**Wildcat Canyon Regional Park**

**Staging Area:** Wildcat Canyon Staging Area, 5755 McBryde Ave., Richmond. **Route:** From the staging area, take Wildcat Creek Trail to Maze Trail. Turn left on Maze Trail to descend to the parking area on the Miwok Trail.

**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 Maze Trail, with descents on Conlon and Mezue trails. Watch your step when descending the rocks as they can be slippery.

**Loop direction:** clockwise and counter-clockwise. **Trail type:** 1-lane dirt road/narrow. **Length:** 12.3 miles. **Elevation Gain:** 2,765 feet. **Approximate time:** 2 hours, 10 minutes.

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**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. **Loop direction:** clockwise and counter-clockwise. **Trail type:** 1-lane dirt road narrow. **Length:** 7.75 miles. **Elevation Gain:** 1,600 feet. **Approximate time:** 1 hour 30 minutes.

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**Morgan Territory Regional Preserve**

**Staging Area:** Morgan Territory Road Staging Area, 9401 Morgan Territory Road, Livermore. **Route:** From the parking area take Old Briones Rd to Seaborg Trail. Turn left on Old Briones Rd and climb Table Top Trail. **Loop direction:** counter-clockwise. **Trail type:** 1-lane dirt road. **Length:** 6 miles. **Elevation gain:** 700 feet. **Approximate time:** 50 minutes.

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**Diablo Foothills Regional Park**

**Staging Area:** Orchard Staging Area, south end of Castle Rock Road, Walnut Creek. **Route:** From the Orchard Staging Area take Castle Rock Trail to Stage Road. **Loop direction:** clockwise and counter-clockwise. **Trail type:** 1-lane dirt road. **Length:** 12 miles. **Elevation Gain:** 2,471 feet. **Approximate time:** 2 hours, 30 minutes.