dog owners, and horseback riders to gorgeous canyon views, ridgetop vistas, and for viewing a variety of woodland species.

Trail Highlights: There are many hills to climb during this hike, but the expansive views off the ridge will keep you moving along quickly. Water and accessible restrooms are available at the beginning of the route. Bring a light jacket, as the winds tend to pick-up quickly atop these hills. Watch for downhill mountain bikers and horses on the multi-use single track trails.

Trail Directions: At the Castleridge trailhead head up the moderately steep and winding Courdet Trail until you reach the top in 1.98 miles. Turn left and walk 100 feet on Ridgeline Trail to find the Ridgeline Trail marker. Take Ridgeline Trail immediately right, a narrow trail

with switchbacks that has a steep decline. At the next junction, you will see the Shady Creek Trail marker. Take a left here onto Shady Creek. Follow the trail until you reach Bay Leaf Trail junction. Take Bay Leaf Trail on the left, a narrow single-track trail that winds back up to connect with Schuhart Trail. Take Schuhart on the left when it splits into two trails with the same name. Stay to the left and it will reconnect you with Ridgeline Trail. Take Ridgeline back to Courdet Trail junction on the right and make your way down Courdet Trail back to the staging area.

Driving Directions: From I-680, take the Bernal Ave. exit near Pleasanton. Head west on Bernal Ave., towards the hills. After .3 miles, turn right onto Foothill Rd. After .7 miles, turn left onto Old Foothill Rd. and continue a short distance to find on-street parking.

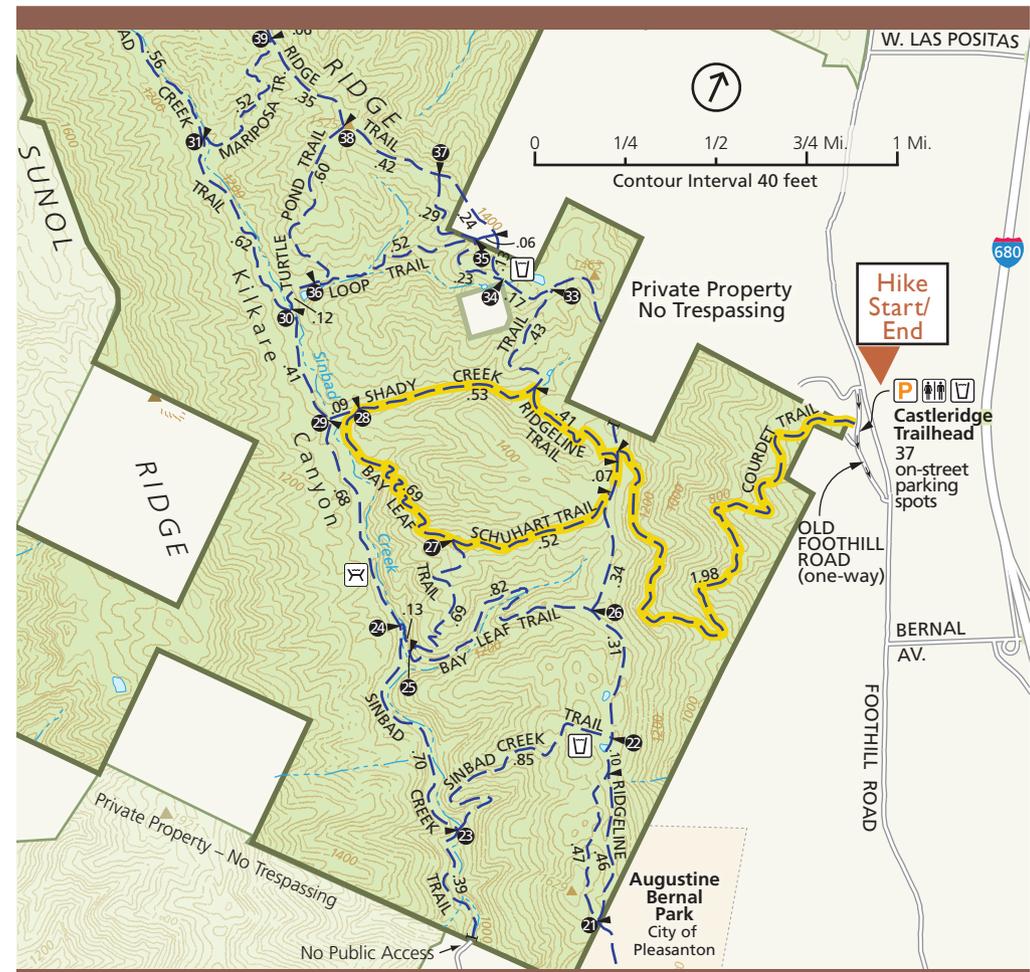


Photo: Catherine Fai

Point Pinole Regional Shoreline

Location	Richmond
GPS	37.97947,-122.36481
Phone	(888-327-2757), option 3, extension 4551
Miles	5.8-Mile Round Trip
Elevation Gain	170 ft.
Trails	SF Bay Trail/Bay View/Point Pinole/Owl Alley/Cook's Point
Hours/Curfew	5 a.m. to dusk
Fees	None at this entrance
Website	ebparks.org/parks/pt_pinole

MODERATE HIKE



Photo: Mona Koh



you reach the picnic area where the trail splits. Stay right, on the paved pathway, to stay on the Bay Trail continuing for another mile. You will cross over two boardwalks and reach an incline in the trail.

Follow the paved trail up the mild incline until you meet the paved Point Pinole Trail. Turn left, and follow the paved Point Pinole Trail for nearly a mile until you reach the roundabout shuttle stop. Continue through the roundabout until you reach the pier. At the pier you will turn around. Go through the roundabout again and take the Owl Alley Trail on the left until you reach the Cook's Point Trail and then turn right. This trail will connect back to the paved Point Pinole Trail, where you turn left. Take the Point Pinole trail until you reach the Bay Trail. Follow the Bay Trail back the way you came through Dotson Marsh back to the parking area.

Driving Directions: From I-580 take the Richmond Parkway for about 3.75 miles. Turn left on to Goodrick Ave. The entrance is at the end of Goodrick Ave., approximately .25 miles.

From I-80 take the Richmond Parkway and go west towards the Bay. Cross San Pablo Ave. and continue on the Richmond Parkway. Turn right onto Goodrick Ave. The entrance is at the end of Goodrick Ave. Mileage from I-80 to the park entrance is about 3.75 miles.

Park Features: This newer park area is named in honor of the Dotson family, a multi-generational family known for environmental advocacy in the west Contra Costa county area and beyond. Dedicated in 2017, the area has undergone significant habitat restoration to mitigate potential future damage from rising sea levels as well as coast and inland flooding.

Trail Highlights: Offering stunning views of the San Pablo Bay, this trail is suitable for all skill levels as well as for dogs on leash. This is an accessible trail for bikes, strollers, power wheelchair users as well as strong manual wheelchair users. The trail is wide with mixed pavement and hard packed dirt/gravel. Accessible restrooms and benches are available at the beginning, middle, and end of the route.

Trail Directions: From the parking area cross over the cement bridge and follow the Bay Trail until



Sobrante Ridge Regional Preserve

Location	El Sobrante
GPS	37.96993,-122.25934
Phone	(888-327-2757), option 3, extension 4534
Miles	3-Mile Loop
Elevation Gain	600 ft.
Trails	Sobrante Ridge Loop/Conestoga Way/Carriage Dr./Coach Drive
Hours/ Curfew	5 a.m. to 10 p.m.; varies seasonally
Fees	None
Website	ebparks.org/parks/sobrante_ridge

MODERATE HIKE



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.



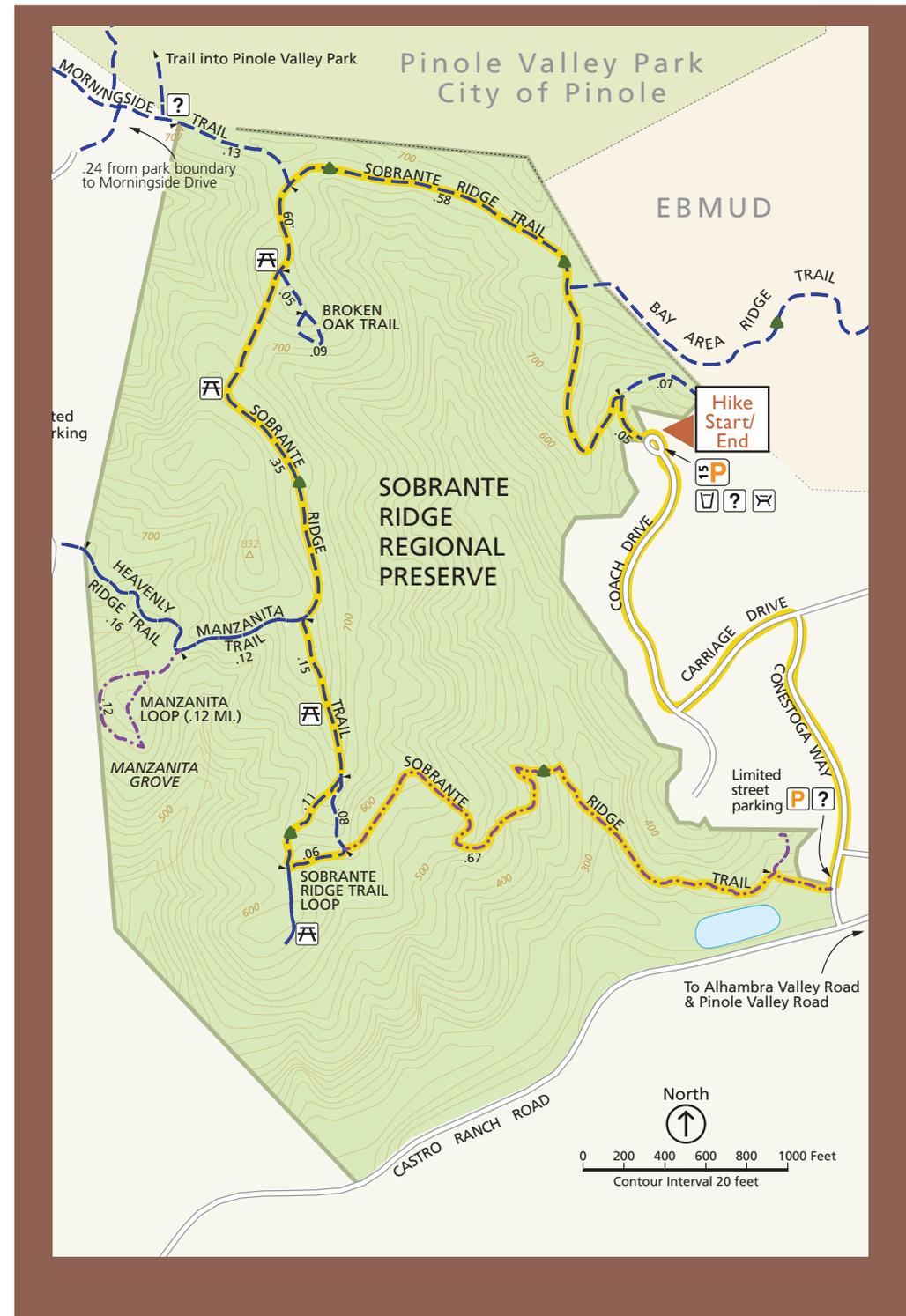
Photo: Julia Tustall

Trail Directions: From the parking lot, go up the hill .05 miles, then turn left onto the gravel trail, which becomes the Sobrante Ridge Trail. Continue on Sobrante Ridge Trail past Morningside Trail (.6 miles), Broken Oak Trail (.1 miles) and Manzanita Trail (.35 miles). Continue .15 miles past Manzanita Trail. At the Y junction, go right at the Sobrante Ridge Loop Trail which will turn back into the Sobrante Ridge Trail. Continue straight at the tower. At the green gate turn 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.

Park Features: This 277-acre oak/bay parkland preserves the habitat of the extremely rare Alameda manzanita as well as other indigenous plant and animal species. There are no restrooms.

Trail Highlights: Wildlife abounds in the preserve's varied habitats of oak/bay woodland, coyote brush scrub, miniature "forest" of the rare Alameda Manzanita, and open grassland. Coyotes stalk gophers in the tall grass; deer bed down by day in the tall thickets; salamanders sleep all summer buried in the woods; and golden eagles soar high above the ridge, scanning the ground for prey. The loop includes about a mile uphill through residential neighborhoods. There are also benches and picnic tables overlooking the hillsides.



Crockett Hills Regional Park

Location	1300 Crockett Blvd, Crockett
GPS	38.047287,-122.221227
Phone	(888-327-2757), option 3, extension 4521
Miles	7.9-Mile Round Trip
Elevation Gain	1,480 ft.
Trails	Edwards Creek/Wood Rat/Edwards Loop/Soaring Eagle/Big Valley/Two Peaks/Kestrel Loop/Sky/Crockett Ranch
Hours/ Curfew	8 a.m. to Sunset; varies seasonally
Fees	None
Website	ebparks.org/parks/crockett_hills

CHALLENGING HIKE



Trail. After .45 miles, continue straight onto the Edwards Loop Trail for .11 miles. At the next signpost, use the tunnel to cross under Cummings Skyway. Continue straight onto Soaring Eagle Trail for 1.88 miles, to the next intersection with Big Valley Trail. Turn right and go the .06 miles on Big Valley Trail to the intersection with the Two Peaks Trail. Turn left onto Two Peaks Trail and follow it for .59 miles. At the 4-way intersection, turn left onto Big Valley Trail. Continue .58 miles until you reach the intersection with the Kestrel Loop Trail. Veer right onto Kestrel Loop and follow it about 1 mile to rejoin Big Valley Trail. Continue straight onto Big Valley Trail uphill for .41 miles. At the intersection with Soaring Eagle Trail, take a left onto Soaring Eagle. Retrace your steps .27 miles to the next intersection and stay right to join the Sky Trail. Follow Sky Trail .81 miles back to the tunnel. Turn right at the signpost to go back through the tunnel. Turn left at the signpost after the tunnel and descend the steep .61 miles along the Crockett Ranch Trail back to the staging area to finish the hike.

Driving Directions: From I-80, exit #27 for Pomona Street. Turn left on Pomona, then right onto Crockett Blvd, and right again into the staging area.

From Hwy. 4 west, take the Vallejo/Crockett exit onto Cummings Skyway toward Port Costa-Crockett. Turn right on Crockett Blvd. and left into the staging area.

Park Features: Crockett Hills features panoramic views of San Pablo Bay, the Carquinez Bridge, the Delta, and Mount Diablo. Enjoy the park's extensive grasslands and rolling hills; they provide habitat to the many raptor species, including the red-tailed hawk, American kestrel, golden eagle, great horned owl, and Cooper's hawk. Other animals living among these hills include the gray fox, mule deer, raccoon, eastern fox squirrel, and gopher snake.

Trail Highlights: This challenging route takes you through the ancestral homelands of the Huchiun and Carquin Ohlone tribes. Keep an eye out for western leatherwood, a native plant endemic to the area!

Trail Directions: Begin at the Crockett Ranch Staging Area and start by following the Edwards Creek Trail for .94 miles. Then turn right onto the Wood Rat



Photo: Simone Koga

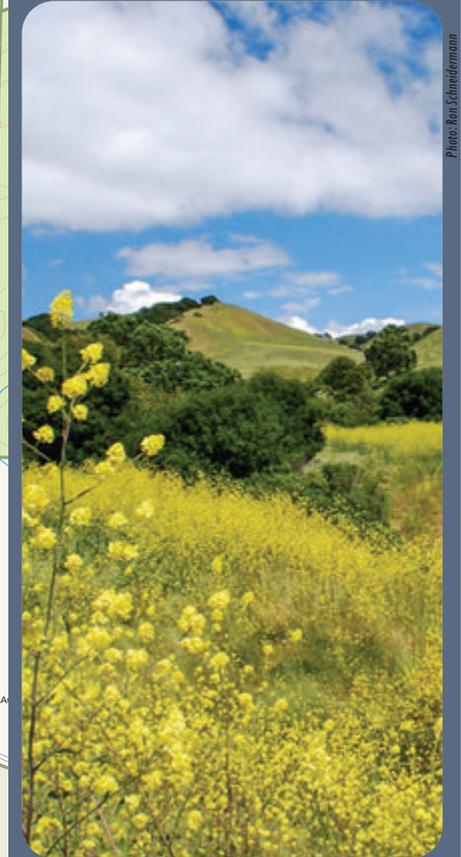
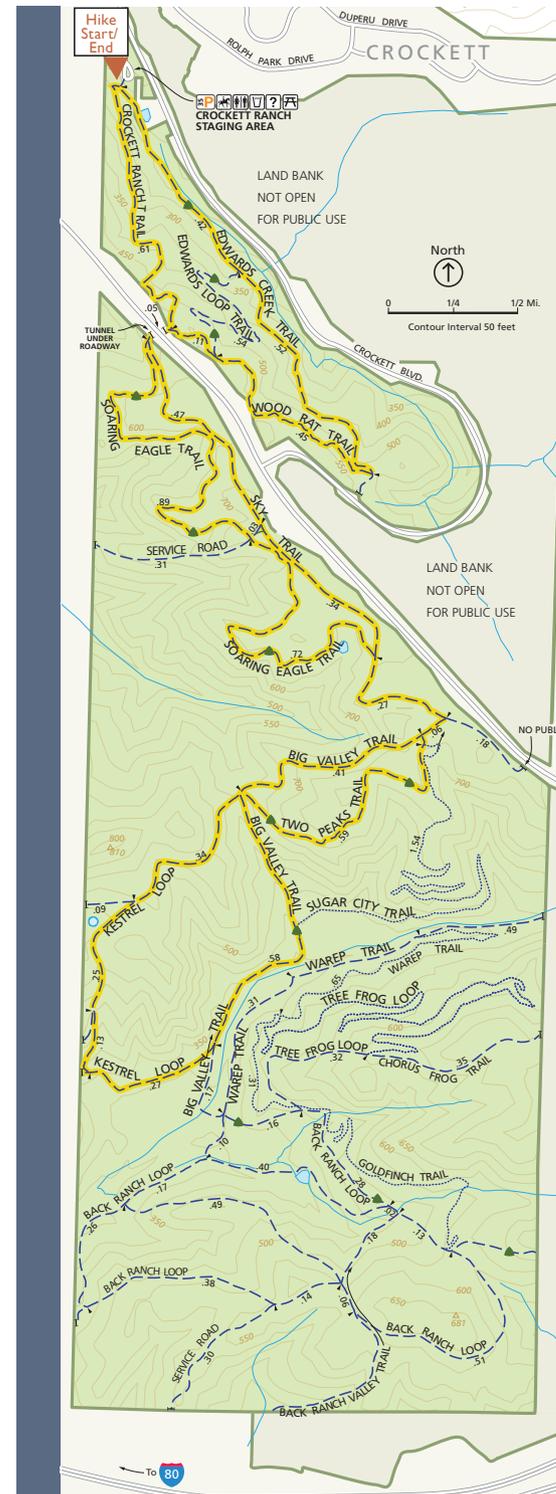


Photo: Ron Schneidemann

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.

Del Valle Regional Park

Location	Livermore
GPS	37.586999, -121.701820
Phone	(888-327-2757), option 3, extension 4524
Miles	7.5-Mile Loop
Elevation Gain	1,389 ft.
Trails	Squirrel Gulch/Ridgeline/Swallow Bay/East Shore/Hetch Hetchy/Hidden Canyon/Eagle Crest
Hours/ Curfew	6 a.m. to 9 p.m.; varies seasonally
Fees	\$6 per vehicle
Website	ebparks.org/parks/del_valle

CHALLENGING HIKE



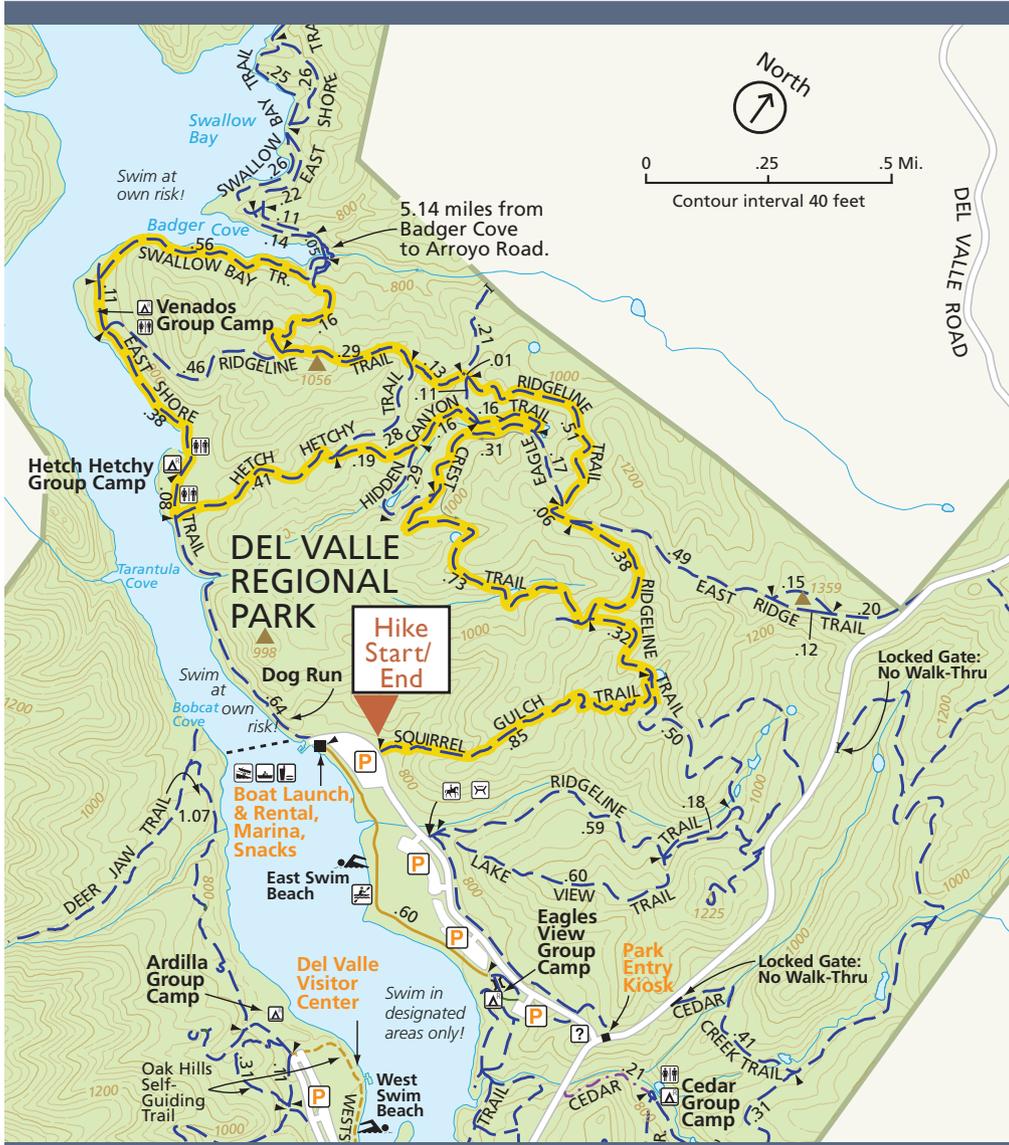
Trail Directions: Turning right just past the entrance kiosk, park near the Marina and boat launch area. From the parking lot, head uphill, crossing the road directly behind the boat inspection station and through the gate to access Squirrel Gulch Trail, ascending steeply for about .85 miles.

Make a left onto Ridgeline Trail and continue for .3 miles to reach a multi-trail intersection (with a water trough on the left). Following the main trail, turn right to stay on Ridgeline. Go another .5 miles and take a hard right downhill to stay on Ridgeline (just after passing East Ridge Trail on your right). Continue .9 miles on Ridgeline and turn right onto East Shore Trail towards the lake. After .16 miles, turn left onto Swallow Bay Trail. Follow it along the shoreline for .56 miles. Turn left onto East Shore Trail, continue for .5 miles, and pass through a cattle gate near the restrooms. Turn left onto Hetch Hetchy Trail, then, after .5 miles, turn right onto Hidden Canyon Trail. Turn right onto Eagle Crest Trail, then right back onto Ridgeline Trail. Turn right onto Squirrel Gulch Trail and continue until you return to the entry gate and parking lot.

Driving Directions: The park is located on Del Valle Rd. off Mines Rd. south of Livermore. Exit I-580 eastbound or westbound in Livermore at North Livermore Ave. Head south and proceed through town (North Livermore Ave. will become South Livermore

Park Features: Deep in a valley framed by oak-covered hills, with sailboats and sailboards skimming over its waters, Del Valle is like a lakeside resort only 10 miles south of Livermore. The 5,000 acre park features two swim beaches, a boat launch, family and group camping, and excellent, stocked fishing.

Trail Highlights: This hike leads up into the hills of Del Valle, to the less visited parts of the park. It offers glimpses of the long lake below and rugged hills beyond. The surrounding hills offer beautiful oak-covered trails for hikers, bikers, and equestrians. Del Valle is the gateway to the southeastern border of Ohlone Wilderness Regional Preserve and is a habitat to a variety of wildlife. The route is mostly in the open, so bring a hat, extra water, and sunblock. Take periodic rest stops at the many benches.



Ave. in town, and then Tesla once out of town). About 1.5 miles outside town, turn right at Mines Rd., go about 3.5 miles, continuing straight onto Del Valle Rd. (Mines Rd. goes left). The park entrance is about four miles ahead.

Health Tip
Walking enhances creativity, especially when you're seeking a solution.
A Stanford study found that walking increased creative inspiration by an average of 60 percent versus sitting.

Garin/Dry Creek Regional Park

Location	100 May Rd., Union City
GPS	37.60779,-122.01782
Phone	(888-327-2757), option 3, extension 4530
Miles	10.9-Mile Round Trip
Elevation Gain	2,020 ft.
Trails	High Ridge Loop/Tolman Peak/ South Fork/Carol Severin Loop/ Dry Creek/Meyers Ranch
Hours/Curfew	7:30 a.m. to Sunset; varies seasonally
Fees	No fee at this staging area
Website	ebparks.org/parks/garin

CHALLENGING HIKE



Photo: Hamel Gorman

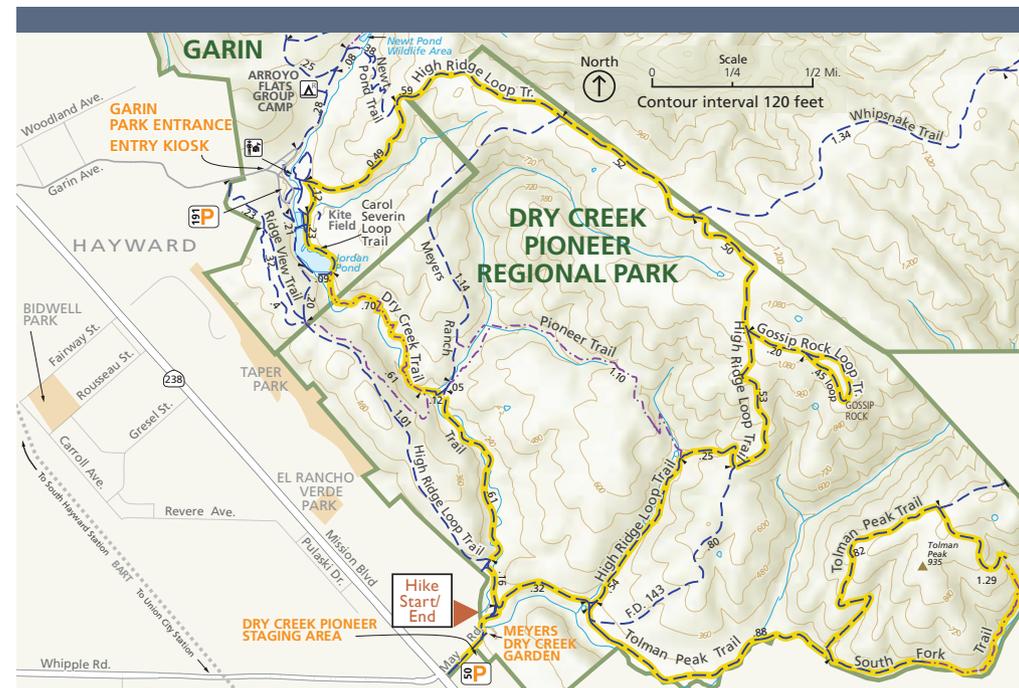
Trail Description: Start at Dry Creek Pioneer Staging Area following signs to trailhead. Go through two gates, staying to the right at fork on High Ridge Loop. Stay right and head to Tolman Peak Trail. At intersection with South Fork, keep left to stay on Tolman Peak Trail for .82 miles and then turn right to join with the South Fork Trail. This trail turns into a single track trail leading back to Tolman Peak Trail. Head straight towards High Ridge Loop Trail. Turn right, then head uphill towards Gossip Rock Trail. At large oak follow trail to right. On the way back stop under the big oak tree for a snack and water break. Turn right on High ridge Loop Trail, which will take you into Garin Regional Park.

As you head down the trail into Garin you will see the Red Barn Visitor Center and restrooms. This is a great view of the park. At the bottom of the hill, stay left and head to Jordan Pond. Keep left on Carol Severin Loop and follow signs for Jordan Pond.

At the back of the pond is the dam. Follow signs on the left for Dry Creek Trail. This single track is amazing and will cross 3 bridges and lead you out to fire road with another bridge. Dry Creek Trail will lead you back to the parking lot.

Park Features: The park's rolling hills and narrow valleys were home to years of farming and ranching. At the south end of the park, the beautifully restored two-acre Dry Creek Garden showcases nearly 200 native and exotic plants, with something in bloom just about every day of the year. Explore the history at the Garin Barn Visitor Center, open weekends in summer. The park also features kite flying, birdwatching, horseback riding, and picnicking. In fall, the park hosts an annual apple festival.

Trail Highlights: This is an early morning/cool day hike since there are lots of open trails with little to no shade. Bring enough water for 5 hours of hiking. You will be going up and down some big, steep hills. Trail markings are not clear, so a map is a must to stay on track. Tolman Peak and Gossip Rock offer amazing views of the bay and hills.



Driving Directions: From I-880, exit at Whipple Road in Hayward/Union City and head east toward the hills. When you reach Mission Blvd., continue straight onto May Road.

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. Use any lane to turn right onto A Street, then use one of the 3 left lanes to turn left onto Mission Blvd. Follow Mission Blvd. 5.8 miles and then turn left onto May Road to the Meyers Cottage and Dry Creek Staging Area.

From I-580 westbound (Tri-Valley Area), take the Strobridge Avenue exit. At the end of the ramp, turn right onto Strobridge 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. Use any lane to turn right onto A Street, then use one of the 3 left lanes to turn left onto Mission Blvd. Follow Mission Blvd. 5.8 miles and then turn left onto May Road to the Meyers Cottage and Dry Creek Staging Area.



Photo: BC

Morgan Territory Regional Preserve

Location	9401 Morgan Territory Road, Livermore
GPS	37.818506,-121.795847
Phone	(888-327-2757), option 3, extension 4546
Miles	8.2-Mile Loop
Elevation Gain	1,748 ft.
Trails	Coyote/Stone Corral/Highland Ridge/Eagle/Volvon/ Valley View/ Manzanita/Miwok/Blue Oak/ Condor
Hours/ Curfew	5 a.m. to 10 p.m.; varies seasonally
Fees	None
Website	ebparks.org/parks/morgan

CHALLENGING HIKE



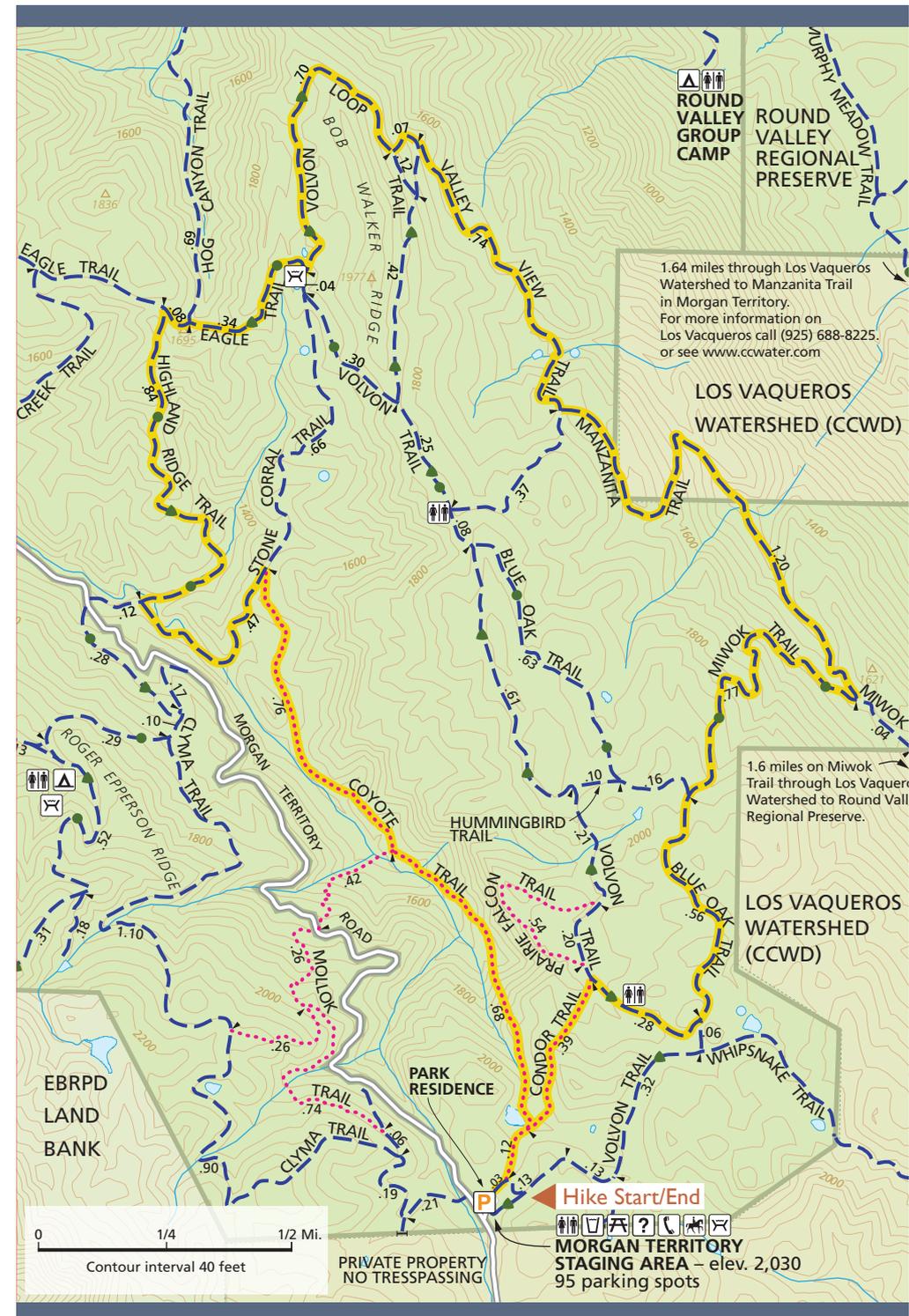
before the gate to stay on Coyote Trail. Walk past the pond and follow the single-track trail downhill and along a creek for 1.44 miles. At the next juncture, go through a gate and take a left onto Stone Corral Trail. Follow it for .47 miles. At the next juncture, go through a gate and turn right onto Highland Ridge Trail. Head uphill for .84 miles. At the next juncture, take a right onto Eagle Trail. Follow it for .34 miles to the next intersection. Take a left turn onto the Volvon Loop Trail. Follow it for .7 miles. At the next intersection, veer left for .07 miles to connect with the Valley View Trail. Go downhill for .74 miles. Then take a left turn onto Manzanita Trail and head back uphill for 1.2 miles. At the next juncture, take a right onto the Miwok Trail and continue climbing for another .77 miles. At the crest, take a left turn onto Blue Oak Trail. Follow it for .56 miles. At the next intersection, continue straight, then veer right to continue along the Blue Oak Trail another .28 miles. At the next juncture, take a left turn onto Condor Trail and follow the single-track trail .39 miles back to the gate. Go through the gate and continue straight to reunite with the .12 mile trail section 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 on the right. From 1-680 in Walnut Creek, take Ygnacio Valley Road east to Clayton Road. Turn right. Clayton Road will turn into Marsh Creek Road. Turn right onto Morgan Territory Road. Drive 9.4 miles to the staging area.

Park Features: Morgan Territory is located within the traditional homeland of the Volvon, who speak dialects of the Bay Miwok language. This preserve was acquired in 1975 and is a key section of a much larger multi-agency open space corridor that protects Mount Diablo and its foothills. Sandstone hills, within the park's 5,323 acres, showcase more than 90 species of wildflowers in spring. The staging area has picnic tables, restrooms, and drinking water.

Trail Highlights: Along the route are the aftermaths of the 2020 fire season. Join the community science project and observe which plant species reestablish themselves along the Valley View and Manzanita trails.

Trail Directions: Beginning at the staging area, head north on Coyote Trail. After .12 miles, veer left



Reinhardt Redwood Regional Park

Location	8490 Skyline Blvd., Oakland
GPS	37.831690,-122.185415
Phone	(888-327-2757), option 3, extension 4553
Miles	8.5-Mile Round Trip
Elevation Gain	1,269 ft.
Trails	East Ridge/Canyon/Stream/Chown/French/Starflower/Tres Sendas/West Ridge
Hours/Curfew	5 a.m. to 10 p.m.
Fees	No parking fee at this entrance
Website	ebparks.org/parks/redwood

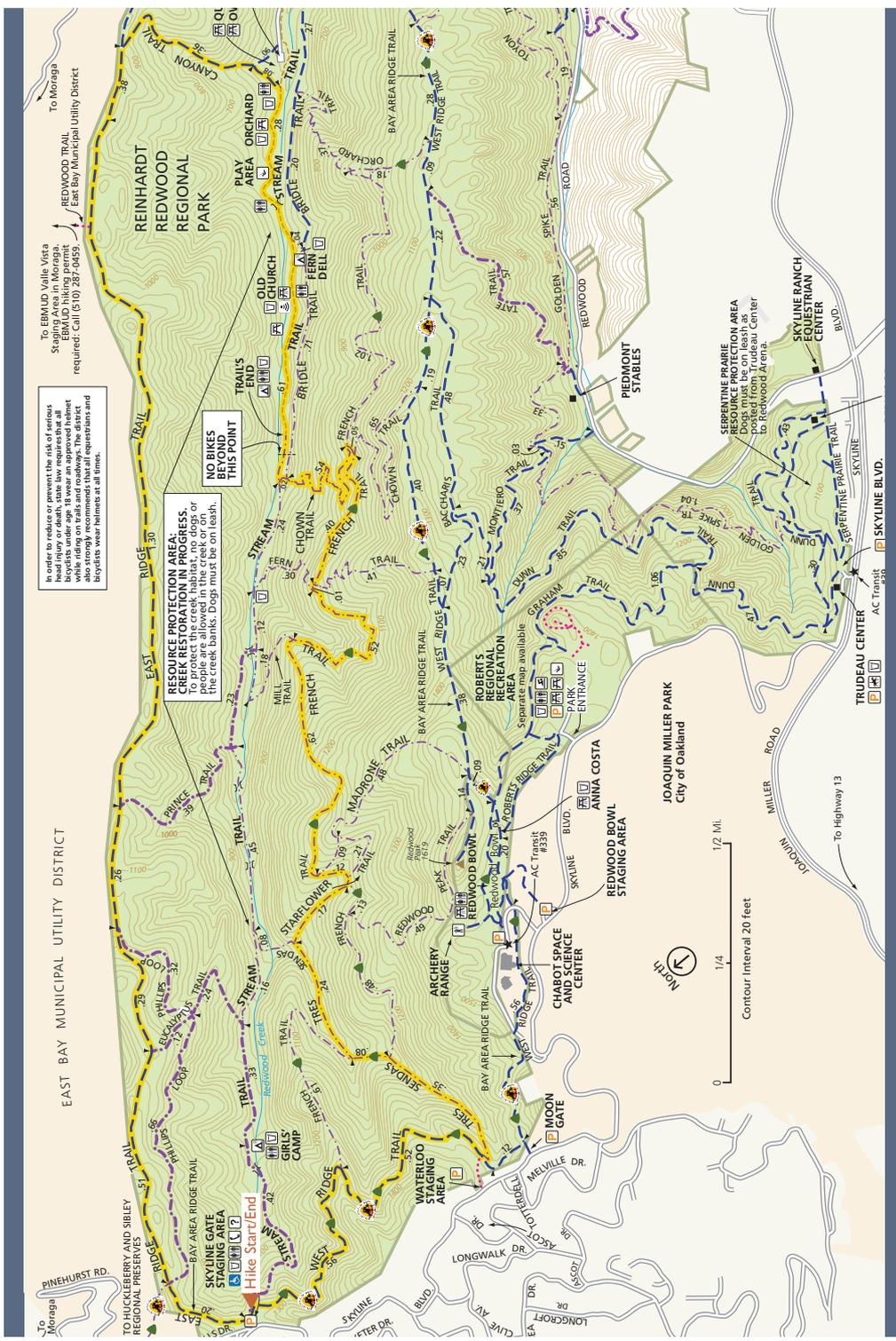
CHALLENGING HIKE



through the redwoods until the trail offers some ups and downs on the French, Starflower and Tres Sendas Trails. You will pass through thick redwood groves dotted with huckleberry bushes until the trail climbs back upward to West Ridge Trail, taking you back to your starting point and the Skyline entrance.

Trail Directions: Park at the Skyline Gate Staging Area. Just past the parking lot to the left is East Ridge Trail. Take this trail for about 3 miles, then turn right onto Canyon Trail. This trail takes you downhill to the Canyon Meadow Staging Area. Here you will find restrooms and drinking fountains. Bear right on the paved Stream Trail, and walk past the Orchard picnic area and playground. You will see more restrooms and drinking fountains in this area. Stay on the Stream Trail toward the right (toward Old Church picnic area). At Trail's End is a restroom, the last one for the remainder of this hike. Shortly after this, make a left onto Chown Trail, which takes you on an uphill climb away from the canyon floor and into the forest. In less than a mile will be the intersection for French Trail. Take a right here. In 1.6 miles, after the intersection with Madrone Trail, veer right onto Starflower Trail. After .29 miles go left onto Tres Sendas Trail which takes you to the Waterloo Staging Area. Here take a right onto West Ridge Trail, which climbs up again and takes you back the remaining 1.5 miles to the Skyline Cafe Staging Area.

Driving Directions: From Highway 13/Warren Freeway take the Redwood Road exit and head east uphill. At the top of the hill turn left on Skyline Boulevard. Shortly after passing the Chabot Space and Science Center, turn right into the parking lot.



Trails Challenge 2022 Trail Log



***Congratulations!
You did it!***

- 1. Trail Log Deadline:** December 1, 2022
- 2. To receive your 2022 commemorative pin** (while supplies last) submit your log at ebparks.org/tclog, or email it to reservations@ebparks.org or mail to:
East Bay Regional Park District
c/o Reservations Department
2950 Peralta Oaks Court
Oakland, CA 94605

Name: _____

Address: _____

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

Email: _____

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

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

Total Miles Completed: _____



REGIONAL PARKS Foundation

Supporting East Bay Regional Parks

Membership Benefits

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

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

Join online at RegionalParksFoundation.org under "Membership."



P.O. Box 21074 Crestmont Station • Oakland • CA • 94620
510-544-2220

RegionalParksFoundation.org

