Regional Trails and Municipal Trails in Eastern Contra Costa County

The East Bay Regional Park District is expanding the regional trail network that serves this rapidly growing region. The Park District is committed to providing first-class public trails for the enjoyment of the citizens of Contra Costa County.

The Marsh Creek and Delta de Anza Regional Trails currently cross approximately 27 miles of paved, multi-use public pathways for walkers, runners, bicyclists, and equestrians. To add to these opportunities, these trails offer an alternative to the usual automobile transportation for light errands, for children to get to and from schools located adjacent to the trails, and for traveling to and from neighborhood parks, post offices, and libraries.

The Big Break Regional Trail side trails several miles of paved, multi-use public trail along the Coast Channel. This trail is well-suited for birdwatching, nature study, exercise, or for taking older senior or sound adults. The trail extends west from the 8.7-mile Marsh Creek Trail.

Other trails shown on this map include the Middle Break to and from American Discovery Trail, the de Anza National Historic Trail, and Breaux and Antioch municipal trails. The Middle Break to and from American Discovery Trail is 5.5 miles long and passes through or near several schools, community parks, and Park & Ride sites in Contra Costa County. The Breaux and Antioch municipal trails connect Marsh Creek Regional Park and Black Diamond Mines Regional Preserve. The Trailhead has several steep inclines and is not recommended for wheelchair access.

Marsh Creek Regional Trail

The Marsh Creek Regional Trail is a north-south trail that lines up against Contra Costa County. The trail winds along Marsh Creek through thousands of acres of land. The paved multi-use trail is more than 8 miles long and ascends from the well-located trailhead at Lee Elementary School to the Marsh Creek Reservoir. The trail is not recommended for wheelchair access. Marsh Creek Regional Trail has several steep inclines and is not recommended for wheelchair access.

Delta de Anza Regional Trail

The trail is named to commemorate the route taken by Spanish explorer Juan Bautista de Anza during his 18th-century expedition into the Delta region of today’s eastern Contra Costa County. The trail extends west from the 8.7-mile Marsh Creek Trail.

The Delta de Anza Regional Trail offers recreational opportunities and is an alternative transportation corridor connecting communities in several and eastern Contra Costa County. It provides access to many schools, Leal Middle School, and to regional and community parks.

Delta de Anza Regional Trail

The trail extends from the wave-lapped Delta shores of Antioch to the Marsh Creek Regional Trail in Oakley. The trail connects the cities of Concord, Bay Point, Pittsburg, Antioch, and Oakley and provides access to Contra Costa Regional Park through Antioch Community Park.

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