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.

<table>
<thead>
<tr>
<th>Bicycle Routes At-a-Glance</th>
<th>East Bay Regional Park</th>
<th>City</th>
<th>Trail Type</th>
<th>Length</th>
<th>Elev. Gain</th>
<th>Approx. Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tilden</td>
<td>Berkeley</td>
<td>Dir/gravel road, narrow trail</td>
<td>7.25 mi.</td>
<td>1,072 feet</td>
<td>1 hr., 45 min.</td>
<td></td>
</tr>
<tr>
<td>2 Black Diamond</td>
<td>Antioch</td>
<td>Dir/gravel road, narrow trail</td>
<td>5.9 mi.</td>
<td>1,336 feet</td>
<td>1 hr., 30 min.</td>
<td></td>
</tr>
<tr>
<td>3 Redwood</td>
<td>Oakland</td>
<td>Dir/gravel road</td>
<td>5 mi.</td>
<td>568 feet</td>
<td>1 hr.</td>
<td></td>
</tr>
<tr>
<td>4 Wildcat Canyon</td>
<td>Richmond</td>
<td>Dir/gravel road, narrow trail</td>
<td>12.3 mi.</td>
<td>2,765 feet</td>
<td>2 hrs., 10 min.</td>
<td></td>
</tr>
<tr>
<td>5 Crockett Hills</td>
<td>Crockett</td>
<td>Dir/gravel road, narrow trail</td>
<td>6.8 mi.</td>
<td>1,245 feet</td>
<td>1 hr., 10 min.</td>
<td></td>
</tr>
<tr>
<td>6 Diablo Foothills</td>
<td>Walnut Creek</td>
<td>Dir/gravel road</td>
<td>6.2 mi.</td>
<td>1,022 feet</td>
<td>1 hr., 30 min.</td>
<td></td>
</tr>
<tr>
<td>7 Round Valley</td>
<td>Brentwood</td>
<td>Dir/gravel road</td>
<td>6 mi.</td>
<td>709 feet</td>
<td>50 min.</td>
<td></td>
</tr>
<tr>
<td>8 Briones</td>
<td>Lafayette</td>
<td>Dir/gravel road</td>
<td>7.75 mi.</td>
<td>1,600 feet</td>
<td>1 hr., 30 min.</td>
<td></td>
</tr>
<tr>
<td>9 Morgan Territory</td>
<td>C.C. County</td>
<td>Dir/gravel road</td>
<td>12+ mi.</td>
<td>2,471 feet</td>
<td>2 hrs., 30 min.</td>
<td></td>
</tr>
</tbody>
</table>

**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 dismount, 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.

**EBRPD Northern Region**

**Bicycle Loop Trails**

**Favorite Trails for Biking in Your Regional Parks**

Including trails in Antioch, Berkeley, Crockett, Eastern Contra Costa County, Martinez/Lafayette, Oakland, Richmond, Walnut Creek/Alamo

- **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:** 1-lane gravel, 1-lane dirt, 1-lane paved. **Length:** 5.9 miles. **Elevation gain:** 1,336 feet. **Approximate time:** 1 hour, 30 minutes.

- **Redwood Regional Park**
  - **Staging Area:** Trudeau Center, 15100 Skyline Blvd., Oakland.
  - **Route:** From the staging area go behind the Trudeau Center, continue straight on the Quennell 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 Baccharis Trail and turn right. Descend on Baccharis Trail to reconnect with the Quennell 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:** 1-lane dirt road. **Length:** 5 miles. **Elevation gain:** 568 feet. **Approximate time:** 1 hour.

- **Morgan Territory C.C.**
  - **Staging Area:** Camp Bishop, 28 parking spots.
  - **Route:** Begin at Bishop Camp and ride through Villa Toscana Park, then down to the mouth of Morgan Canyon, back to Bishop Camp. **Description:** This route contains a few sections of narrow trail, including a great downhill on Morgan Peak Trail. Take in great views of Mt. Diablo and the San Pablo Watershed from Skyline Trail. For a longer, more challenging route, climb back up Vollmer Peak on the way back. Use caution when riding or crossing South Park Drive and Golf Course Road. **Note:** Graph above includes steep climb up Vollmer Peak. **L loop direction:** counter-clockwise. **Trail type:** 1-lane dirt, 1-lane gravel, narrow. **Length:** 7.25 miles. **Elevation gain:** 1,072 feet. **Approximate time:** 1 hour, 45 minutes.