Crockett Hills Regional Park

**Location**: 1300 Crockett Blvd, Crockett

**GPS**: 38.047287,-122.221227

**Phone**: (888-327-2757), option 3, extension 4521

**Miles**: 7.9-Mile Round Trip

**Elevation Gain**: 1,480 ft.

**Trails**: Edwards Creek/Wood Rat/Edwards Loop/Soaring Eagle/Big Valley/Two Peaks/Kestrel Loop/Sky/Crockett Ranch

**Hours/Curfew**: 8 a.m. to Sunset; varies seasonally

**Fees**: None

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

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**Park Features**: Crockett Hills features panoramic views of San Pablo Bay, the Carquinez Bridge, the Delta, and Mount Diablo. Enjoy the park’s extensive grasslands and rolling hills; they provide habitat to the many raptor species, including the red-tailed hawk, American kestrel, golden eagle, great horned owl, and Cooper’s hawk. Other animals living among these hills include the gray fox, mule deer, raccoon, eastern fox squirrel, and gopher snake.

**Trail Highlights**: This challenging route takes you through the ancestral homelands of the Huchiun and Carquin Ohlone tribes. Keep an eye out for western leatherwood, a native plant endemic to the area!

**Trail Directions**: Begin at the Crockett Ranch Staging Area and start by following the Edwards Creek Trail for .94 miles. Then turn right onto the Wood Rat Trail. After 45 miles, continue straight onto the Edwards Loop Trail for .11 miles. At the next signpost, use the tunnel to cross under Cummings Skyway. Continue straight onto Soaring Eagle Trail for 1.88 miles, to the next intersection with Big Valley Trail. Turn right and go the .06 miles on Big Valley Trail to the intersection with the Two Peaks Trail. Turn left onto Two Peaks Trail and follow it for .59 miles. At the 4-way intersection, turn left onto Big Valley Trail. Continue .58 miles until you reach the intersection with the Kestrel Loop Trail. Veer right onto Kestrel Loop and follow it about 1 mile to rejoin Big Valley Trail. Continue straight onto Big Valley Trail uphill for .41 miles. At the intersection with Soaring Eagle Trail, take a left onto Soaring Eagle. Retrace your steps .27 miles to the next intersection and stay right to join the Sky Trail. Follow Sky Trail .81 miles back to the tunnel. Turn right at the signpost to go back through the tunnel. Turn left at the signpost after the tunnel and descend the steep .61 miles along the Crockett Ranch Trail back to the staging area to finish the hike.

**Driving Directions**: From I-80, exit #27 for Pomona Street. Turn left on Pomona, then right onto Crockett Blvd, and right again into the staging area. From Hwy. 4 west, take the Vallejo/Crockett exit onto Cummings Skyway toward Port Costa-Crockett. Turn right on Crockett Blvd. and left into the staging area.

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**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 rumination over negative experiences, and showed decreased activity in a region of the brain associated with depression.
**Challenging Hike**

**Trail Directions:** Turning right just past the entrance kiosk, park near the Marina and boat launch area. From the parking lot, head uphill, crossing the road directly behind the boat inspection station and through the gate to access Squirrel Gulch Trail, ascending steeply for about .85 miles.

Make a left onto Ridgeline Trail and continue for .3 miles to reach a multi-trail intersection (with a water trough on the left). Following the main trail, turn right to stay on Ridgeline. Go another .5 miles and take a hard right downhill to stay on Ridgeline (just after passing East Ridge Trail on your right). Continue .9 miles on Ridgeline and turn right onto East Shore Trail towards the lake. After .16 miles, turn left onto Swallow Bay Trail. Follow it along the shoreline for .56 miles. Turn left onto East Shore Trail, continue for .5 miles, and pass through a cattle gate near the restrooms. Turn left onto Hetch Hetchy Trail, then, after .5 miles, turn right onto Hidden Canyon Trail. Turn right onto Eagle Crest Trail, then right back onto Ridgeline Trail. Turn right onto Squirrel Gulch Trail and continue until you return to the entry gate and parking lot.

**Driving Directions:** The park is located on Del Valle Rd. off Mines Rd. south of Livermore. Exit I-580 eastbound or westbound in Livermore at North Livermore Ave. Head south and proceed through town (North Livermore Ave. will become South Livermore Ave. in town, and then Tesla once out of town). About 1.5 miles outside town, turn right at Mines Rd., go about 3.5 miles, continuing straight onto Del Valle Rd. (Mines Rd. goes left). The park entrance is about four miles ahead.

**Health Tip**

Walking enhances creativity, especially when you’re seeking a solution. A Stanford study found that walking increased creative inspiration by an average of 60 percent versus sitting.
**Garin/Dry Creek Regional Park**

**Location:** 100 May Rd., Union City

**GPS:** 37.60779,-122.01782

**Phone:** (888-327-2757), option 3, extension 4530

**Miles:** 10.9-Mile Round Trip

**Elevation Gain:** 2,020 ft.

**Trails:** High Ridge Loop/Tolman Peak/South Fork/Carol Severin Loop/Dry Creek/Meyers Ranch

**Hours/Curfew:** 7:30 a.m. to Sunset; varies seasonally

**Fees:** No fee at this staging area

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

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**Park Features:** The park’s rolling hills and narrow valleys were home to years of farming and ranching. At the south end of the park, the beautifully restored two-acre Dry Creek Garden showcases nearly 200 native and exotic plants, with something in bloom just about every day of the year. Explore the history at the Garin Barn Visitor Center, open weekends in summer. The park also features kite flying, birdwatching, horseback riding, and picnicking. In fall, the park hosts an annual apple festival.

**Trail Highlights:** This is an early morning/cool day hike since there are lots of open trails with little to no shade. Bring enough water for 5 hours of hiking. You will be going up and down some big, steep hills. Trail markings are not clear, so a map is a must to stay on track. Tolman Peak and Gossip Rock offer amazing views of the bay and hills.

**Trail Description:** Start at Dry Creek Pioneer Staging Area following signs to trailhead. Go through two gates, staying to the right at fork on High Ridge Loop. Stay right and head to Tolman Peak Trail. At intersection with South Fork, keep left to stay on Tolman Peak Trail for .82 miles and then turn right to join with the South Fork Trail. This trail turns into a single track trail leading back to Tolman Peak Trail. Head straight towards High Ridge Loop Trail. Turn right, then head uphill towards Gossip Rock Trail. At large oak follow trail to right. On the way back stop under the big oak tree for a snack and water break. Turn right on High ridge Loop Trail, which will take you into Garin Regional Park.

As you head down the trail into Garin you will see the Red Barn Visitor Center and restrooms. This is a great view of the park. At the bottom of the hill, stay left and head to Jordan Pond. Keep left on Carol Severin Loop and follow signs for Jordan Pond.

At the back of the pond is the dam. Follow signs on the left for Dry Creek Trail. This single track is amazing and will cross 3 bridges and lead you out to fire road with another bridge. Dry Creek Trail will lead you back to the parking lot.

**Driving Directions:**

From I-800, exit at Whipple Road in Hayward/Union City and head east toward the hills. When you reach Mission Blvd., continue straight onto May Road.

From I-580 eastbound (Oakland, Berkeley, etc.), take the I-238 exit and keep left for downtown Hayward. Continue on Foothill Blvd. for about 2 miles. Use any lane to turn right onto A Street, then use one of the 3 left lanes to turn left onto Mission Blvd. Follow Mission Blvd. 5.8 miles and then turn left onto May Road to the Meyers Cottage and Dry Creek Staging Area.

From I-580 westbound (Tri-Valley Area), take the Strobridge Avenue exit. At the end of the ramp, turn right onto Strobridge Avenue. At the first stop light, turn left onto Castro Valley Blvd. Follow Castro Valley Blvd. under the freeway and then turn left onto Foothill Blvd. Continue on Foothill Blvd. for about 2 miles. Use any lane to turn right onto A Street, then use one of the 3 left lanes to turn left onto Mission Blvd. Follow Mission Blvd. 5.8 miles and then turn left onto May Road to the Meyers Cottage and Dry Creek Staging Area.
Morgan Territory is located within the traditional homeland of the Volvon, who speak dialects of the Bay Miwok language. This preserve was acquired in 1975 and is a key section of a much larger multi-agency open space corridor that protects Mount Diablo and its foothills. Sandstone hills, within the park’s 5,323 acres, showcase more than 90 species of wildflowers in spring. The staging area has picnic tables, restrooms, and drinking water.

**Driving Directions:** From I-580 in Livermore, exit onto N. Livermore Ave. and turn north. Shortly after N. Livermore curves left (west), turn right onto Morgan Territory Road and follow it for about 5.5 miles to the staging area on the right. From I-680 in Walnut Creek, take Ignacio Valley Road east to Clayton Road. Turn right. Clayton Road will turn into Marsh Creek Road. Turn right onto Morgan Territory Road. Drive 9.4 miles to the staging area.

**Park Features:** Morgan Territory is located within the traditional homeland of the Volvon, who speak dialects of the Bay Miwok language. This preserve was acquired in 1975 and is a key section of a much larger multi-agency open space corridor that protects Mount Diablo and its foothills. Sandstone hills, within the park’s 5,323 acres, showcase more than 90 species of wildflowers in spring. The staging area has picnic tables, restrooms, and drinking water.

**Trails**

- Coyote/Stone Corral/Highland Ridge/Eagle/Volvon/Valley View/Manzanita/Miwok/Blue Oak/Condor

**Hours/Curfew**

5 a.m. to 10 p.m.; varies seasonally

**Fees**

None

**Website**

ebparks.org/parks/morgan

before the gate to stay on Coyote Trail. Walk past the pond and follow the single-track trail downhill and along a creek for 1.44 miles. At the next juncture, go through a gate and take a left onto Stone Corral Trail. Follow it for .47 miles. At the next juncture, go through a gate and turn right onto Highland Ridge Trail. Head uphill for .84 miles. At the next juncture, take a right onto Eagle Trail. Follow it for 3.4 miles to the next intersection. Take a left turn onto the Ygnacio Valley Road Trail. Follow it for .7 miles. At the next intersection, veer left for .07 miles to connect with the Valley View Trail. Go downhill for .74 miles. Then take a left turn onto Manzanita Trail and head back uphill for 1.2 miles. At the next juncture, take a right onto the Miwok Trail and continue climbing for another .77 miles. At the crest, take a left turn onto Blue Oak Trail. Follow it for .56 miles. At the next intersection, continue straight, then veer right to continue along the Blue Oak Trail another .28 miles. At the next juncture, take a left turn onto Condor Trail and follow the single-track trail .39 miles back to the gate. Go through the gate and continue straight to reunite with the .12 mile trail section back to the gate. Go through the gate and continue climbing for another .77 miles. At the crest, take a left turn onto Blue Oak Trail. Follow it for .56 miles. At the next intersection, continue straight, then veer right to continue along the Blue Oak Trail another .28 miles. At the next juncture, take a left turn onto Condor Trail and follow the single-track trail .39 miles back to the gate. Go through the gate and continue straight to reunite with the .12 mile trail section back to the staging area.

**Trail Highlights:** Along the route are the afternoons of the 2020 fire season. Join the community science project and observe which plant species reestablish themselves along the Valley View and Manzanita trails.

**Trail Directions:** Beginning at the staging area, head north on Coyote Trail. After .12 miles, veer left before the gate to stay on Coyote Trail. Walk past the pond and follow the single-track trail downhill and along a creek for 1.44 miles. At the next juncture, go through a gate and take a left onto Stone Corral Trail. Follow it for .47 miles. At the next juncture, go through a gate and turn right onto Highland Ridge Trail. Head uphill for .84 miles. At the next juncture, take a right onto Eagle Trail. Follow it for 3.4 miles to the next intersection. Take a left turn onto the Ygnacio Valley Road Trail. Follow it for .7 miles. At the next intersection, veer left for .07 miles to connect with the Valley View Trail. Go downhill for .74 miles. Then take a left turn onto Manzanita Trail and head back uphill for 1.2 miles. At the next juncture, take a right onto the Miwok Trail and continue climbing for another .77 miles. At the crest, take a left turn onto Blue Oak Trail. Follow it for .56 miles. At the next intersection, continue straight, then veer right to continue along the Blue Oak Trail another .28 miles. At the next juncture, take a left turn onto Condor Trail and follow the single-track trail .39 miles back to the gate. Go through the gate and continue straight to reunite with the .12 mile trail section back to the staging area.

**Driving Directions:** From I-580 in Livermore, exit onto N. Livermore Ave. and turn north. Shortly after N. Livermore curves left (west), turn right onto Morgan Territory Road and follow it for about 5.5 miles to the staging area on the right. From I-680 in Walnut Creek, take Ignacio Valley Road east to Clayton Road. Turn right. Clayton Road will turn into Marsh Creek Road. Turn right onto Morgan Territory Road. Drive 9.4 miles to the staging area.
Trails Challenge 2022 is a program of East Bay Regional Park District in partnership with...

Challenging hike through the redwoods until the trail offers some ups and downs on the French, Starflower and Tres Sendas Trails. You will pass through thick redwood groves dotted with huckleberry bushes until the trail climbs back upward to West Ridge Trail, taking you back to your starting point and the Skyline entrance.

**Trail Directions:** Park at the Skyline Gate Staging Area. Just past the parking lot to the left is East Ridge Trail. Take this trail for about 3 miles, then turn right onto Canyon Trail. This trail takes you downhill to the Canyon Meadow Staging Area. Here you will find restrooms and drinking fountains. Bear right on the paved Stream Trail, and walk past the Orchard picnic area. You will see more restrooms and drinking fountains in this area. Stay on the Stream Trail toward the right (toward Old Church picnic area). At Trail’s End is a restroom, the last one for the remainder of this hike. Shortly after this, make a left onto Chown Trail, which takes you on an uphill climb away from the canyon floor and into the forest. In less than a mile will be the intersection for French Trail. Take a right here. In 1.6 miles, after the intersection with Madrone Trail, veer right onto Starflower Trail. After .9 miles go left onto Tres Sendas Trail which takes you to the Waterloo Staging Area. Here take a right onto West Ridge Trail, which climbs up again and takes you back the remaining 1.5 miles to the Skyline Cafe Staging Area.

**Driving Directions:** From Highway 13/Warren Freeway take the Redwood Road exit and head east uphill. At the top of the hill turn left on Skyline Boulevard. Shortly after passing the Chabot Space and Science Center, turn right into the parking lot.
Sunol Wilderness Regional Preserve

**Trail Directions:** From the Visitor Center, cross the footbridge and turn right onto Canyon View Trail. Continue past Hayfield Road and the intersection of Indian Joe Creek Trail. At 0.15 turn left and head uphill onto McCorkle Trail. Continue for the next mile through oak woodlands and chaparral. Turn left at 0.17 to stay on the McCorkle Trail before coming to the intersection of Cerro Este Road at 0.18. Turn left onto Cerro Este and continue to climb for the next .39 miles to Cerro Este Overlook. At SO33 veer left to Cave Rocks Road, and continue to SO26 where you turn right onto Eagle View Trail. At SO27 the trail narrows to steep hazardous terrain. No bicycles or equestrians are allowed on this section of the trail. The narrow trail does a sharp switchback before traversing the steep canyon wall covered with chaparral. At SO28 veer left onto Vista Grande Road. Follow Vista Grande for a gradual decent to SO4 at the intersection of High Valley Road. Follow the sign continuing straight onto Flag Hill Road where you will make your final ascent for the next .75 miles. After enjoying the summit views, begin your return. At SO3 follow Flag Hill Trail downhill. The trail slowly winds down into the valley with a few narrow, rocky and exposed spots. At the bottom, turn left at the sign post pointing you toward Hayfield Road. Finally, make a right onto the footbridge over Alameda Creek, where you began, and return to the parking lot.

**Driving Directions:** From Fremont: Drive north on I-680 and exit at Calaveras Road, near the town of Sunol. Turn right at the exit onto Calaveras Road and proceed about four miles to a left turn onto Geary Road, which leads directly into the park. From the Oakland-Berkeley area: Drive east on I-580 to the junction with I-680. Take I-680 South and exit at Calaveras Road/Highway 84 just south of the Sunol exit. At the bottom of the exit turn left onto Calaveras Road and proceed as noted above.

**Health Tip**

Brisk walking improves bone density and prevents osteoporosis.