

East Bay 
Regional Park District

2013 TRAILS CHALLENGE

**A Free
Program**



Healthy Parks 
Healthy People

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

East Bay 
Regional Park District


REGIONAL PARKS
Foundation
Supporting East Bay Regional Parks

KAISER
PERMANENTE  thrive
every body WALK!
www.kp.org



Healthy Parks Healthy People

Congratulations on joining the 2013 Trails Challenge.

By joining the Trails Challenge, you are taking a step in becoming part of the international Healthy Parks Healthy People movement. Founded by Australia's Parks Victoria, Healthy Parks Healthy People has become an international movement based on the philosophy that recognizes the connection between a healthy environment and a healthy society. Natural spaces provide many, often intangible, societal benefits and as a result, healthy parks sustain healthy people.

The East Bay Regional Park District began promoting the Healthy Parks Healthy People initiative last year with great results. Nearly 10,000 people registered for last year's Trails Challenge, and we expect even more to take part in 2013. In addition, the Park District has planned a wide variety of recreation and interpretive opportunities in 2013 built around the Healthy Park Healthy People concept.

As a registrant of the 2013 Trails Challenge you will be able to enjoy and benefit physically, mentally, and spiritually from being outdoors. We hope you will encourage others to join you and take part in getting healthy outdoors and exploring your Regional Parks. Visit our website at www.ebparks.org for our 2013 Healthy Parks Healthy People events and activities.

2013 Trails Challenge "20th Anniversary"

This year's "20th Anniversary" Trails Challenge program highlights 20 Regional Parks with unique trails leading through some of our most interesting parks. The majority of trail routes are "moderate" and lead to scenic destinations. Each park description includes information about special park features. "Easy" and "difficult" routes are also offered, but keep in mind any trail route may be used to complete the Challenge.

Our "20th Anniversary" Trails Challenge is geared to get you outdoors exploring on your own, or with family and friends. We also have incorporated group activities around the Healthy Parks Healthy People, Happy Trails theme. "Guided Hikes," "Healthy Hikes," and "Hiking with Kids" are popular programs that emphasize staying fit and learning about our natural and cultural resources, important components to a healthy park system. Review the "Guided Hikes" section of this guidebook and the District's Regional in Nature (RIN) activity guide for upcoming programs and events.

Stay Connected

 **flickr** - Share your Trails Challenge and park photos on the East Bay Regional Park District's Flickr web page.

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

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



Trails Challenge App - Download the free Trails Challenge app for easy access to trails, maps, hikes and mileage logs.

Every Body Walk! App - Kaiser's Every Body Walk! app (see page 66 for details). Both mobile apps are free and available from the Android Market or iTunes App Store.

East Bay
Regional Park District

2013
TRAILS
CHALLENGE



Healthy Parks
Healthy People

Get fit with
your phone!
Use the Trails
Challenge
App.



Available
spring 2013.

East Bay
Regional Park District
www.ebparks.org



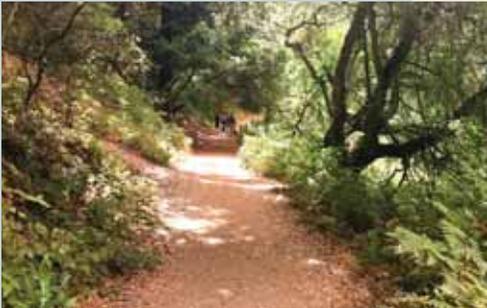
Miller/Knox Regional Shoreline



Pleasanton Ridge Regional Park



Round Valley Regional Preserve



Tilden Regional Park



From sunlit shores to shade-covered hillsides, the East Bay Regional Park District spans more than 112,000 acres in Alameda and Contra Costa counties, offering experiences as diverse as the land itself. Our mission is to provide recreational opportunities, ensure the natural beauty of the land, and to protect wildlife habitat. Whether you're a visitor or volunteer, you'll find a world of discovery and enjoyment right here in your own backyard. So come, explore your East Bay Parks and Embrace Life.



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How to Complete the Trails Challenge

1) Choose Your Trails:

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

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

2) Log Your Outings:

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

When you have completed at least five trails, or 26.2 miles (a marathon distance), return your log to:

Trails Challenge
c/o Regional Parks Foundation
P.O. Box 21074
Crestmont Station
Oakland, CA 94620

You have until December 1, 2013 to turn in your trail log to receive your 2013 pin. Pins will be mailed out mid-December (while supplies last).

Las Trampas
Sycamore Trail

Plan Your Outing

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

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



Martin Luther King Jr. Regional Shoreline

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

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

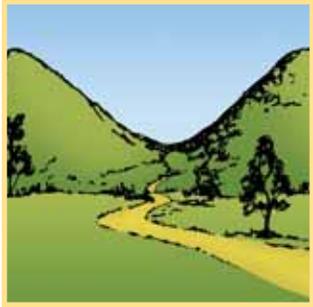
CHALLENGING: Trails have significant elevation gain (1,000+ feet), are 6-20+ miles in length, and trail conditions vary from good to rugged. They generally take 4-8 hours to complete. We strongly recommend you be in good physical condition, carry plenty of water, a high energy snack, and a first aid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

Challenger Checklist:

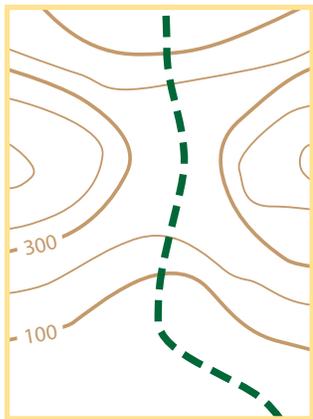
- Water for yourself and your animal(s)
- Trail map
- High energy snacks
- Money for fees when applicable
- First aid kit
- Camera and binoculars (optional)
- Extra clothing
- Trekking poles (optional)
- Sunglasses/hat
- Flashlight (optional)
- Sunscreen
- Compass (optional)
- Insect repellent

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

Using a Map and Compass



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



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

Map Reading Tips

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

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

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

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

Orienting a Map with Your Compass

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

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

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

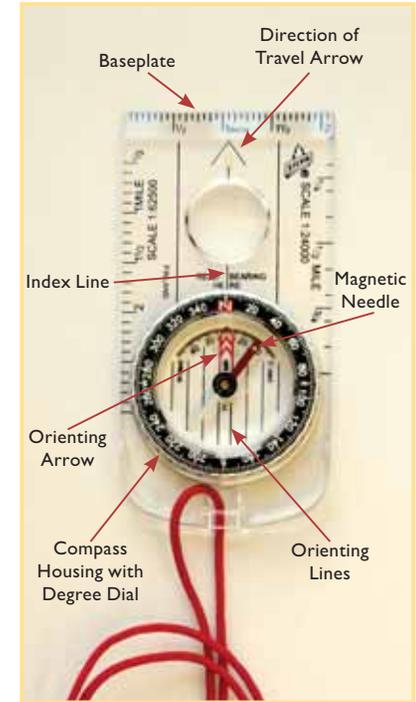
1. Position your map on a flat, smooth surface.
2. Turn your compass dial so due north is at its index line.
3. Place your compass on your map with the edge of the base plate parallel to the north-south meridian lines on the map. Now, the orienteering lines and direction-of-travel arrows should all be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

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

Orienting Your Map by Your Surroundings

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

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



Wildlife Encounters

Snakes:

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

Grazing Animals:

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



What to do if Bitten by a Snake:

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

Wild Animals:

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

Ticks and Lyme Disease:

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

How to Avoid Ticks:

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

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

What Does a Tick Look Like?



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

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

What are the Symptoms of Lyme Disease?

Early symptoms may include a spreading rash accompanied by fever, aches, and/or fatigue.

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

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

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

Poison Oak:

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

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

Remember "Leaves of three, let it be; if it's hairy, it's a berry."

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

Hiking with Dogs in the Parks



Before You Leave Home:

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

While You Are Hiking:

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

that many people are afraid of dogs, whether or not yours is friendly.

After Hiking:

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

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



Photo: Marc Crumpler

Martin Luther King Jr. Regional Shoreline

Hiking With Kids

Ages

6 months - 2 years

3 - 6 years

7 - 11 years

12 and up

Approximate Mileage

Keep it short

1 - 3 miles, with many stops

2 - 5 miles

Up to 7 miles

Note:

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

Prepare:

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

Rules:

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

Activities:

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

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

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



Iron Horse Regional Trail

Tips for Trail Users



Hikers: As a general rule, hiking one mile on relatively flat terrain at a moderate pace takes approximately ½ hour. Beginners should plan one hour for every two miles of hiking. For hikes labeled “Challenging,” or days when the temperature is over 90 degrees, allow extra time and take more water! Hikers should wear sturdy shoes with ankle support.



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



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



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



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



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

Trail Etiquette:

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



Benefits of Being Fit

Brought to you by Kaiser Permanente

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

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

Enjoying Regular Physical Activity Can:

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

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

Thank you to Kaiser for allowing the East Bay Regional Park District to offer Trails Challenge as a free program! Find this and more at www.kp.org. Visit the health and wellness pages, which include interactive fitness calculators and podcasts.



KAISER PERMANENTE® thrive



Marsh Creek Regional Trail

Free 2013 Guided Hikes and Events

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

Tuesday Twilights:

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

Women on Common Ground:

These are naturalist-led programs for women who love the outdoors but whose concern for personal safety keeps them from enjoying their own parks. Hikes and programs vary. For more information and a complete schedule, contact Naturalist Katie Colbert at (510) 544-3243.

Wednesday Walks:

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

The Over-the-Hills Gang!

Hikers 55 years and older interested in nature study, history, fitness, and fun are invited to join this series of monthly excursions exploring the Regional Parks. For more information and a complete schedule, contact Supervising Naturalist Dave Zuckerman at (510) 525-2233.

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

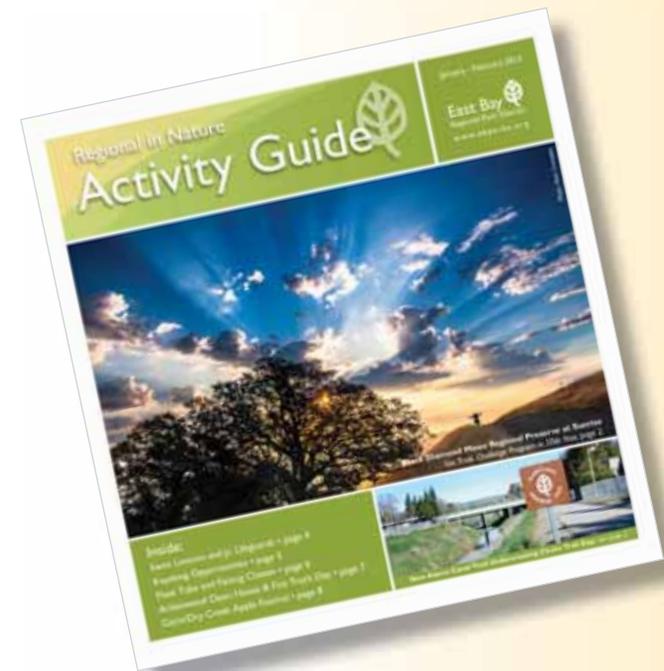


Healthy Hikes:

Join Recreation staff for this series of fitness-style hikes. We'll start with a short feature on health benefits and safety tips, then we'll start on our hike. You can participate for all or just a portion of the hike, increasing your distance as your stamina improves. This is a great way to get back into hiking and meet other like-minded hikers while staying healthy!

Hiking with Kids:

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



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

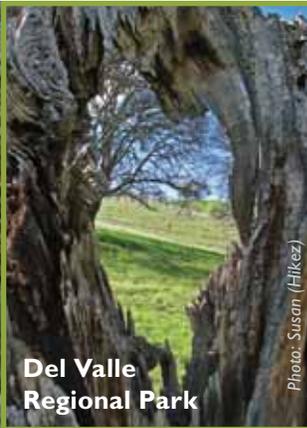


Safety and Hiking in the Heat

Brought to you by Kaiser Permanente

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

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



Del Valle Regional Park

Photo: Susan (Hikez)



Coyote Hills Regional Park

Photo: Jerry Ting



Briones Regional Park

Photo: Shelly Lewis

Featured Trails



Watch for the colored bands attached to sign posts along your Trails Challenge hiking route:

Green is an **easy** trail.

Yellow is a **moderate** trail.

Red is a **challenging** trail.

Photo: Jeff Brooks-Manas

Redwood Regional Park



East Bay Regional Park Park Office Phone Number	City	Trails	Page	 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Intensity
Coyote Hills Regional Park 1-888-EBPARKS, Option 3, then 4519	Fremont	Bayview/Tuibun/Chochenyo/ Muskrat/Lizard Rock/ Bayview Trails	24	●	●	Partial Use		Partial Use		2.5 Loop	Easy
Iron Horse Regional Trail 1-888-EBPARKS, Option 3, then 4533	Dublin	Alamo Canal Trail from Dublin Civic Center to Village Green at Alcosta Blvd. and Back	26	●	●	●	●	●	●	4.4 Round Trip	Easy
Martin Luther King, Jr. Regional Shoreline 1-888-EBPARKS, Option 3, then 4541	Oakland	Arrowhead Marsh/ San Leandro Creek Trail West to MLK Grove Parking	28	●	●	●	●	●	●	2.02 Loop	Easy
Martinez Regional Shoreline 1-888-EBPARKS, Option 3, then 4542	Martinez	Pickleweed Trail	30	●		●	●	●	●	0.94 Loop	Easy
Quarry Lakes Regional Park 1-888-EBPARKS, Option 3, then 4552	Fremont	Old Creek/Western Pacific Trails	32	●	●	●	●	●		2.1 Loop	Easy
Garin/Dry Creek Pioneer Regional Parks 1-888-EBPARKS, Option 3, then 4530	Hayward	Carden Lane Entrance (Ukraina Trail)	34	●	●	●	●			3.1 Round Trip	Easy to Moderate
Tilden Regional Park 1-888-EBPARKS, Option 3, then 4562	Berkeley	Nimitz Way/Meadow Canyon/ Wildcat Gorge/Curran Trails	36	●	●	●	●			3.1 Loop	Easy to Moderate



At-a-Glance Featured Trails • MODERATE •



TRAILS CHALLENGE 2013

East Bay Regional Park Park Office Phone Number	City	Trails	Page	Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Intensity
Black Diamond Mines Regional Preserve 1-888-EBPARKS, Option 3, then 4506	Antioch	Nortonville/Coal Canyon/ Black Diamond/Manhattan/ Chaparral Loop	38	●	●					5.06 Loop	Moderate
Briones Regional Park 1-888-EBPARKS, Option 3, then 4508	Martinez	Alhambra Creek Staging/ Alhambra Creek/Spengler/Briones Crest/Lagoon/ Toyon Canyon/Orchard Trails	40	●	●	●	●			5.07 Loop	Moderate
Diablo Foothills Regional Park 1-888-EBPARKS, Option 3, then 4525	Walnut Creek	Stage Road/Shell Ridge Loop/ Briones-to-Mt. Diablo/Buckeye Ravine/Briones-to-Mt. Diablo/ Borgess Ranch/Shell Ridge/ Castle Rock Trails	42	●	●	Partial Use	●			3.3 Loop	Moderate
Marsh Creek Regional Trail 1-888-EBPARKS, Option 3, then 4540	Oakley	East Cypress Road Staging Area/ Marsh Creek Regional Trail to Concord Ave. and Back	44	●	●	●	●	●	●	15.0 Round Trip	Moderate
Miller/Knox Regional Shoreline 1-888-EBPARKS, Option 3, then 4544	Richmond	Dornan Grove/Old Country Road/ Marine View/Crest/Marine View/ West Ridge/Old Country Road/ Dornan Drive to Parking Lot	46	●	●					1.75 Loop	Moderate
Sibley Regional Preserve 1-888-EBPARKS, Option 3, then 4554	Oakland	Old Tunnel Road Staging/Skyline National Trail/Lomas Cantadas and Tilden Regional Park and Back	48	●			●			6.08 Round Trip	Moderate
Sobrante Ridge Regional Preserve 1-888-EBPARKS, Option 3, then 4534	El Sobrante	Coach Drive Staging Area/ Sobrante Ridge/Manzanita/ Manzanita Loop/Manzanita/ Sobrante Ridge/Sobrante Ridge Loop/Sobrante Ridge Trails and Back	50	●	●	Partial Use	●			4.42 Round Trip	Moderate
Round Valley Regional Preserve 1-888-EBPARKS, Option 3, then 4556	Brentwood	Miwok/Murphy Meadow/Miwok/ Hardy Canyon Trails	52	●		Partial Use	Partial Use			4.39 or 7.46 Loop	Moderate to Challenging



East Bay Regional Park Park Office Phone Number	City	Trails	Page	Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Intensity
Crockett Hills Regional Park 1-888-EBPARKS, Option 3, then 4521	Crockett	Edwards Loop/Sky/Big Valley/ Sugar City/Kestrel Loop/ Big Valley/Sky/Soaring Eagle/ Edwards Loop Trails	54	●	●	Partial Use	●			6.93 Round Trip	Challenging
Del Valle Regional Park 1-888-EBPARKS, Option 3, then 4524	Livermore	Arroyo Rd. Staging Area to East Shore/Heron Bay/ East Shore/Heron Bay/ Eastshore Trails	56	●	●	●	●			7.8 Round Trip	Challenging
Las Trampas Regional Wilderness 1-888-EBPARKS, Option 3, then 4537	San Ramon	Elderberry/Rocky Ridge View/ Devil's Hole/Sycamore/ Rocky Ridge Trails	58	●	●	Partial Use	Partial Use			6.0 Loop	Challenging
Pleasanton Ridge Regional Park 1-888-EBPARKS, Option 3, then 4549	Pleasanton	Foothill Staging Area to Woodland/Ridgeline/ Thermalito/Ridgeline/ Woodland Trails	60	●	●	●	●			6.91 Loop	Challenging
Redwood Regional Park 1-888-EBPARKS, Option 3, then 4553	Oakland	Canyon Meadow Staging/ Stream/Tres Sendas/French/ Orchard/Bridle/Stream Trails	62	●	●		●			6.57 Loop	Challenging



Photo: Jasper Hitchen

Crockett Hills Regional Park



Garin/Dry Creek
Pioneer Regional Parks



Sobrante Ridge Regional Preserve

Coyote Hills Regional Park

Bayview/Tuibun/Chochenyo/Muskrat/Lizard Rock/Bayview Trails

Length: 2.5-mile loop

Location: 8000 Patterson Ranch Road, Fremont

Intensity: Easy



Park Features: The Coyote Hills marshes are fringed by rolling hills, providing a unique marsh experience; cultural history preserved in the park includes a salt mine, dairy, and NIKE missile base. The Bayview Trail in the park connects with over 10 miles of paved trail along Alameda Creek, making Coyote Hills the perfect place for a biking excursion. Dogs are not permitted in the marsh areas of Coyote Hills.

Trail Highlights: Water fountains are available at the start of your hike and portable restrooms and trash cans have been placed at convenient locations along this loop; stay relaxed and help to keep the parks clean! This east-west route allows patrons to take in views of multiple marshes including the park's main marsh, north marsh and D.U.S.T. marsh in a loop with gentle grades. The marshes can be very wet and muddy in the rainy season, so be sure to bring seasonally appropriate clothes and shoes.

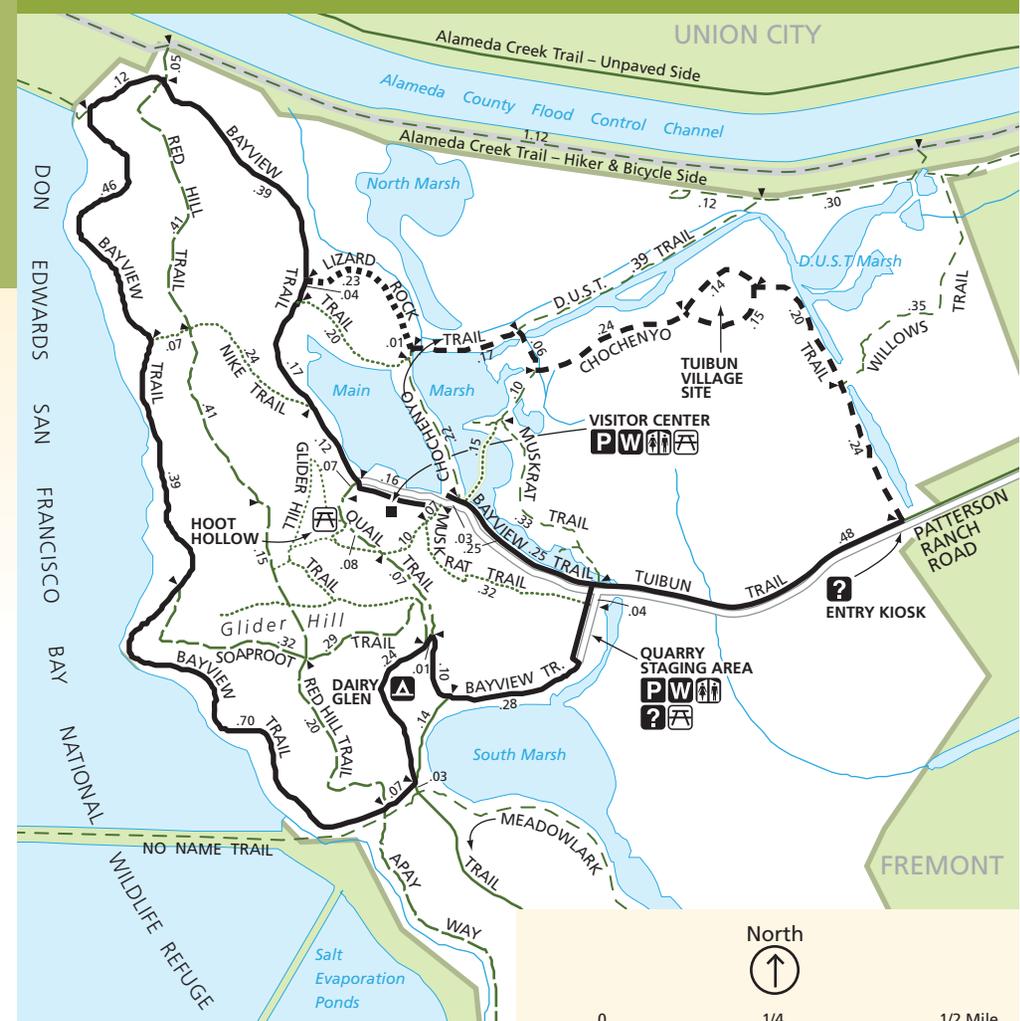
Trail Directions: From the Visitor Center, head east along Patterson Ranch Rd. on Bayview Trail which becomes Tuibun Trail; take it all the way back to the park entry kiosk and go left at the interpretive panel. Turn left onto the Chochenyo Trail at the entry kiosk and bear left at the brown portable restroom to see the Tuibun Village site; this 2,000-year-old Ohlone village site, complete with replicated structures, is only available to the public with reservation; call the Coyote Hills Visitor Center at 510-544-3220 to schedule a viewing of this amazing piece of California history. Continuing on the route, go right on Muskrat Trail for a short distance, then left on Chochenyo to circle the main marsh and see open views of its wildlife. Go right at the Lizard Rock Trail to reconnect to the paved Bayview Trail; go left to return to the Visitor Center, or make a right and follow Bayview Trail through the hills for sweeping views of Don Edwards Wildlife Refuge and the Bay!

Driving Directions: Take exit 22 for Alvarado Blvd. towards Fremont Blvd.; make a left onto Alvarado Blvd. and continue as it turns into Fremont Blvd.; make a right on Paseo Padre Pkwy. and continue straight for some time; make the right on to Patterson Ranch Rd. and head to the park entrance.

Park Hours: 8 a.m. to dusk (varies seasonally)

Fees: \$5 per vehicle.

Website: www.ebparks.org/parks/coyote_hills



- Featured Trail Paved--Hiker, Horse, Bike
- Featured Trail--Hiker, Bicycle
- Featured Trail--Hiker Only
- Paved Hiker, Horse, Bicycle Trail
- Hiker, Horse, Bicycle Trail
- Hiker, Bicycle Trail
- Hiker Only Trail

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



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

Iron Horse Regional Trail

Alamo Canal Trail from Dublin Civic Center to Village Green at Alcosta Boulevard and Back

Length: 4.4-mile round trip

Location: Dublin

Intensity: Easy



Park Features: Before beginning your trip, check out the newly completed Alamo Canal Trail undercrossing between Dublin and Pleasanton to the left of your starting place; this safe, non-motorized route under I-580 is an important transportation and recreation corridor for the Tri-Valley area. This route runs between the beautiful city parks and athletic fields at Dublin Civic Center and Village Green Park, which makes it the perfect trip for families looking for healthful recreation.

Trail Highlights: The October 2012 dedication of the undercrossing marked the completion of an uninterrupted trail network of over 25 miles from the Centennial Trail in Pleasanton to the end of the Contra Costa Canal Trail in Martinez. Please note that this new trail undercrossing at Dublin Blvd. may be closed for flood protection during heavy rains; check our website at www.ebparcs.org/closure for the most up-to-date information. The route is entirely paved multi-use and features amenities like benches, trash cans and bags for picking up after your dog; help keep your trails clean and safe for all users!

Trail Directions: Head north from the Dublin Library, take the bridge over the creek and continue across Amador Valley Blvd. Follow the trail straight for almost a mile before crossing another bridge; after the bridge, the last section of the route is lined with trees for a grove-like feel. When you reach Village Green Park continue on if you would like to extend your trip, otherwise turn around and head back to Dublin Civic Center.

Driving Directions: I-580 eastbound: Take the Hopyard Rd./Bougherty Rd. exit and turn left onto Dougherty Rd.; turn left at the second signal onto Dublin Blvd. and turn left at the second light again into Civic Plaza; follow the parking lot and park near the Dublin Library to get on the trail.

I-580 westbound: Take the Hopyard Rd./Dougherty Rd. exit and turn right onto Dougherty Rd.; turn left at the first light for Dublin Blvd. then turn right at the second light into Civic Plaza and park near the library.

I-680 northbound: Get on I-580 east at the 680/580 interchange and use the directions for I-580 eastbound.

I-680 southbound: Take the Dublin Blvd. exit right before the 680/580 interchange and turn right onto Amador Plaza Rd.; turn right at the first light onto Dublin Blvd., then right at the third light into Civic Plaza and park near the library.



North

 0 1/4 1/2 3/4 1 Mile

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

- Parking
- Drinking Water
- Restrooms
- Information



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

Fees: None

Website: www.ebparcs.org/parks/trails/iron_horse

Martin Luther King Jr. Regional Shoreline

Arrowhead Marsh/San Leandro Creek Trail West to MLK Grove Parking

Length: 2.02-mile loop

Location: Oakland

Intensity: Easy



Park Features: The restoration projects at MLK Jr. Regional Shoreline helps support a bustling ecosystem only a minute's drive away from Oakland International Airport; if you are lucky you can catch a glimpse of bat rays or leopard sharks showing their fins near San Leandro Creek. The shoreline features large grassy areas with picnic tables and restrooms adjacent to the New Marsh and the coastal breeze provides a great getaway to beat the heat. Arrowhead Marsh has the largest population of California clapper rails by density in the Bay Area; there is a good chance you will see one at the Arrowhead Marsh observation deck during high tide.

Trail Highlights: The observation tower next to the Arrowhead Marsh parking lot provides a vantage point for surveying the marshlands right in the heart of the park; use the viewing station to zoom in and get intimate with the marsh wildlife. This loop is an entirely paved multi-use trail, so bring the whole family! As with all EBRPD lands, dogs are not allowed in the marsh areas and must be on leash throughout the shoreline park. This short loop features several water fountains along the way and many observation benches looking out into the marshlands so you can stay relaxed and hydrated on your trip.

Trail Directions: Upon entering the shoreline park, make a left to park at the Martin Luther King Jr. Grove and head north along the Arrowhead Marsh Trail parallel to the water; do not follow the paved vehicle road to one of the other staging areas out in the park. Take the Arrowhead Marsh Trail out to the observation deck and cross the small bridge before turning right onto San Leandro Creek Trail West. Walk along San Leandro Creek Trail West until you reach the right turn that will take you back to the Arrowhead Marsh Trail and complete the loop.

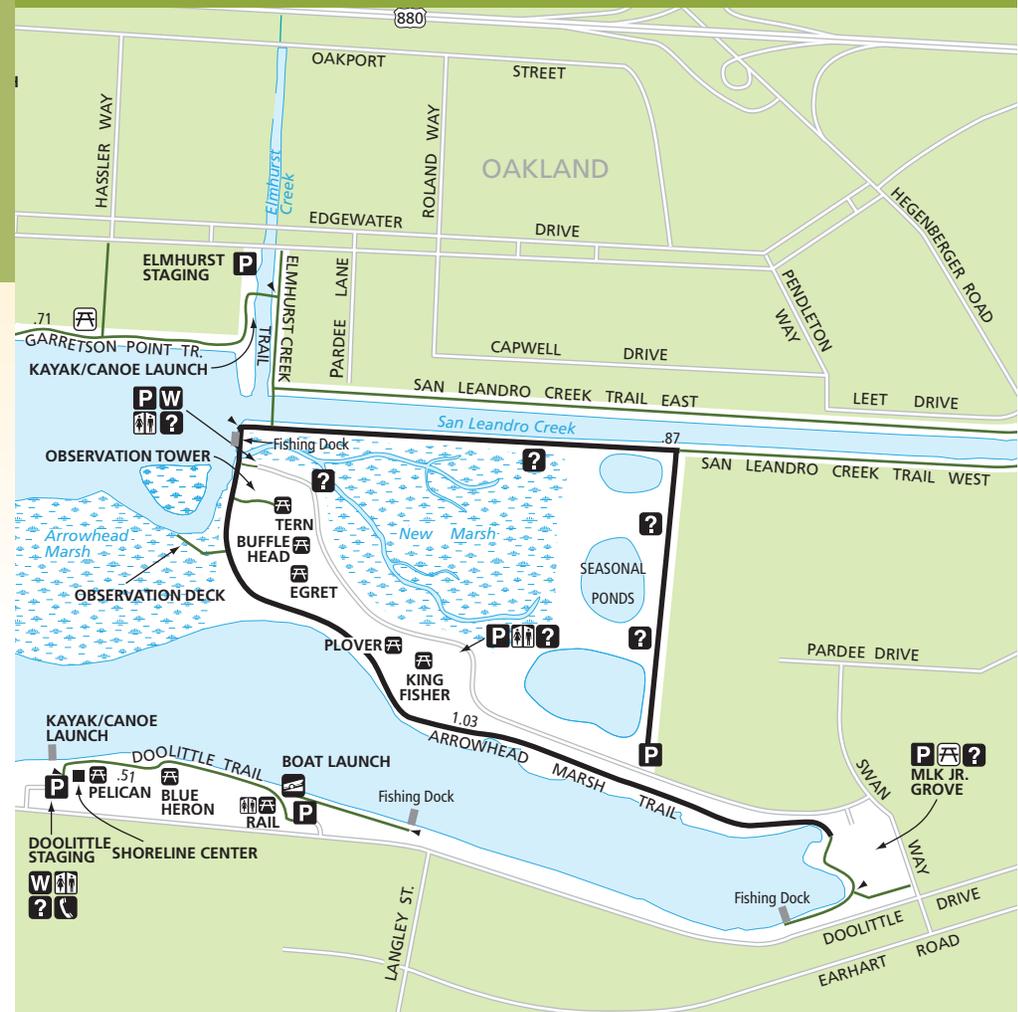
Driving Directions: From I-880 south: Take exit 36 for Hegenberger and turn right onto Hegenberger Rd.; follow Hegenberger before making a right onto Pardee Dr. and then a left to Swan Way; take a final right off Swan to enter the park.

From I-880 north: Take exit 35 for 98th Ave. toward Oakland Airport; turn right on Airport Access Rd.; slight left to stay on Airport Access Rd./Pardee Dr.; left onto Swan Way, then right off Swan to enter the park.

Park Hours: 8 a.m. to dusk (varies seasonally)

Fees: None.

Website: www.ebparks.org/parks/martinlking



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

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

Martinez Regional Shoreline

Pickleweed Trail

Length: 0.94-mile loop

Location: Martinez

Intensity: Easy



Park Features: This shoreline park offers visitors a variety of experiences; the group picnic areas, softball fields, bocce ball courts and soccer fields in the eastern section are operated by the City of Martinez. The Park District operates the western section with its

quiet, open lawns, small family picnic areas, ponds and creeks. Nearly three miles of trails offer peaceful walks through the marsh and along the shoreline. This quiet area of the park changes with the seasons; its residents come and go, and there are subtle changes in color and mood. Dogs are not allowed in the marsh.

Trail Highlights: This restored marshland adjacent to Alhambra Creek, completed in 2002, was a joint effort of Caltrans, the City of Martinez and the Park District. It provides important wildlife habitat and a great visitor experience. On the right (north) side of the trail, you can see a historic sunken schooner just offshore. Amenities include benches, information, parking, restroom at the trailhead; benches, information, and water along the trail.

Trail Directions: Head north from the Grangers' Wharf parking area located at end of Berrellesa St. After the first bridge but before the second, bear left, and continue west on the Pickleweed Trail. Continue west, past the schooner, across a small bridge; bear left at the bench, towards the railroad tracks. Go left at the next fork and continue straight while veering right past the Park District corporation yard and through a small parking lot; look left for the hiker sign to rejoin the trail heading north toward the shoreline. At the fork go right to retrace your route, making another right and across the bridge to Grangers' Wharf parking lot.

Driving Directions: Exit at Alhambra Ave. and go north; turn right on Berrellesa St.; the Grangers' Wharf parking area is on the right.

From I-680 in Martinez: Exit at Marina Vista and go west; turn right on Berrellesa St.; the Grangers' Wharf parking area is on the right.

Park Hours: 8 a.m. to dusk (varies seasonally)

Fees: None.

Website: www.ebparcs.org/parks/martinez



- Featured Trail--Hiker, Horse, Bike
- Hiker, Horse, Bicycle Paved Trail
- Hiker, Horse, Bicycle Trail
- Mileage Between Points
- P Parking
- 🐎 Equestrian Parking
- W Drinking Water
- 🚻 Restrooms
- ? Information
- 🍷 Picnic

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

Quarry Lakes Regional Recreation Area

Old Creek Trail/Western Pacific Trail

Length: 2.1-mile loop

Location: 2100 Isherwood Way, Fremont

Intensity: Easy



Park Features: Amenities at the trailhead include drinking water, benches, restrooms, picnic, recycling and a pay phone. Amenities on the trail include drinking water, restrooms, benches and places to fish. The swim beach and electric-motor boat launch platform makes Quarry Lakes a destination for the aquatically inclined.

Trail Highlights: This loop offers unobstructed views of three large lakes, waterfowl and other wildlife as well as the high summits of

Mission Peak. This very flat, gravel loop has cool lakeside breezes and a manageable distance, making it a great spot for an after-work or weekend run, jog or bike ride.

Trail Directions: Beginning on the paved path near the horseshoe pits at the Pescadero Picnic Area, take Old Creek Trail south and make the loop with Horseshoe Lake to your left. Take Old Creek Trail between Horseshoe Lake and Lago Los Osos and go left onto Western Pacific Trail, parallel to the BART tracks. Complete your walk on the Western Pacific Trail and return past the swim beach to your starting point.

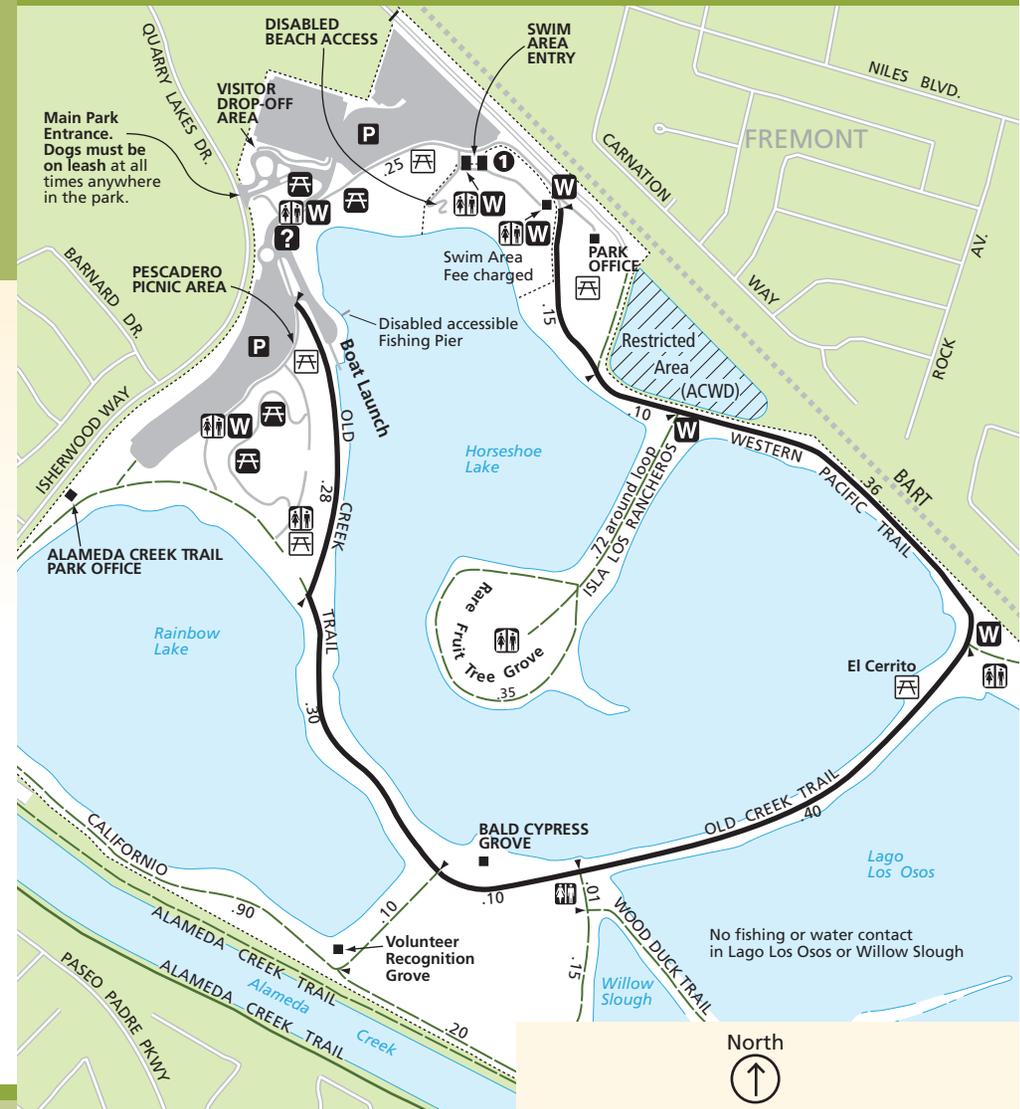
Driving Directions: From I-880 south: Take exit 24 for Decoto Rd. and turn left onto Decoto Rd.; turn right onto Alvarado-Niles Rd., then right onto Osprey Dr.; take the first left onto Quarry Lakes Dr. and another left into the parking lot.

From Hwy. 238 north: Turn left onto Niles Blvd. and then turn right to stay on Niles Blvd.; continue as Niles becomes Alvarado-Niles Rd.; turn left onto Osprey Dr., left onto Quarry Lakes Dr., and left into the parking lot.

Park Hours: Sunrise to dusk

Fees: \$5 parking fee applies for the main lot.

Website: www.ebparks.org/parks/quarry_lakes



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

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

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

Garin/Dry Creek Pioneer Regional Parks

Carden Lane Entrance Ukraina Loop

Length: 3.1-mile round trip

Location: Carden Lane entrance, Hayward

Intensity: Easy to Moderate



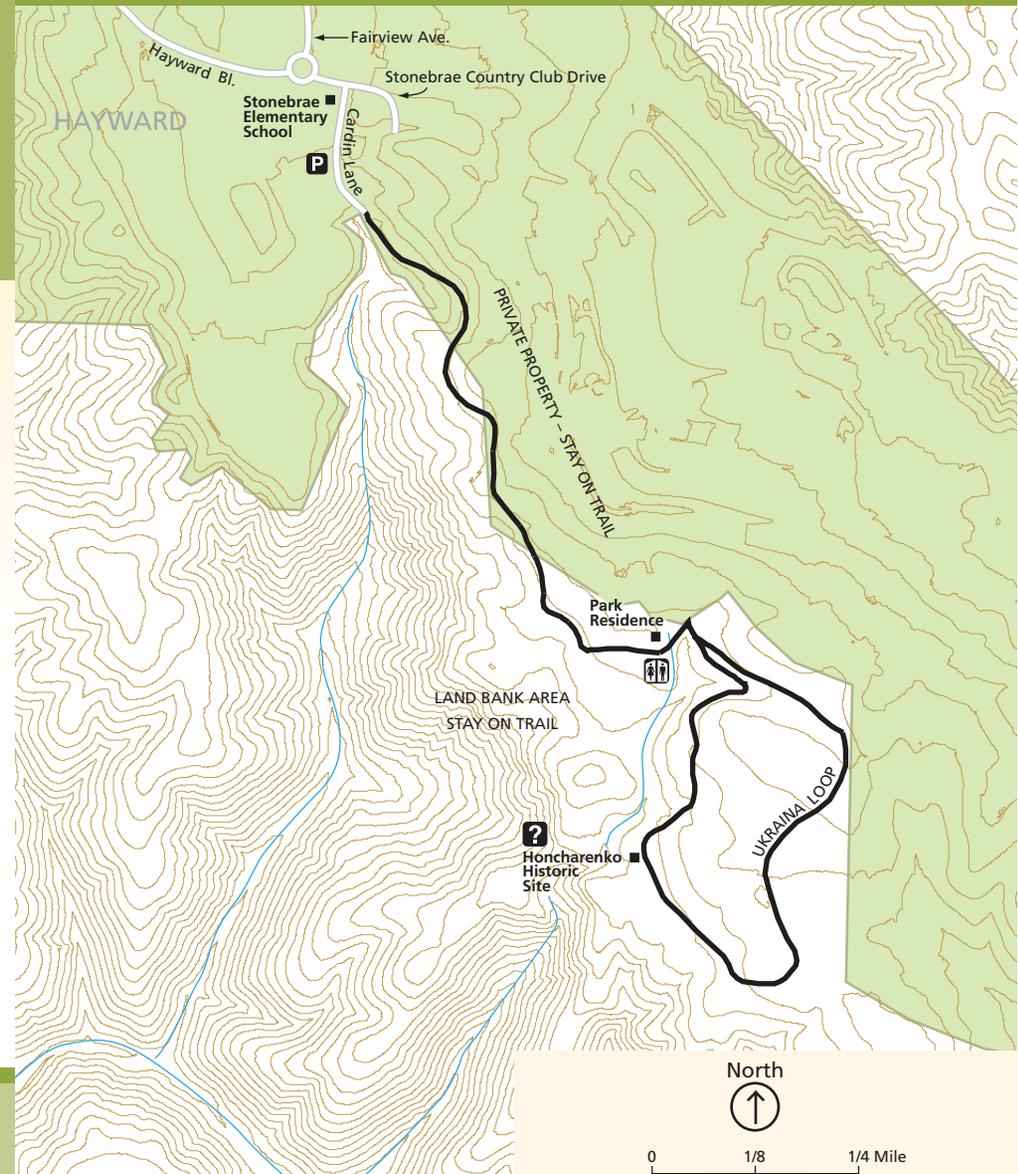
Park Features: The Carden Lane entrance was dedicated in June, 2012 with the opening of the Ukraina Loop which goes from the new entrance to California Historical Landmark #1025, Ukraina. Though there are plans to connect the Carden Lane entrance to the rest of Garin Regional Park in accordance with the Garin Land Use Plan, this is a long term goal and will not be complete in 2013; do not attempt to go off trail into unopened parts of Garin Regional Park or adjacent, privately held lands.

Trail Highlights: This loop has some shaded canopy, but is primarily exposed; the Hayward Hills are hot in the summer, so bring adequate water and cover. Though the trail begins with a mild climb, the rest of the hike is incredibly flat and the unpaved route is multi-use. The Ukraina Loop provides the accessibility and gentle grade of shorter loop hikes with the calm, quiet experience of our larger wildlands.

Trail Directions: There is currently no staging area or parking lot for the Carden Lane entrance, so respectfully use the available street parking near Stonebrae Elementary School or the park gate. Continue straight along the trail, through the first cattle gate and past the park residency; check for turkey vultures roaming the nearby wooded areas and catch spectacular views of Hayward and the hills of Garin Regional Park. Go straight past the park residence to the fork in the road and a signpost for Ukraina Loop; from the signpost, continue either right or left, as both ways loop back to the signpost and lead you back out the Carden Lane entrance.

Driving Directions: From Mission Boulevard in Hayward: Get on Carlos Bee Blvd. towards the campus of Cal State University East Bay; continue straight as Carlos Bee becomes Hayward Blvd.; at the next traffic circle, take the first exit for Stonebrae Country Club; make a right onto Carden Lane at Stonebrae Elementary School.

From I-580 E: Take exit 37 for Grove Way toward Crow Canyon Rd. and turn left onto Grove Way; turn right onto East Castro Valley Blvd. and then a right onto Five Canyons Parkway; at the first traffic circle, take the third exit onto Fairview Dr.; at the second traffic circle, take the second exit for Stonebrae Country Club; turn right onto Carden Lane.



- Featured Trail--Hiker, Horse, Bike
- P Parking
- Information
- Restrooms

Park Hours: 8 a.m. to dusk (varies seasonally)

Fees: None.

Website: www.ebparcs.org/parks/garin

Tilden Regional Park

Nimitz Way/Curran/Meadows Canyon/Wildcat Gorge Trails

Length: 3.1-mile round trip

Location: Berkeley

Intensity: Easy to Moderate



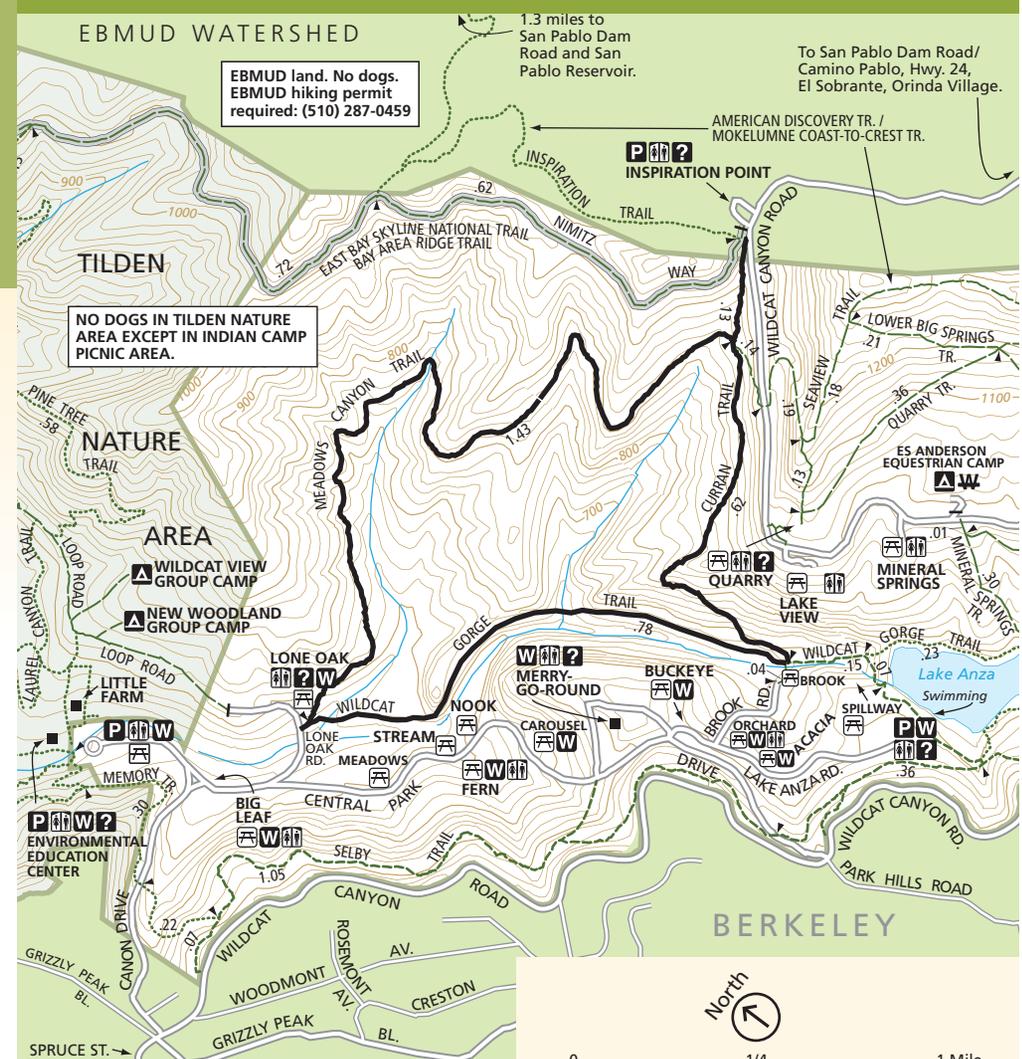
Park Features: Tilden was one of three original Regional Parks open to the public in 1936 and stands today as a testament to the District's commitment to preservation forever. Attractions in the park include the Environmental Education Center, Little Farm, Merry-Go-Round, Lake Anza swim beach, the Tilden Park Golf Course, and the Steam Train. Within Tilden is the Regional Parks Botanic Garden, renowned for its vast collection of California native plants.

Trail Highlights: Gradual decline through forest and meadows on a rolling path along a picturesque stream. This route contains the intersection of four "famous" trails: the American Discovery Trail, East Bay Skyline National Trail, Mokelumne Coast to Crest Trail, and Bay Area Ridge Trail; an interpretive panel at the start of the route gives more detail on the trails' histories and locations. Wildcat Gorge Trail is one of the most scenic trails in the Bay Area and the creek itself is designated a resource protection area to enhance the habitat for rainbow trout and California newts.

Trail Directions: From Inspiration Point, walk through the gates and take an immediate left onto Curran Trail. Follow the short, steep downgrade and then veer right onto Meadows Canyon Trail for a gradual, pleasant descent. Meadows Canyon Trail ends at a parking area with water fountain and restrooms; make a left onto Wildcat Gorge Trail. Follow Wildcat Gorge Trail along the creek through beautiful woodlands for about ¾ mile; Curran Trail is on the left for a moderately steep climb back to parking lot with benches and views along the way.

Driving Directions: From Hwy. 24 west: Exit in Orinda at Camino Pablo Rd./Moraga Way; head north on Camino Pablo for approximately 2 ½ 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.



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

- Parking
- Drinking Water
- Restrooms
- Information
- Res. Camp
- Picnic
- Horse Water
- Gate

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

Fees: None

Website: www.ebparcs.org/parks/tilden

Black Diamond Mines Regional Preserve

**Nortonville/Coal Canyon/Black Diamond/
Manhattan/Chaparral Loop**

Length: 5.06-mile loop

Location: 5175 Somersville Road, Antioch

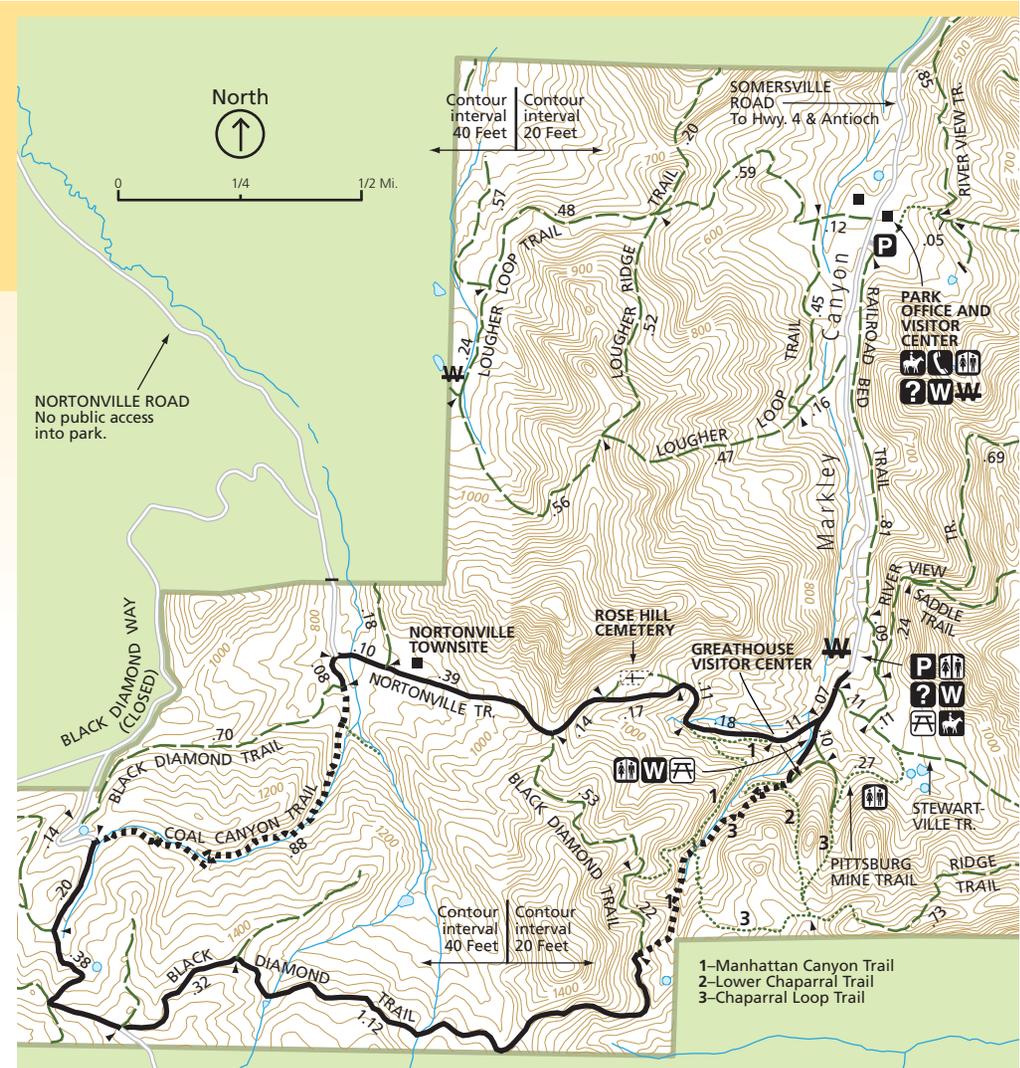
Intensity: Moderate



Park Features: Past the Nortonville town site is Rose Hill Cemetery, a historic Protestant graveyard for Nortonville miners and their families, preserved by the Park District; a new interpretive brochure with information on the cemetery is available at the Visitor Center when it is open. Restrooms and drinking fountains can be found at the parking lot, but be sure to bring your own water for this relatively long and seasonally hot route.

Trail Highlights: A few hundred feet past the parking lot you will see an interpretive panel which describes the features of Somersville, one of five towns in the Mt. Diablo Coal field in the late 19th century. At the end of Coal Canyon Trail is a mysterious excavation dubbed Jim's Place, possibly occupied during the coal mining boom of the 1800s; no one knows for certain who made this sandstone room.

Trail Directions: Head southwest (right) from the parking lot to get on the multi-use Nortonville Trail towards Rose Hill Cemetery; hike past the cemetery and at the trail junction on top of the hill go straight, heading downhill to the Nortonville townsite. Go left through the hiker gate at Black Diamond Trail; continue straight at the next junction onto the single-track Coal Canyon Trail, tucked between large rock formations; continue until you reach the paved Black Diamond Trail and go left. Stay on Black Diamond Trail and veer left as it becomes unpaved again; go right at signs for Manhattan Canyon Trail. Keep going straight at the next junction and continue on Chaparral Loop Trail; go left at the foot bridge but do not cross it. At the next trail intersection, go left and head down the steps; when you come to the Eureka Slope mine entrance, take the stairs across the road leading to the Greathouse Visitor Center and the parking lot.



1-Manhattan Canyon Trail
2-Lower Chaparral Trail
3-Chaparral Loop Trail

Driving Directions: From Concord/Walnut Creek: Take I-680 north to Hwy. 242 and merge onto Hwy. 4 east towards Stockton/Antioch; take Somersville Rd. exit and follow Somersville Rd. four miles south into the park and continue to the parking lot at the end of the road.

From Brentwood/ Antioch: Take Lone Tree Way westbound toward Antioch and turn left on James Donlon; turn left on Somersville Rd. and follow two miles south into the park and continue to the parking lot at the end of the road.

Park Hours: 8 a.m. to dusk (varies seasonally)

Fees: \$5 parking fee and a \$2 dog fee applies on weekends and holidays.

Website: www.ebparks.org/parks/black_diamond

- Featured Trail--Hiker, Horse, Bike
- Featured Trail--Hiker Only
- Hiker, Horse, Bicycle Trail
- Hiker Only Trail
- P** Parking
- Equestrian Parking
- W** Drinking Water
- Restrooms
- ?** Information
- Phone
- Picnic
- Horse Water
- Gate

Health Tip: A good diet is one of the most powerful medicines you have to keep you healthy, so design your meals for wellness – eat fruits and vegetables in a variety of colors to give your body a full range of nutrients.

Briones Regional Park

Alhambra Creek Staging Area to Alhambra Creek/Spengler/Old Briones Rd./ Briones Crest/Lagoon/Toyon Canyon/Pine Orchard Trails

Length: 5.07-mile loop

Location: 2537 Reliez Valley Road, Martinez

Intensity: Moderate



Photo: Deane Little

Park Features: Briones Regional Park is a hidden wilderness right in the middle of Contra Costa County; the park's peaks feature miles of tremendous parkland views, Mt. Diablo, and the Delta. Some Briones trails can become muddy and impassable during the rainy season; call the park office or check the District's closure website at www.ebparcs.org/closure to check for updates or closures during the winter and spring.

Trail Highlights: This route goes past Maricich and Sindich Lagoons. Each lagoon features two ponds that are home to an array of bird, amphibian and insect life; Spring wildflower blooms in these areas are a sight to behold. The trails on this loop are all multi-use unpaved, and its 500 ft. climb and descent make it a fun and interesting trip year round.

Trail Directions: Head west then south from the Alhambra Creek Staging Area along the Alhambra Creek Trail and go right at the first fork to get on Spengler Trail. At the next fork, go left to head south on the Old Briones Rd. Trail; make the first right on Old Briones Rd. Trail for Briones Crest Trail; go right at the next fork to head north on the Lagoon Trail. Go right at the fork to head north on the Toyon Canyon Trail; avoid the first turn off for Pine Tree Trail and go right at the next fork to continue on Toyon Canyon Trail. Go right at the next fork to head east on the Orchard Trail back to the staging area.

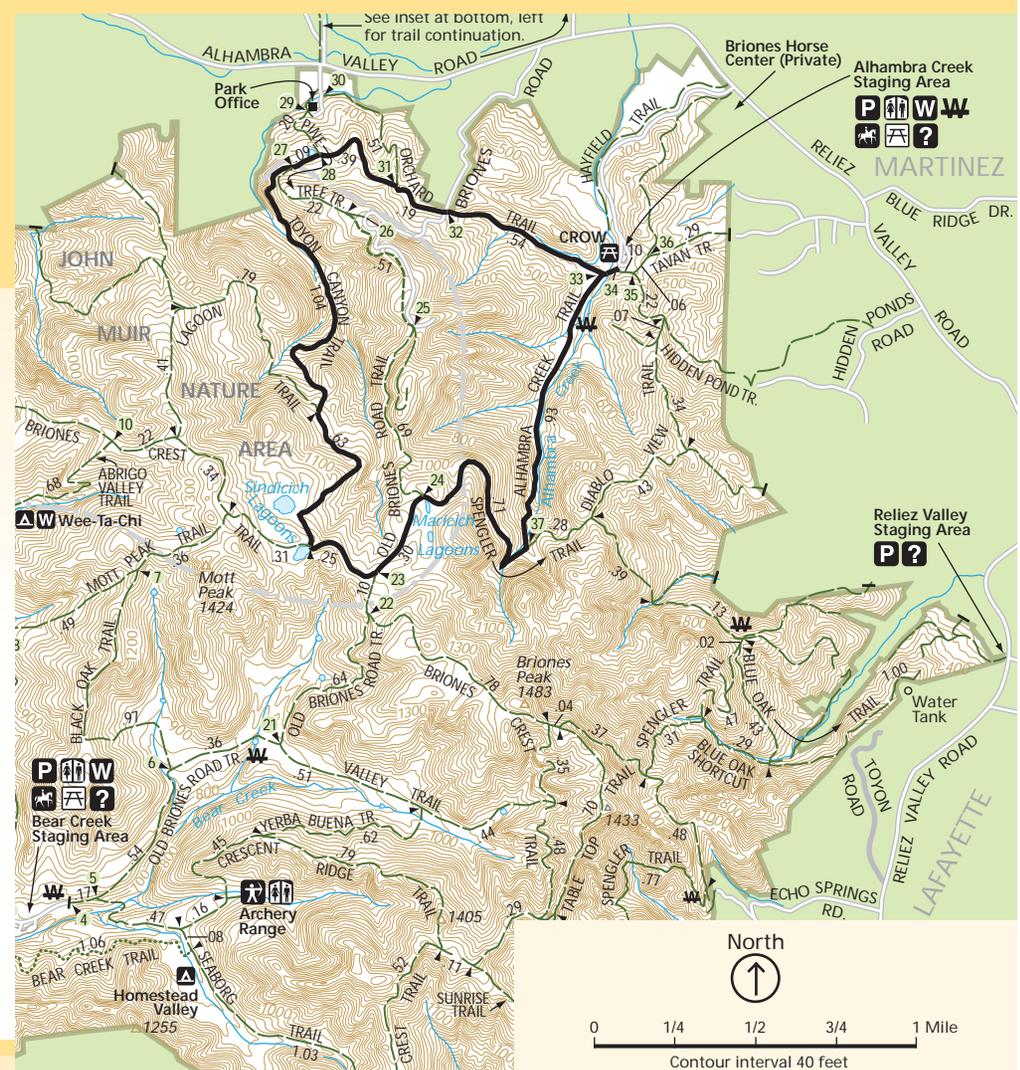
Driving Directions: From Hwy. 24 east: Take exit 14B for Pleasant Hill Rd. and keep left at the fork for Pleasant Hill Rd. north; turn left onto Reliez Valley Rd. and go almost five miles before turning left into the park's Alhambra Creek Staging Area.

From Hwy. 4 west or east: Take exit 9 for Alhambra Ave. toward Martinez and turn right (from eastbound) or left (from westbound) onto Alhambra Ave.; turn right onto Alhambra Valley Rd. and go left at the fork to stay on Alhambra Valley; turn left onto Reliez Valley Rd. and turn right into the park's Alhambra Creek Staging Area.

Park Hours: 8 a.m. to dusk (varies seasonally)

Fees: None.

Website: www.ebparcs.org/parks/briones



- Featured Trail--Hiker, Horse, Bike
- Hiker, Horse, Bicycle Trail
- Hiker, Horse Trail
- Hiker Only Trail
- Post Numbers/Mileages
- Parking
- Equestrian Parking
- Drinking Water
- Restrooms
- Information
- Res. Camp
- Archery
- Picnic
- Horse Water
- Gate

Health Tip: Regular exercise, just a half an hour a day, can improve your heart function, lower your blood pressure, cholesterol and risk for heart disease. Exercise can also improve strength, endurance, and your body's ability to burn fat. It can ward off bad moods, improve sleep, decrease anxiety, and relieve depression.

Diablo Foothills Regional Park

**Stage Road/Shell Ridge Loop/Briones-to-Mt-Diablo/Buckeye Ravine/
Briones-to-Mt-Diablo/Borges Ranch/Shell Ridge Loop/Castle Rock Trails**

Length: 3.3-mile loop

Location: 1700 Castle Rock Road, Walnut Creek

Intensity: Moderate

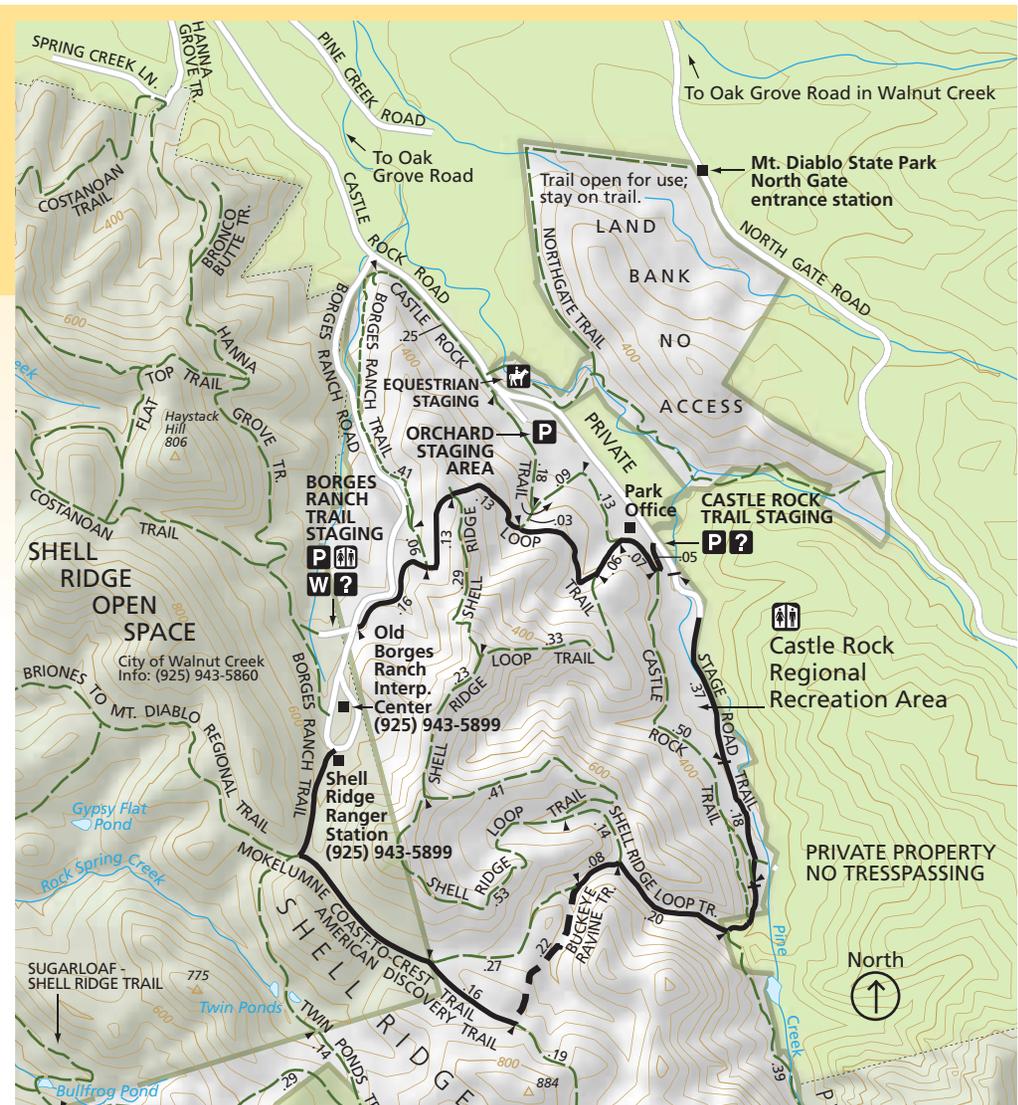


Park Features: This hike travels around the beautiful Castle Rock Recreation Area which features a seasonal swimming pool, a softball field, volleyball court, picnic sites and restrooms. Trail connections to Briones Regional Park, Shell Ridge Open Space, and Mt. Diablo State Park make Diablo Foothills an important connecting area in the Diablo region.

Trail Highlights: Old Borges Ranch, a National Historic Place that is currently used as a ranger station for Walnut Creek Open Space, features a preserved early 20th century farm complete with barn, blacksmith, and farm animals. This route provides the full experience of the Mt. Diablo ridgeline in a less strenuous hike you can complete in an afternoon.

Trail Directions: Head south along the paved Stage Rd. Trail towards Castle Rock Recreational Pool and continue down the paved road past the pool along Pine Creek. Take a right onto the Shell Ridge Loop Trail away from Pine Creek and towards the center of the park. At the next fork make a left, following the signs for Briones-to-Mt. Diablo Trail, NOT Shell Ridge Loop; take this section for only a few hundred feet before making the left on to the narrow gauge Buckeye Ravine. After climbing out of Buckeye Ravine, go right onto the Mokelumne Coast-to-Crest Trail/Briones-to-Mt. Diablo Trail and follow it through the cattle gate out of Diablo Foothills Regional Park and into the Shell Ridge Open Space; enjoy this area, maintained by the city of Walnut Creek, and take the first right onto the Borges Ranch Trail. Continue through Borges Ranch on the paved main road, past the trail staging and parking area to your left; veer off the paved road onto the unmarked trailhead to your right to get back on the trails. At the electrical tower, stay right and do NOT head north to the Borges Ranch Trail; stay left at the next fork, though both directions are marked Shell Ridge Loop Trail. Avoid another left going north towards Castle Rock Rd. and stay right on Shell Ridge Loop again; get off the Shell Ridge Loop and take Castle Rock Trail at this last fork where you will emerge from behind the park office at the parking lot.

Driving Directions: From I-680 north: Take exit 46B at Ygnacio Valley Rd. and take a right onto Ygnacio Valley Rd.; take Ygnacio Valley Rd. and turn right onto Walnut Ave.; go about two miles to enter the traffic circle, exiting right onto Castle Rock Rd.; take Castle Rock Rd. past Northgate High School to the Castle Rock Trail Staging Area at 1700 Castle Rock Rd., not the Orchard Staging Area; if you have not gone past the park office, you have not gone far enough.



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

Park Hours: 7:30 a.m. to dusk (varies seasonally)

Fees: None.

Website: www.ebparks.org/parks/diablo_foothills

Marsh Creek Regional Trail

East Cypress Road Staging Area/Marsh Creek Regional Trail to Concord Ave. and Back

Length: 15-mile round trip

Location: Oakley

Intensity: Moderate



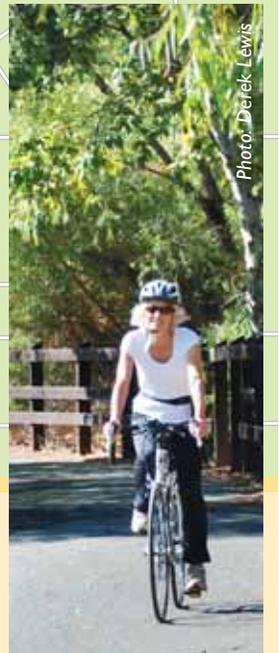
Park Features: Marsh Creek Regional Trail, running alongside Marsh Creek from Oakley to Brentwood, cuts through the historic farmland of East Contra Costa County and offers a reminder of how life in the Bay Area used to be centuries ago. The new Big Break Visitor Center, accessible on the trail north from East Cypress Rd., was dedicated by the Park District in October 2012. It will serve as an educational center in the community, featuring programs from EBRPD naturalists.

Trail Highlights: Community parks along the Marsh Creek Regional Trail include Creekside Park in Oakley, Homecoming Park in Brentwood, and Creekside Park in Brentwood; stop for a break along your route or plan a picnic for some restful recreation. The creek supports an array of interesting birds including great blue herons, red-shouldered hawks, great egrets, belted kingfishers and a host of others, making Marsh Creek a great bird watching trip.

Trail Directions: Head south from the staging area across East Cypress Rd. to begin; cross safely over street roads at Laurel Rd. and Delta Rd. and continue down Marsh Creek Regional Trail. Cross safely at Sunset Rd. and head right towards Main St.; use the crosswalk to cross Main St. and continue left along the trail. Use the tunnels under Sand Creek Rd. and O'Hara Ave. to continue; make sure to call out to other trail users when passing through the tunnels. Cross safely over street roads at Central Blvd. and Dainty Ave., then under Balfour Rd. Turn left when you enter Creekside Park and continue south through the park; turn right onto Creek Rd. and follow it all the way to Concord Ave. where you can turn around and head back.

Driving Directions: From Vasco Road in Livermore: Merge onto North Vasco Rd. and follow past Camino Diablo Rd.; turn right onto Walnut Blvd. and continue three miles; turn right onto Oak St. then the first left onto Brentwood Blvd.; continue as Brentwood becomes Main St. and turn right on East Cypress Rd.; make a U-turn at the first light and turn right into the parking lot.

From Oakland/Richmond/Walnut Creek use Highway 4 towards Antioch: Take exit 30 for Hwy. 4 toward Hwy. 160 Stockton/Rio Vista; merge onto Hwy. 160 and take the first exit 1A toward Stockton/Oakley; turn right onto Main St. and follow for 3.5 miles; turn left onto East Cypress Rd., make a U-turn at the first light and turn right into the parking lot.



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

Fees: None.

Website: www.ebparks.org/parks/trails/marsh_creek

Miller/Knox Regional Shoreline

**Dornan Grove/Old Country Road/Marine View/Crest/
West Ridge/Old Country Road/Dornan Drive to Parking Lot**

Length: 1.75-mile loop

Location: 900 Dornan Drive, Richmond

Intensity: Moderate

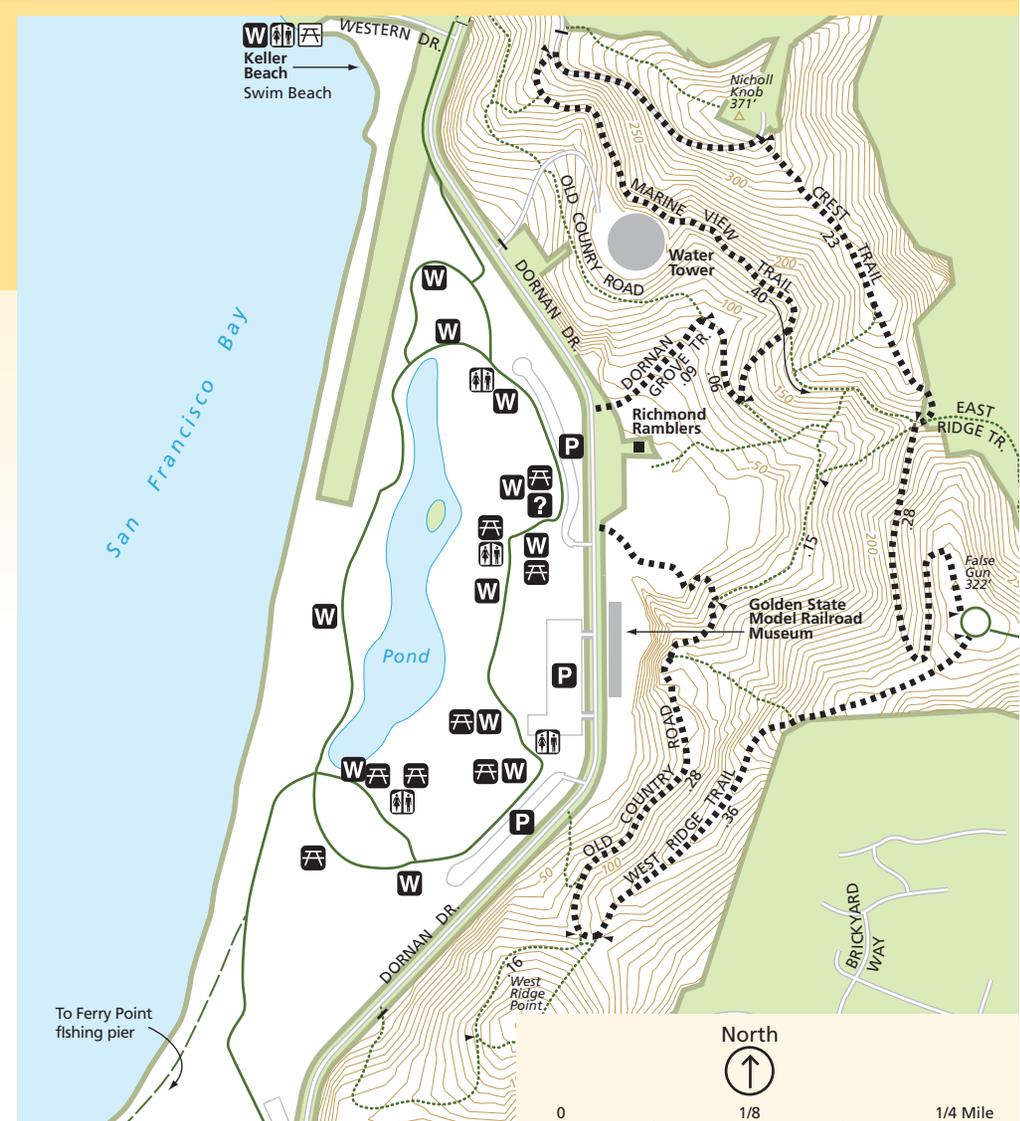


Park Features: The hills at the park were once the stomping grounds of the Richmond Ramblers Motorcycle Club, who built many of the trails still in use today. Miller/Knox has many amenities including a swim beach (no lifeguards on duty), pier, picnic areas, barbecues and restrooms; all your picnic and recreation needs can be served only minutes from urban Richmond.

Trail Highlights: This one-of-a-kind Regional Shoreline provides rare native coastal prairie grass habitat, a lagoon, sights of Mount Tamalpais and the San Francisco Bay as well as a perfect view of industrial Richmond and WWII's famous Point Potrero Shipyard 3. Enjoy views and walking access to historic Point Richmond from the park; have lunch and stroll among California landmarks and historic buildings at the Point.

Trail Directions: From the parking lot, take the Dornan Grove Trail north of the Richmond Ramblers' clubhouse up the hill; make a right onto Old Country Rd. going away from the water tower before making a quick left to connect to the Marine View Trail. Follow Marine View and stay right at the next fork, continuing up the hill to a paved road; go right and climb the paved road to Nicholl Knob with benches and a spectacular panoramic view. Take the Crest Trail south from Nicholl Knob, staying left at each fork along the way. After staying left at a two way fork and then a three way fork, follow the trail as it doubles back up to the False Gun and a paved path; do not head east on the paved path, but instead go south on the West Ridge Trail. Continue left at the first fork to remain on West Ridge Trail, then make a right before West Ridge Point to connect back to Old Country Rd. Follow Old Country Rd. past the Golden State Model Railroad Museum visible to your left and descend from the hills on the trail to Dornan Dr., south of the Richmond Ramblers clubhouse, and head to the parking lot.

Driving Directions: Exit at Canal Blvd. and turn left at the light onto Canal Blvd.; turn right at the light onto West Cutting Blvd., then left at the stop sign onto Garrard Blvd.; proceed through the auto tunnel; Garrard becomes Dornan Dr. on the south side of the auto tunnel; the park entrance will be on the right, less than 1/2 mile south of the tunnel.



- Featured Trail--Hikers Only
- Hiker, Horse, Bicycle Paved Trail
- Hiker, Horse, Bicycle Trail
-28..... Mileage Between Points
- P** Parking
- W** Drinking Water
- ♿** Restrooms
- ?** Information
- ♻️** Picnic
- Gate

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

Fees: None.

Website: www.ebparks.org/parks/miller_knox

Sibley Volcanic Regional Preserve to Tilden Regional Park

*Old Tunnel Road Staging/Skyline National Trail/
Lomas Cantadas and Tilden Regional Park and Back*

Length: 6.08-mile round trip

Location: Orinda

Intensity: Moderate



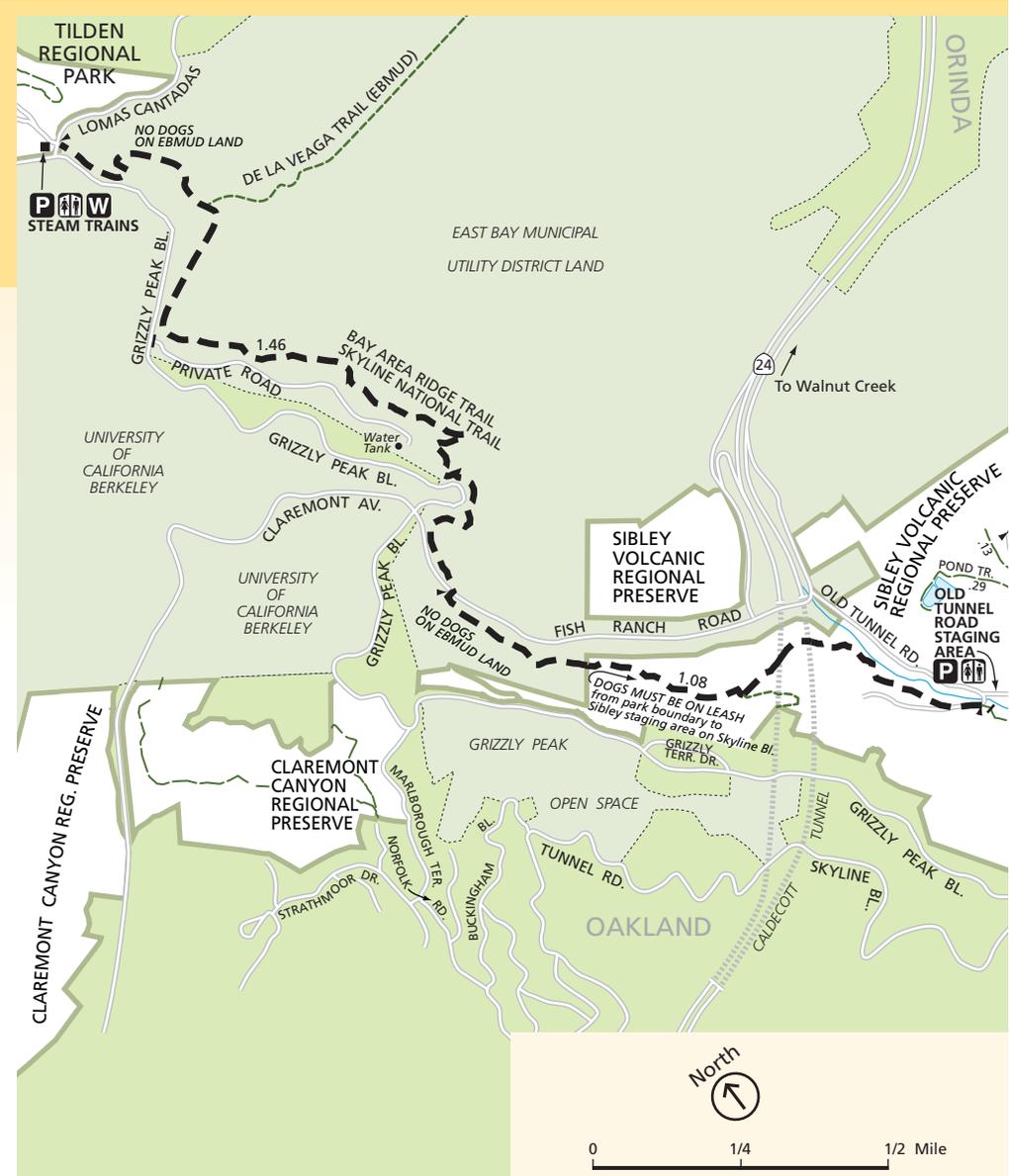
Park Features: Tilden and Sibley were part of the original three parks in the District; the miles of continuous Skyline National Trail in the East Bay Hills was part of the Park District's original vision in 1934 and is still there to enjoy today. Toilets are available at the Old Tunnel Road Staging Area and the Steam Train parking lot at the end of the route; water is only available at the Steam Train parking lot so make sure to bring enough for the trip.

Trail Highlights: This section of the Skyline National Trail provides an amazing parkland experience tucked right in the backyard of the East Bay Hills; if you are really lucky you might even catch a glimpse of a wild bobcat! The entire Skyline National Trail is 31 miles long stretching from Wildcat Canyon Regional Park in Richmond to Anthony Chabot Regional Park just north of Castro Valley; extend your hike any way you like and take advantage of the unique recreational opportunities in each Regional Park along the trail. There is a good balance of covered and uncovered sections of this route so you can enjoy the sun while finding shade to cool off along the way.

Trail Directions: From the staging area, follow the signs for the Skyline trailhead to Tilden Regional Park; a narrow single-track trail runs for 1.08 miles to a crossing at Fish Ranch Road; cross the road safely and enter the gate into EBMUD protected watershed, which does not require a permit while on the Skyline National Trail. Follow the trail switchbacks and continue uphill; stay off the paved roads and continue following the trail behind the EBMUD Berkeley Hills Water Tower. Go left at the fork for EBMUD's De La Veaga Trail to stay on the Skyline National Trail; permits for day or yearly use of EBMUD permit trails are available at the Tilden Nature Area, Redwood Park and Kennedy Grove offices. At the four-way intersection adjacent to Grizzly Peak, continue on the unpaved trail through the gate straight ahead; do not turn right down the hill into EBMUD lands again. The route will emerge from the forest at the intersection of Grizzly Peak and Lomas Cantadas, near the Steam Train; help yourself to water and restrooms, then retrace your steps back to Sibley.

Driving Directions: From Highway 24 westbound: Get off at exit 7A for Fish Ranch Road; turn left onto Fish Ranch Road and then right onto Old Tunnel Road; continue down the road and park at the Old Tunnel Road Staging Area.

From Highway 24 eastbound: Get off at exit 7A for Fish Ranch Road; merge slight left onto Old Tunnel Road; continue down the road and park at the Old Tunnel Road Staging Area.



— — — — — Featured Trail--Hiker, Horse
- - - - - Hiker, Horse Trail

P Parking
W Drinking Water

Restrooms
- Gate

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

Fees: None.

Website: www.ebparks.org/parks/sibley

Sobrante Ridge Regional Preserve

Coach Dr. Staging Area/Sobrante Ridge/Manzanita/Manzanita Loop/Manzanita/Sobrante Ridge/Sobrante Ridge Loop/Sobrante Ridge Trails

Length: 4.42-mile round trip

Location: Richmond

Intensity: Moderate



Park Features: Sobrante Ridge is a small regional preserve situated in the hills near San Pablo Dam Rd. There are only 13 known populations of Alameda Manzanita left in Alameda and Contra Costa counties, one of which is the grove preserved at Sobrante Ridge. EBRPD maintains the nearby Kennedy Grove Regional Recreation Area which offers facilities for large picnic groups and events; plan your next event with EBRPD and take a group on a hike at Sobrante Ridge.

Trail Highlights: This hike features a number of well-maintained picnic benches with great views of San Pablo Bay or Mt. Diablo. Take note, there is a water fountain at the Coach Drive Staging Area, but no water in the park's interior.

Trail Directions: From the staging area at Coach Dr., head up the winding hill onto the Sobrante Ridge Trail; stay left at the first fork, avoiding the turn off for Morningside Trail which is maintained by the City of Pinole. Make a right at the fork for the Manzanita Trail and head down towards the Manzanita grove; go left at the next fork, as the right leads out the park's Heavenly Ridge Entrance; once you are in the grove, enjoy unique views of the endangered Alameda Manzanita, complete the loop, and head back up Manzanita Trail to the Sobrante Ridge Trail. Take a right onto the Sobrante Ridge Trail and continue straight until the fork for the Sobrante Ridge Trail Loop; either direction on the loop will work, just make sure you go left at your next fork to hit the last section of the Sobrante Ridge Trail. The last section of trail is downhill through a riparian corridor which drops you on Conestoga Way; if you are seeking a longer workout, simply turn around and hike in reverse back to your car at Coach Dr.; if you would like to finish, go left on Conestoga Way, left on Carriage Dr. and right on Coach Dr.

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

From the Diablo Valley area: From Taylor Blvd. in Pleasant Hill turn right onto Grayson Rd.; turn right onto Reliez Valley Rd.; go straight on Alhambra Valley Rd. at its intersection with Reliez Valley Rd.; turn left onto Castro Ranch Rd., right onto Conestoga Way and follow directions above.



North ↑

0 200 400 600 800 1000 Feet
Contour interval 20 feet

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

P Parking	♿ Restroom
🐎 Equestrian Parking	? Information
W Drinking Water	W Horse Water

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

Fees: None.

Website: www.ebparks.org/parks/sobrante_ridge

Round Valley Regional Preserve

Miwok/Murphy Meadow/
Miwok/Hardy Canyon Trails

Length: 4.39- or 7.46-mile loop

Location: 19450 Marsh Creek Road, Brentwood

Intensity: Moderate to Challenging



Park Features: Round Valley, with its California foothill environment and annual grasslands, is home to a wide variety of grasses and oak woodlands as well as small mammals, foxes and golden eagles. The preserve is designated a resource protection area and dogs are not permitted. There are no amenities other than horse watering stations along the trail and with the Hardy Canyon section, the route can be quite challenging; bring food and water with you to ensure a safe trip.

Trail Highlights: The multi-use bridge connecting Miwok, Murphy Meadow and the Fox Tail trails was completed in 2012, creating a first-time, continuous-trail loop in Round Valley. The scenic valleys of the preserve feature historic farm equipment and farmland, and possess truly spectacular views of the surrounding hills and Mt. Diablo. The park is a photographer's dream, and is one of the most frequent tags on the District's flickr photo group.

Trail Directions: Head west from the Round Valley Staging Area on the Miwok Trail along Round Valley Creek. Once you reach the horse watering station, continue right at the fork onto the Miwok Trail. At the third horse watering station, head right onto Murphy Meadow Trail away from Los Vaqueros Reservoir which is maintained by Contra Costa Water District; go right at the next fork away from Round Valley Group Camp and across the creek. Head right on Murphy Meadow at the east-west fork and take it to the new multi-use bridge; take the connection for Miwok and head north in the direction of the parking lot. At this point, hikers and equestrians should go right on the single-track Hardy Canyon Trail and loop back to the parking lot; bikers who are not permitted on Hardy Canyon Trail should continue on Miwok Trail to the start.

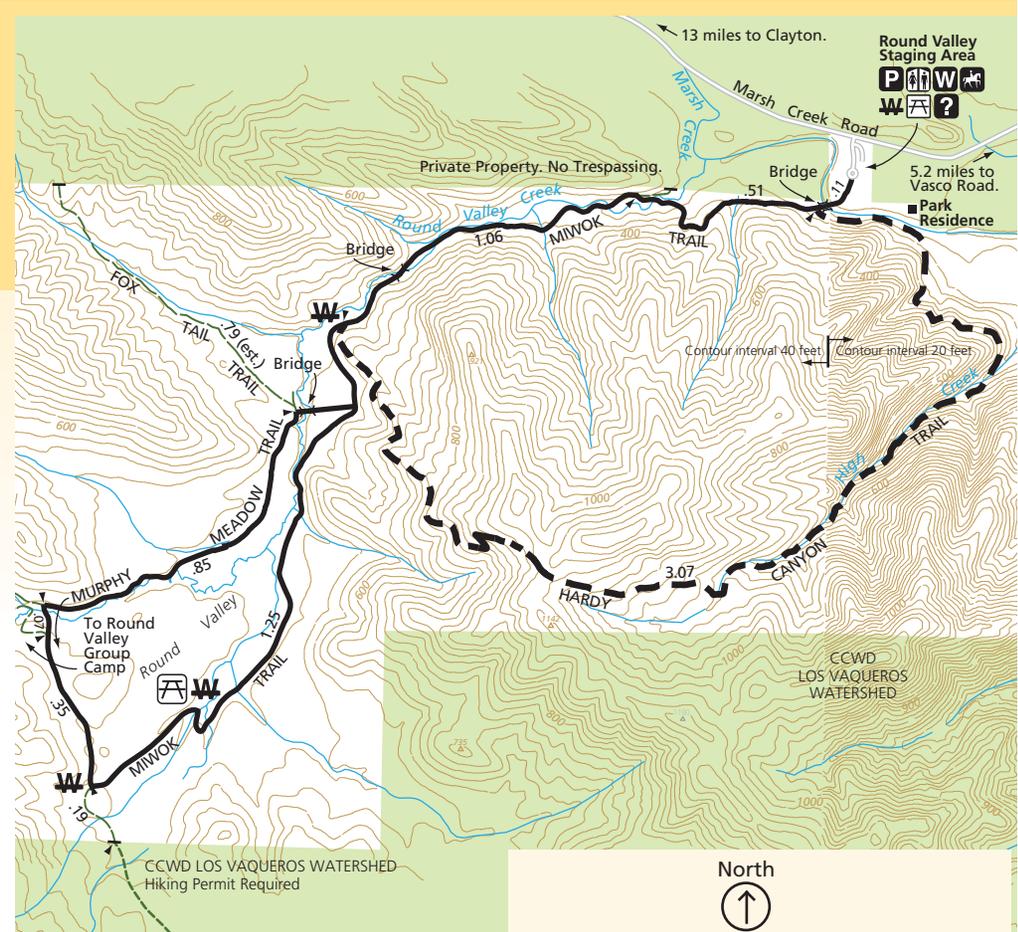
Driving Directions: From Hwy. 4 east: Take Hwy. 4 through Antioch, Brentwood and past Marsh Creek Reservoir; turn right onto Marsh Creek Rd. and left into the parking lot.

From I-580 east: Take exit 55 for Vasco Rd. toward Brentwood and hang left at the fork for North Vasco Rd.; take Vasco for 14 miles and turn left onto Camino Diablo Rd.; continue as Camino Diablo becomes Marsh Creek Rd. and turn left into the parking lot.

Park Hours: 8 a.m. to dusk (varies seasonally)

Fees: None.

Website: www.ebparks.org/parks/round_valley



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

- P** Parking
- W** Drinking Water
- W** Restrooms
- ?** Information
- A** Picnic
- W** Horse Water
- Gate



Health Tip: Sunscreen is a great way to protect your skin from the sun. Wear sun protection factor (SPF) 15 or higher. Waterproof sunscreen usually stays on for about 30 minutes in water. It will stay on longer if applied 30 to 60 minutes before getting into the water. This will give it time to dry.

Crockett Hills Regional Park

Edwards Loop/Sky/Big Valley/Sugar City/Kestrel Loop/Big Valley/Sky/Soaring Eagle/Edwards Loop Trails

Length: 6.93-mile round trip

Location: Crockett

Intensity: Challenging



Park Features: Crockett Hills, opened in 2006, is one of the District's newest jewels; the park features panoramic views of the Delta, San Pablo Bay, Carquinez Bridge and Mount Diablo and supports annual grasslands, oak woodlands and coastal shrub plant communities. Cattle grazing occurs year round in Crockett Hills south of the tunnel under Cummings Skyway; be safe and courteous around these large animals, even though they are unlikely to charge humans.

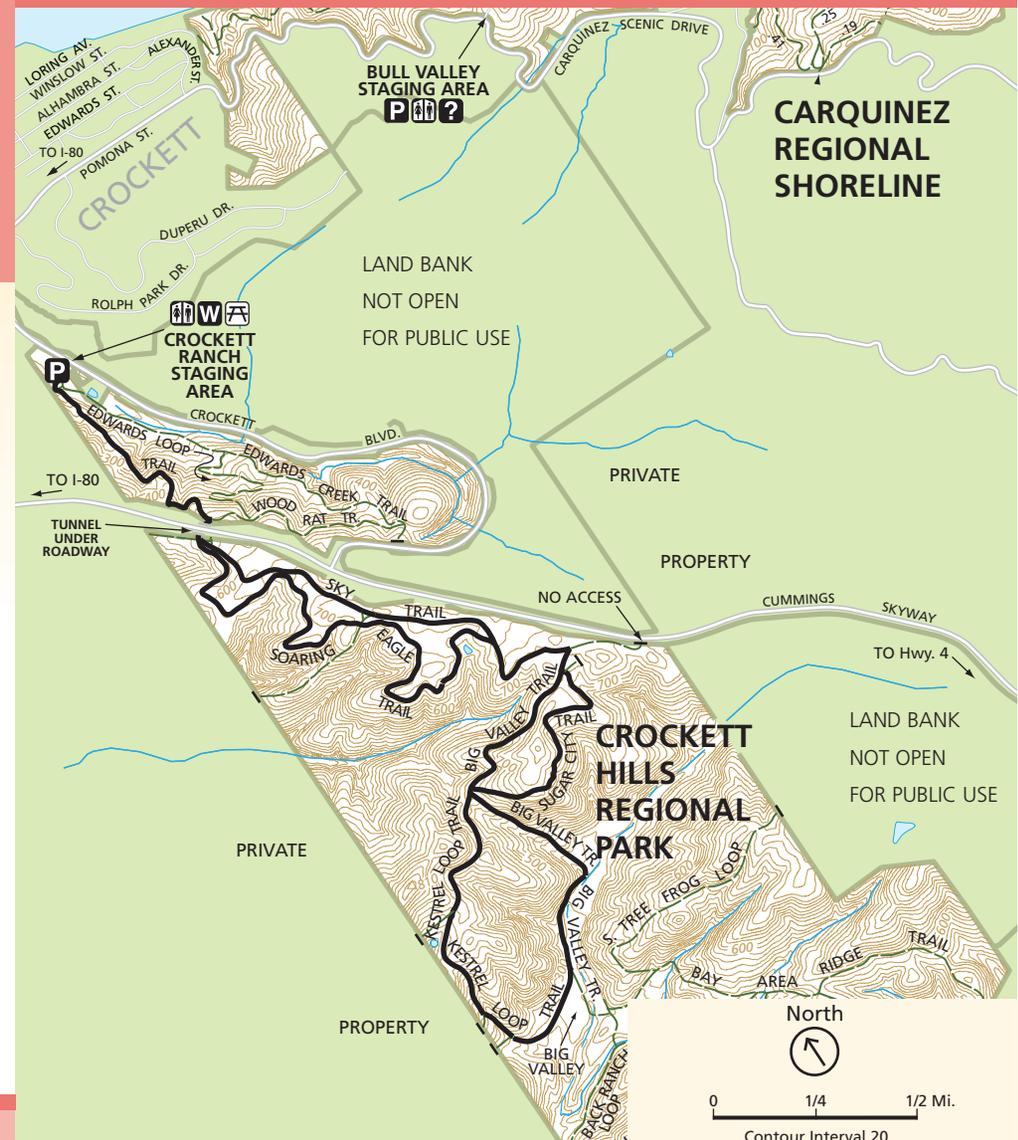
Trail Highlights: The Kestrel Loop Trail was closed for much of 2012 to protect the nesting area of golden eagles in the park, but has since reopened; the loop is known as a birdwatchers' paradise where you can find kestrels, red-tailed hawks and even spot the elusive golden eagle. There is a paved area with picnic tables near the end of the Sky Trail, perfect for a picnic lunch or to take a break.

Trail Directions: Go right at the fork from the staging area on the Edwards Loop Trail; the hike begins with a significant, shaded climb to a tunnel that runs under the Cummings Skyway and takes you to the start of the Sky Trail. From the tunnel head left on the Sky Trail and stay left at the first fork. Make a right onto the Big Valley Trail and walk a short ways before going left through a cattle gate onto the single-track Sugar City Trail; go left at the next fork to get onto the Kestrel Loop; a sign post defines where the Kestrel Loop Trail becomes a single-track for its descent into the Big Valley. Descend from the Kestrel Loop onto the Big Valley Trail (now a fire road) and turn left through the valley to the next sign post. Make the large climb out of Big Valley and at the next trail intersection follow signs right to stay on Big Valley Trail. Take the left back onto Sky Trail and make the next left to connect to the Soaring Eagle Trail; follow Soaring Eagle back to the tunnel and the parking lot.

Driving Directions: From I-80 east toward Oakland: Take exit 27 toward Port Costa/Crockett; turn left on Pomona St.; turn right onto Crockett Blvd. and right again into Crockett Ranch Staging Area.

From I-80 west toward San Francisco: Take exit 27 toward Pomona St. at Crockett and turn left onto Pomona St.; turn right onto Crockett Blvd. and right again into Crockett Ranch Staging Area.

From Highway 4 west: Take exit 5 toward I-80 east/Vallejo/Crockett and turn right onto Cummings Skyway; make a slight right on Crockett Blvd. and then left into Crockett Ranch Staging Area.



- Featured Trail--Hiker, Horse, Bike
- - - Hiker, Horse, Bicycle Trail
- ▽28 ▽ Mileage Between Points
- P** Parking
- W** Drinking Water
- ♿** Restrooms
- ?** Information
- ♻️** Picnic
- Gate

Park Hours: 8 a.m. to dusk (varies seasonally)

Fees: None.

Website: www.ebparks.org/parks/crockett_hills

Del Valle Regional Park

**Arroyo Rd. Staging Area to East Shore/Heron Bay/
East Shore/Heron Bay/East Shore Trails**

Length: 7.8-mile round trip

Location: Livermore

Intensity: Challenging



Park Features: 5,000 acre Del Valle Regional Park features two swim beaches, a boat launch, family and group camping (by reservation) and excellent, stocked fishing; this is one-stop shopping for weekend warriors. This hike around the northern part of the lake is removed from the busy swim beaches in the southern part of the lake; enjoy the wilderness feel and explore a part of Del Valle you may not have seen before.

Trail Highlights: The contrast in scenery from the ridge of East Shore Trail and the lakeside Heron Bay Trail provides a diverse recreational experience. This hike features several steep climbs and descents and is recommended to those with a good level of fitness.

Trail Directions: Start along the trail from the Arroyo Rd. Staging Area up the large hill and go left to start the East Shore Trail. Continue on East Shore Trail, avoiding four turnoffs for the Heron Bay Trail; take the fifth turn off and go right at the fork to get onto Heron Bay Trail on the lake's edge. Complete the first Heron Bay loop and take a left to connect back with East Shore Trail; go left at the next turnoff for Heron Bay Trail and complete a small loop back to East Shore Trail again; take East Shore a very short distance and turn left again for the last section of Heron Bay Trail. Make a left at this last connection with East Shore Trail and follow it back down the large hill and to the staging area.

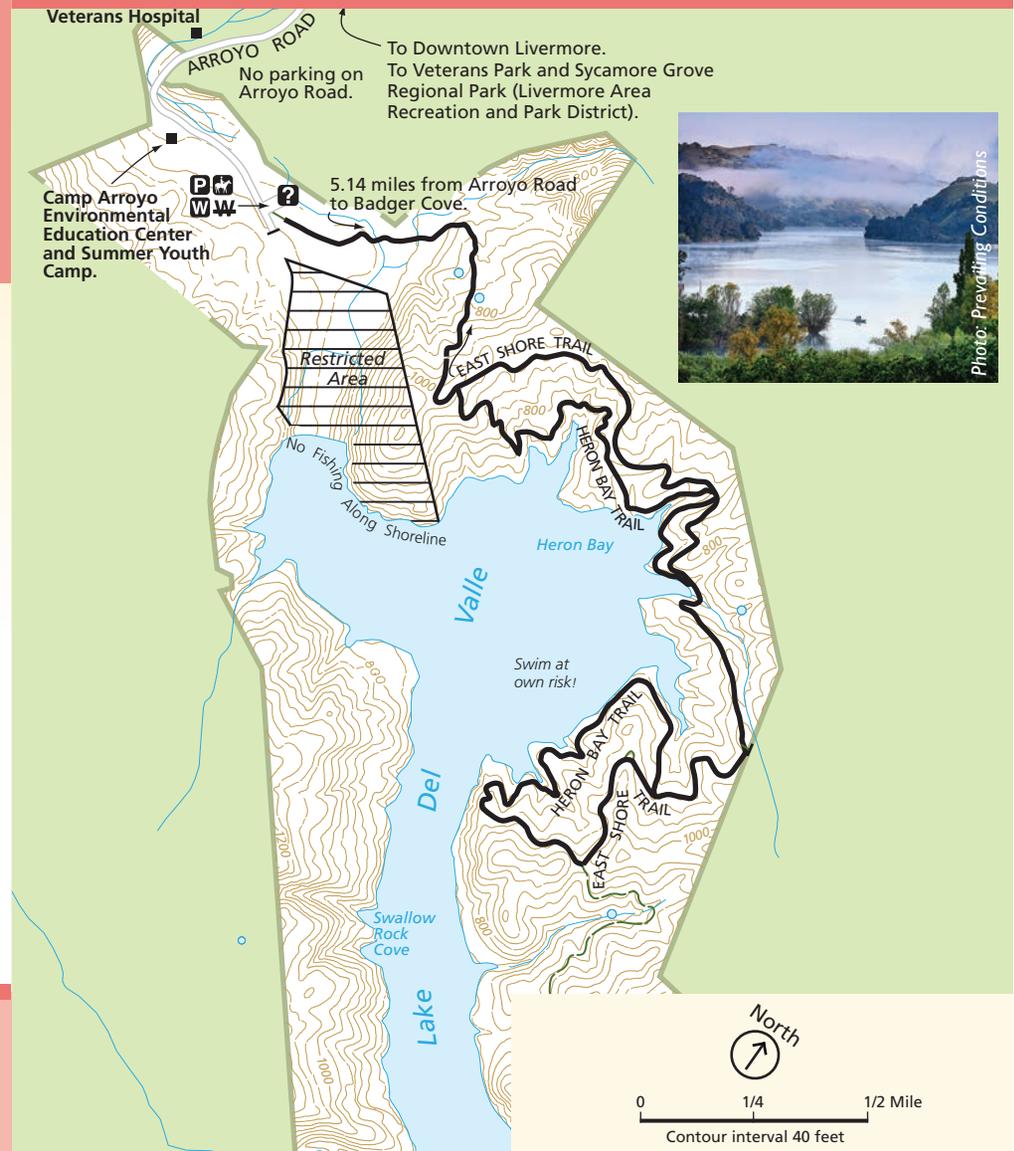
Driving Directions: From I-580 east: Follow the exit for CA-84 west/Isabel Ave. and turn right onto CA-84 west; turn left onto East Vineyard Ave., take the first left for Vallecitos Rd. and the first right onto Wetmore Rd.; turn right onto Arroyo Rd. and follow it past the Veteran's Hospital before turning left into the Arroyo Rd. Staging Area.

From I-580 west: Take exit 55 for Vasco Rd. south; turn right onto Tesla Rd. and continue as it becomes South Livermore Ave.; turn left onto Concannon Blvd. and then left onto Arroyo Rd.; follow Arroyo Rd. past the Veteran's Hospital before turning left into the Arroyo Rd. Staging Area.

Park Hours: 6 a.m. to dusk (varies seasonally)

Fees: \$3 parking per vehicle.

Website: www.ebparcs.org/parks/del_valle



- Featured Trail--Hiker, Horse, Bike
- - - Hiker, Horse, Bicycle Trail
- 28 Mileage Between Points
- P Parking
- 🐎 Equestrian Parking
- W Drinking Water
- ? Information
- 🐎 Horse Water
- Gate

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

Las Trampas Regional Wilderness

**Elderberry/Rocky Ridge View/Devil's Hole/
Sycamore/Rocky Ridge View Trails**

Length: 6.0-mile loop

Location: 18012 Bollinger Canyon Road, San Ramon

Intensity: Challenging



Park Features: Travel through time on this strenuous hike that offers magnificent 360 degree views of Mt. Diablo, the Tri-Valley and the San Leandro Watershed. Las Trampas is one of the most challenging hiking parks in the District, so take a park brochure from the staging area to help navigate its expansive trail network. Carry plenty of water as the park's water supply is inconsistent.

Trail Highlights: Shaded forest, open grassland, rock formations, and a wind cave. Markers separating Alameda and Contra Costa counties. Very steep grades; can be very muddy in rainy season, hot in summer. Equestrians are not permitted on the Sycamore Trail and should not go on Devil's Hole Trail; try a detour on Cuesta or Rocky Ridge View Trails back to the staging area when you reach this point of the route.

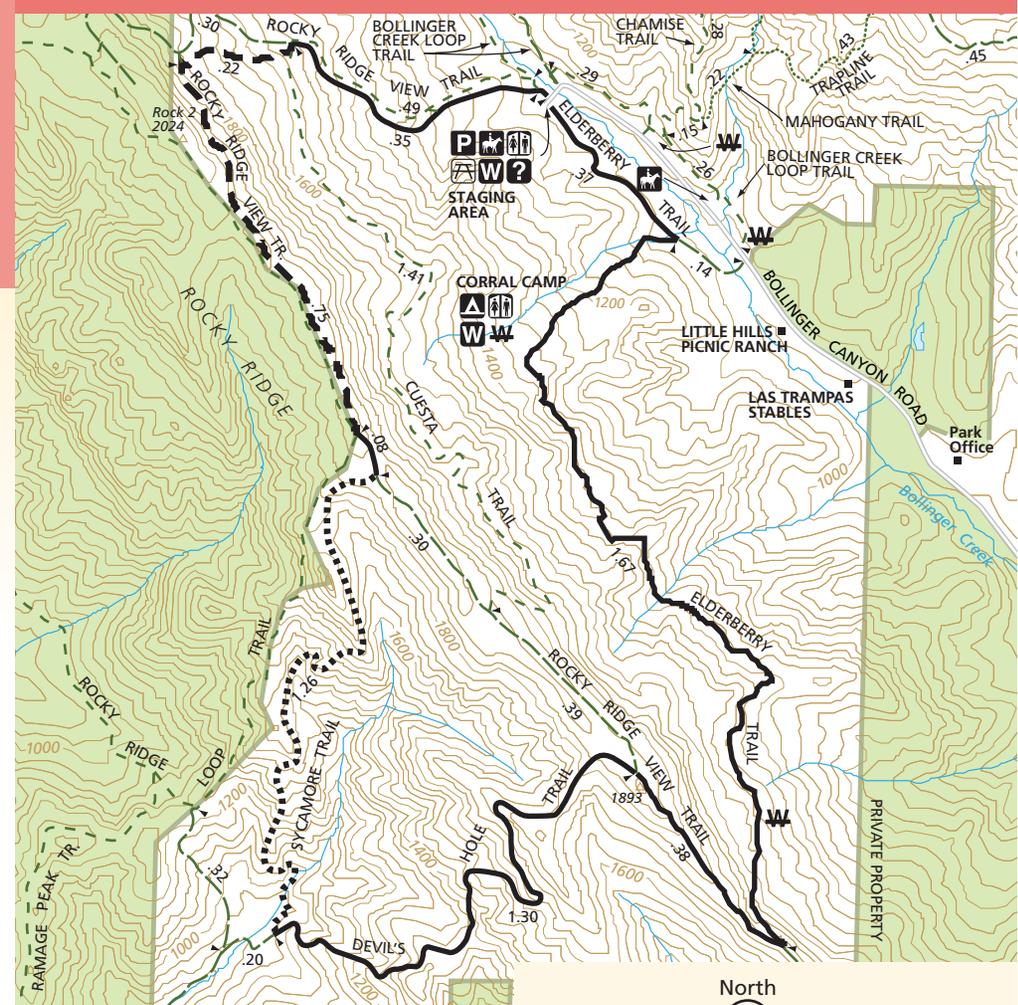
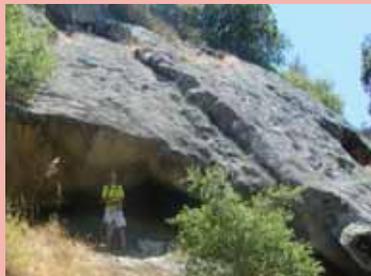
Trail Directions: From the staging area on Bollinger Canyon Rd., begin the Elderberry Trail by going through the nearby gate; follow Elderberry Trail and turn uphill at Corral Camp for a steep but pleasant climb through woodland to ridge. Make a sharp right onto Rocky Ridge View Trail and climb about 1/3 mile more to an elevation of 1,893 feet; pay attention to rock formations on the ridge, which contain remnants of prehistoric sea life; look for markers here as you hike along the Alameda and Contra Costa county line. Veer left onto Devil's Hole Trail and descend 700 feet; look for the wind cave to the left off the trail and enjoy wildflowers in the spring. After the descent but before the creek crossing, look for Sycamore Trail on your right, though the sign post is easy to miss; make the beautiful-yet-strenuous climb on this rocky trail through chaparral and unique rock formations. Make a left on Rocky Ridge View Trail and continue for 0.75 miles; then make a sharp right and continue about 0.8 miles back to parking lot.

Driving Directions: From I-680 in San Ramon: Take Crow Canyon Rd. west to Bollinger Canyon Rd.; turn right and follow Bollinger Canyon Rd. into the park, about four miles.

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

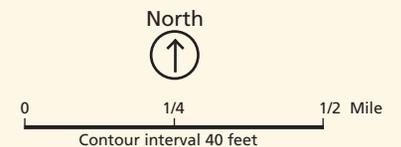
Fees: None.

Website: www.ebparks.org/parks/las_trampas



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

- Parking
- Equestrian Parking
- Drinking Water
- Restrooms
- Information
- Res. Camp
- Picnic
- Horse Water



Health Tip: Walk for 15 to 20 minutes, four to five times a week, and feel the difference in your health. Keep a daily journal of your exercise and what you eat to help you stick to a "Health Maintenance" plan.

Pleasanton Ridge Regional Park

*Foothill Staging Area to Woodland/Ridgeline/
Thermalito/Ridgeline/Woodland Trails*

Length: 6.91-mile loop
Location: Pleasanton
Intensity: Challenging



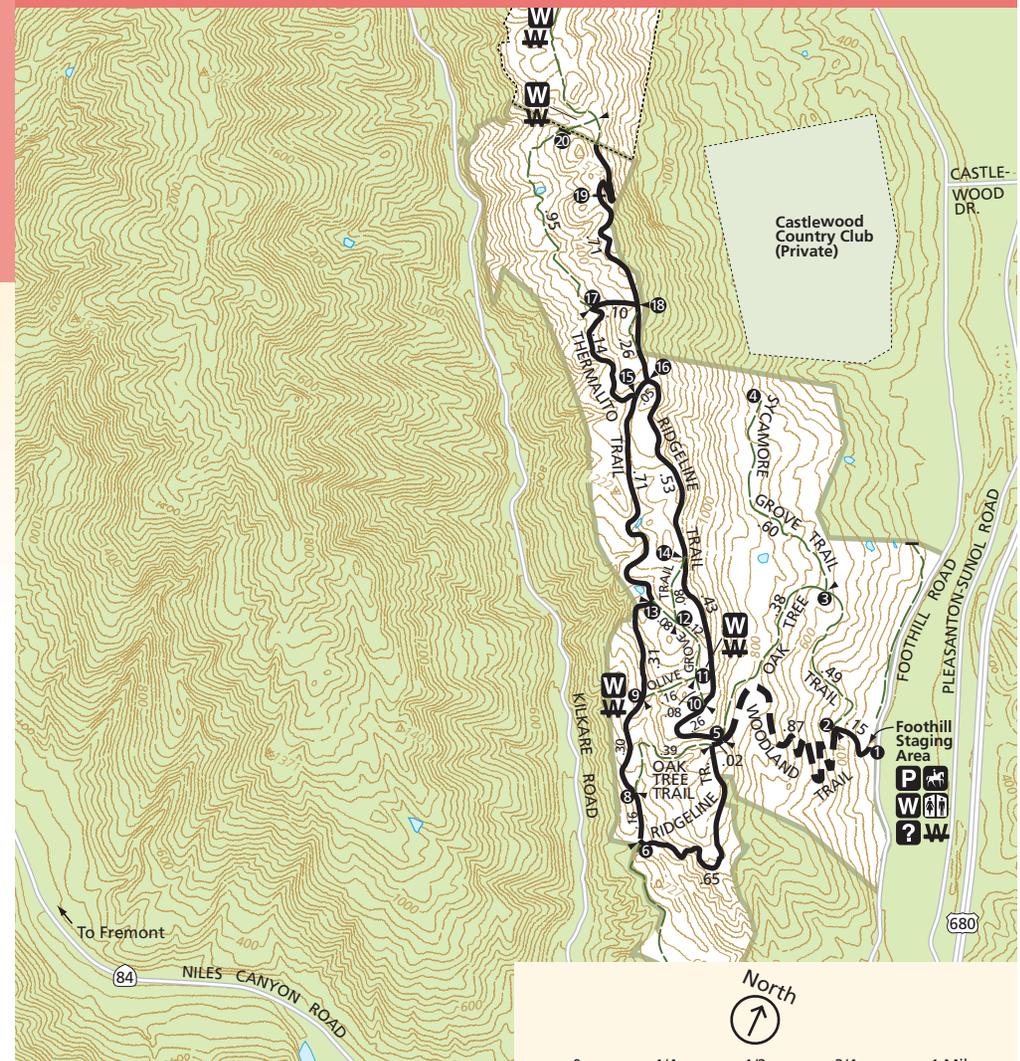
Park Features: Acquisition of the adjacent 1,350-acre Robertson Ranch by the District in 2012 and the planning of two new staging areas in Pleasanton Ridge Regional Park will provide increased protection for the area; access will be opened several years from now. Water is available at several points along this route and there is a wheelchair accessible toilet at the Foothill Staging Area.

Trail Highlights: The ridge affords panoramic views of the Tri-Valley area at over 1,400 feet. The northernmost portion of the park is currently only accessible through the Foothill Staging Area; trail users looking for lengthy routes can cross through Augustine Bernal Park to enjoy access to this sanctuary.

Trail Directions: Head left from the staging area to get on Woodland Trail; zig zag up the hill and turn right onto the Ridgeline Trail. Continue straight on the Ridgeline all the way until you reach the gate for Augustine Bernal Park; turn around, backtrack from the gate, and make the first right at trail post #18 to connect to Thermalito Trail. Go left onto Thermalito Trail at trail post #17 and continue straight all the way to the fork with Ridgeline Trail at trail post #6; go left at the fork for Ridgeline Trail; loop back to Woodland Trail and make a right at trail post #5 to take Woodland back to the Foothill Staging Area.

Driving Directions: From I-680 north: Take exit 21A for Calaveras Rd./Hwy. 84 west toward Sunol/Dumbarton Bridge and turn left onto Calaveras Rd.; continue as Calaveras becomes Paloma Way and turn slight left onto Niles Canyon Rd.; turn right onto Main St. then go left to stay on Main St. before making a right onto Bond St.; turn right onto Foothill Rd. and keep right at the fork; continue and turn left into the Foothill Staging Area.

From I-680 south: Take exit 25 for Sunol Blvd./Castlewood Dr. toward Pleasanton and turn right onto Pleasanton-Sunol Rd.; continue as Pleasanton-Sunol becomes Castlewood Dr. and turn left onto Foothill Rd.; go over a mile and turn right into the Foothill Staging Area.



- Featured Trail--Hiker, Horse, Bike
- Featured Trail--Hiker, Horse Trail
- Hiker, Horse, Bicycle Trail
- Hiker, Horse Trail
- Post Numbers/Mileages
- Parking
- Equestrian Parking
- Drinking Water
- Restrooms
- Information
- Horse Water
- Gate

Park Hours: 8 a.m. to dusk (varies seasonally)

Fees: None.

Website: www.ebparks.org/parks/pleasanton

Redwood Regional Park

Canyon Meadow Staging Area to Stream/ Tres Sendas/French/Orchard/Bridle/Stream Trails

Length: 6.57-mile loop

Location: 7867 Redwood Road, Oakland

Intensity: Challenging



Park Features: Redwood Regional Park and the adjacent Roberts Regional Recreation Area feature diverse recreational opportunities including multi-use trails, a lifeguarded pool, archery range, picnic sites, and overnight campgrounds only minutes driving from Oakland. The park contains the largest natural stand of coast redwood in the East Bay; the serenity and beautifully lighted landscapes of these forests are unmatched in the region.

Trail Highlights: Most of this loop is narrow gauge trail for hikers and equestrians only and features several hundred feet of elevation change, making it a uniquely challenging trek through the redwoods. The early portion of the hike features many amenities including picnic sites, water, and restrooms to prepare for the difficult French Trail climbs.

Trail Directions: From the Canyon Meadow Staging Area, head northwest on the Stream Trail along Redwood Creek 1.97 miles and turn left onto Tres Sendas Trail. Stay on Tres Sendas for 0.32 miles and go straight at the first turn off for French Trail; then, go left at the second fork for French. Follow French back across the park for 3.41 miles and turn left downhill onto Orchard Trail toward Redwood Creek for 0.37 miles. Go left at the connection with Bridle Trail for 0.20 miles and take a right at Fern Dell Meadow to take Stream Trail back to the staging area for 0.28 miles.

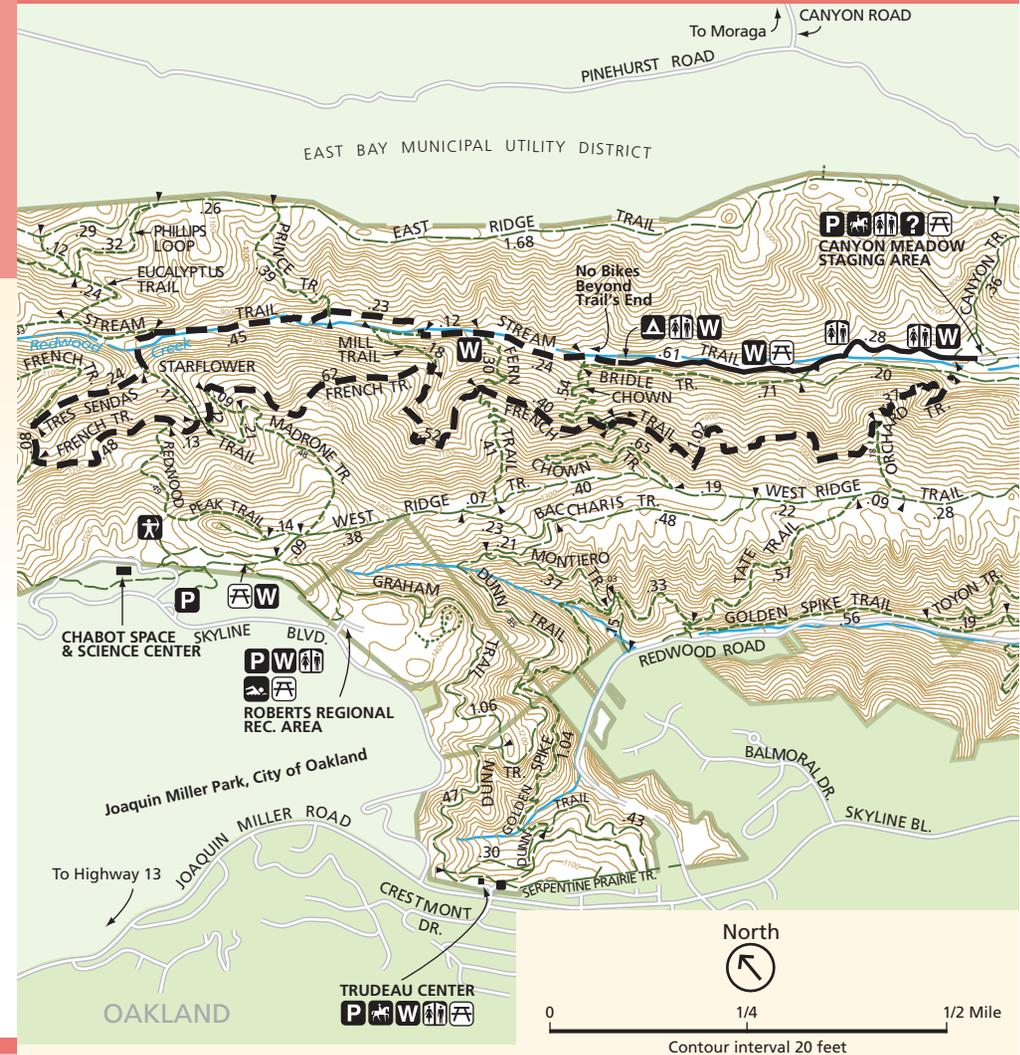
Driving Directions: From Hwy. 13 north: Take exit 1 for Carson St. toward Redwood Rd. and go straight at the stop sign onto Mountain Blvd.; at the light, make a sharp right onto Redwood Rd. and continue for three miles before turning left into the park.

From Hwy 13 south: Take exit 1 for Redwood Rd. toward Carson St.; turn left onto Redwood Rd. and follow for three miles before turning left into the park.

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

Fees: \$5 parking per vehicle and \$2 per dog, April through October, 8 a.m. to 4:30 p.m.; no vehicle or dog fee November through March.

Website: www.ebparks.org/parks/redwood



- | | | | | | |
|-----------|------------------------------------|---|--------------------|---|---------------|
| — | Featured Trail--Hiker, Horse, Bike | P | Parking | Ⓐ | Reserv. Camp |
| - - - | Featured Trail--Hiker, Horse | 🐎 | Equestrian Parking | 🏹 | Archery |
| - · - · - | Hiker, Horse, Bicycle Trail | W | Drinking Water | 🏠 | Picnic |
| - - - - - | Hiker, Horse Trail | 🚻 | Restrooms | 🐎 | Horse Water |
| ⋯ | Hiker Only Trail | ? | Information | 🏊 | Swimming Pool |
| ↕ .28 ↕ | Mileage Between Points | — | Gate | | |

Health Tip: Aerobic exercise strengthens your heart and lungs and increases your body's ability to use oxygen. Any activity that makes your heart beat faster and work harder can boost your aerobic fitness. Walking is one of the best aerobics exercises you can do.



Kaiser Permanente and Adjacent Regional Park Trails Challenge Hike Locations

Kaiser Permanente Medical Centers & Offices	East Bay Regional Park District 2013 Trail Challenge Trailhead Locations	
Alameda Medical Offices 2417 Central Ave. Alameda, CA 94501	Redwood Regional Park 7867 Redwood Road Oakland, CA 94619	Martin Luther King Jr. Regional Shoreline Swan Way off of Doolittle Drive Oakland, CA
Antioch Medical Center Emergency Services 4501 Sand Creek Road Antioch, CA 94531	Marsh Creek Regional Trail East Cypress Road off of Main Street Oakley, CA	Black Diamond Mines Regional Preserve 5175 Somersville Road Antioch, CA 94509
Fremont Medical Center & Offices Emergency Services 39400 Paseo Padre Parkway Fremont, CA 94538	Quarry Lakes Regional Recreation Area 2100 Isherwood Way Fremont, CA 94536	Coyote Hills Regional Park 8000 Patterson Ranch Road Fremont, CA 94555
Hayward Medical Center Hospital & Main Campus 27400 Hesperian Blvd. Hayward, CA 94545	Garin/Dry Creek Pioneer Regional Parks Carden Lane off of Stonebrae Country Club Hayward, CA 94544	Coyote Hills Regional Park 8000 Patterson Ranch Road Fremont, CA 94555
Livermore Medical Offices 3000 Las Positas Road Livermore, CA 94551	Round Valley Regional Preserve 19450 Marsh Creek Road Brentwood, CA 94577	Del Valle Regional Park 7000 Del Valle Road Livermore, CA 94550
Martinez Medical Offices 200 Muir Road Martinez, CA 94553	Briones Regional Park 2537 Reliez Valley Road Martinez, CA	Martinez Regional Shoreline at the north end of Berrellesa Street Martinez, CA
Oakland Medical Center Emergency Services & Hospital 280 W. MacArthur Blvd. Oakland, CA 94611	Sibley Volcanic Regional Preserve Old Tunnel Road off of Fish Ranch Road Orinda, CA	Redwood Regional Park 7867 Redwood Road Oakland, CA 94619
Pinole Medical Offices 1301 Pinole Valley Road Pinole, CA 94564	Sobrante Ridge Regional Preserve at the end of Coach Drive Richmond, CA	Crockett Hills Regional Park Crockett Boulevard south of Pomona Street Crockett, CA
Pleasanton Medical Offices 7601 Stoneridge Drive Pleasanton, CA 94588	Iron Horse Regional Trail Alamo Canal Trail entrance Civic Plaza off of Dublin Boulevard Dublin, CA	Pleasanton Ridge Regional Park Foothill Road Pleasanton, CA



Kaiser Permanente Medical Centers & Offices	East Bay Regional Parks 2013 Trail Challenge Trailhead Locations	
Richmond Medical Center 901 Nevin Avenue Richmond, CA 94801	Miller/Knox Regional Shoreline 900 Dornan Drive Richmond, CA 94801	Tilden Regional Park Inspiration Point Parking Lot Wildcat Canyon Road Berkeley, CA
Walnut Creek Medical Center & Offices Emergency Services 1425 South Main Street Walnut Creek, CA 94596	Las Trampas Regional Wilderness 18012 Bollinger Canyon Road San Ramon, CA 94583	Diablo Foothills Regional Park 1700 Castle Rock Road Walnut Creek, CA 94598



Walking: The Best Path to Fitness and Health

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

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

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

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

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

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

Free Every Body Walk! App

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

Every Body WALK!
everybodywalk.org



About Kaiser Permanente



Kaiser Permanente is committed to helping shape the future of health care and is recognized as one of America’s leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser’s mission is to provide high-quality, affordable health care services and to improve the health of members and their communities. Expert medical teams are supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery, and world-class chronic disease management. Find out more about health and well being at www.kp.org. The Every Body Walk! campaign is powered by Kaiser Permanente. Campaign partners include the American College of Sports Medicine and their Exercise Is Medicine® global initiative. Kaiser Permanente is also a sponsor of the East Bay Regional Park District’s 2013 Trails Challenge.

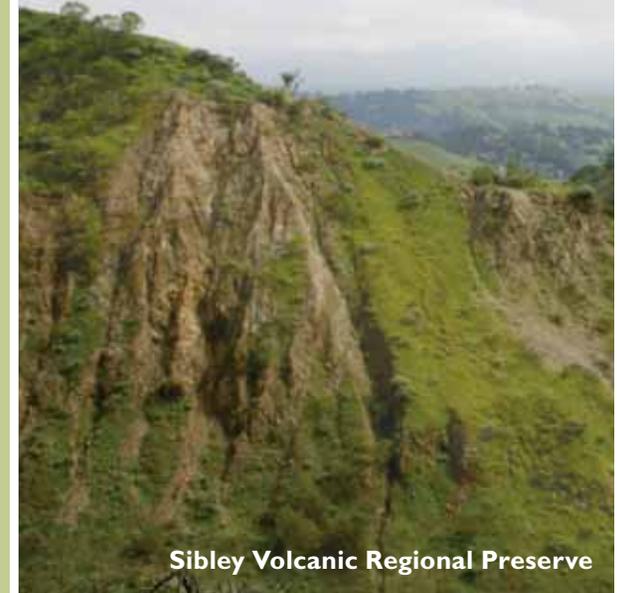


Take a Walk *Close to Home*

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

Favorite East Bay walking trails include:

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



Sibley Volcanic Regional Preserve



Trails Challenge 2013 GUIDEBOOK



East Bay Regional Park District

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