Trail Directions: From the gravel parking lot at the staging area, walk through the gate marked MacDonald Trail/East Bay Skyline Trail. After the gate, take the first left onto the unmarked spur trail towards Bort Meadow. At next trail post, continue straight onto Grass Valley Trail. When you reach Bort Meadow, turn right on Ranch Trail, passing through the cattle gate. Continue on Ranch Trail, turning left through a gate as it begins to wind steeply uphill. At the top of Ranch Trail, turn left onto Goldenrod Trail. Continue on Goldenrod Trail for 1.3 miles. Turn left onto Horseshoe Trail at the Chabot Equestrian Center (go through parking area just before the Center). At the bottom of canyon, turn left onto Brandon Trail then right at the next junction (follow sign to Bort Meadow Staging Area). Go through parking area, then take next left on gravel road towards Meadow. Turn right on MacDonald Trail, then right again on MacDonald. When you reach the gravel road at top, turn right to reach the staging area.

Driving Directions: From I-580 westbound in Castro Valley, exit Redwood Road, turn right onto Redwood Road. (From I-580 eastbound, take the Redwood Road exit and turn left onto Redwood Road.) Continue on Redwood Road 8.2 miles until you reach Bort Meadow Staging Area. From Oakland, exit Highway 13 at Redwood Road. Turn onto Redwood Road heading up the hill. Continue 5.5 miles until you reach Bort Meadow Staging Area.

Health Tip: A good diet is one of the most powerful ways to keep healthy – eat fruits and vegetables in a variety of colors for a full range of nutrients.