

## Regional Trails and Municipal Trails in Eastern Contra Costa County

The East Bay Regional Park District is steadily 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 eastern Contra Costa County.

The **Marsh Creek and Delta de Anza Regional Trails** currently comprise over 27 miles of paved, multi-use public trailway for walkers, runners, bicyclists, and equestrians. In addition to providing exercise and recreational opportunities, these trails offer an alternative to using automobiles for light errands, for children to get to and from schools located on or near the trails, and for traveling to and from neighborhood parks, post offices and libraries.

**Big Break Regional Trail** adds several miles of paved, multi-use public trail along the cool Delta shoreline. This trail is well-suited for birdwatching, nature study, exercise, or for taking quiet sunrise or sunset strolls. The 3-mile trail extending from the Marsh Creek Trail is completely paved by fall 2010.

**Other trails** shown on this map include the Mokelumne Coast-to-Crest and American Discovery trails, the de Anza National Historic Trail, and Brentwood and Antioch municipal trails. The Mokelumne Coast-to-Crest Trail links with the Delta de Anza Trail for a 5.62-mile loop that passes through or near several schools, community parks, and a Park & Ride, in addition to providing access to Contra Loma Regional Park and Black Diamond Mines Regional Preserve. The trail has several steep inclines and is not recommended for wheelchairs access.

### Marsh Creek Regional Trail

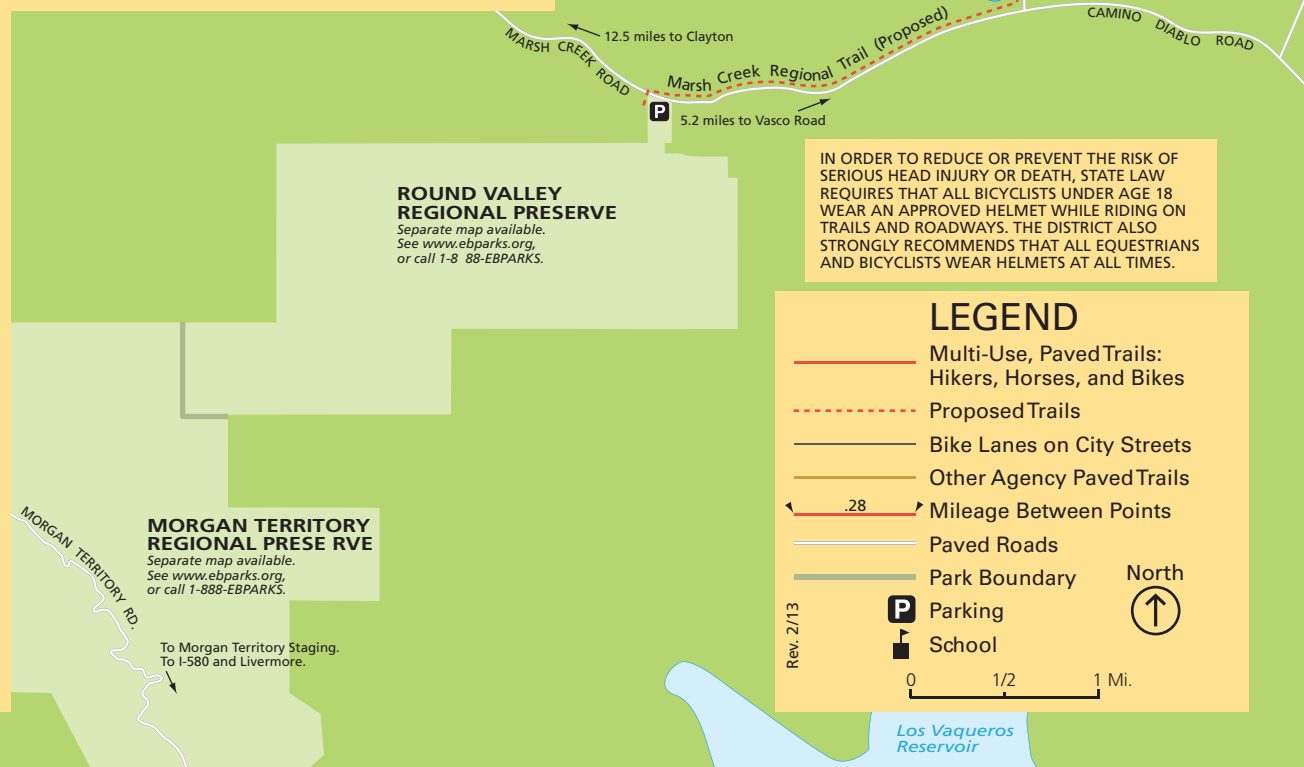
The Marsh Creek Regional Trail in easternmost Contra Costa County winds along Marsh Creek through bountiful tracts of farmland. The paved, multi-use trail is more than eight miles long and extends from the wave-lapped Delta shores of Big Break south to Concord Avenue in Brentwood. When completed, the trail will be 14 miles long and will connect the fertile Delta region with the wooded foothills of Morgan Territory Regional Preserve and the quiet serenity of Round Valley Regional Preserve east of Mt. Diablo State Park. Trail users can access several community parks and greenbelts along the way, which offer respite from mid-day summer heat.

### Delta de Anza Regional Trail

This 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 paved, multi-use hiking, bicycling, and equestrian trail currently spans more than 19 miles of the planned 25-mile length. When completed, it will generally follow the East Bay Municipal Utility District's corridor and the Contra Costa Water District's Contra Costa Canal.

The Delta de Anza Regional Trail offers recreation opportunities and is an alternative transportation corridor connecting communities in central and eastern Contra Costa County. It provides access to many schools, Los Medanos Community College, and to regional and community parks. The community parks have play areas for children and are excellent rest stops during longer trips, providing restrooms, drinking water, and picnic facilities.

The trail intersects the Mokelumne Trail in Antioch and the Marsh Creek Regional Trail in Oakley. It connects the cities of Concord, Bay Point, Pittsburg, Antioch, and Oakley and provides access to Contra Loma Regional Park through Antioch Community Park.



IN ORDER TO REDUCE OR PREVENT THE RISK OF SERIOUS HEAD INJURY OR DEATH, STATE LAW REQUIRES THAT ALL BICYCLISTS UNDER AGE 18 WEAR AN APPROVED HELMET WHILE RIDING ON TRAILS AND ROADWAYS. THE DISTRICT ALSO STRONGLY RECOMMENDS THAT ALL EQUESTRIANS AND BICYCLISTS WEAR HELMETS AT ALL TIMES.

### LEGEND

- Multi-Use, Paved Trails: Hikers, Horses, and Bikes
- Proposed Trails
- Bike Lanes on City Streets
- Other Agency Paved Trails
- Mileage Between Points
- Paved Roads
- Park Boundary
- Parking
- School

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## PARKLAND RULES

**BICYCLES** may be ridden on designated bicycle trails, and on fire or service roads, unless otherwise posted. Bicycles are not permitted, either ridden, walked or carried, in areas posted "No Bicycles," or on narrow hiking or narrow equestrian trails. State law requires that all bicyclists under age 18 wear an approved helmet while riding on trails and roadways. Riders should call out or sound a warning when overtaking other trail users.

**SADDLE ANIMALS** No person shall ride, drive, lead, or keep any saddle or pack animals in a reckless or negligent manner so as to endanger the life, limb, or property of any person or animal. No person shall allow his or her saddle or pack animal to stand unattended or insecurely tied.

**GATES** All persons operating a gate shall close the gate after passing through it.

**DOGS** must be leashed (six-foot maximum) and under control at any posted area, paved trail, parking lot, picnic site, lawn or developed area. No dogs or other animals are permitted at any swimming pool, beach, wetland, or marsh. Owners must always carry a leash (six-foot maximum). Dogs may be off-leash in open space and undeveloped areas of parklands, provided they are under control at all times. Dangerous animals are not allowed in the parks. Please dispose of your dog's waste by placing it in a garbage can. Persons who walk more than three dogs at a time on Regional Parks parks or trails must obtain a permit; commercial dog walkers must obtain a permit regardless of how many dogs they walk at one time (limit of six). Please call (510) 690-6508 for information.

**PLANTS, ANIMALS, GEOLOGIC, ARCHAEOLOGIC OR HISTORIC OBJECTS** are protected by law. Do not disturb or remove any of these features.

**HELP PROTECT OUR PARK WILDLIFE** by not releasing or feeding ducks, cats, or other animals. Do not feed wild park animals; enjoy them from a distance.

**MOTORIZED VEHICLES** (electric and gasoline), with the exception of wheelchairs, are not allowed on trails.

**FIRES** are not permitted in staging areas or on trails. In Regional Parklands, fires are permitted in barbecue pits or personal cooking equipment in designated picnic areas or irrigated turf areas only, placed at least 30 feet from flammable materials. Please do not place hot coals on the ground or in a garbage can. Dispose of hot coals or other burned fuel in barbecue pits or in designated hot coal disposal receptacles.

**FIREWORKS** are not permitted in any Regional Park.

**CIGARETTES** Extinguish and safely dispose of cigarette butts.

**ALCOHOLIC BEVERAGES** are not permitted in staging areas or on trails or within 50 feet of paved roads or parking lots, or in posted areas. Otherwise, beer and wine are permitted at picnic areas and elsewhere on parklands.

**FIREARMS or BOWS AND ARROWS** are not permitted in staging areas or on trails, or on Regional Parklands except at established ranges. Crossbows, spears, slingshots, air pistols or rifles, and other dangerous weapons are prohibited anywhere on Regional Parklands.

Please be considerate of other park and trail users and neighbors if you use a **RADIO**. A permit is required for **AMPLIFICATION** of voice, music, or other sound.

**VISITORS** are responsible for knowing and following park rules.

**CURFEW** Trails are closed from 10 p.m. to 5 a.m.



**East Bay Regional Park District**  
 2950 Peralta Oaks Court  
 P.O. Box 5381  
 Oakland, CA 94605-0381  
 1-888-EBPARKS www.ebparks.org  
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