WELCOME!
Please enjoy our Regional Parks safely, and help us protect and preserve your parklands by complying with park rules and regulations.

SAFETY and ETIQUETTE
• Stay on trails. Taking shortcuts can be dangerous and causes erosion.
• Wading and/or swimming in undesignated areas may cause erosion.
• Feeding or approaching wildlife is dangerous and illegal.
• Wildlife may be present on the trails at any time.
• Trails can be slippery, rocky and steep. Proceed at your own risk.
• Be prepared for sudden changes in weather conditions.
• Carry and drink plenty of water. Dehydration is a leading cause of injuries on the trail.
• Alcohol is not permitted in the Reservoir.
• Bicycles are permitted on designated trails only.
• Horses are permitted on trails only.
• Horses have the right-of-way on trails.
• Bicyclists are not permitted in the Reservoir.

RULES
• Dogs are not allowed in the reservoir. Dogs must be leashed 200 feet from any trail or park entrance. Dogs must be leashed in parking lots, picnic areas, developed parks areas, and other designated areas.
• Dogs are not allowed in the reservoir. Dogs must be under voice control at all times.
• Dogs must be leashed in parking lots, picnic areas, developed areas such as lawns and play fields, and on some trails. They must be under voice control at all times.
• Swimming, wading, and other water contact activities are prohibited in the reservoir.
• Alcoholic beverages are not permitted in Contra Loma Regional Park.

Please enjoy our Regional Parks safely, and help us protect and preserve your parklands by complying with park rules (Ordinance 38), available online at www.ebparks.org/ord38. For information, see www.region-parksfoundation.org or call (510) 544-2220.

MEMBERSHIPS
The Regional Parks Foundation offers Memberships to park users. For information, see www.region-parksfoundation.org or call (510) 544-2220.

ALCOHOLIC BEVERAGES are not permitted at Contra Loma Regional Park.

IN ORDER TO REDUCE OR PREVENT THE RISK OF SERIOUS HEAD INJURY OR DEATH, STATE LAW REQUIRES THAT ALL BICYCLISTS UNDER AGE 18 WEAR AN APPROVED HELMET WHILE RIDING ON TRAILS AND ROADWAYS. THE DISTRICT ALSO STRONGLY RECOMMENDS THAT ALL EQUESTRIANS AND BICYCLISTS WEAR HELMETS AT ALL TIMES.

IN ORDER TO REDUCE OR PREVENT THE RISK OF SERIOUS HEAD INJURY OR DEATH, STATE LAW REQUIRES THAT ALL BICYCLISTS UNDER AGE 18 WEAR AN APPROVED HELMETS WHILE RIDING ON TRAILS AND ROADWAYS. THE DISTRICT ALSO STRONGLY RECOMMENDS THAT ALL EQUESTRIANS AND BICYCLISTS WEAR HELMETS AT ALL TIMES.

Visit www.ebparks.org/ord38.

See "Eastern Contra Costa Regional Trails" map for complete Delta de Anza Regional Trail and Mokelumne Trail coverage.

All rights reserved. See membroshps map available.

ALPARKS FOUNDATION OFFERS MEMBERSHIPS TO PARK USERS.