



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.

Swim Area Entry
No alcohol, glass containers, personal barbecues, dogs, bicycles, scooters, or fishing. No diapers, including swim diapers, are allowed in the water.

- RESERVABLE PICNIC SITES**
Phone 1-888-EBPARKS, option 2
- 1 NILES (capacity 35)
 - 2 OSPREY (capacity 50)
 - 3 LAMPERT KNOLL (capacity 50)
 - 4 ENSENADA NORTH (capacity 200)
 - 5 ENSENADA SOUTH (capacity 200)

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

RECREATIONAL AND NATURAL UNITS

The Quarry Lakes Recreation Unit includes Horseshoe Lake and Rainbow Lake and the turf, beach, swimming, and picnic areas around those lakes. Visitors can picnic, play volleyball, fish, swim in the designated swim beach, and enjoy non-gasoline-powered watercraft. The Natural Unit includes Willow Slough, Lago Los Osos, and the surrounding areas, where visitors can hike, observe nature, walk dogs on leash, and ride bicycles. No water contact of any type is allowed in Willow Slough or Lago Los Osos. **Dogs must always be kept on leash throughout the entire park**, and no water contact of any kind is allowed. **Alcoholic beverages are not allowed in Quarry Lakes except by permit within the Ensenada, Osprey, and Lampert Knoll reservable picnic areas only.**

Main Park Entrance
Dogs must be on leash at all times anywhere in the park.

Alameda Creek Trail
Paved side: No horses; dogs must be on leash at all times. 1.13 mi. east from Sequoia Bridge to Mission Blvd. 1.37 mi. east from Sequoia Bridge to Niles Staging Area at Old Canyon Road.
Unpaved side: 1.89 mi. east from Sequoia Bridge to Mission Blvd. 2.14 mi. east from Sequoia Bridge to Niles Staging Area.

LEGEND

- Red trails indicate easy hiking options
- Hiker, Horse & Bicycle Trails
- Short-Loop Trail, Easy
- Paved Hiker, Bike Trail
- Mileage Between Points
- Paved Roads & Sidewalks
- Fence with Gate
- Parking
- Wheelchair Access
- Restroom
- Drinking Water
- Phone
- Picnic
- Reservable Picnic
- Information
- Fishing
- Fishing Permit Machine
- Volleyball Courts
- Locked Gate



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