

# WEDNESDAY WALKS

Explore some of the unique habitats of the East Bay with our friendly walking group. Discover the natural and human history of our beautiful parklands and improve your health on a fast-paced hike. Hikers of all ages and abilities are welcome. For more information, please call Christina Garcia at (510) 544-3282 or email [CGarcia@ebparks.org](mailto:CGarcia@ebparks.org). Hikes begin promptly at 9:30am, and usually end by noon.

## **September 1**                      **Lake Chabot**                      *moderate*

We'll travel along the shadier eastshore of the lake and make a loop through the hills on this 4.5 mile hike. Parking fee applies. **Directions:** From I-580 in San Leandro, take Fairmont Drive east into the hills. Fairmont becomes Lake Chabot Road. Continue to the Lake Chabot Marina entrance on the left side of the road. Meet at the marina.

## **September 15**                      **Garin**                      *strenuous*

Explore the northern reaches of Garin and beyond on this 6.5 mile hike through shady canyons and exposed grassy hills. Expect some uneven, narrow trails with poison oak overgrowth. **Directions:** From Highway 880 in Hayward, take Industrial Blvd. east. Turn right at Mission Boulevard, then make a left onto Garin Ave. Follow to the park entrance at 1320 Garin Ave, Hayward 94544. We will meet at the Red Barn Visitor Center.

## **September 22**                      **Roberts/Redwood**                      *moderate*

Hike 4 somewhat strenuous miles along a portion of the Bay Area Ridge Trail with Naturalist Trent Pierce. Our route will wind through shady redwood groves. Meet at Roberts Recreation Area. *Parking fee applies.* **Directions:** From I-580 in Hayward, go west to Highway 13. Go north on 13 to the Redwood Road exit. Go straight through the intersection to the stop light and then turn right on Redwood Road. Continue up the hill on Redwood Road to Skyline Blvd. Make a left on Skyline, turn right at the intersection with Joaquin Miller to remain on Skyline, and continue about 1.5 miles to the park on the right.

## **October 20**                      **Morgan Territory**                      *moderate/strenuous*

Enjoy a hike with views of Mt Diablo, the delta and beyond. Pass through oak savannah, rugged chaparral and golden grasslands on this moderately-strenuous 4-miler with Naturalist Eddie Willis, aka "Outdoor Ed". **Directions:** From I-580 in Livermore, exit at N. Livermore Ave. and go north. Turn right onto Morgan Territory Road and follow it 10.7 miles to the staging area on the right side of the road.

## **October 27**                      **Las Trampas Wilderness**                      *moderate/strenuous*

Enjoy expansive ridgetop vistas and a variety of vegetation on this short, but steep climb up to the top of Las Trampas Ridge. The trail levels out comfortably along the top, with a few gentle ups and downs. Total distance is about 3 miles. **Directions:** From I-680 in

San Ramon, take Crow Canyon Road west about 1 mile to Bollinger Canyon Road, turn right (north). Meet in the parking lot at the end of the road.

## **Hikers Guidelines**

Hike Rating: Easy = flat, Moderate = a few rolling hills, Strenuous = very steep or prolonged uphill sections of trail

We hike in most weather conditions, except for heavy rain. Hikes will only be canceled at the trailhead the day of the hike, as weather is difficult to predict in the Bay Area's microclimates. Hikes may be re-routed due to trail conditions.

Wear sturdy footwear with good traction, and bring water. We also recommend sunscreen, hat or sunglasses and layered clothing.

Friendly dogs are welcome on most hikes, except as noted, but must be leashed at all times and waste must be bagged and carried out.

Hikers Responsibilities: Please sign in and out. Let a leader know if you are turning back. Wait at trail junctions if you're unsure of the route.

- Accommodations will be made for visitors with disabilities upon request. Please call (510) 544-3282 for assistance.



East Bay Regional Park District

[www.ebparks.org](http://www.ebparks.org)