

Hikes in the Regional Parks

March & April 2024



Wednesday Walks Longer distances, medium-high intensity level.

Saturday & Sunday Strolls Shorter distances, low-medium intensity level.

SATURDAY & SUNDAY STROLLS

Mar 24, 9:30-11am

Temescal Recreation Area

Lake Temescal is one of the 3 parks which first made up the Park District. We will learn a little history, stroll, admire, and enjoy a picnic lunch together. Bring binoculars if you have them, and some food to share if you like!

Apr 13, 9:30-11:30am

Sibley Volcanic Regional Preserve (Clyde Woolridge Staging Area)

As we hike along a 2.5-mile loop, discover the remnants of a ten million year old volcano, a labyrinth in the middle of an old quarry and a pond hopefully full of newts! May be muddy.

Apr 14, 9:30-11am

Leona Canyon Regional Preserve (Merritt College Parking Lot E)

In fact, there are many Roses in Leona Canyon. About 2 miles. Somewhat steep and uneven, but leisurely.

WEDNESDAY WALKS

Mar 20, 9:30am-12:30pm

Five Canyons Open Space (Deer Canyon Trailhead)

Moderate 4+ mile hike to scenic ridgelines and charming oak-covered canyons.

Sorry, no restrooms may be available.

Apr 3, 9:30am-1:30pm

Sibley Volcanic Regional Preserve (Main Staging Area)

Hike about 6 hilly miles along a portion of the beautiful East Bay Skyline National Recreation Trail from Sibley through Huckleberry to Reinhardt Redwood and back. Some sections are strenuous.

Bring water & snack.

Apr 24, 9:30AM-12:30pm

Redwood Regional Park (Trudeau)

Wind your way through the Redwood Canyons and Manzanita Hilltops. Spring Wildflowers will be there to greet us along the way. About 4.5 miles.



Parking fees apply where charged. No registration; drop-in. For more information, call (510) 544-3187.

Scan for Maps and Directions



East Bay
Regional Park District
Healthy Parks. Healthy People.