

Pleasanton Ridge Regional Park

Woodland Trail/Oak Tree Trail/Grove Trail/Meadow Pond Trail/Oak Tree Trail/Ridgeline Trail/Thermalito Trail/Ridgeline Trail/Woodland Trail

Length: 6.03-mile loop Elevation Gain: 1,372 feet Location: Pleasanton

GPS Coordinates: 37.6144250, -121.8816278

Intensity: Challenging



Park Features: This 5,271-acre Regional Park is well known for its panoramic views of the Tri-Valley area. The extensive trail system provides access for hikers, cyclists, dog owners, and equestrians to gorgeous canyon views, ridgetop vistas, and for viewing a variety of woodland species.

Trail Highlights: There are many hills to climb during this hike, but the expansive views off the ridge will keep you moving along quickly. Water is available at several locations along this route. There is a restroom and drinking water at the trailhead; bring a light jacket, as the winds tend to pick-up quickly atop these hills.



Photo: Jerry Ting

Trail Directions: From the parking lot, walk through the cattle gate and turn left to begin an uphill hike for .15 miles. At the next trail junction turn right onto Oak Tree Trail, which follows the ridge with the highway to your right. After .49 miles, turn right to begin Sycamore Grove Trail. After .27 miles, turn left at a 4-way crossing onto Meadow Pond Trail. This shaded trail splits, with both routes leading you back to the same trail;

you will see a pond after a few hundred feet. In .50 miles, merge right back onto Oak Tree Trail. After .18 miles turn right to walk through another cattle gate and immediately turn right to begin Ridgeline Trail. Continue on Ridgeline Trail, staying right so as not to merge onto other trails. As the trail begins to narrow, turn left to take the wider trail leading to Thermalito Trail. The trail will curve left towards the tree-covered hills, directing you west. After passing two cattle ponds and hiking .76 miles, turn right to continue on Thermalito Trail. Hike .61 miles continue on Thermalito as you right onto a gravel trail. In .16 miles, turn left onto Ridgeline Trail. After .65 miles, stay right to stay on the trail. In .02 miles you will see the cattle gate on your right, go through this gate and go forward to begin Woodland Trail. After a few hundred feet keep to the right to stay on the trail. This trail will meander downhill for .87 miles; turn right onto the first portion of the route which leads back to the parking lot.

Driving Directions: From I-680 in Pleasanton, exit at Castlewood Drive and go west. Turn left (south) onto Foothill Road, towards the town of Sunol. The Foothill Staging Area is about two miles from Castlewood Drive, on the right.



- Featured Trail--Hiker, Horse, Bike
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- Hiker, Horse, Bicycle Trail
- Hiker, Horse Trail
- Post Numbers/Mileages

- Parking
- Equestrian Parking
- Drinking Water
- Restrooms
- Information
- Horse Water
- Gate

Park Hours: 8 a.m. – dusk; varies seasonally
Fees: None
Website: www.ebparks.org/parks/pleasanton

Health Tip: Visit a farmers market to find new foods, and instead of salt, use herbs/spices to help lower blood pressure.