

Contra Loma Regional Park

Old Ranch Loop

Length: 2.7-mile loop **Elevation Gain:** 185 feet

Location: Antioch

GPS: 37.965515, -121.8223279

Intensity: Easy



Park Features: Contra Loma's 780 acres of parkland offers a diverse range of recreational activities such as swimming, boating, fishing and hiking. The park has an 80-acre reservoir and a swim lagoon that has a sandy beach, concession stands, and shaded picnic areas.

The reservoir is stocked with catfish, black and striped bass, bluegill, trout, and red-eared sunfish for fishing. A Daily Fishing Access Permit is required to fish and is available for purchase at the park entry kiosk.

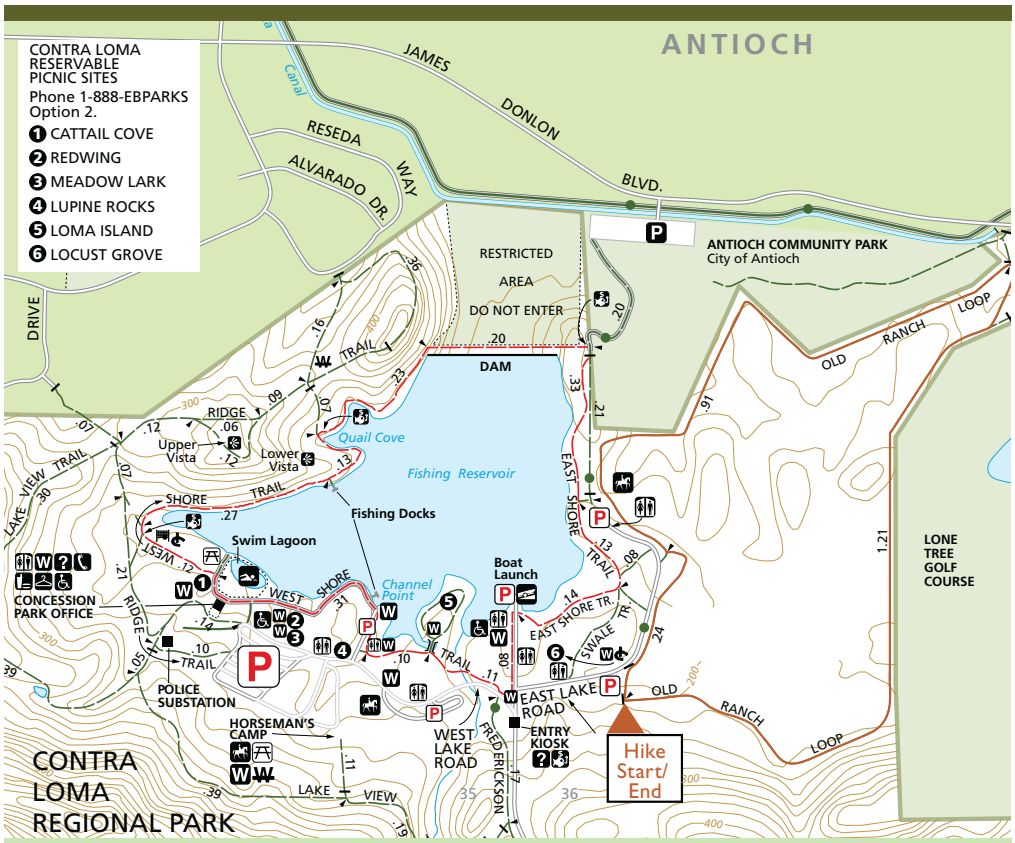
Trails Highlights: A scenic, looping trail has wide views of the reservoir, delta and neighboring golf course. The unpaved trail travels through rolling grasslands and scattered oak woodlands, with wildflowers in season. This trail has very little shade and no water, so try to do this trail early in the day or outside of the summer months.

Trail Directions: After passing entry kiosk, make first right at East Lake Rd. Park in the parking lot near the corrals, and access the trail through the cattle gate. Make a left onto Old Ranch Loop Trail and head away from the corral. The trail will loop around and bring you back to where you started in just under 3 miles.



ANTIOCH

CONTRA LOMA RESERVABLE PICNIC SITES
 Phone 1-888-EBPARKS
 Option 2.
 ❶ CATTAIL COVE
 ❷ REDWING
 ❸ MEADOW LARK
 ❹ LUPINE ROCKS
 ❺ LOMA ISLAND
 ❻ LOCUST GROVE



LEGEND

Red trails indicate easy, short-loop trails

- Featured Trail
- Hikers, Horses & Bicycles
- Trail On Paved Surface
- American Discovery Trail/ Mokolunne Coast-to-Crest Trail
- Mileage Between Points
- Paved Road
- Creek



0 1/8 1/4 Mile
 Contour interval 20 feet

- Parking
- Equestrian Staging
- Boat Launch
- Restrooms
- Drinking Water
- Swim Lagoon
- Changing Rooms
- Food Concession
- Disabled Accessible
- Horse shoes
- Volleyball Court
- Fishing Permit Machine
- Phone
- Information
- Picnic
- View Point
- Horse Water
- Pond
- Gate
- Fence

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

Park Hours: Sunrise to dusk

Fees: \$5 per vehicle; \$4 per trailered vehicle. Buses: \$25/per bus. \$2 per dog. Guide/service dogs free. Beach Access; \$3 ages 16-61, \$2 age 1-15, \$2 seniors 62+ or disabled, Free under 1 year of age.

Website: ebparks.org/parks/contra_loma

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