TRAIL ETIQUETTE

- Ride on open trails only. See www ebparks org for notices of trail closures. Ask park staff for clarification if you are uncertain about the status of a trail.
- Stay on existing trails and do not create new ones. Don’t make shortcuts or switchbacks.
- Wet and muddy trails are more vulnerable to damage than dry trails. When the trail is soggy, consider other riding options.
- Do not trespass on private land and respect closures. Be aware that bicycles are not permitted on all District trails.
- Leave no trace. If you pack it in, pack it out.
- Control your bicycle. Obey all bicycle speed regulations and ride within your limits.
- Park off of the trail to keep the trail clear for other users and emergency vehicles.
- Yield to others. Bicyclists yield to all trail users. Ring your bell to alert trail users and let them know the number in your party. Anticipate other trail users as you ride around corners. Bicyclists traveling downhill yield to bicyclists headed uphill. Strive to make each pass a safe and courteous one.
- Never scare animals. Running cattle and disturbing wildlife are serious offenses. Animals are easily startled by an unannounced approach. Give animals enough room and time to adjust to your presence. When passing horses, slow down or stop, alert the rider, and follow their directions (if you are uncertain).
- Always wear a helmet and wear appropriate safety gear. Visitors are responsible for knowing and complying with park rules. See www ebparks org/rules.

BICYCLE LOOP TRAILS
Northern Region of the East Bay Regional Park District

Read the full description of each route before you plan your ride. Bring individual park map brochures with you as they provide greater detail.

See www ebparks org for more information on bicycle loop trails and short-loop hiking trails in the Regional Parks.

Bicycle Routes At-a-Glance

<table>
<thead>
<tr>
<th>East Bay Regional Park</th>
<th>City</th>
<th>Trail Type</th>
<th>Length</th>
<th>Elev. Gain</th>
<th>Approx. Time</th>
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<tbody>
<tr>
<td>Tilden</td>
<td>Berkeley</td>
<td>Dirt/gravel road, narrow trail</td>
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<td>1 hr., 45 min.</td>
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<td>5.9 mi.</td>
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<td>1 hr., 30 min.</td>
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<td>Redwood</td>
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<td>Dirt/gravel road, narrow trail</td>
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<td>2,765 feet</td>
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<td>Crockett Hills</td>
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<td>Dirt/gravel road, narrow trail</td>
<td>6.8 mi.</td>
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2 Black Diamond Mines Regional Preserve
Staging Area: South end of Somersville Road, Antioch.
Route: Head south from the Somersville Road staging area. Veer right onto Nortonville Trail, stay left at the saddle and climb Black Diamond Trail. Follow along the ridge, then meet Black Diamond Way and descend. Turn right onto Black Diamond Trail and loop back to the Nortonville Trail to the staging area.
Description: This loop can be ridden in reverse to climb the paved section of Black Diamond Way. The ridgeline portion weaves through the oaks and boasts expansive views of the Sierra Nevada on a clear day. Take the time to park your bike and walk through Rose Hill Cemetery to learn about the local history. Loop direction: Counter-clockwise or clockwise. Trail type: I-lane gravel, i-lane dirt, i-lane paved. Length: 13.9 miles. Elevation gain: 1,136 feet. Approximate time: 1 hour, 30 minutes.

3 Redwood Regional Park
Staging Area: Trudee Center, 11500 Skyline Blvd., Oakland.
Route: From the staging area go behind the Trudee Center, continue straight on the Don Trail, and stay left at the fork onto the Graham Trail. Climb up to Redwood Bowl and take the West Ridge Trail down to the second intersection with Bachar Island Trail and turn right. Descend on Bachar Trail to reconnect with the Don Trail and head back to the staging area.
Description: This is a great quick ride, traveling through some of the East Bay’s oldest trees. Some sections of West Ridge Trail are rocky, but not too steep. Be aware that this is a popular area for hikers and dog walkers, so please call out when passing other trail users. Loop direction: Clockwise. Trail type: I-lane dirt road. Length: 3 miles. Elevation gain: 568 feet. Approximate time: 1 hour.
Once past the first mile climbing the trail meanders around Murphy Meadow Trail, which loops through Round Valley. Creek Road, Brentwood.

**Staging Area:**
Wildcat Canyon Regional Park

**Start/ end:**
Round Valley Staging Area, 19450 Marsh Rd, Walnut Creek.

**Trail Type:**
1.25 miles; loop trail

**Approximate time:**
1 hour, 30 minutes

**Description:**
This loop offers beautiful views of the Sacramento/San Joaquin River Delta, Mt. Tamalpais, and the San Francisco Bay. Most of the climbing takes place in shady Havey Canyon, with descents on Conlon and Mezue trails. Watch your step when tough climbs and one steep section of technical downhill climbing near the water. Description: This loop is open seasonally due to sensitive species habitat.

**Loop direction:**
clockwise and counterclockwise.

**Trail type:**
1-mile dirt road/narrow.

**Length:**
12.3 miles. Elevation Gain: 2,765 feet. Approximate time: 2 hours, 10 minutes. Approximate time: 2 hours, 10 minutes.

**Approximate time:**
1 hour, 30 minutes.

**Description:**
This loop is open seasonally due to sensitive species habitat.

**Loop direction:**
clockwise and counterclockwise.

**Trail type:**
1-mile dirt road/narrow.

**Length:**
7.75 miles. Elevation Gain: 1,600 feet. Approximate time: 1 hour, 30 minutes.

**Description:**
This loop is open seasonally due to sensitive species habitat.

**Loop direction:**
clockwise and counterclockwise.

**Trail type:**
1-mile dirt road/narrow.

**Length:**
5.2 miles. Elevation Gain: 1,245 feet. Long loop: 2.572 hours. Approximate time: 2 hours.

**Description:**
This loop is open seasonally due to sensitive species habitat.

**Loop direction:**
clockwise and counterclockwise.

**Trail type:**
1-mile dirt road/narrow.

**Length:**
5.4 miles. Elevation Gain: 1,245 feet. Approximate time: 2 hours.

**Description:**
This loop is open seasonally due to sensitive species habitat.

**Loop direction:**
clockwise and counterclockwise.

**Trail type:**
1-mile dirt road/narrow.

**Length:**
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**Description:**
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