An Oasis in Antioch

HISTORY
Native American peoples occupied the land around Contra Loma for thousands of years prior to European settlement. They hunted the wildlife and gathered native plants. Grizzly and brown bears, mountain lions, elk, antelope, and wolves once roamed these hills.

With the arrival of the Spanish and subsequent settlement came large herds of cattle, and the land has been used largely for grazing since that time. Discovery of coal in the 1860s, just two miles south near what is now Black Diamond Mines Regional Preserve, brought settlements of miners and their families. It was a short boom lasting only a few decades. Today Contra Loma and Black Diamond share a common park boundary connecting hiking and riding trails. While the grizzlies and wolves are long gone, the parklands are now free range for wild creatures.

WATERSPORTS AT CONTRA LOMA
Year-round fishing, windsurfing, and boating are the special attractions at this Contra Costa County oasis. The reservoir is open throughout the year for all of these activities and more. The swim lagoon, staffed with lifeguards in the summer, has a sandy beach with changing rooms and a refreshment stand. Nearby are shady picnic areas on an expansive green lawn, accessible to the disabled.

The Contra Costa Water District, which owns the reservoir, requires that all windsurfers shower a minimum of two minutes prior to entering the reservoir, and wear at least a short wetsuit. Persons using float tubes must wear waders or other wetsuit material to eliminate body contact with the water in the reservoir.

People using sea kayaks that self bail must shower prior to entering the reservoir and wear at least a short wet suit. Other dry-type kayaks are permissible with the only restriction being no roollers or other activities that cause body contact with the water.

Visitors may launch their own boats. Private boaters may use electric motors, but not gasoline engines. Maximum allowable boat length is 20 feet.

WATERCRAFT INSPECTION:
Watercraft must pass mandatory inspection to prevent the introduction of invasive mussels into local lakes and reservoirs. To pass inspection, watercraft and accessories must be absolutely clean and dry.

POLICE, FIRE, MEDICAL EMERGENCY .... 9-1-1
EBRPD HEADQUARTERS .... 1-888-327-2757
PICNIC RESERVATIONS .... 1-888-327-2757, option 2
PARK OFFICE .... 1-888-327-2757, option 3, ext. 4518
WEB SITE .... www ebparks org
TRS RELAY FOR HEARING IMPAIRED .... 711

To Reach Contra Loma:
To reach Contra Loma Regional Park from Highway 4 in Antioch, exit on Lone Tree Way and proceed to Golf Course Road. Continue on Golf Course Road and right again on Frederickson Lane. Proceed to the park entrance.

Public Transit: Tri Delta Transit #380 (weekdays) and #394 (weekends) operate from Pittsburg/Bay Point BART to James Donlon Blvd. and Contra Loma Blvd. A short walk east on James Donlon Blvd. will bring you to Antioch Community Park and Contra Loma Regional Park. Tri Delta Transit routes are subject to change. Call to confirm schedule: 5-1-1 or (925) 754-4040.

PARK OFFICE:
East Bay Regional Park District
2900 Peraltas Oaks Court, P.O. Box 5381
Oakland, CA 94605-0381
1-888-327-2757 (1-888-EBPARKS)
www ebparks org
Rev. 7/15

Amended Boundary of EBPD:
Black Diamond Mines Regional Preserve
Contra Loma Regional Park
Watershed District
Black Diamond Mines Regional Preserve

The hiking trails of Contra Loma extend into the hills of the adjacent Black Diamond Mines Regional Preserve (background).

Amid the animals to be seen are coyotes, grey foxes, jack rabbits, ground squirrels, mule deer, raccoons, and skunks.

The reservoir is the wintering ground for many migratory waterfowl, and mourning doves and quail claim the hills as a permanent home.

By agreement, the waters of Contra Loma’s 80-acre reservoir are maintained by the Contra Costa Water District. The surrounding lands, owned by the U.S. Bureau of Reclamation, are managed by the East Bay Regional Park District.

SAVE PICNIC TABLES
Multiple first-come, first-served tables cannot be saved by a single person. One person is required per table to save non-reservable picnic tables.

FEES
There is a fee for parking, dogs, swimming, boat inspection and launching, windsurfing, and fishing permits. Call the park for information.

ALCOHOL IS NOT PERMITTED ANYWHERE IN THE PARK

ACCOMMODATIONS
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The hikes trails of Contra Loma extend into the hills of the adjacent Black Diamond Mines Regional Preserve (background).