4 Wildcat Canyon Regional Park
Staging Area: Wildcat Canyon Staging Area, 5735 McBryde Ave., Richmond. Route: From the staging area, take Wildcat Creek Trail to Havey Canyon Trail. Climb to the ridge and turn right on Nimitz Way to descend on Conlon Trail back to Wildcat Creek Trail. Go right to climb back up Havey Canyon Trail. Turn left on Nimitz Way to descend on Mezue Trail, and take a right on Wildcat Creek Trail back to the staging area. 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 climbing takes place in shady Havey Canyon, with descents

5 Crockett Hills Regional Park
Staging Area: Crockett Ranch Staging Area on Crockett Blvd. just south of Pomona St. Route: From the parking lot, climb Edwards Creek Trail about 1 mile to Woodrat Trail. Go right and follow Woodrat through the tunnel. Climb Sky Trail to Big Valley and go right. Make a quick left and ride through the trail gate. Short Loop (green dots on map): Veer right on Two Peaks Trail. Turn right to climb back up Big Valley Trail to Sky Trail and go left. Veer left onto Soaring Eagle Trail and wind back down through the tunnel. Set right on Woodrat Trail and take the next left on Edwards Loop Trail, then left on Edwards Creek Trail to the staging area. Description: This loop offers mostly narrow trails. Two Peaks and Soaring Eagle Trail offers views of the San Pablo Bay and Carquinez Strait, while the Woodrat and Edwards Loop trails roll through oak woodland. Long Loop (red dashes on map): Take the short loop to the trail gate on Big Valley Trail, near Sky Trail. Veer left onto Sugar City Trail and follow it downhill. Stay left as the trail merges onto Big Valley Trail/Bay Area Ridge Trail (BART). Veer left at the Kentrol Loop Trail junction. Cross the creek and turn left through the open gate. Veer right at the corral take Back Ranch Loop Trail south. Turn left on Goldfinch Trail to head back towards Tree Frog Loop (service road) and go right. Rides up to the addie the mud narrow trail to stay on Tree Frog Loop. Descend to the junction with Warfp Trail and go right. At the bottom, pass back by the corral and turn right on the Big Valley Trail. Climb Big Valley Trail and go left on the Sky Trail (you are back on the green-dotted short loop). Veer left onto Soaring Eagle Trail and down through the tunnel. Stay right on Woodrat Trail and take the next left on Edwards Loop Trail back to the staging area. Note: The Goldfinch Trail is open seasonally due to sensitive species habitat. Description: This loop is narrow multi-use trail. Loop direction: short loop—clockwise; long loop—counterclockwise. Trail type: both loops—1 mile dirt road/narrow. Length: short loop—6.8 miles; long loop—15.8 miles. Elevation Gain: short loop—1,245; long loop—2,572. Approximate time: short loop—1 hour, 10 minutes; long loop—3 hours.

7 Round Valley Regional Preserve
Staging Area: Round Valley Staging Area, 19450 Marsh Creek Road, Brexwood. Route: From the staging area, over the bridge, follow Mwok Trail veering right onto Murphy Meadow Trail, which loops through Round Valley. Continue left onto the Mwok Trail and back to the parking lot. Description: This ride is great for families or beginners. Once past the first mile climbing the trail meanders around the valley. Loop direction: counter-clockwise. Trail type: 1-mile dirt road. Length: 6 miles. Elevation gain: 709 feet. Approximate time: 50 minutes.

8 Briones Regional Park
Staging Area: Bear Creek Staging Area, 16 Bear Creek Road, Lafayette. Route: From the parking area take Old Briones Rd to Seaborg Trail. Turn left on Briones Crest Trail and climb to Table Top Trail. Continue on Table Top Trail to connect back to Briones Crest Trail Follow Briones Crest Trail to Deer Creek Trail. At the bottom stay left at the pond and go through the gate back to the staging area. Description: The route follows the Briones ridgeline, offering 360-degree views of the Sacramento/San Joaquin River Delta, Mt. Diablo, and Mt. Tamalpais. The trail traverses through both woodland and grassland habitats, and ends with a descent back to the parking area. Loop direction: counter-clockwise. Trail type: 1-mile dirt road. Length: 7.75 miles. Elevation gain: 1,600 feet. Approximate time: 1 hour, 30 minutes.

7 Morgan Territory Regional Preserve
Staging Area: Morgan Territory Road Staging Area, 9401 Morgan Territory Road, Livermore. Route: From the staging area take Morgan Territory Road from the staging area and go onto the Clyma Trail. Stay right, then left on the Clyma Trail and climb just over 2 miles. Go left on Raven Trail. Go left on Highland Ridge Trail, back down to Raven Trail, and go right. Follow back to Clyma Trail and make a left back down to Morgan Territory Road. Cross the road through the gate and continue on the east side of the road up Highland Ridge Trail. Go right on Eagle Trail. Stay right on Eagle Trail up to the Volvon Loop Trail junction and go left. Stay left and continue to Valley View Trail. At the restrooms go left for a brief distance on Volvon Trail then veer left on Blue Oak Trail. Stay on Blue Oak Trail through several junctions until it splits at Whipsnake and Volvon trails. Go right on Volvon Trail and follow back to the staging area. Description: This loop can be split into two loops east and west of Morgan Territory Road. The west side has steeper climbs but the east side is longer. Both routes have significant hard climbs and offer spectacular views of the central valley, Los Vaqueros Reservoir, and Mt. Diablo. The loop travels mostly through oak woodland and tends to be very hot, so bring plenty of water. Loop direction: counter-clockwise. Trail type: 1-lane gravel, 1-lane dirt. Length: 12+ miles. Elevation gain: 2,471 feet. Approximate time: 2 hours, 30 minutes.