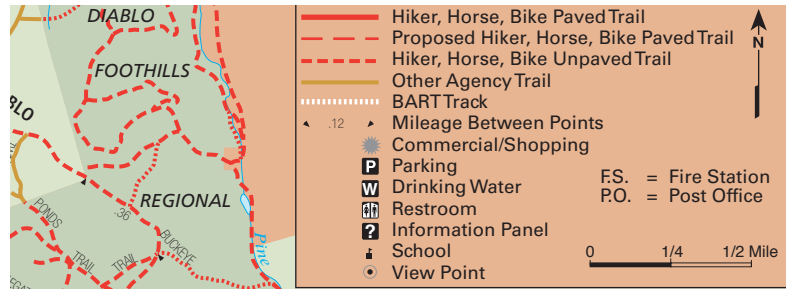


**Iron Horse Regional Trail—
Stone Valley Road, Alamo, to Sycamore Valley Road, Danville
Las Trampas-to-Mt. Diablo Regional Trail
Green Valley Trail**

POLICE, FIRE, MEDICAL EMERGENCY **9-1-1**
 CONTRA COSTA COUNTY TRAILS (925) 687-3419
 ALAMEDA COUNTY TRAILS (510) 790-2612
 EBRPD HEADQUARTERS (510) 635-0135
 WEBSITE www.ebparks.org

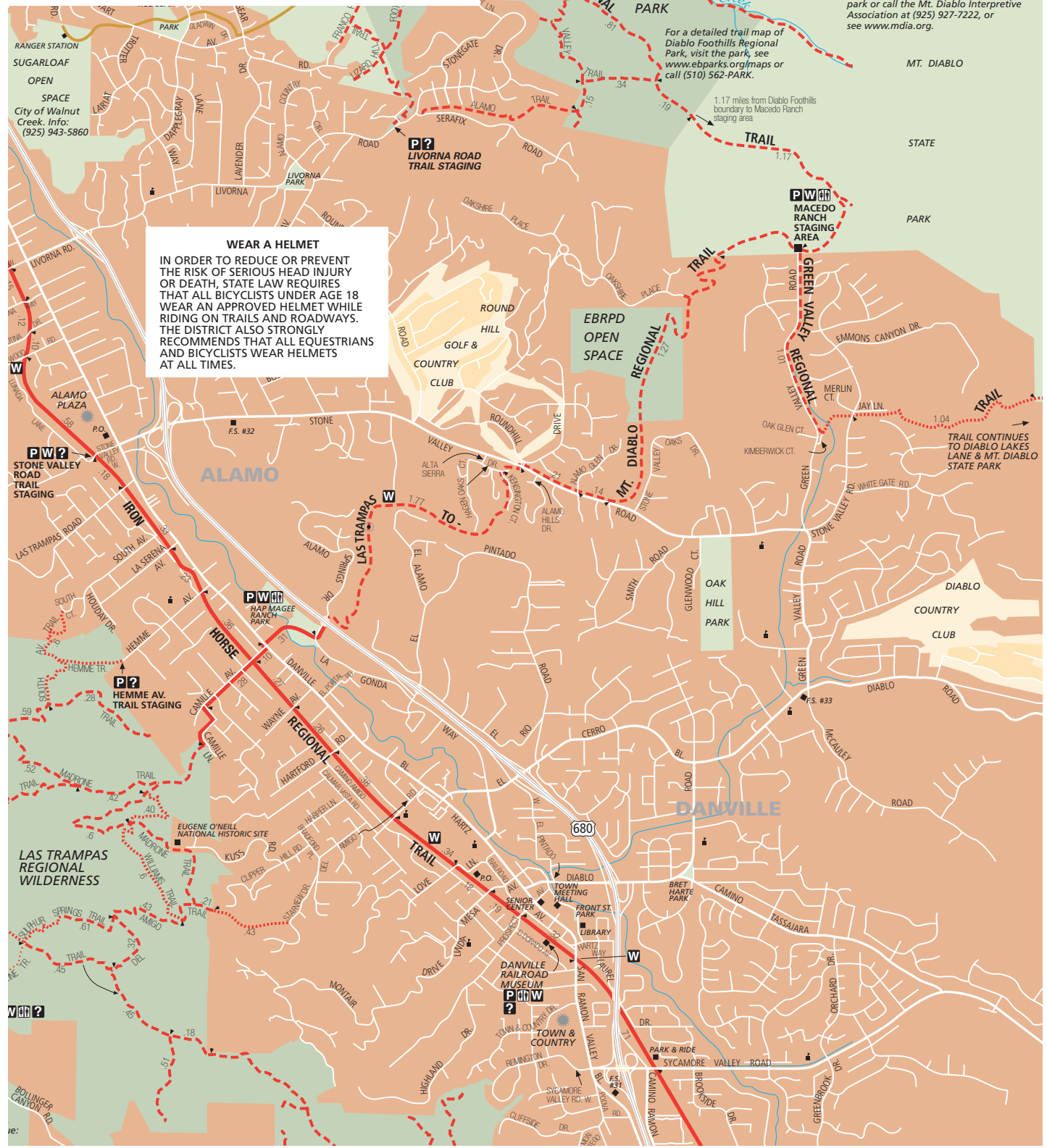


East Bay Regional Park District
 2950 Peralta Oaks Court, P.O. Box 5381
 Oakland, CA 94605-0381 (510) 562-PARK
<http://www.ebparks.org>



For a detailed trail map of Mt. Diablo State Park, visit the park or call the Mt. Diablo Interpretive Association at (925) 927-7222, or see www.mdia.org.

For a detailed trail map of Diablo Foothills Regional Park, visit the park, see www.ebparks.org/maps or call (510) 562-PARK.



WEAR A HELMET
 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.