

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.

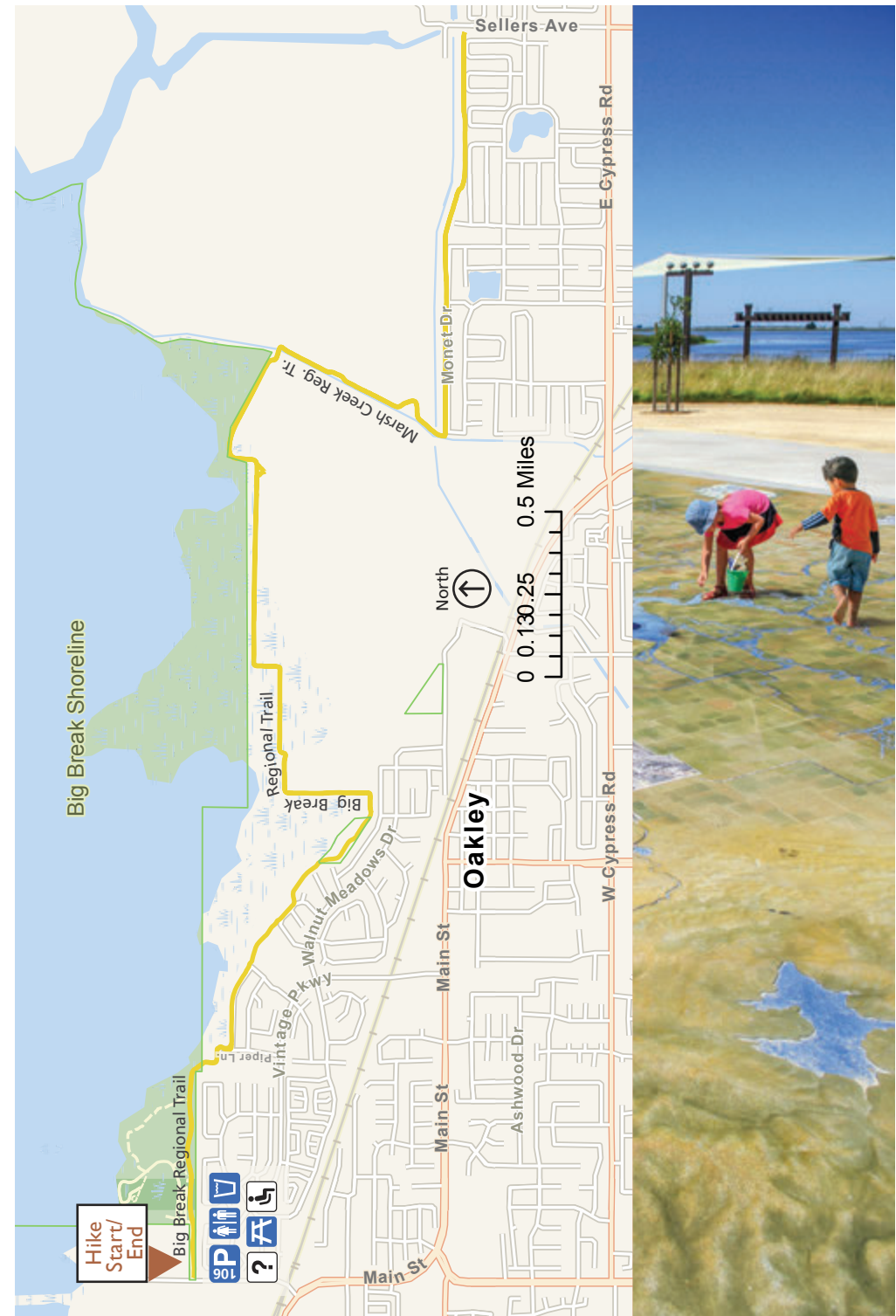
Trail Directions: Big Break Regional Trail begins at Big Break Rd., near the entrance gate. Head east on this wide, multi-use trail till you reach the cul-de-sac of Piper Ln. Continue on Piper Ln., and make your first left on to Rutherford Ln. As Rutherford Ln. begins to curve right, keep left, and continue 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

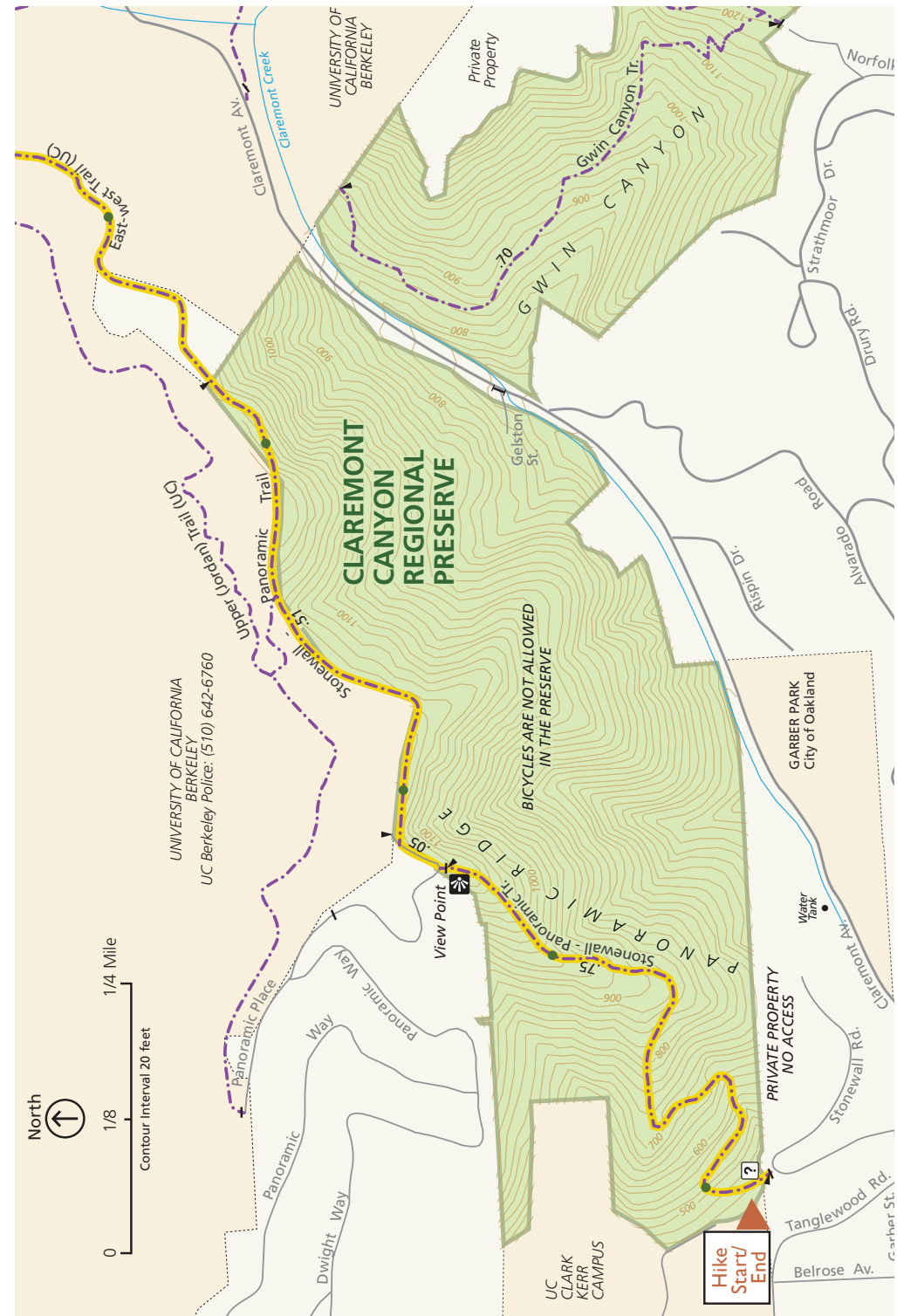


Park Features: Claremont Canyon Regional Preserve is nestled in the Berkeley and Oakland hills behind the historic Claremont Hotel. This scenic, 208-acre preserve protects two parcels of land located on both sides of upper Claremont Avenue. This park is used primarily for its picturesque hiking trails. 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.

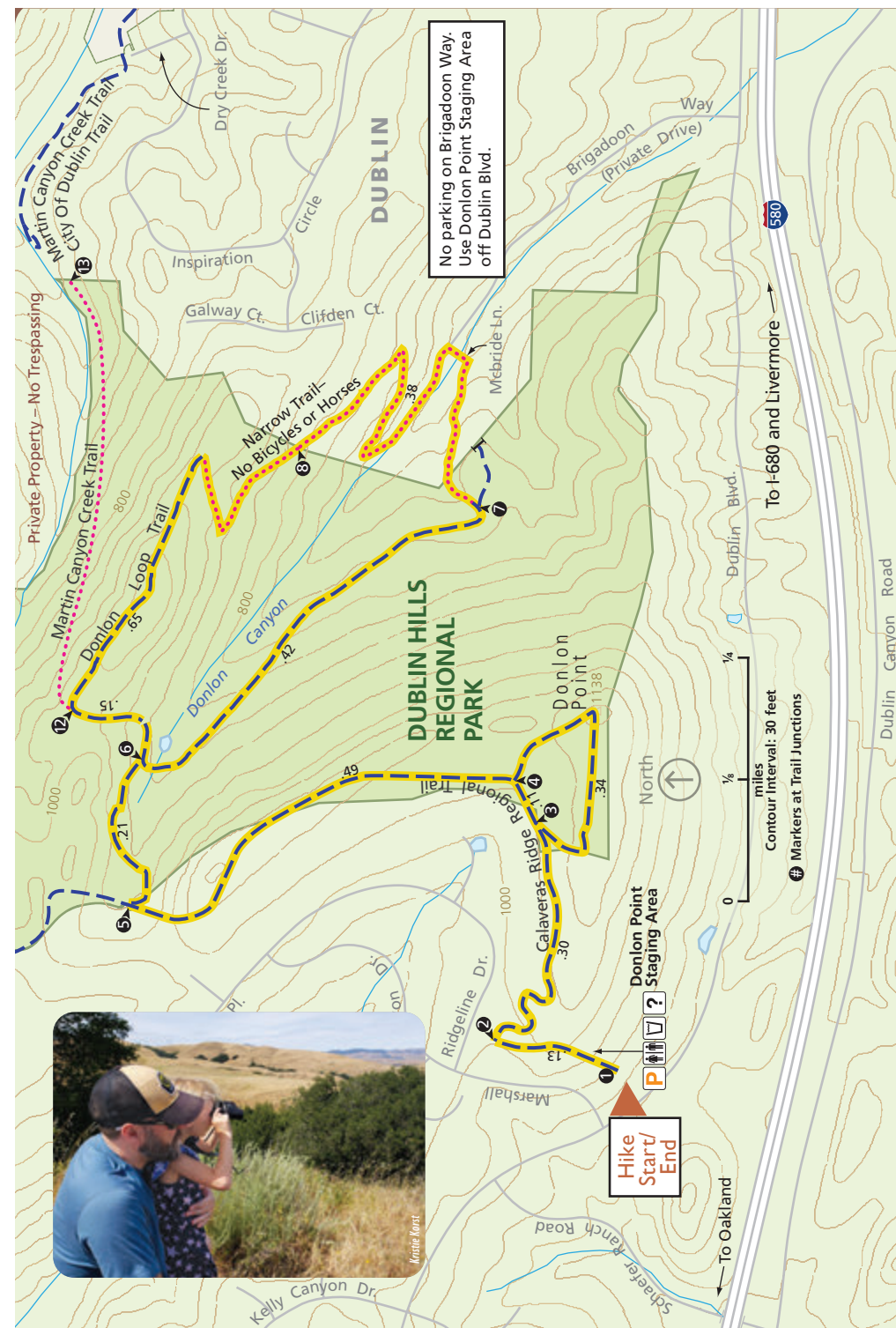
Along the Donlon Loop is a pond and seasonal stream which offer a shady canopy to walk under. The trail briefly crosses into a quiet residential area before it resumes following the creek back to the Calaveras Ridge Trail. The final loop toward the end of the trail has excellent views and a bench to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



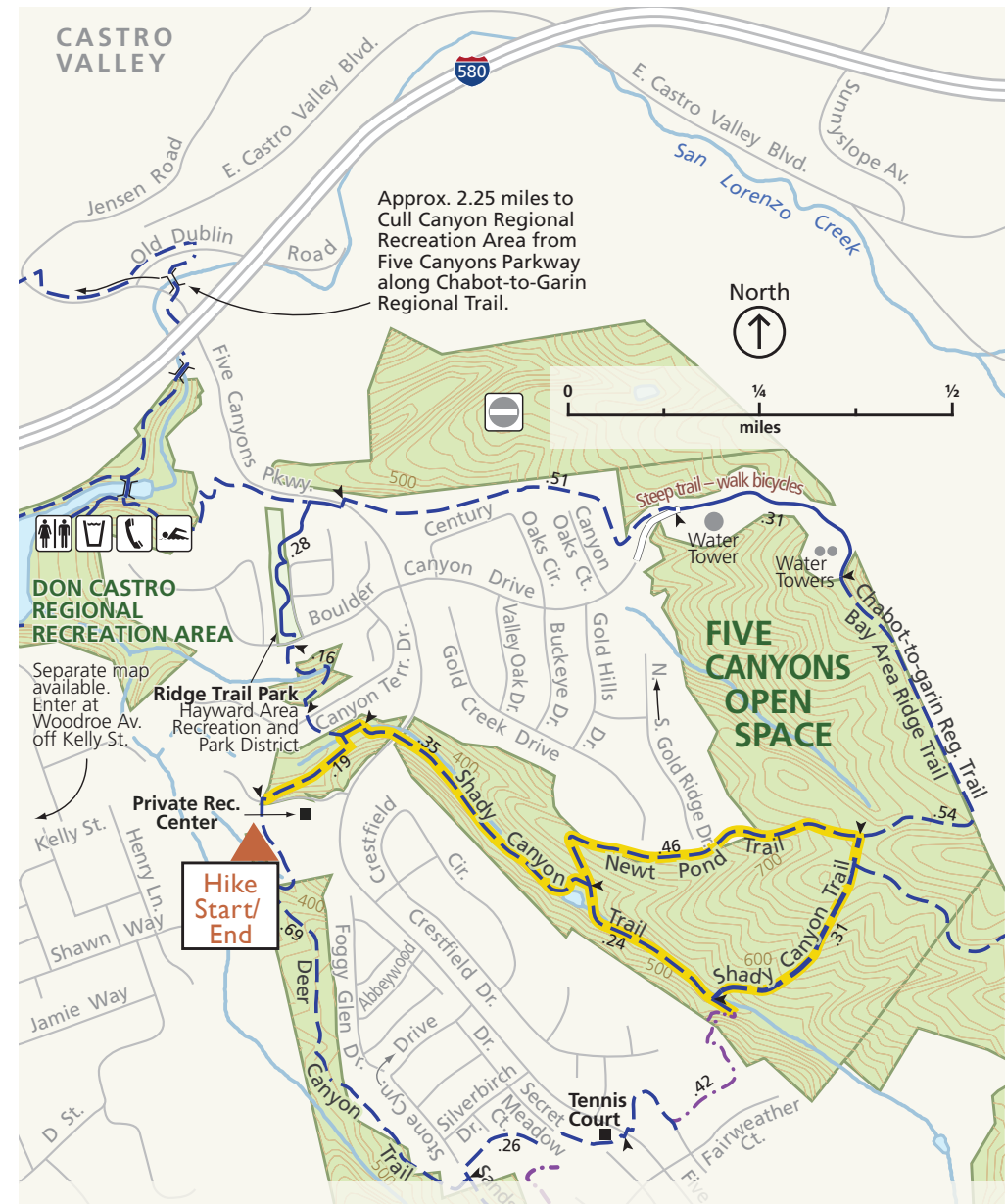
Park Features: Five Canyons Open Space includes a segment of the Bay Area Ridge Trail which connects to many other parks in the district. Seasonal ponds form during the rainy season, providing a home for California newts and a habitat for birds. There are recreational opportunities in neighboring parks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



Approx. 2.25 miles to Cull Canyon Regional Recreation Area from Five Canyons Parkway along Chabot-to-Garin Regional Trail.



DON CASTRO REGIONAL RECREATION AREA
Separate map available. Enter at Woodroe Av. off Kelly St.

Ridge Trail Park
Hayward Area Recreation and Park District

Private Rec. Center

Hike Start/End

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

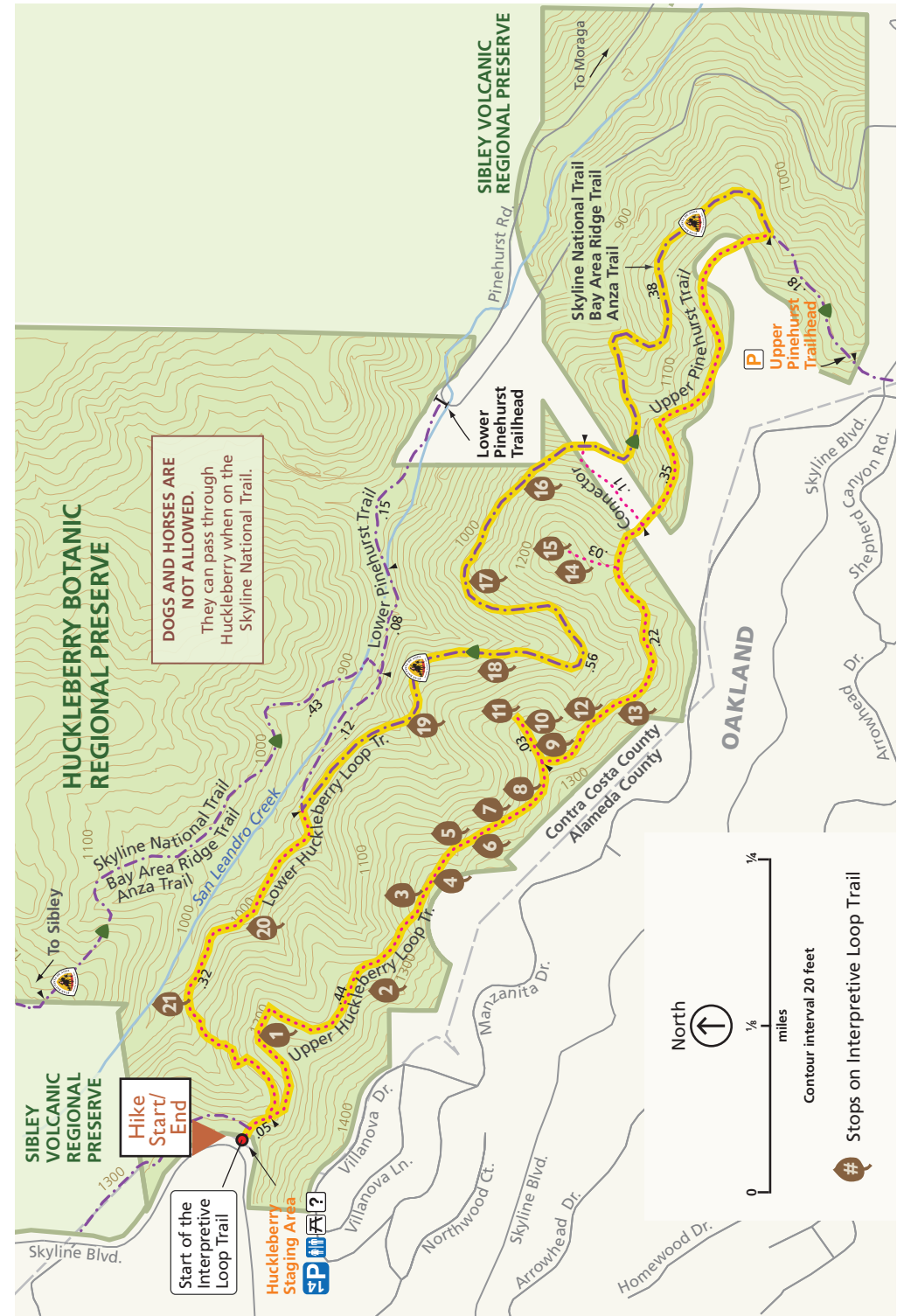
Researchers at Iowa State University found that just 12 minutes of walking can boost your mood, resulting in an increase in joviality, vigor, attentiveness, and self-confidence.

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	MODERATE HIKE
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	

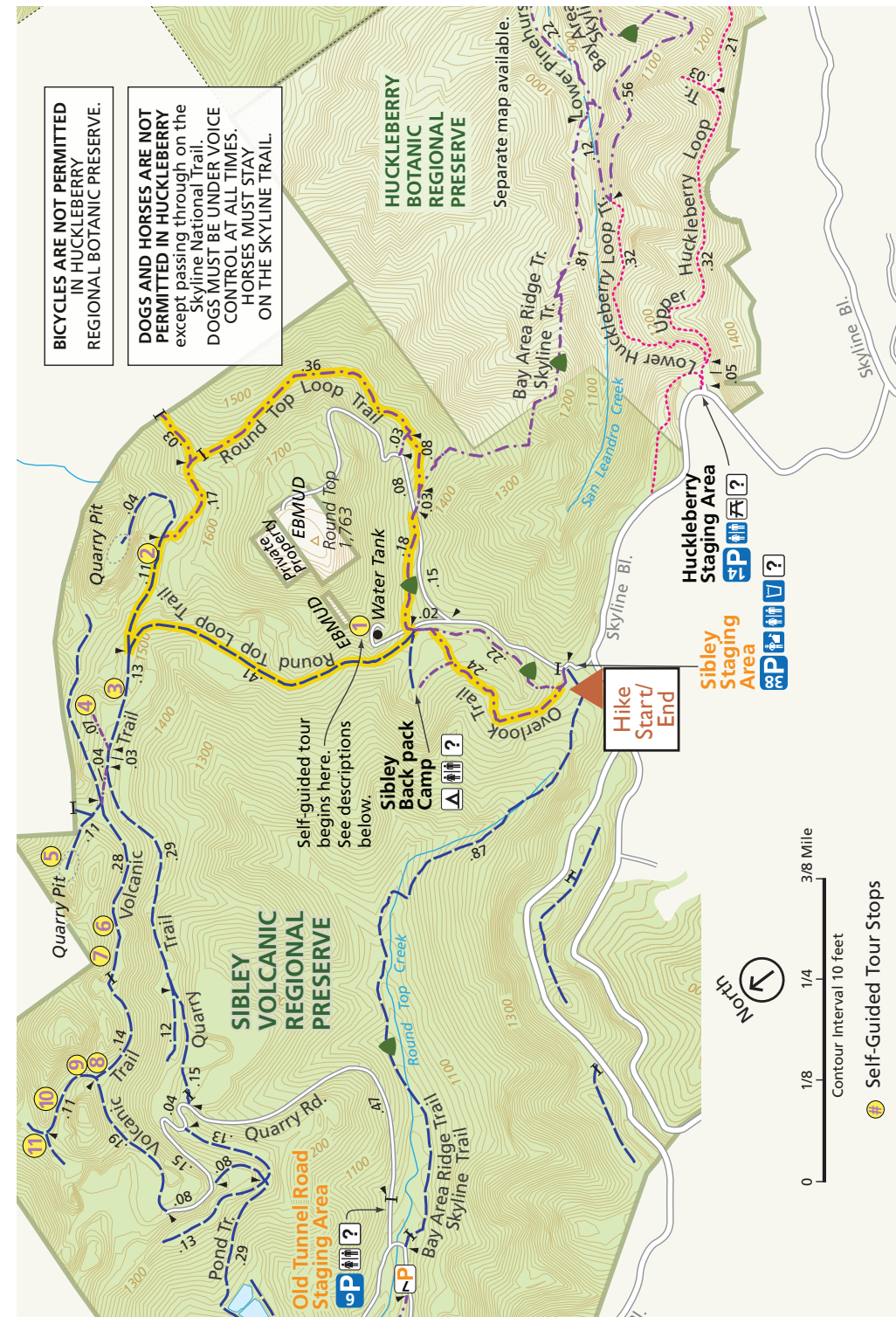


Park Features: One of the East Bay Regional Park District's original parks, Sibley Volcanic Regional Preserve is home to a rich geological history, including the now dormant volcano Round Top, highlighted in the unstaffed visitor center near the entrance. The park is filled with breathtaking views of 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

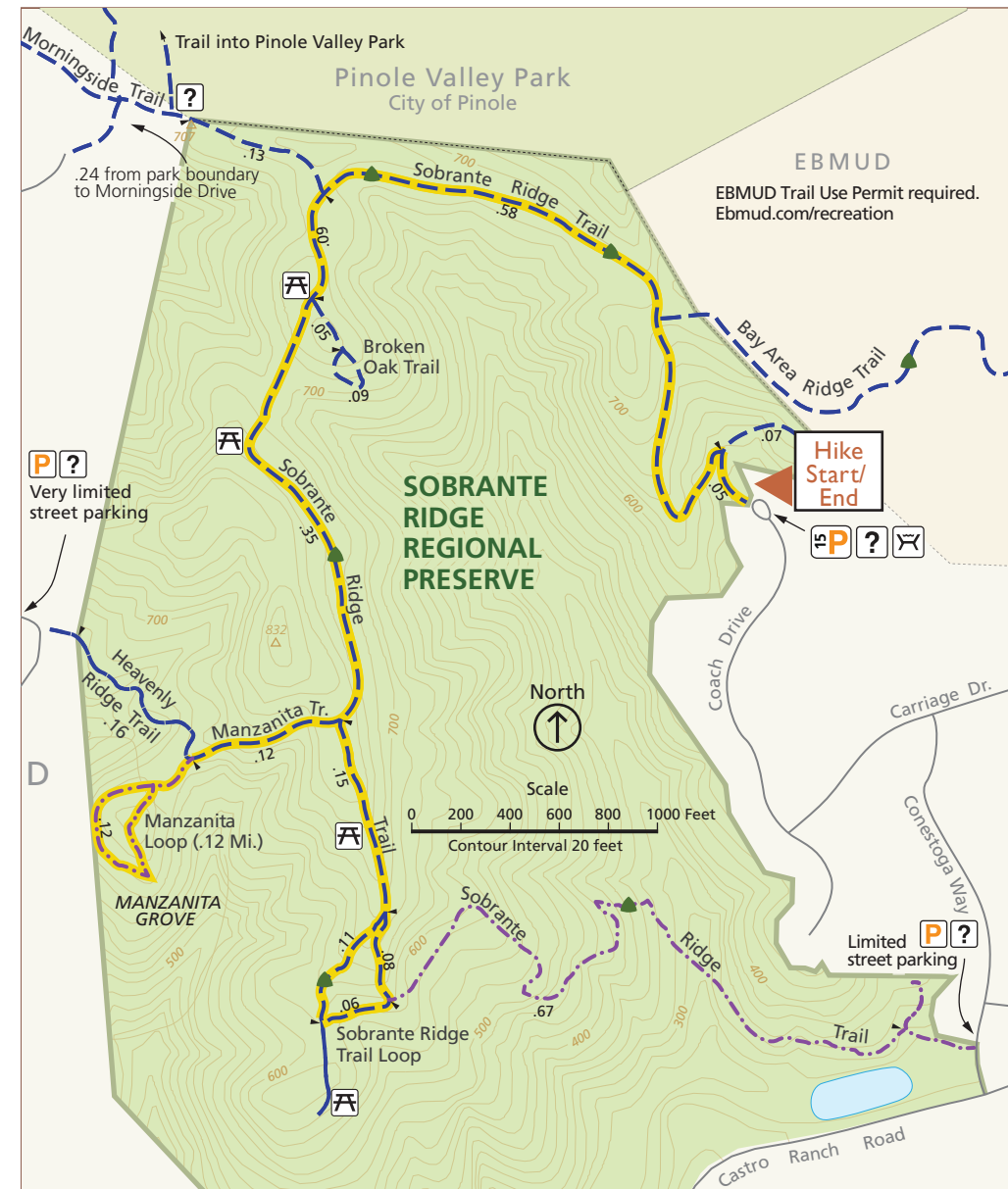


Park Features: A small and quiet open space with unique natural resources, Sobrante Ridge was yet part of a rich and varied history. The area continues to be a part of the ancestral homeland of the Saclan, one of six California Native American tribes whose primary language is called Bay Miwok today. 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.