

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.

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

ANTIOCH REGIONAL SHORELINE
Separate map available. See www.ebparks.org, or call 1-888-EBPARKS.

BIG BREAK REGIONAL SHORELINE
Separate map available. See www.ebparks.org, or call 1-888-EBPARKS.

LEGEND

- Multi-Use, Paved Trails: Hikers, Horses, and Bikes
- Proposed Trails
- Multi-Use, Unpaved Trails: Hikers, Horses, and Bikes
- Bike Lanes on City Streets
- Other Agency Paved Trails
- Mokelumne Coast to Crest/ American Discovery Trail/ de Anza Nat'l Historic Trail
- Mileage Between Points
- Paved Roads
- Railroad Tracks
- Park Boundary
- Visitor Center
- Swimming
- Parking
- Fishing
- Restroom
- Boat Launch
- Drinking Water
- School

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HOW TO USE THIS MAP: Note the locations of schools, post offices, libraries, parks, and Park & Ride sites and their proximities to trails as an alternative to automobile travel when practical. For persons interested in bicycle rides into wilderness areas, note the trail connections with Black Diamond Mines Regional Preserve and Contra Loma Regional Park, and with Mt. Diablo State Park.

DISABLED ACCESSIBILITY: Most parks have accessible parking, drinking water, and restroom facilities. The Marsh Creek Trail is flat and presents no slope difficulties for persons in wheelchairs. Some parts of the Delta de Anza Trail have small rises or hills that may present difficulties for persons in wheelchairs, particularly portions adjacent to Los Medanos College and Marchetti Park in Pittsburg and portions on either side of Canal Park in Antioch. The trail section over the Willow Pass, from Evora Road in Bay Point to Willow Pass Road in Concord, is long and steep.

If you would like this information in an alternative format, call (510) 544-2200, fax (510) 635-3478, TDD (510) 633-0460, or info@ebparks.org.

PUBLIC TRANSPORTATION: 511.org or dial 5-1-1. BART Express (925-676-2278) serves much of the East County area; Park & Ride locations are noted on the map. Tri Delta Transit (925-754-4040) serves Bay Point, Pittsburg, Antioch, Oakley, and Brentwood. Call the agencies for current route and schedule information.

PLEASE LET US KNOW how this map may be improved to help you use these trails: EBRPD Publications, 2950 Peralta Oaks Court, Oakland, CA 94605, Info@ebparks.org; (510) 544-2210.

POLICE, FIRE, MEDICAL EMERGENCY.....	9-1-1
East County Trails Office	1-888-327-2757, option 3, ext. 4525
Big Break Visitor Center at the Delta	(510)544-3050
Black Diamond Mines Sydney Flat Visitor Center ...	(510) 544-2750
EBRPD Headquarters	1-888-EBPARKS
EBRPD Website	www.ebparks.org
Antioch Parks	(925) 779-7070
Bay Point Parks.....	(925) 458-1601
Brentwood Parks.....	(925) 516-5444
Pittsburg Parks	(925) 252-4842

For continuation, see other side.