**Wildcat Canyon Regional Park**

**Location**: Richmond

**GPS**: 37.951870,-122.317151

**Phone**: (888-327-2757), option 3, extension 4567

**Miles**: 5.7-Mile Loop

**Elevation Gain**: 1,568 ft.

**Trails**: Wildcat Creek/Mezue/San Pablo Ridge/Green Ridge/Belgium/Wildcat Creek

**Hours/Curfew**: 7:30 a.m. to 5 p.m.

**Fees**: None

**Website**: ebparks.org/parks/wildcat

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**Park Features**: The park encompasses 2,789 acres along the Wildcat Creek watershed and the surrounding hills and ridges, with 25 miles of trails (mostly fire roads), including 2.5 miles of paved trail on Nimitz Way.

**Trail Highlights**: A spectacular 360 degree view of the Bay Area awaits you at the apex of this moderately strenuous hike. This multi-use loop passes the site of the historic Belgum Sanitarium. Go through a gate and at the bottom of the hill, turn right onto the pavement to rejoin the Wildcat Creek Trail .44 miles back to the staging area.

**Trail Directions**: Park in the main lot of the Alvarado Staging Area. The Wildcat Creek Trail begins at the far end of the lot. The trail begins on pavement for approximately a mile and then turns into a dirt fire road. After a total of 2 miles, you will take a left through a cattle gate onto the Mezue Trail. Follow this steep trail 1.33 miles uphill past Leonard’s Trail to the juncture with the San Pablo Ridge Trail. Take a left onto San Pablo Ridge and take in the views for 1.21 undulating miles. At the juncture with the Green Ridge Trail take a left and proceed .15 miles to the Belgium Trail. Continue on Belgium for .85 miles, past the interpretive panel for the historic Belgium Sanitarium. Go through a gate and at the bottom of the hill, turn right onto the pavement to rejoin the Wildcat Creek Trail .44 miles back to the staging area.

**Driving Directions**: From I-80 W in Pinole, exit McBryde Ave. Turn left onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.

From I-80 E in El Cerrito, exit toward Solano Ave. Keep left at the fork, follow signs for Solano Ave, and then merge onto Amador St. Turn right onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.

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**Health Tip**: Walking stimulates circulation to improve skin, delay wrinkles, and promote hair growth.