RESPONSIBLE TRAIL-USE RULES

EQUIPMENT:
•  Hiking and bicycling shoes are recommended when the trail is wet to prevent slipping and falling. Bicycles are not permitted, either walked, ridden, or carried, on trails marked "No Bicycles.
•  RIDE Bicycles should be in safe working order.  •  ON BLIND turns, SLOW DOWN, call out, and/or ring bell, and ride single file.
•  MOUNTAIN Bikes are permitted if they have 20” wheels (or smaller) and tire tread no greater than 1.9”.
•  LUGGAGE or cargo on back of bicycle could be a hazard to other trail users.
•  DOGS must be on leash (six foot maximum) on all paved trails and where posted, and under full verbal control by a responsible owner.
•  Three dogs at a time on Regional Parks trails must obtain a permit; please call (510) 690-6508 for information.

BICYCLES:
•  Bicycles are not permitted, either walked, ridden, or carried, on trails marked "No Bicycles."  •  Ride bicycles should be in safe working order.  •  ON BLIND turns, SLOW DOWN, call out, and/or ring bell, and ride single file.

EQUESTRIANS:
•  Horseback riding is permitted on the Waterfall Loop Trail and the Alas Creek Trail at Two Ponds, west of San Leandro.  •  A $25 permit is required.
•  Human hikers should give way to equestrians on uphill slopes.
•  Horses may be ridden only on the unpaved portions of trails.

NON-HUMANS:
•  Pets are not permitted on any trail in the District.  •  Pet owners are responsible for cleaning up after pets.

STAFFED TRAILS:
•  The staff at the trailheads, parking lots, and public restrooms are there to answer your questions and give you information about the parks.
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VISITOR INFORMATION:
•  For Information, call (510) 531-4000.
•  www.ebparks.org  
•  Walk Disney, Spy Disney, Fly Disney, Eat Disney.  
•  BLISSFUL NATURAL ENVIRONMENT OF THE EAST BAY REGIONAL PARK DISTRICT