Anthony Chabot Regional Park
Staging Area: Marciel Gate off Redwood Road, Contra Costa County, CA. Route: From the staging area at Marciel Gate, take the Redtail Trail to the north. After winding through the trees descend to the Grass Valley Trail. Upon reaching Bort Meadows Group Camp, turn left, cross the creek, and follow the Brandon Trail south. Stay on the Brandon Trail through the valley, across the stone bridge, and climb up to Marciel Road. Cross the road and turn left onto Redtail Trail and enjoy some single track as it heads back towards Marciel Gate, crossing the road several times. Description: This loop traverses almost the entire length of Anthony Chabot Regional Park. At times, the route follows along the edge of Grass Valley Creek and climbs through shaded stands of eucalyptus. Redtail Trail is a fun section of narrow trail, offering short, steep climbs and mostly smooth descents. Loop direction: clockwise. Trail type: 1-lane dirt road narrow. Length: 8.7 miles. Elevation Gain: 1,885 feet. Approximate time: 2 hours, 30 minutes.

Sunol Regional Wilderness
Staging Area: Sunol Staging at the end of Geary Road, south of Sunol, CA. Route: From the staging area, climb Oak Tree Trail and stay right onto Thermalito Trail. Follow Thermalito Trail into Augustine Bernal Park. Turn left onto Ridgeline Trail and stay right after entering back into Pleasanton Ridge. Turn left to drop down Shady Creek Trail, and then take Sinbad Creek Trail to Bay Leaf Trail and back up to Ridgeline Trail. If desired, turn left, but this time turn left to drop down Schuhart Trail (shown in green), then left on Bay Leaf Trail. Continue on Bay Leaf Trail up to Ridgeline Trail roughly 3.5 miles back to Oak Tree Trail. Go left on Meadow Pond Trail and then right on Sycamore Grove Trail back to Oak Tree Trail to return to the parking area. Description: Much of this route includes several short sections of narrow trail connected by fire roads. This is a great ride for a workout, winding descents, challenging climbs, and fantastic views of the Tri-Valley area. You can mix and match your favorite loops as desired. Trail type: 1-lane dirt road, narrow. Length: 15.25 miles. Elevation gain: 1,490 feet. Approximate time: 3 hours.

Mission Peak Regional Preserve
Staging Area: Ohlone College, parking lots E, D, H, or parking garage, Witherly Lane, Fremont, CA. Route: Go through the gate on the paved service road and climb up to the right on Dry Creek Trail. Turn right on Panorama Trail and right again on Spring Valley Trail to the Peak Trail/Bay Area Ridge Trail. Climb to the ridgeline and take Panorama Trail, passing Dry Creek, back down to the parking area. Description: Sections of the Peak and Panorama trails offer narrow trails and a fun experience. This loop includes some steep climbs and descents, and views of Mission Peak. Loop direction: counter-clockwise. Trail type: 1-lane dirt, narrow. Length: 4 miles. Elevation gain: 1,061 feet. Approximate time: 40 minutes.

Del Valle Regional Park
Staging Area: Parking lot adjacent to Beach View Picnic Area. Route: From the parking area, cross the road and climb up Ridgeline Trail. Follow Ridgeline as it contours and connects back with the East Shore Trail near Badger Cove. Continue northwest on East Shore Trail all the way to the northernmost intersection with the Heron Bay Trail. Turn left onto Heron Bay Trail and follow it until it intersects back with East Shore Trail and continue south, veering right at each narrow section of Heron Bay Trail and Swallow Bay Trail until you reach the Venados Group Camp. Continue south from the group camp on East Shore Trail to the marina and staging area. Description: Much of this route follows along the length of the lake, including some narrow and technical sections on the Swallow Bay and Heron Bay trails. The Ridgeline portion offers expansive views of the watershed. Loop direction: counter-clockwise. Trail type: 1-lane dirt road, narrow. Length: 15 miles. Elevation gain: 1,830 feet. Approximate time: 3 hours, 30 minutes.