Bay Point Regional Shoreline: Harrier Loop
Route: (shown in orange) – Take the Harrier Trail west into and through the shoreline park. Description: Bay Point Regional Shoreline is a perfect place to observe some of the unique species that thrive in marsh habitats. Here, you’ll find a variety of birds, including doves, hummingbirds, sparrows, and hawks, alongside a variety of plant life such as alkali bulrush, pickleweed, and salt grass. Length: 1.48 miles. Trail type: narrow, fire road. Trail condition: fair to good. Amenities at trailhead: restroom, information, parking. Amenities on trail: bench. Elevation gain: 105 feet. Maximum grade: 9%.

Carquinez Regional Shoreline: Overlook Loop
Route: (shown in orange) – Start at the Bull Valley Staging Area and take the Carquinez Overlook Loop Trail. Description: This walk high in the hills above Crockett affords trail users spectacular views of the Carquinez Strait to the north and Suisun Bay to the east. As you follow the undulations of the trail, keep an eye out for raptors and ground squirrels. Enjoy the dense eucalyptus groves that provide much-appreciated shade on warmer days. Length: 1.48 miles. Trail type: narrow, fire road. Trail condition: fair to good. Amenities at trailhead: restroom, information, parking. Amenities on trail: bench. Elevation gain: 105 feet. Maximum grade: 9%.

Miller/Knox Regional Shoreline: Pond Loop
Route: (shown in orange) – Park at any of the three large lots to access the trail. Description: This relaxing walk around the pond is the perfect way to experience Miller Knox Regional Shoreline. Take every opportunity to stop and enjoy the scenery along the way, as you follow a side trip south along the shoreline to the Ferry Point fishing pier to enjoy the bay. While enjoying views of San Francisco Bay, Mt. Tamalpais, and the Richmond–San Rafael Bridge, be sure to look over your shoulder to take in the unique species that thrive in the marsh habitat. Here, you’ll find a variety of birds, including doves, hummingbirds, sparrows, and hawks, alongside a variety of plant life. Length: 1.48 miles. Trail type: paved, natural, fire road and narrow. Trail condition: good. Amenities at trailhead: water, play area, horseshoes, parking. Amenities on trail: benches, water, restrooms, information, lawn. Elevation gain: 0 feet. Maximum grade: 0%.

Ours to Explore, Enjoy & Protect
Please enjoy Regional Parks safely and help protect and preserve the parklands by following all park rules and regulations.

SAFETY and Courtesy
• Stay on trails. Shortcuts damage natural resources.
• Bring plenty of water to prevent dehydration.
• Be prepared for sudden changes in weather conditions.
• Keep parks clean. Pack out what you pack in.
• Inform someone where you are going and when you will return.

Save our 24/7 Dispatch Center number on your cell phone: Emergency (510) 881-1212; Non-Emergency (510) 881-1833

RULES
• Dogs must be leashed in parking lots, 200 feet from any trail or park entrance, in picnic areas, in developed areas, and as posted. Dogs must be on a leash no longer than six feet. Bicycles and e-Bikes are permitted on designated trails only. Bicyclists yield to pedestrians. Both yield to equestrians. State law requires that all bicyclists under age 18 wear a helmet. All bicyclists and equestrians are encouraged to wear helmets at all times.

Visit www.eparks.org/maps to download maps.

Use your smartphone to access more information about these walks and to learn about other short-loop walks. http://www.eparks.org/activities/hiking/shortloopwalks

Northern Region

Easy Paths for Walking or Biking

Including trails in

Crockett/Port Costa, Martinez, Bay Point, Antioch, Oakley, Berkeley, Oakland, Walnut Creek


**Short-Loop Trails**

Short-loop trails provide opportunities to enjoy the beauty of nature on relatively strenuous trails and pathways in the Regional Parks. These walks are suitable for seniors, families with small children, or with children in strollers, or for anyone not ready for the more demanding trails of wilderness parks. Please read the full description of each walk before heading out. While most are gentle, some trails may have rough or narrow sections or steeper climbs. Please note that some parks may have bicycle, dog and/or horse restrictions. Pick up individual park brochures at parks or visit www ebparks.org/maps to download maps.

**Northern Region Short-Loop Trails Summary**

1. Point Pinole: Cook’s Point Loop
   - Route: (shown as an orange dashed line) – Start at the parking area. Walk from Giant Station Trail to Cook’s Point Trail to Marsh Trail and back. **Description**: This walk to the shoreline takes you through impressive eucalyptus groves to the northeastern tip of the park, where you are treated to wonderful views of San Pablo Bay to the north and Whistling Marsh to the west. On the return trip, stop by the old black powder press and read the interesting history of Point Pinole. **Length**: 2.52 miles. **Trail type**: paved and natural, primarily fire trail. **Trail condition**: good. **Amenities at trailhead**: parking, water, benches, information, restrooms. **Amenities on trail**: benches, restrooms, information, water, lawn areas, play structures. **Elevation gain**: 111 feet. **Maximum grade**: 5.7%.

2. Point Pinole: Owl Alley/Cook’s Point Loop
   - Route: (shown as a green dotted line) – Start at the parking area and take Point Pinole Trail to Owl Alley Trail. Go right at Cook’s Point Trail to Point Pinole Trail to the staging area. **Description**: The Owl Alley Loop takes users around the interior of Point Pinole, starting up the paved Point Pinole Trail, which takes you past the maintained lawn areas, picnic sites, and recreational facilities. As you turn southeast on Owl Alley Trail you will walk along grasslands before entering a wooded area with eucalyptus planted by previous landowners. **Length**: 2.77 miles. **Trail type**: paved and natural, primarily fire road. **Trail condition**: good. **Amenities at trailhead**: parking, water, benches, information, restrooms. **Amenities on trail**: benches, restrooms, information, water, lawn areas, play structures. **Elevation gain**: 123 feet. **Maximum grade**: 5.7%.

3. Point Pinole: Bay View/Powerhouse Loop
   - Route: (shown as a blue dashed and dotted line) – Start at the parking area and go to the Bay View Trail to Powerhouse Trail to Pinole Point Trail to staging area. **Description**: The Bay View Loop in Point Pinole explores the southwest portion of the park, initially dropping down towards the shoreline above San Pablo Bay. Here you’ll see ground mammals and enjoy open grasslands and shoreline habitat. As you climb up onto Powerhouse Trail for the return trip you’ll be rewarded with great views of San Pablo Bay to the west and Pacheco Marsh to the south. **Length**: 1.9 miles. **Trail type**: paved and natural, primarily fire road. **Trail condition**: good. **Amenities at trailhead**: parking, water, benches, information, restrooms. **Amenities on trail**: benches, restrooms, information, water, lawn areas, play structures. **Elevation gain**: 138 feet. **Maximum grade**: 15.3%.

4. Las Trampas: Bollinger Creek Loop
   - Route: Begin at the parking area at the end of Bollinger Canyon Road and go northwest on the Bollinger Creek Loop Trail. Continue on the loop trail, crossing the creek and returning on the opposite side. **Description**: This walk takes you up a trail through a natural oak-bay woodland, an ideal habitat for many species of birds. There are views of open grassland and steep ravines, and you will see a variety of trees including bay laurel, oak, and buckeye. The trail meanders along quiet and shady Bollinger Canyon Creek. **Length**: 1.4 miles. **Trail type**: natural, fire road and narrow. **Trail condition**: variable. **Amenities at trailhead**: parking, drinking water, information, restrooms. **Amenities on trail**: benches. **Elevation gain**: 300 feet. **Maximum grade**: 16%.
Start by heading north from the parking area into restored restoration, completed in 2002, was a joint effort of picnics, benches, restrooms, information. Amenities at trailhead: benches, restrooms, swimming, information, water. Elevation gain: 0 feet. Maximum grade: 0%.

This quick loop around Lake Temescal Description: This shaded hike through the heart of Tilden Nature Area. Length: 1.30 miles. Trail type: natural, fire road, and narrow. Trail condition: good. Amenities at trailhead: parking, water, benches, information, bus stop, bike parking, playground, restrooms. Visitor Center. short TIamines on trail: benches, information. Elevation gain: 160 feet. Maximum grade: 10.7%.

This trek through Martinez Regional Shoreline takes you through the main park area–with picnic areas, a lawn, and play structures–and around the duck Description: A pathway along the eastern shore, and several kinds of birds in their habitat. Length: 0.93 miles. Trail type: paved path, narrow natural. Trail condition: good. Amenities at trailhead: water, restrooms, phone, picnic areas, payment, playground, fishing, swimming, disabled access. Amenities on trail: benches, water, restrooms, picnic areas, fishing, information. Elevation gain: 20 feet. Maximum grade: 3%.

Diablo Foothills: Castle Rock Trail Loop Route: (shown in orange)–From the trail staging parking lot, walk across Tres Sendas, take the Diablo Foothills Trail and Stage Road Trail, then turn left and head back towards the recreation area. Use the road to complete the loop and return to the parking area. Description: This trail runs past several Castle Rock Recreation Area, where you can enjoy picnic facilities, a pool, the softball field and volleyball court, and other amenities. Diablo Foothills is home to abundant wildlife including raptors, deer, and ground squirrels. Length: 1.1 miles. Trail type: paved and natural, fire road and narrow. Trail condition: smooth. Amenities at trailhead: information, parking. Amenities on trail: restrooms, showers, swimming, picnic areas, garbage, recycling, water. Elevation gain: 120 feet. Maximum grade: 13%.

Hikers in Diablo Foothills Regional Park. Photo by Shelly Lewis.

Looking across Lake Temescal’s shore beach towards the Dam Trail. Photo by Joe Polky-Jones.

Big Break: Delta Discovery Site Walk Route: (shown as an orange dashed line) – Start from the parking lot and head north towards the pier, kayak launch, and the Delta Discovery Experience site. Explore, and return. Description: This walk leads you to Big Break’s new Delta Discovery Experience site, where a large interactive map of the California Delta is laid into the ground for your exploration. There are also picnic areas, an amphitheater, kayak launch, and a 100-foot fishing pier and nature center. Length: 0.60 miles. Trail type: paved. Trail condition: smooth. Amenities at trailhead: parking, restrooms, information, benches, recycling. Amenities on trail: fishing, benches, information, water. Elevation gain: 0 feet. Maximum grade: 0%.

Big Break: Marsh Walk Route: (shown as a green dotted line) – Take the Big Break trail east from the parking area to the pier and back. Description: Enjoy a quick walk into the Delta marshland of Big Break Regional Shoreline. Keep an eye to the sky for a variety of native bird species and scan the marsh for wading birds like the great blue heron, white-faced ibis, and snowy egret. Length: 0.70 miles. Trail type: paved. Trail condition: smooth. Amenities at trailhead: parking, restrooms, information, benches, recycling. Amenities on trail: fishing, benches, information, water. Elevation gain: 0 feet. Maximum grade: 0%.

Contra Loma: Reservoir Loop Route: (shown in orange) – Begin at the concession/park office and walk west along the West Shore Trail. Follow this around the reservoir and cross the dam, then turn right and follow the East Shore Trail to the boat launch parking area on Ramp Road. Make a left and follow the road until you reach East Lake Road, then go right onto the West Shore Trail and return to your starting point. Description: This walk takes you through the heart of Contra Loma Recreation Area. Length: 2.09 miles. Trail type: natural and paved. Trail condition: smooth, slippery when wet. Amenities at trailhead: parking, water, restrooms, picnic areas, swimming, information, benches, restrooms. Amenities on trail: information, benches, picnic areas. Elevation gain: 23 feet. Maximum grade: 10%.

Big Break: Delta Discovery Site Walk Route: (shown as a green dotted line) – Start from the parking lot and head north towards the pier, kayak launch, and the Delta Discovery Experience site. Explore, and return. Description: This walk leads you to Big Break’s new Delta Discovery Experience site, where a large interactive map of the California Delta is laid into the ground for your exploration. There are also picnic areas, an amphitheater, kayak launch, and a 100-foot fishing pier and nature center. Length: 0.60 miles. Trail type: paved. Trail condition: smooth. Amenities at trailhead: parking, restrooms, information, benches, recycling. Amenities on trail: fishing, benches, information, water. Elevation gain: 0 feet. Maximum grade: 0%.

Big Break: Marsh Walk Route: (shown as a green dotted line) – Take the Big Break trail east from the parking area to the pier and back. Description: Enjoy a quick walk into the Delta marshland of Big Break Regional Shoreline. Keep an eye to the sky for a variety of native bird species and scan the marsh for wading birds like the great blue heron, white-faced ibis, and snowy egret. Length: 0.70 miles. Trail type: paved. Trail condition: smooth. Amenities at trailhead: parking, restrooms, information, benches, recycling. Amenities on trail: fishing, benches, information, water. Elevation gain: 0 feet. Maximum grade: 0%.

Contra Loma: Reservoir Loop Route: (shown in orange) – Begin at the concession/park office and walk west along the West Shore Trail. Follow this around the reservoir and cross the dam, then turn right and follow the East Shore Trail to the boat launch parking area on Ramp Road. Make a left and follow the road until you reach East Lake Road, then go right onto the West Shore Trail and return to your starting point. Description: This walk takes you through the heart of Contra Loma Recreation Area. Length: 2.09 miles. Trail type: natural and paved. Trail condition: smooth, slippery when wet. Amenities at trailhead: parking, water, restrooms, picnic areas, swimming, information, benches. Amenities on trail: information, benches, bench areas. Elevation gain: 266 feet. Maximum grade: 10%.

Amphitheater, nature center, restrooms, picnic areas, benches, restrooms, information, water. Amenities on trail: benches, benches, information, water. Elevation gain: 0 feet. Maximum grade: 0%.

Reinhardt Redwood: West Ridge Trail Route: (shown as a green dotted line) – From Skyline Gate, take the West Ridge Trail, return at French Trail. Description: West Ridge Trail gently winds along the ridge at an average elevation of 1.300 feet, overlooking Redwood Creek below. Enjoy views to the northeast, and great views of the California. Length: 1.12 miles. Trail type: natural, fire road. Trail condition: smooth. Amenities at trailhead: restrooms, water, parking, information, phone, disabled access. Amenities on trail: none. Elevation gain: 70 feet. Maximum grade: 4%.

Reinhardt Redwood: East Ridge Trail Route: (shown as an orange dashed line) – From Skyline Gate, take the East Ridge Trail, then return at Eucalyptus Trail. Description: East Ridge Trail, slightly more difficult than its sister trail (below), offers clear views of the valley. It’s perfect for birdwatching; watch for raptor species common to the area. Length: 1.39 miles. Trail type: natural, fire road. Trail condition: smooth. Amenities at trailhead: restrooms, water, parking, information, phone, disabled access. Amenities on trail: none. Elevation gain: 190 feet. Maximum grade: 8%.

Reinhardt Redwood: West Ridge Trail Route: (shown as a green dotted line) – From Skyline Gate, take the West Ridge Trail, return at French Trail. Description: West Ridge Trail gently winds along the ridge at an average elevation of 1.300 feet, overlooking Redwood Creek below. Enjoy views to the northeast, and great views of the California. Length: 1.12 miles. Trail type: natural, fire road. Trail condition: smooth. Amenities at trailhead: restrooms, water, parking, information, phone, disabled access. Amenities on trail: none. Elevation gain: 70 feet. Maximum grade: 4%.