

Brushy Peak Regional Preserve

Location	Livermore
GPS	37.74713,-121.70847
Phone	(888-327-2757), option 3, extension 4512
Miles	2.4-Mile Round Trip
Elevation Gain	305 ft.
Trails	Brushy Peak Loop
Hours/ Curfew	8 a.m. to Sunset; varies seasonally
Fees	None
Website	ebparks.org/parks/brushy_peak

EASY HIKE



Trail Directions: From the staging area walk to the Brushy Peak Loop Trailhead at the left of the residence. Walk until it takes a sharp left-hand bend and goes uphill. This is your turn-around point.

Driving Directions: From I-580 in Livermore, exit north at Vasco Road and immediately turn right onto Northfront Road. After about .8 miles turn left onto Laughlin Road and proceed approximately two miles to the staging area at the end of Laughlin Road.

Health Tip
A Stanford study found that people who walked for 90 minutes in a natural environment, compared with those who walked in a high-traffic urban setting, reported lower levels of ruminating over negative experiences, and showed decreased activity in a region of the brain associated with depression.

Park Features: Brushy Peak and the surrounding area has been recognized as sacred by generations of native Californians. It was once home to the Ssaoam people, a tribelet of the Ohlone peoples who lived and traded in the lands surrounding the peak. The park's open grasslands support a diversity of wildlife, especially ground squirrels and cottontails that are prey for a variety of hawks and golden eagles. South-facing slopes of the peak host a coastal sage community of plants.

Trail Highlights: This walk offers great views of the surrounding grasslands and a perfect perch for birdwatching. Red-tailed hawks and golden eagles are common here, as are ground squirrels, owls, reptiles, badgers, and the San Joaquin kit fox. The trailside structural remnants are what's left of farm buildings built by Joseph Laughlin in 1920s and 1930s.

