

Contra Loma Regional Park

Antioch Community Park/East Shore/West Shore/Ridge/Lake View Trails

Length: 3.2-mile round trip Elevation Gain: 883

Location: Antioch

GPS Coordinates: 37.979677, -121.821743

Intensity: Easy



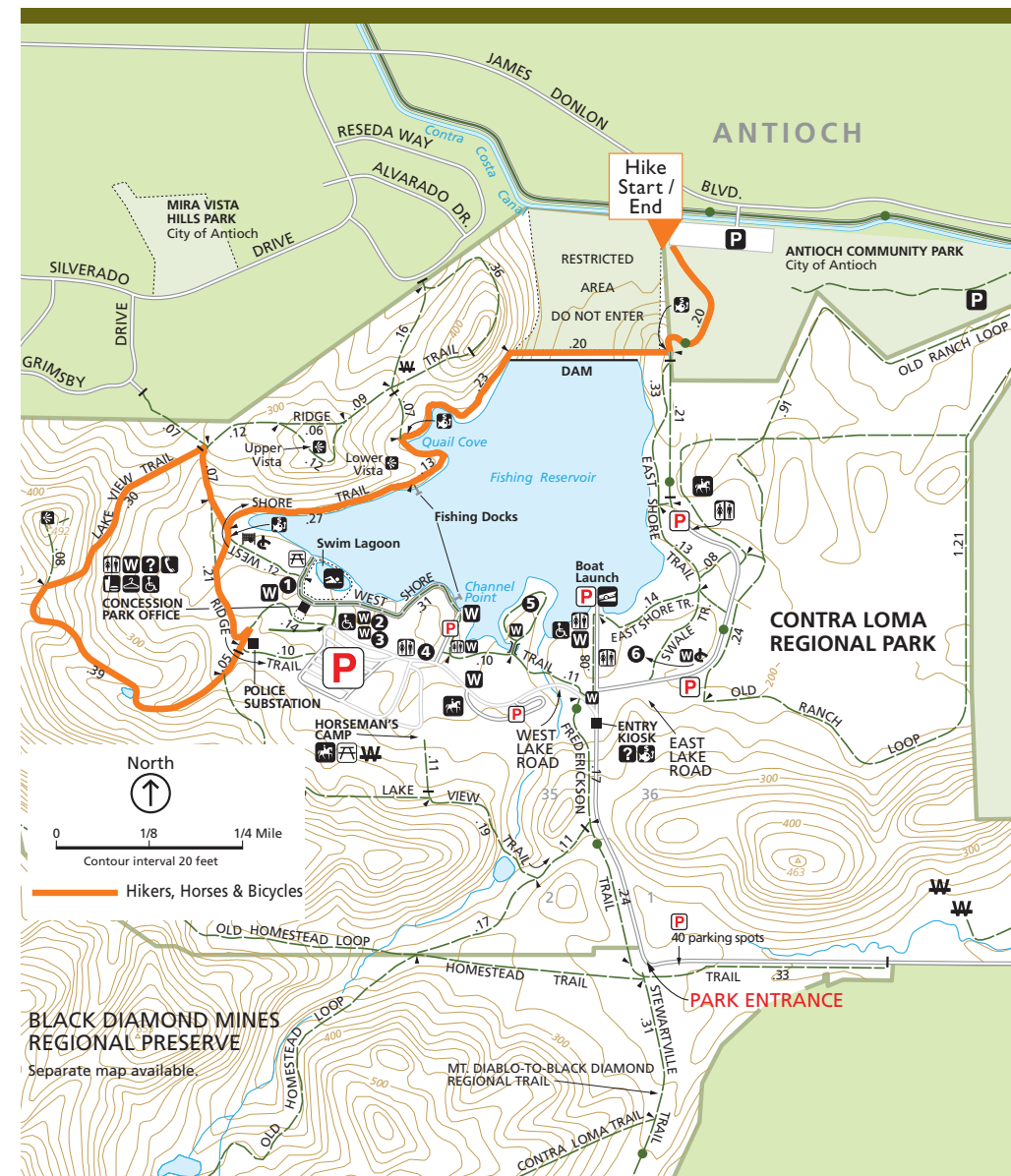
Park Features: Contra Loma is a unique 780-acre park that features an 80-acre reservoir for year-round fishing and a seasonal swim lagoon. Hiking, biking and nature study are also popular uses at this eastern Contra Costa County oasis.

Trail Highlights: Though marked "Easy," this hike has a few very steep sections. The route allows you to experience two very different areas of the same park, see gorgeous views of the delta, and even cool off in a swimming lagoon (check website for hours). On clear days you can see the Sierras. Bring plenty of water and snacks as the weather heats up in summer and fall. Water fountains and restrooms are located at the staging area and near the mid-point of the hike. Dogs must be on leash.

Trail Directions: From the west side of the parking lot of the Antioch Community Park, follow the paved trail up the hill .20 miles to the top of the dam. Continue to your right across the dam (past the three yellow bollards) and follow the West Shore Trail for about .63 miles. Near the volleyball court and small fishing permit machine, veer right and walk up towards the fence-line to connect to the Ridge Trail. Turn left on Ridge Trail and follow to the cattle gate. Ridge Trail is not marked here; you will pass a small service yard to your right. After closing the gate, continue straight uphill on Lake View Trail. Stay on the wide trail up the hill. The trail veers right going up and down the hills, which provide excellent views of the surrounding areas. At the high point you may take a steep but short detour to the hilltop on the Overlook Trail. To continue the hike, follow Lake View Trail downhill as it becomes very narrow. Pass through two cattle gates and then turn right onto Ridge Trail which will lead you back to West Shore Trail. Turn left on West Shore Trail and retrace your steps back across the dam and downhill to Antioch Community Park.



Photo: Jerry Ting



Driving Directions: From Highway 4 in Antioch, exit Contra Loma Boulevard. Go south on Contra Loma Blvd, and turn left onto James Donlon Boulevard. Antioch Community Park will be a short distance on your right. Park on the right side of the parking area.

Park Curfew/Hours: Varies seasonally

Fees: None

Website: www.ebparks.org/parks/contra_loma/