

Tilden Regional Park

Lake Anza/Wildcat Gorge/Meadows Canyon/Curran/Wildcat Gorge/
Lake Anza Trails

Length: 3.5 Miles Elevation: 540 Feet

Location: Berkeley

GPS: 37.89700, -122.25359

Intensity: Moderate



Park Features: Founded in 1936 from former watershed lands, Tilden is one of the East Bay Regional Park District's three original parks. It was named after Charles Lee Tilden, president of the District's first Board of Directors. Workers from the Works Progress Administration built much of the park's infrastructure during the Great Depression. Tilden's 2,079 acres feature the iconic carousel, steam train, botanical gardens, Little Farm, Environmental Education Center, redwood groves, picturesque views of the bay, picnic areas, and seasonal swimming at Lake Anza.

Trails Highlights: Please note: portions of this trail are severely storm-damaged and may be difficult to navigate when wet and muddy. Check District website for possible closures before proceeding. This trail starts at placid Lake Anza and descends along the Wildcat Creek drainage through tall redwoods and shady oak/bay woodlands. It then gently climbs Meadows Canyon through grassland and scrub, eventually dropping back down to the creek.

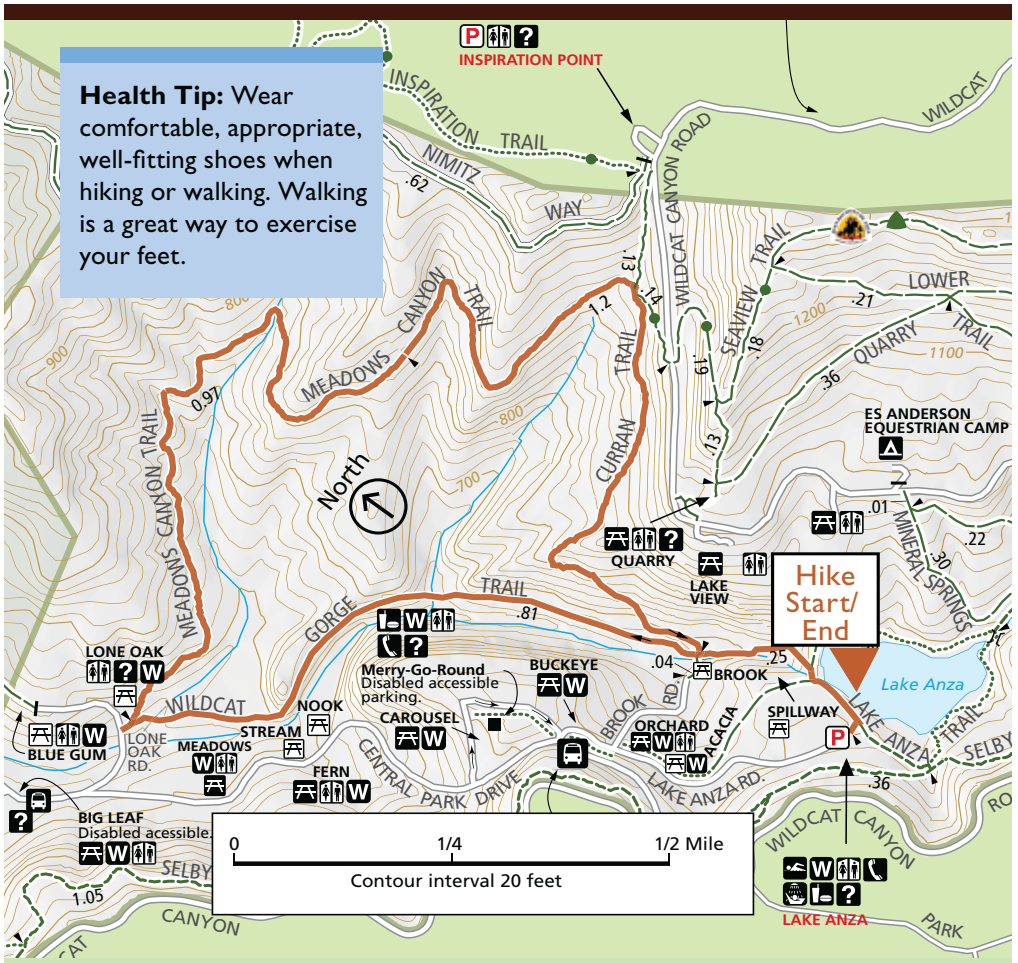
Trail Directions: Park at Lake Anza Parking lot; if closed, use the gravel overflow lot outside the gate. Proceed to the Lake Anza entrance near the bathhouse and swim area. Outside the bathhouse area, turn left and follow the paved Lake Anza Trail a few hundred yards. At the Spillway, cross the bridge to your right and then turn left onto the Wildcat Gorge Trail to descend to the creek. At the bottom of the dam, you'll see a small stone building which was the old pump house for the lake. Continue down Wildcat Gorge Trail past the Curran turnoff for approximately 0.75 mile. At the bottom of the canyon, turn right onto Meadows Canyon Trail, near the Lone Oak Picnic area. Due to storm damage, the creek crossing may be difficult.



Photo: Hilary Van Austeren

Follow Meadows Canyon Trail uphill for about 1.5 miles where you'll make a right, near the top, onto the Curran Trail. Descend on the Curran Trail for .62 miles where you'll return to the Wildcat Gorge Trail. Turn left to follow Wildcat Gorge Trail the way you came in and it will connect with the Lake Anza Trail back to the parking lot.

Health Tip: Wear comfortable, appropriate, well-fitting shoes when hiking or walking. Walking is a great way to exercise your feet.



- Featured Trail--Hiker, Horse, Bike
- Hiker, Horse, Bike Trail
- Paved Path--Hiker, Horse, Bike
- ↔ .28 ↔ Mileage Between Points

- Parking
- Drinking Water
- Restrooms
- Shower
- Reservable Picnic
- Food

- Picnic
- Swimming
- Phone
- Bus Stop
- Information

Driving Directions: Take the Fish Ranch Rd. exit east of the Caldecott Tunnel, drive uphill, and turn right at Grizzly Peak Blvd. Follow Grizzly Peak to the Shasta Rd. entrance to Tilden. Turn right on Shasta, then left onto Wildcat Canyon Rd., and right on Central Park Drive. Continue about 0.8 mile, and turn right on Lake Anza Rd.

Park Hours: 5am to 10pm

Fees: No Fees

Website: ebparks.org/parks/tilden.htm