

# 2022 TRAILS CHALLENGE GUIDEBOOK

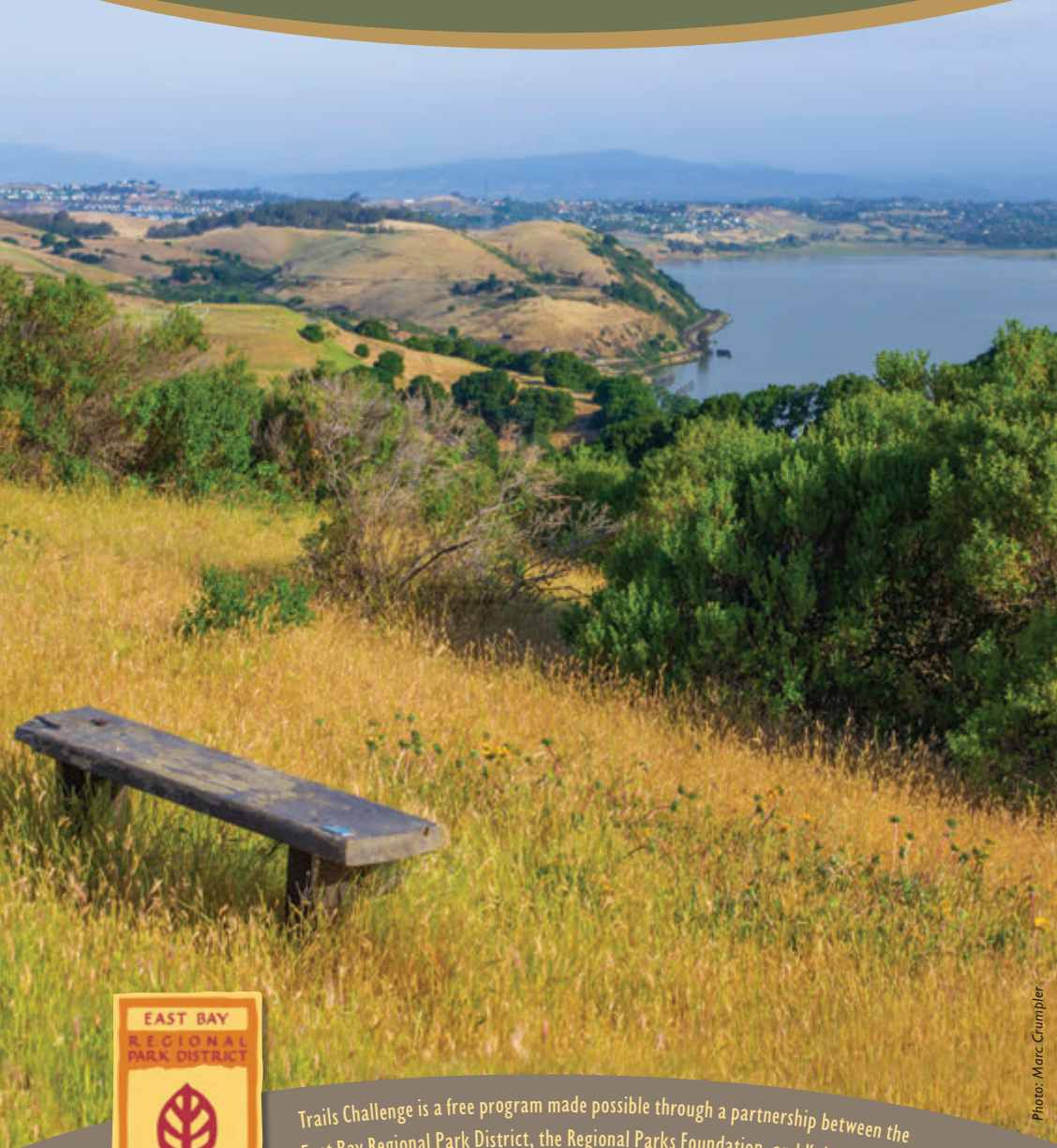


Photo: Marc Crumpler



Trails Challenge is a free program made possible through a partnership between the East Bay Regional Park District, the Regional Parks Foundation, and Kaiser Permanente





## Welcome to Trails Challenge 2022!

**The Park District's Trails Challenge** is a popular program that connects people to nature through hiking and biking. This free program, entering its 29<sup>th</sup> year, offers 20 diverse trails each year ranging from easy to challenging. The Trails Challenge is part of the global Healthy Parks Healthy People (HPPH) movement that underscores the connection between a healthy green environment and community health.

While we continue to navigate the challenges of COVID-19, one thing has become very clear, **PARKS ARE ESSENTIAL**. They play a vital role in sustaining our physical, mental, and spiritual health. We appreciate your support in loving and protecting this beautiful system of parklands and shorelines in Alameda and Contra Costa counties.

In addition to the Trails Challenge, we hope you'll take time out to explore our newest park in Oakland — Judge John Sutter Regional Shoreline at the eastern touchdown of the Bay Bridge. Visit the restored tidal marshlands at Bay Point Regional Shoreline with views of Suisun Bay. Or take a walk or bike ride on the new bridge and new trail segment of the San Francisco Bay Trail to the restored Albany Neck and Beach.

We thank Kaiser Permanente and the Regional Parks Foundation for sponsoring Trails Challenge and supporting our mission to “forever provide the opportunity for a growing and diverse community to experience nature nearby.”

To protect yourself and other park visitors, please wear your face mask and observe the 6-foot social distance. Enjoy the trails, invigorate your health, and create fond memories in nature!



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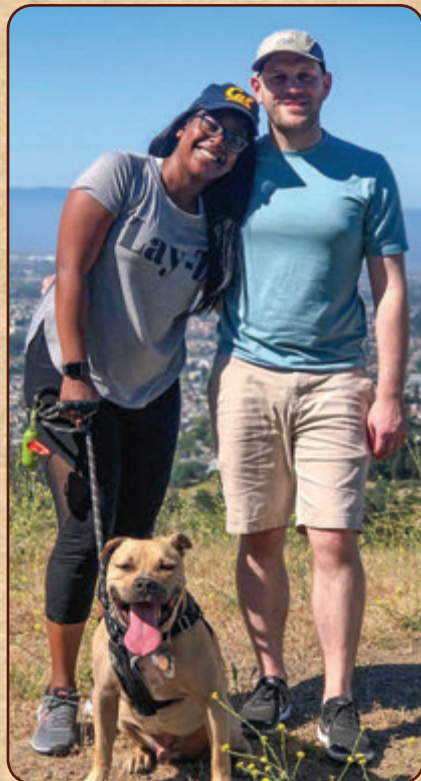
# Trails Challenge 2022

**E**ach year the Trails Challenge highlights 20 trails for all abilities. Trails include easy, moderate, and challenging routes; many with scenic destinations in a variety of parklands and shorelines.

Note that you can use any trail route within the East Bay Regional Parks to complete the Challenge, not just those listed in this Guidebook. To complete the Challenge, walk at least five trails or 26.2 miles (a marathon distance).



Visit *Trails Challenge* at [ebparks.org/TC](https://ebparks.org/TC) for more information.



*Garin/Dry Creek Pioneer Regional Parks, Union City*

## Stay Connected

Tag your hike photos [#TrailsChallenge2022](https://twitter.com/TrailsChallenge2022)



Instagram – @ebrpd



Twitter – @ebrpd



Facebook – Follow us @EastBayParks



**EBRPD Monthly E-Newsletter** – [ebparks.org/subscribe](https://ebparks.org/subscribe)



**AllTrails** – Go to [ebparks.org/TC](https://ebparks.org/TC) for details.

## How to Participate

To ensure a fun and safe experience with Trails Challenge, please review the information below and plan ahead.

### 1) Determine Your Level of Hiking/Biking Comfort

Use these guidelines to determine distance and level of intensity suitable for you:

#### EASY

- Relatively flat with good trail conditions (paved or packed gravel).
- 1 to 3 miles; 1-2 hours to complete.
- Generally suitable for people using mobility devices, strollers.

#### MODERATE

- Significant elevation gain (500-1,000 feet) with good-to-rugged conditions.
- 3-6 miles; 2-4 hours to complete.
- Requires good physical condition.

#### CHALLENGING

- Significant elevation gain (1,000+ feet) with good-to-rugged trail conditions.
- 6-20+ miles; 4-8 hours to complete.
- Requires good physical condition.

### 2) Plan Your Outing

To choose a trail, refer to At-A-Glance trail charts (pages 10-15) indicating accessibility, mileage, and intensity level.

Each trail comes with a park map with trail route and description.

Plan to go with a buddy; otherwise, inform someone of your route and expected time of return. If hiking with kids or hiking with dogs, refer to [ebparks.org/TC](https://ebparks.org/TC) for helpful tips.

Check the weather ahead of time. See website for any trail closures before setting out.

### List of Things to Bring

- Plenty of water for you and your dog
- Sturdy shoes and appropriate clothing
- Sunscreen, sunglasses, and hat
- Trail map and AllTrails app

See website for full list.

### 3) Exploring the Trail

Stay on designated trails. Do not make switchbacks or take shortcuts!

- Hikers yield to horses; bikers and skaters yield to hikers and horses.
- Keep dog on leash unless specifically posted that they can be off leash.
- Pack it in, pack it out — including dog waste bags. Do not litter!

See website for more trail rules and safety guidelines.

### 4) Log Your Outings

After each hike, record the name of trail and distance in Trail Log on page 56 (or on a separate piece of paper). After completing five trails, or 26.2 miles (a marathon distance), submit your log at [ebparks.org/tclog](https://ebparks.org/tclog), or to [reservations@ebparks.org](mailto:reservations@ebparks.org), or mail it to:

East Bay Regional Park District  
c/o Reservations Department  
2950 Peralta Oaks Court  
Oakland, CA 94605

Turn in your log by 12/1/2022 to receive a 2022 pin. The pin will be mailed seven-to-ten business days after your log is received (while supplies last).



## Wildlife Encounters

### Safety on the Trails

While on the trails, remember that you are a guest of the many diverse plants and animals that call the Regional Parks their home. Observe the golden rule: *Leave plants and animals alone and they will leave you alone.* Below are some natural features found in the parklands. Review them on [ebparks.org/TC](http://ebparks.org/TC) and learn how to protect yourself and be a good steward of the natural environment. If you have an emergency, call 911 for assistance.

#### Ticks and Lyme Disease

Lyme disease is an infectious disease transmitted by the bite of a tick. It may be treated and cured with early diagnosis, but if not properly treated it may persist in the body for years. If bitten by a tick, pull it gently from the skin with a tissue or tweezers (not with bare hands). Wash hands and tick bite with soap and water; apply antiseptic to bite.



#### Poison Oak

Poison oak is common in California. It can grow as a shrub or vine. The glossy leaflets grow in groups of three, changing from light green in the spring to pink or red in the summer. The “poison” is the oil found throughout the plant, so touching the leaves or stem can cause a reaction on the skin. Stay on the trail

to avoid contact. Wash contacted skin immediately with soap and water.

#### Snakes

Most snakes found in California are harmless, but the Northern Pacific rattlesnake has a venomous bite if provoked. The color and pattern of both rattlesnakes and gopher snakes create excellent camouflage with soil, making it easy to mistake a rattlesnake for a harmless gopher snake. Therefore, use caution around ANY snake you see in the wild, and do not approach or attempt to handle it.

#### Grazing Animals

Cattle weigh 1,000 pounds or more. While generally not aggressive, cattle can respond in a dangerous manner if aggravated.

- Keep your distance and walk around groups of cattle, not through them
- Don't get between a calf and its mother; they are protective of their young
- Always keep your dog on a leash around cattle

#### Wild Animals

Coyote, bobcats, deer, elk, wild pigs, and mountain lions are occasionally spotted in the parks. Their normal reaction is to run away. Some have become used to our presence and will continue their activities while being watched. These animals may become dangerous should they be surprised or confronted, or if they begin to associate humans with food.

- Keep your distance
- DO NOT feed, approach, or pet wild animals
- Keep pets and small children near you in wilderness areas

### Get Healthy Today!

Kaiser Permanente has sponsored the Trails Challenge since 2005, making it free for all participants. Kaiser's Every Body Walk! Campaign, launched in 2007, goes hand in hand with Trails Challenge. It's about creating communities of families, friends, neighbors, and outdoor enthusiasts who walk every day for health and happiness. Some benefits gained from just 30 minutes of exercise a day include:

- More energy
- Better sleep
- Lower blood pressure
- Reduction of stress and anxiety
- Improved concentration and memory
- Stronger bones, muscles, and joints
- Achieving and maintaining a healthy weight
- Improved balance, flexibility, and posture
- Reduced risk of breast and colon cancer, heart disease, and diabetes



Briones Regional Park, Martinez

### Watch the Heat!

When exercising in temperatures above 80°F (27°C), be sure to find shade, take regular breaks, and drink plenty of water to avoid heat exhaustion. Symptoms include nausea, dizziness, and cramps.

#### Call 911 immediately if:

- You have stopped sweating
- You have a rapid increase in heart rate
- Have a high body temperature
- Mental confusion
- Loss of energy

#### Resources

- Visit Kaiser Permanente at [kp.org](http://kp.org) for health and wellness programs and classes, videos, and podcasts.
- Visit [everybodywalk.org](http://everybodywalk.org) for news and resources on walking, walking groups, stories about how walking has changed lives.

**Due to COVID-19: Water fountains and some restrooms may be closed.**

## Medical Centers and Offices and Adjacent Regional Parks



### Alameda Medical Offices

2417 Central Avenue, Alameda, CA 94501

### Antioch Medical Center • Emergency Services

4501 Sand Creek Road, Antioch, CA 94531

### Kaiser Permanente Dublin Medical Offices and Cancer Center

3100 Dublin Boulevard, Dublin, CA 94568

### Fremont Medical Center & Offices • Emergency Services

39400 Paseo Padre Parkway, Fremont, CA 94538

### Hayward Medical Center Hospital & Main Campus

27400 Hesperian Boulevard, Hayward, CA 94545

### Livermore Medical Offices

3000 Las Positas Road, Livermore, CA 94551

### Martinez Medical Offices

200 Muir Road, Martinez, CA 94553

### Oakland Medical Center • Emergency Services

3600 Broadway, Oakland, CA 94611

### Kaiser Permanente Pleasanton Medical Offices

7601 Stoneridge Drive, Pleasanton, CA 94588

### Richmond Medical Center

901 Nevin Avenue, Richmond, CA 94801

### San Leandro Medical Center

2500 Merced Street, San Leandro, CA 94577

### Kaiser Permanente San Ramon Medical Offices

2300 Camino Ramon, San Ramon, CA 94583

### Kaiser Permanente Union City Medical Offices

3555 Whipple Road, Union City, CA 94587

### Walnut Creek Medical Center • Emergency Services

1425 South Main Street, Walnut Creek, CA 94596

## Legend for Trails Challenge Maps

### Key to Map Icons

- |                                         |                                  |
|-----------------------------------------|----------------------------------|
| Parking (# of Spaces)                   | Vending Machines/Food Concession |
| Restroom                                | View Point/Vista Point           |
| Drinking Water                          | Horseshoe Pit                    |
| Information Panel                       | Bus Stop                         |
| Picnic Area                             | Marsh Area                       |
| Reservable Picnic Area                  | Wooded Area                      |
| Visitor Center                          | ADA Accessible                   |
| Emergency Phone                         | Swimming Beach                   |
| Horse Staging Area                      | Boat Launch                      |
| Horse Water                             | Boat Rental                      |
| Gate                                    | Kayaking/ Kayak Rental           |
| Peak                                    | Windsurf Area/Rental             |
| Changing Room                           | Fish Cleaning Station            |
| Shower                                  | Fishing Permit Fee Station       |
| Children's Play Area                    | Fishing Dock                     |
| Volleyball Area (ball not provided)     | Hospital                         |
| Campground                              | Commercial/Shopping              |
| Campground: Reservable. with ADA site/s | Hot Coal Receptacle              |

### Key to Map Roads and Trails

- |                                    |                                    |
|------------------------------------|------------------------------------|
| Paved Trail: Hiker, Biker, Horse   | Hiker-Only Trail                   |
| Unpaved Trail: Hiker, Biker, Horse | Mileage Between Points             |
| Hiker, Horse Trail                 | SF Bay Trail, Bay Area Ridge Trail |
| Paved Trail: Hiker, Biker          | Single Track Multi-use HBH         |
| Unpaved Trail: Hiker, Biker        |                                    |





## At-A-Glance Easy Hikes

ebiparks.org/TC

| East Bay Regional Park<br>Park Office Phone Number                                      | City       | Trails                                 | Page |
|-----------------------------------------------------------------------------------------|------------|----------------------------------------|------|
| <b>Alameda Creek Regional Trail</b><br>1-888-327-2757,<br>Option 3, ext. 4501           | Fremont    | Alameda Creek Trail/<br>Sequoia Bridge | 16   |
| <b>Don Castro Regional Recreation Area</b><br>1-888-327-2757,<br>Option 3, ext. 4527    | Hayward    | Whispering Creek/<br>Ridgetop Trail    | 18   |
| <b>Las Trampas Regional Wilderness</b><br>1-888-327-2757,<br>Option 3, ext. 4537        | San Ramon  | Bollinger Creek Loop                   | 20   |
| <b>Robert W. Crown Memorial State Beach</b><br>1-888-327-2757,<br>Option 3, ext. 4522   | Alameda    | Shoreline Drive                        | 22   |
| <b>Shadow Cliffs Regional Recreation Area</b><br>1-888-327-2757,<br>Option 3, ext. 4557 | Pleasanton | South Arroyo Trail                     | 24   |
| <b>Temescal Regional Recreation Area</b><br>1-888-327-2757,<br>Option 3, ext. 4561      | Oakland    | East Shore/West Shore/<br>Dam Trails   | 26   |
| <b>Tilden Regional Park</b><br>1-888-327-2757,<br>Option 3, ext. 4562                   | Berkeley   | Nimitz Way                             | 28   |



| Hikers | Dogs                | Bikers           | Horses           | Wheelchairs | Skaters | Total Miles    | Elevation Gain (feet) |
|--------|---------------------|------------------|------------------|-------------|---------|----------------|-----------------------|
| ●      | ●<br>Leash Required | ●                | ●<br>Partial Use | ●           |         | 1.8 Loop       | 43                    |
| ●      | ●<br>Leash Required | ●<br>Partial Use | ●<br>Partial Use |             |         | 1.7 Round Trip | 115                   |
| ●      | ●<br>Leash Required | ●<br>Partial Use | ●                |             |         | 2.1 Loop       | 331                   |
| ●      | ●<br>Leash Required | ●                |                  | ●           | ●       | 4.6 Round Trip | 9                     |
| ●      | ●                   | ●<br>Partial Use | ●                | ●           |         | 1.3 Round Trip | 39                    |
| ●      | ●<br>Leash Required | ●<br>Partial Use |                  | ●           | ●       | 1 Loop         | 23                    |
| ●      | ●                   | ●                |                  | ●           |         | 3 Round Trip   | 217                   |



## At-A-Glance Moderate Hikes

ebiparks.org/TC

| East Bay Regional Park<br>Park Office Phone Number                                  | City        | Trails                                                                  | Page |
|-------------------------------------------------------------------------------------|-------------|-------------------------------------------------------------------------|------|
| <b>Briones Regional Park</b><br>1-888-327-2757,<br>Option 3, ext. 4508              | Lafayette   | Old Briones Road/Valley Trail/<br>Briones Crest/Mott Peak/<br>Black Oak | 30   |
| <b>Brushy Peak Regional Preserve</b><br>1-888-327-2757,<br>Option 3, ext. 4512      | Livermore   | Laughlin Ranch Loop/<br>Tamcan/Brushy Peak Loop/<br>West Side Loop      | 32   |
| <b>California Riding and Hiking Trail</b><br>1-888-327-2757,<br>Option 3, ext. 4513 | Martinez    | California Riding<br>and Hiking Trail                                   | 34   |
| <b>Judge John Sutter Regional Shoreline</b><br>1-888-327-2757                       | Oakland     | Alexander Zuckermann<br>Bay Bridge Trail                                | 36   |
| <b>Pleasanton Ridge Regional Park</b><br>(510)-544-3030                             | Pleasanton  | Courdet/ Ridgeline/<br>Shady Creek/ Bay Leaf/<br>Schuhart/ Ridgeline    | 38   |
| <b>Point Pinole Regional Shoreline</b><br>1-888-327-2757,<br>Option 3, ext. 4551    | Richmond    | SF Bay Trail/ Bay View/<br>Point Pinole/ Owl Alley/<br>Cook's Point     | 40   |
| <b>Sobrante Ridge Regional Preserve</b><br>1-888-327-2757,<br>Option 3 ext. 4534    | El Sobrante | Sobrante Ridge/ Conestoga<br>Way/ Carriage Dr./ Coach Dr.               | 42   |



| Hikers | Dogs                | Bikers | Horses | Wheelchairs | Skaters | Total Miles    | Elevation Gain (feet) |
|--------|---------------------|--------|--------|-------------|---------|----------------|-----------------------|
| ●      | ●                   | ●      | ●      |             |         | 6 Round Trip   | 1,007                 |
| ●      | ●                   | ●      | ●      |             |         | 4.9 Loop       | 889                   |
| ●      | ●                   | ●      |        |             |         | 6.3 Round Trip | 1,270                 |
| ●      | ●                   | ●      |        | ●           |         | 5.5 Round Trip | 233                   |
| ●      | ●                   | ●      | ●      |             |         | 6.7 Round Trip | 1,436                 |
| ●      | ●<br>Leash Required | ●      |        | ●           | ●       | 5.8 Round Trip | 170                   |
| ●      | ●                   | ●      | ●      |             |         | 3 Loop         | 600                   |





## At-A-Glance Challenging Hikes

ebparks.org/TC

| East Bay Regional Park<br>Park Office Phone Number                                  | City       | Trails                                                                                                                                         | Page |
|-------------------------------------------------------------------------------------|------------|------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Crockett Hills Regional Park</b><br>1-888-327-2757,<br>Option 3, ext. 4521       | Crockett   | Edwards Creek/ Wood Rat/<br>Edwards Loop/ Soaring Eagle/ Big<br>Valley/ Two Peaks/ Kestrel Loop/<br>Sky/ Crockett Ranch                        | 44   |
| <b>Del Valle Regional Park</b><br>1-888-327-2757,<br>Option 3, ext. 4524            | Livermore  | Squirrel Gulch/ Ridgeline/ Swallow<br>Bay/ East Shore/ Hetch Hetchy/<br>Hidden Canyon/ Eagle Crest                                             | 46   |
| <b>Garin/Dry Creek Regional Park</b><br>1-888-327-2757,<br>Option 3, ext. 4530      | Union City | High Ridge Loop/ Tolman Peak/<br>South Fork Trail/ Highland Loop/<br>Carol Severin Loop/<br>Dry Creek Trail/ Meyers Ranch                      | 48   |
| <b>Morgan Territory Regional Preserve</b><br>1-888-327-2757,<br>Option 3, ext. 4546 | Livermore  | Coyote/ Stone Corral/<br>Highland Ridge/ Eagle/ Volvon/<br>Valley View/ Manzanita/ Miwok/<br>Blue Oak/ Condor                                  | 50   |
| <b>Reinhardt Regional Redwood Park</b><br>1-888-327-2757,<br>Option 3, ext. 4553    | Oakland    | East Ridge/ Canyon/ Stream/<br>Chown/ French/ Starflower/<br>Tres Sendas/ West Ridge                                                           | 52   |
| <b>Sunol Wilderness Regional Preserve</b><br>1-888-327-2757,<br>Option 3, ext. 4559 | Sunol      | Canyon View/McCorkle/Cerro Este<br>Road/Cave Rocks Road/Eagle View/<br>Vista Grande Road/Flag Hill Road/<br>Flag Hill/Shady Glen/Hayfield Road | 54   |



| Hikers | Dogs | Bikers      | Horses      | Wheelchairs | Skaters | Total Miles     | Elevation Gain (feet) |
|--------|------|-------------|-------------|-------------|---------|-----------------|-----------------------|
| ●      | ●    | ●           | ●           |             |         | 7.9 Round Trip  | 1,480                 |
| ●      | ●    | ●           | ●           |             |         | 7.5 Loop        | 1,389                 |
| ●      | ●    | ●           | ●           |             |         | 10.9 Round Trip | 2,020                 |
| ●      | ●    | Partial Use | Partial Use |             |         | 8.2 Loop        | 1,748                 |
| ●      | ●    | ●           | ●           |             |         | 8.5 Round Trip  | 1,269                 |
| ●      | ●    | Partial Use | Partial Use |             |         | 7.4 Round Trip  | 1,942                 |

## Alameda Creek Regional Trail

|                |                                                                                                    |
|----------------|----------------------------------------------------------------------------------------------------|
| Location       | Fremont                                                                                            |
| GPS            | 37.571910,-122.012530                                                                              |
| Phone          | (888-327-2757), option 3, extension 4501                                                           |
| Miles          | 1.8-Mile Loop                                                                                      |
| Elevation Gain | 43 ft.                                                                                             |
| Trails         | Alameda Creek Trail/Sequoia Bridge                                                                 |
| Hours/Curfew   | 5 a.m. to 10 p.m.                                                                                  |
| Fees           | None                                                                                               |
| Website        | <a href="http://ebparks.org/parks/trails/alameda_creek">ebparks.org/parks/trails/alameda_creek</a> |

EASY HIKE



**Park Features:** Alameda Creek is Alameda County's largest creek and is home to a host of birds and other wildlife. Its rushing waters provided a valuable resource for the Ohlone Peoples who first settled in camps and villages along its banks.

**Trail Highlights:** This route is in full sun, with partial shade from trees along the trails, and is a great location for birding. There are benches spaced throughout the route on both the unpaved side, which is packed gravel, and the paved side of the trail, providing rest stops with views of the creek and wildlife.

Isherwood Staging Area has limited parking and there is high usage in the mornings; afternoons tend to be less busy with more parking available. There is one van accessible and one Accessible parking space, in addition to other parking, two accessible portable toilets, and a water fountain at the staging area. The typical width of the trail is 4+ft, the grade is gentle, and it is level with



slope no greater than 2 percent. This hike is accessible for people using mobility devices and/or strollers but you can hike the paved side only from Isherwood by crossing the bridge near the staging area first and then heading back.

**Trail Directions:** Begin trip at Isherwood Staging Area in Fremont. Head towards the two portable toilets and stay to the right of them on the unpaved trail. Hike .8 miles to the Sequoia Bridge. There is a small incline before you cross the bridge. Make a right onto the bridge (the bridge is accessible and paved for persons using mobility devices and/or strollers). At the end of the bridge make another right onto the paved side of the Alameda Creek Trail and go until you reach Isherwood Bridge. Make another right onto the bridge sidewalk and cross back over and make your last right back into Isherwood Staging Area to complete the route.

**Driving Directions:** I-880 S: Take exit 21 for Decoto Rd/CA-84 W toward Dumbarton Br. — 0.2 mi.. Turn left onto Decoto Rd — 269 ft. Turn right onto Paseo Padre Pkwy — 0.8 mi. Turn left onto Isherwood Way — 459 ft. Turn right — 407 ft.

I-880 N: Take exit 21 for Decoto Rd/CA-84 W toward Dumbarton Bridge. Right on Decoto, then turn right onto Paseo Padre Pkwy. Turn left onto Isherwood Way. Turn right and arrive at Isherwood Staging Area.



## Don Castro Regional Recreation Area

|                |                                          |
|----------------|------------------------------------------|
| Location       | Hayward                                  |
| GPS            | 37.69214,-122.05341                      |
| Phone          | (888-327-2757), option 3, extension 4527 |
| Miles          | 1.7-Mile Round Trip                      |
| Elevation Gain | 115 ft.                                  |
| Trails         | Whispering Creek/Ridgetop Trail          |
| Hours/Curfew   | 8 a.m. to 10 p.m.; varies seasonally     |
| Fees           | \$5 weekends and holidays                |
| Website        | ebparks.org/parks/don_castro             |

### EASY HIKE



**Park Features:** This park is a verdant oasis between Castro Valley and Hayward. The lagoon and adjacent lake were created in 1964 when the Alameda Flood Control and Water Conservation District dammed up San Lorenzo Creek.

There are accessible restrooms and dressing rooms in the swimming area, which is only open to the public during swim season. There are pit toilets throughout the park and an accessible portable toilet by the kiosk. There are six accessible parking spaces, two are van accessible.

**Trail Highlights:** Whispering Creek Trail and the connecting Ridgetop Trail circle around the swim lagoon and fishing lake on a 1.7-mile loop. The route takes you over a variety of surfaces from paved to compacted dirt, loose dirt, and wood chips. The trail width ranges from 2 to 8ft as it runs along the shaded banks of the lake. The gentle grade has a few short steep



sections. However, single-track areas less than 2ft wide and loose dirt portions make this trail not accessible for people using mobility devices and/or strollers.

**Trail Directions:** From the parking lot head back toward the entry kiosk and across the entry bridge, turn left and descend onto the dirt path marked as Whispering Creek Trail to continue along the edge of the lake. The trail leads under shade trees and widens. At .41 miles in, you will approach a fork in the trail; stay to the left of the fork and follow the shoreline for .24 miles.

There is a small wooden boardwalk over a small creek that empties into the lake; during the rainy season it may be muddy.

After crossing the small creek, take either the upper or lower portion of the Whispering Creek Trail. Both will bring you to a bridge crossing with connections to the Chabot-to-Garin and Bay Area Ridge trails. Turn left to cross the bridge, then stay left onto the Ridgetop Trail. Follow for .18 miles, then stay right on the multi-use trail up a small hill. Continue right as the Ridgetop Trail loops around and up. Continue for .21 miles back to the swim lagoon and parking area to complete the loop.

**Driving Directions:** From I-580 E from Oakland, take the Grove Way exit in Castro Valley; turn right at the exit onto Grove Way; left on Center Street; left onto Kelly; and left on Woodroe to the park entrance.

From I-580 W, take the Castro Valley exit and continue west on E. Castro Valley Blvd. to Grove Way; left on Grove; left on Center; Left on Kelly; and left onto Woodroe to the park entrance.





## Las Trampas Regional Wilderness Preserve

|                |                                          |
|----------------|------------------------------------------|
| Location       | San Ramon                                |
| GPS            | 37.816160,-122.050380                    |
| Phone          | (888-327-2757), option 3, extension 4537 |
| Miles          | 2.1 Mile Loop                            |
| Elevation Gain | 331 ft.                                  |
| Trails         | Bollinger Creek Loop                     |
| Hours/Curfew   | 8 a.m. to Sunset, varies seasonally      |
| Fees           | None                                     |
| Website        | ebparks.org/parks/las_trampas            |

EASY HIKE



**Park Features:** Las Trampas offers 5,778 acres of wilderness and an expanded trail system that allows hikers, bikers, and horseback riders to enjoy its remote and rugged areas. Carry plenty of drinking water for yourself, your dogs, and your horses. Until further notice, there will be no water available at the park. There is also no cell phone reception here.

**Trail Highlights:** There is partial shade through the creek area, which typically runs during the winter and spring. The hike ends in full sun on the dirt hills you hike to complete the loop. There are cattle gate entries for each trailhead at this staging area and you may encounter grazing cattle. Please close the cattle gates when entering and exiting the trails. There are many steep sections on this packed and soft dirt trail. At the beginning of the loop the trail is very narrow in places, less than 2-3ft wide with poison oak on either side. But once you come out of the creek area and around the



bend, the trail widens to over 6ft with a firmer surface of packed dirt. This trail is not accessible for persons using mobility devices and/or strollers, but the parking lot has accessible parking and two accessible restrooms. There is also a paved trail with a steep incline at the beginning by Bollinger Creek Loop Trail that may be accessible for persons using mobility devices and/or strollers but would be a more moderate or challenging hike for these users. Maximum Grade: 16 percent.

**Trail Directions:** Begin at the Bollinger Staging Area, head towards the restrooms and go to the right of them to the cattle gate. Open the cattle gate and take a right to start the Bollinger Creek Loop Trail, following a trail marker. Watch for signage which keeps you on the route because there are parts that have soil erosion. You will cross a creek bridge at .6 miles in, and there will be some inclines, before you turn right and take the return part of the loop down at about 1.1 miles in. Make sure you stay on Bollinger Creek Loop Trail and don't go up the incline towards the Las Trampas Peak Trail. Stay on this widened trail. There is a social trail to the right of it, but you want to remain on the wider trail. Follow it all the way down to the cattle gate and entrance to Bollinger Creek Loop, which is right before you park in the staging area when you arrive. You can hike this loop either way.

**Driving Directions:** From I-680 in San Ramon, take Crow Canyon Road west to Bollinger Canyon Road, turn right (north) and follow it into the park.



### Health Tip

Walking tones your leg and abdominal muscles. Walking increases your range of motion, shifting the pressure and weight from your joints to your muscles.

## Robert W. Crown Memorial State Beach

|                |                                                                                  |
|----------------|----------------------------------------------------------------------------------|
| Location       | Alameda                                                                          |
| GPS            | 37.76908,-122.278401                                                             |
| Phone          | (888-327-2757), option 3, extension 4522                                         |
| Miles          | 4.6-Mile Round Trip                                                              |
| Elevation Gain | 9 ft.                                                                            |
| Trails         | Shoreline Drive                                                                  |
| Hours/Curfew   | 5 a.m. to 10 p.m.                                                                |
| Fees           | \$5 parking, May-September                                                       |
| Website        | <a href="http://ebparks.org/parks/crown_beach">ebparks.org/parks/crown_beach</a> |

EASY HIKE



**Park Features:** The paved Shoreline Trail runs adjacent to San Francisco Bay with sweeping views and sandy beaches. Tides move from high to low twice a day, so every visit may offer a new vista. At Crab Cove parking lot there are four accessible parking spaces, not van accessible, and there are also two reservable picnic sites — Neptune and City View — with wheelchair accessible picnic tables. There are two accessible restrooms at Crown Beach and one accessible restroom at Shoreline Drive at Grand Street. Dogs are not permitted on the beach.

**Trail Highlights:** This is a paved trail for hikers and bikers. Along Shoreline Drive to Park Street intersection, there is a sandy beach portion of the trail and there are several woven fiber mats laid on top of sand for easier access to the beach. This trail is accessible for people using mobility devices and/or strollers. The average trail width is 4+feet, and it is hard asphalt; the typical grade is level.

Photo: Neil Schantz



**Trail Directions:** You will travel out and back along the same trail so you can turn around at any point during your trip. Begin at the park's McKay Avenue entrance and follow the paved Shoreline Trail past the Visitor Center to the left (south) of your route. Enjoy a small pond, habitat to ducks and dragonflies, on your left. As you round the large oval field, stay to the right. The 8th Street/Otis Drive parking lot will be to your left. Continue on the Shoreline Trail which will take you down to Broadway, ending at the Elsie Roemer Bird Sanctuary, home to the endangered clapper rail and salt marsh harvest mouse. Turn around and retrace your steps to return to the starting point.

**Driving Directions:** From I-880 S, take exit 42 toward Broadway/Alameda. Turn right onto 5th St. Make a slight right to stay on 5th St. Turn left to merge onto CA-260S/CA-61 S/Webster Street Tube. Continue to follow CA-260 S/CA 61 S. then turn right onto Central Ave. Take the first left onto McKay Ave, then turn left into parking lot.

From I-880 N, take exit 41B toward Broadway/Down-town. Merge onto 6th St. Turn left onto Broadway. Take the first left onto 5th St. Turn left to merge onto CA-260 S/CA-61 S/Webster Street Tube. Continue to follow CA-260 S/CA 61 S. Turn right onto Central Ave. Take the first left onto McKay Ave, then turn left into parking lot.

**Health Tip**  
Walking stimulates growth of nerve cells in the memory center of the brain.





## Shadow Cliffs Regional Recreation Area

|                |                                          |
|----------------|------------------------------------------|
| Location       | Pleasanton                               |
| GPS            | 37.671392,-121.844952                    |
| Phone          | (888-327-2757), option 3, extension 4557 |
| Miles          | 1.3-Mile Round Trip                      |
| Elevation Gain | 39 ft.                                   |
| Trails         | South Arroyo Trail                       |
| Hours/Curfew   | Varies monthly, check website            |
| Fees           | \$6 per vehicle                          |
| Website        | ebparks.org/parks/shadow_cliffs          |

EASY HIKE



**Park Features:** Near downtown Pleasanton, Shadow Cliffs features an 80-acre lake and trails to explore. There is an arroyo with a chain of smaller lakes and ponds. Ample parking is available, including several accessible parking spaces in both the main lots, and at least one van accessible parking space in each. There are a limited number of accessible restrooms near the parking lots. Speak with the kiosk staff when you enter to locate them. Numerous picnic areas can also be found, with Lago Del Sol and Lakeside as reservable accessible picnic areas with a wheelchair accessible picnic table at each.

**Trail Highlights:** Please note, there are no markers for these trails, be sure to pick up a park map before your hike. Trails are paved, packed gravel, or dirt, and are mostly flat with 4+ft width. Near the Arroyo Del Valle you may glimpse or hear hawks, quail, heron, mallards, and other birds since this trail runs along the shoreline.



Parts of this route are accessible for people using mobility devices and/or strollers but as you get to the dirt trail on South Arroyo there are steep sections of the trail that are narrow with tree roots popping up. People using mobility devices may need assistance for these sections, or you can turn back and go on the accessible portions to adapt your route.

**Trail Directions:** For the South Arroyo Trail, go to the first solar panel parking lot where the accessible parking spaces are, until you reach the paved walkway, which starts right by the entry kiosk. Keep straight on this sidewalk until you reach the gravel road. Follow the gravel road and veer left past the Shadow Cliffs Interpretive Pavilion until you reach the first fork. Keep straight at the fork and cross the concrete bridge. Continue straight, take the second left on the main trail where the trail descends and becomes a hard packed dirt surface.

After about 300 feet, turn left and take the narrower trail (where there are tree roots and a bit more uneven footing) to the benches at the edge of Arroyo Del Valle. Turn right from the first bench and then keep straight until you reach the end of the trail alongside the lake. To finish this hike, simply follow the trail back in reverse.

**Driving Directions:** From I-580 in Pleasanton, take the Airway Blvd. exit and turn south, towards Pleasanton. Turn right on Kitty Hawk Rd., which becomes Isabel Ave. Turn left on Stanley Blvd. and proceed up on ramp. At the intersection, turn left on Stanley Blvd. and proceed to the park entrance about 2.2 miles on the left.



Photo: Susan Telfer



**Health Tip**  
Exercise strengthens breathing muscles.



## Temescal Regional Recreation Area

|                |                                          |
|----------------|------------------------------------------|
| Location       | Oakland                                  |
| GPS            | 37.847596, -122.232814                   |
| Phone          | (888-327-2757), option 3, extension 4561 |
| Miles          | 1-Mile Loop                              |
| Elevation Gain | 23 ft.                                   |
| Trails         | East Shore/West Shore/Dam Trail          |
| Hours/Curfew   | 5 a.m. to 10 p.m.                        |
| Fees           | \$5 parking fee April-October            |
| Website        | ebparks.org/parks/temescal               |

### EASY HIKE



**Park Features:** Temescal is an oasis, located between Highways 24 and 13 in Oakland. This park is popular for walking, fishing, sunbathing, swimming, and picnicking. There are restrooms, drinking water and maps located near the lawns at the North and South entrances. The North entrance has nine accessible parking spaces, two of them are van accessible. There are also four accessible restrooms by the main lawn area. There are numerous picnic sites: North Temescal and Landvale have several wheelchair-accessible picnic tables.

**Trail Highlights:** This short-loop trail is a sure and easy way to feel refreshed in the great outdoors. It runs past the beach, children play areas, picnic sites, and goes around the lake. The route takes you along a narrow trail through the local plant life. It ends at a large lawn area. This trail is paved, with a level grade, and the trail width is 4+ft. Most of this route is

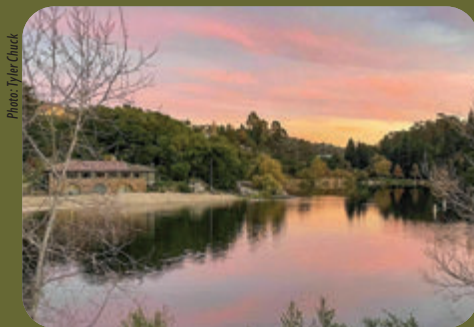


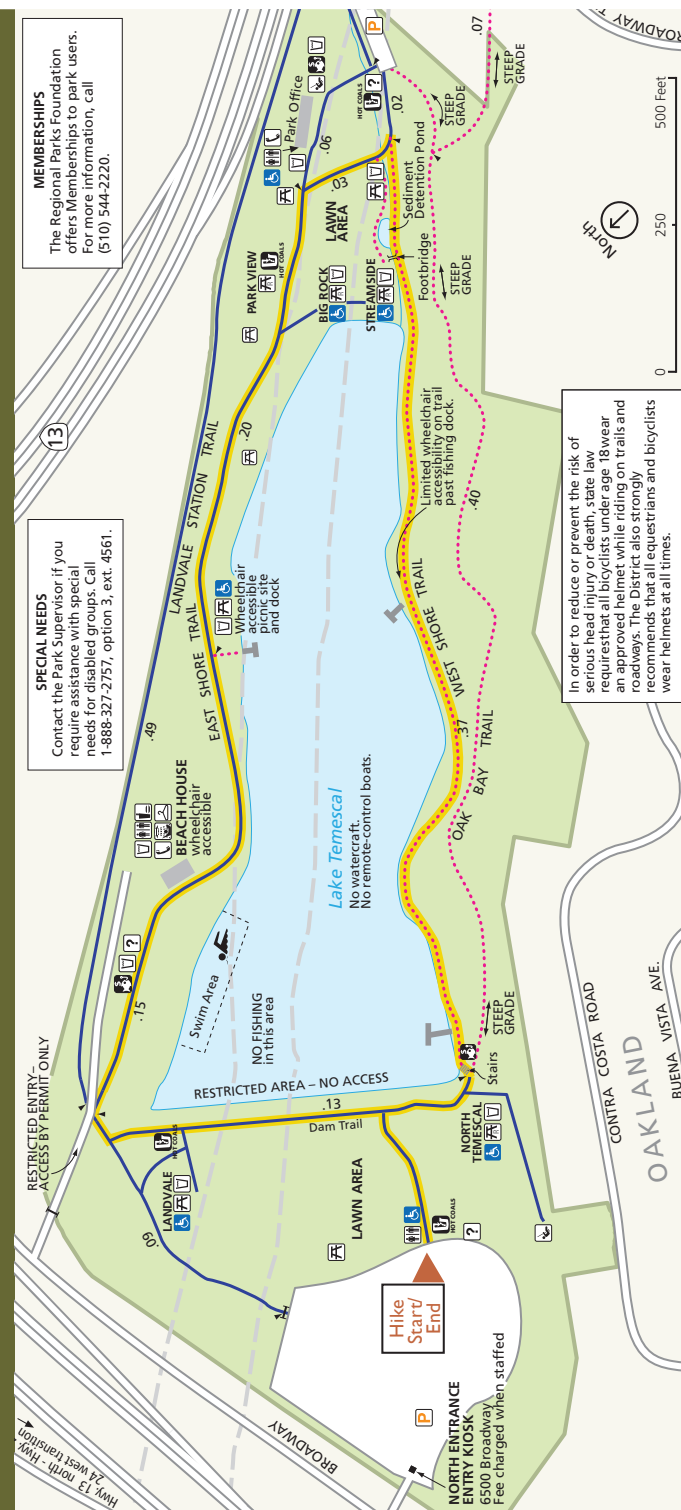
Photo: Tyler Chuck

fully accessible for people using mobility devices and/or strollers until you reach the stairs. Here you can turn and go back to the starting point at any time. Maximum Grade: 3 percent.

**Trail Directions:** Begin at the east end of the north parking lot (farthest from the kiosk). Head east on the wide paved trail toward Landvale picnic site. Continue on this trail towards the beach, making a hard right at the fork. As you pass the beach on your right, you are officially on East Shore Trail. The Beach House will be coming up on your left. Continue on the trail and after passing the edge of the lake, make a right before the park office to go around to the other side of the trail. Make a right and head west onto West Shore Trail. After .37 miles walk up the stairs to your left and make a right onto Dam Trail. Travel past the lawn area, then make a left at the end to return to the starting point.

**Driving Directions:** From Highway 24 West, take the exit toward Tunnel Road. Turn left onto Caldecott Lane and then take your second left to cross over the freeway. Turn right on the far side of the overpass onto Broadway, drive .70 miles, and turn left into the park.

From Highway 24 East take the Broadway Exit. Merge onto Keith Ave. Turn left onto Broadway, drive .70 miles and then turn right into the park. From Highway 13 North, follow signs for Hwy 24/Walnut Creek. Keep to the right as you get to the top of the ramp, make a sharp right onto Tunnel Road and drive about 1 mile, turn left into the parking lot.



## Tilden Regional Park

|                |                                          |
|----------------|------------------------------------------|
| Location       | Berkeley                                 |
| GPS            | 37.904750,-122.244950                    |
| Phone          | (888-327-2757), option 3, extension 4562 |
| Miles          | 3-Mile Round Trip                        |
| Elevation Gain | 217 ft.                                  |
| Trails         | Nimitz Way                               |
| Hours/Curfew   | 5 a.m. to 10 p.m.                        |
| Fees           | None                                     |
| Website        | ebparks.org/parks/tilden                 |

EASY HIKE



**Park Features:** Tilden was one of three original Regional Parks open to the public in 1936. Attractions in the park include the Environmental Education Center, Little Farm, Merry-Go-Round, Lake Anza swim beach, the Tilden Park Golf Course, and the Steam Train. Within Tilden is the Regional Parks Botanic Garden, renowned for its vast collection of California native plants.

**Trail Highlights:** Nimitz Way Trail is an accessible paved trail over 4 ft wide that is perfect for those using mobility devices and/or strollers. Inspiration Point is an asphalt parking lot with easy accessibility from the two accessible parking spaces. There are two accessible restrooms but bring plenty of water because there are no drinking fountains.

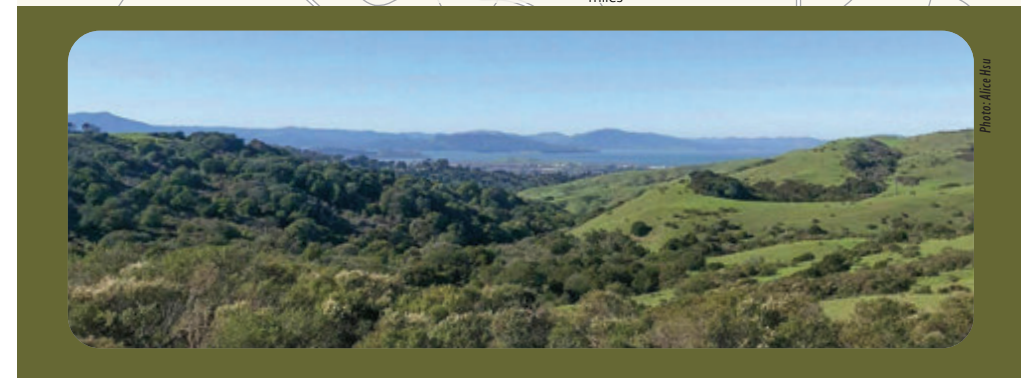
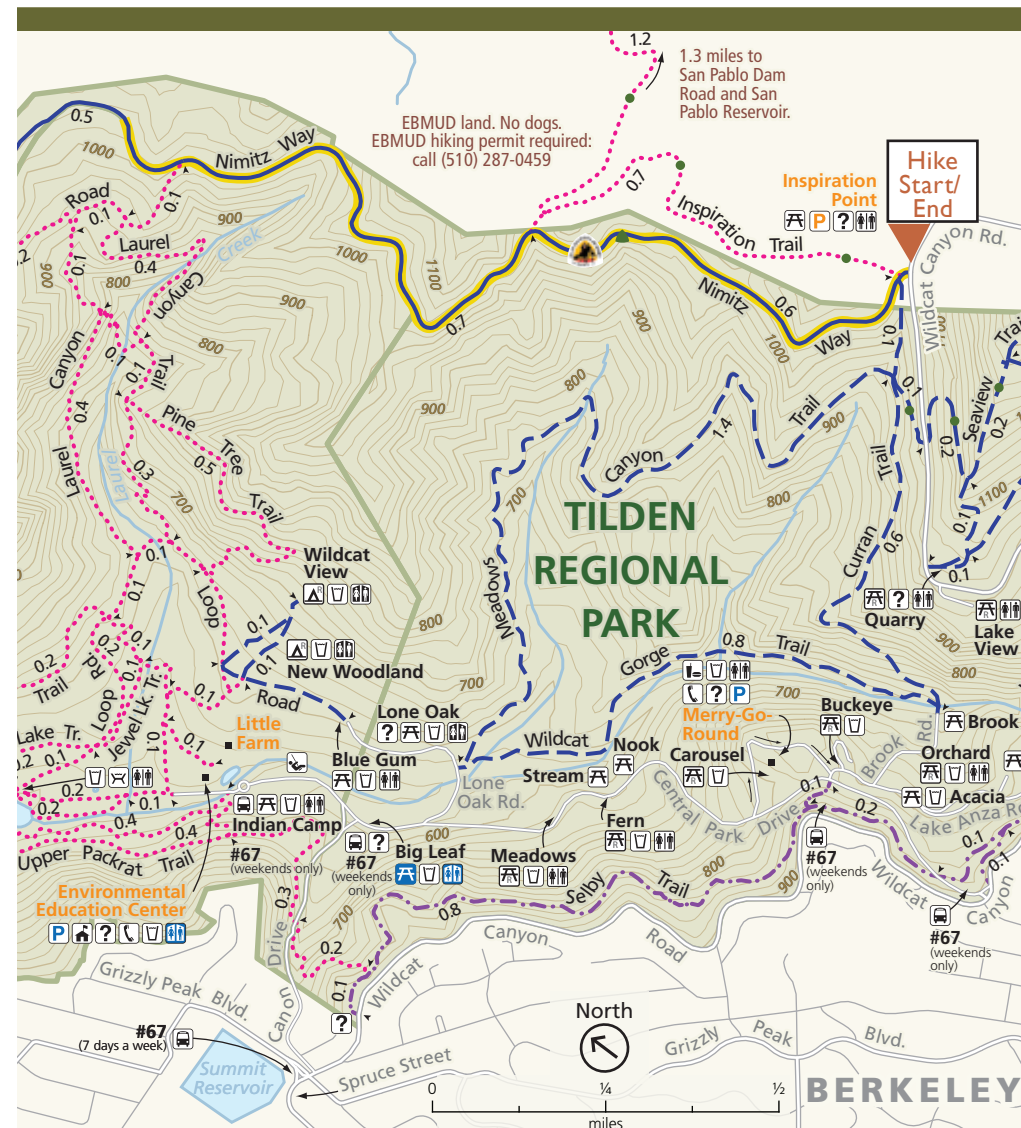
The trail is full sun with occasional shade and is mostly flat with just a few steep sections. Along the trail there are 10 benches as well as picnic tables at Inspiration Point Staging Area; one of them is wheelchair accessible.



**Trail Directions:** Arrive at Inspiration Point Staging area and go to the left, towards the restrooms. Nimitz Way Trail will be straight ahead, with a huge sign designating it. This hike is an out and back of 1.5 miles, for a round trip of 3 miles. You can make it a longer or shorter route. This trail goes all the way to Wildcat Canyon Regional Park and offers scenic views with groves of trees and beautiful open spaces. There are mile markers on your right-hand side to keep track of the mileage. Stay on the trail to avoid poison oak. After 1.5 miles in, turn around and hike back to your starting point to complete the route.

**Driving Directions:** From Hwy. 24 West: Exit in Orinda at Camino Pablo Rd./Moraga Way; head north on Camino Pablo for approximately 2.5 miles; go left on Wildcat Canyon Rd. — there is a traffic light at this intersection; continue up Wildcat Canyon Rd. for approximately 2 miles to the Inspiration Point parking lot — on the right.

From I-80: Take the exit for Albany/Buchanan St. and turn left onto Cleveland Ave.; stay on Buchanan and continue straight as Buchanan becomes Marin Ave.; continue on Marin through the traffic circle and up the hill before turning right on Grizzly Peak Blvd.; turn left on Shasta Rd. and go into the park's Shasta gate; make a slight right onto Wildcat Canyon Rd. and park in the lot for Inspiration Point.





## Briones Regional Park

|                  |                                                                         |
|------------------|-------------------------------------------------------------------------|
| Location         | Lafayette                                                               |
| GPS              | 37.92668,-122.15694                                                     |
| Phone            | (888-327-2757), option 3, extension 4508                                |
| Miles            | 6-Mile Round Trip                                                       |
| Elevation Gain   | 1,007 ft.                                                               |
| Trails           | Old Briones Road/Valley Trail/<br>Briones Crest/Mott Peak/<br>Black Oak |
| Hours/<br>Curfew | Dawn to Sunset; varies seasonally                                       |
| Fees             | \$3 vehicle; \$2 dog                                                    |
| Website          | ebparks.org/parks/briones                                               |

### MODERATE HIKE



Photo: D. Little

corral you will reach the intersection with Valley Trail. At trail post #21, continue onto Valley Trail, for .95 miles. Past the intersection for Yerba Buena Trail, you will begin an incline until you reach the juncture with Briones Crest Trail. At this 'T' intersection, turn left to continue uphill for .35 miles. At the rise, turn left again to continue along Briones Crest Trail. After a short hill, Briones Peak will be off to your right on a single-track use trail. Feel free to 'bag the peak'. Continue along Briones Crest Trail .78 miles downhill to the intersection with the Old Briones Road Trail. At the signpost, turn right and go .1 mile between trail posts #22 and #23 along Briones Crest/Old Briones Road Trails. At trail post #23, turn left to continue along the Briones Crest Trail. Go .56 miles, past Lagoon Trail, and uphill to the intersection with Mott Peak Trail. At the rise, take a left onto Mott Peak Trail and follow it .36 miles until you reach trail post #7. There you will veer left to join Black Oak Trail. Follow its undulations and the steep downhill for .97 miles. At the next intersection, trail post #6, take a right to rejoin Old Briones Road. Follow it .54 miles back to the paved road that will lead you to the staging area.

**Driving Directions:** To reach the Bear Creek Staging Area on Bear Creek Road, exit Highway 24 at the Orinda/Camino Pablo exit and head toward Richmond. Turn right on Bear Creek Road and travel 5 miles to the staging area on the right.

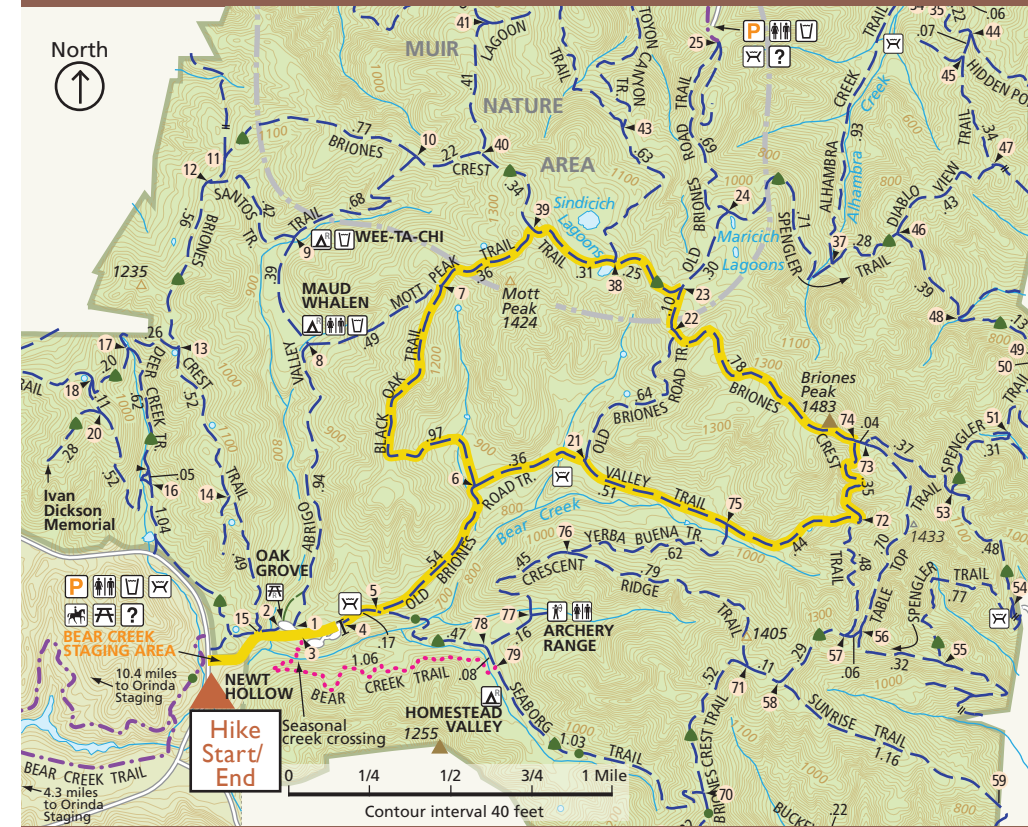


Photo: Laurie Gundling

### Health Tip

**Walking prevents or manages type 2 diabetes.**  
Walking helps insulin work better, lowering blood sugar.



## Brushy Peak Regional Preserve

|                |                                                            |
|----------------|------------------------------------------------------------|
| Location       | Livermore                                                  |
| GPS            | 37.747072, -121.708256                                     |
| Phone          | (888-327-2757), option 3, extension 4512                   |
| Miles          | 4.9-Mile Loop                                              |
| Elevation Gain | 889 ft.                                                    |
| Trails         | Laughlin Ranch Loop/Tamcan/Brushy Peak Loop/West Side Loop |
| Hours/Curfew   | 8 a.m. to Sunset; varies seasonally                        |
| Fees           | None                                                       |
| Website        | ebparks.org/parks/brushy_peak                              |

MODERATE HIKE



**Park Features:** This parkland provides a pleasant getaway with active wildlife on the ground and in the sky. Brushy Peak is a 1,702-foot landmark at the juncture of the San Francisco Bay Area, the California Delta, and the Central Valley. Many animals live in these hills and oak groves, including meadowlarks, coyotes, rabbits, and several species of hawks and reptiles.

**Trail Highlights:** This challenge takes you near the very top of Brushy Peak with some fairly steep sections to enjoy along the way. The trail starts with a grassy and relatively smooth incline. It then passes through outcroppings of sandstone that add texture to the landscape and possible tripping hazards. At the top of the climb, enjoy views of rolling hills and ranchlands that surround the park. As temperatures heat up in the summer, this trail is best when the grasses are green during or just after the wet season.

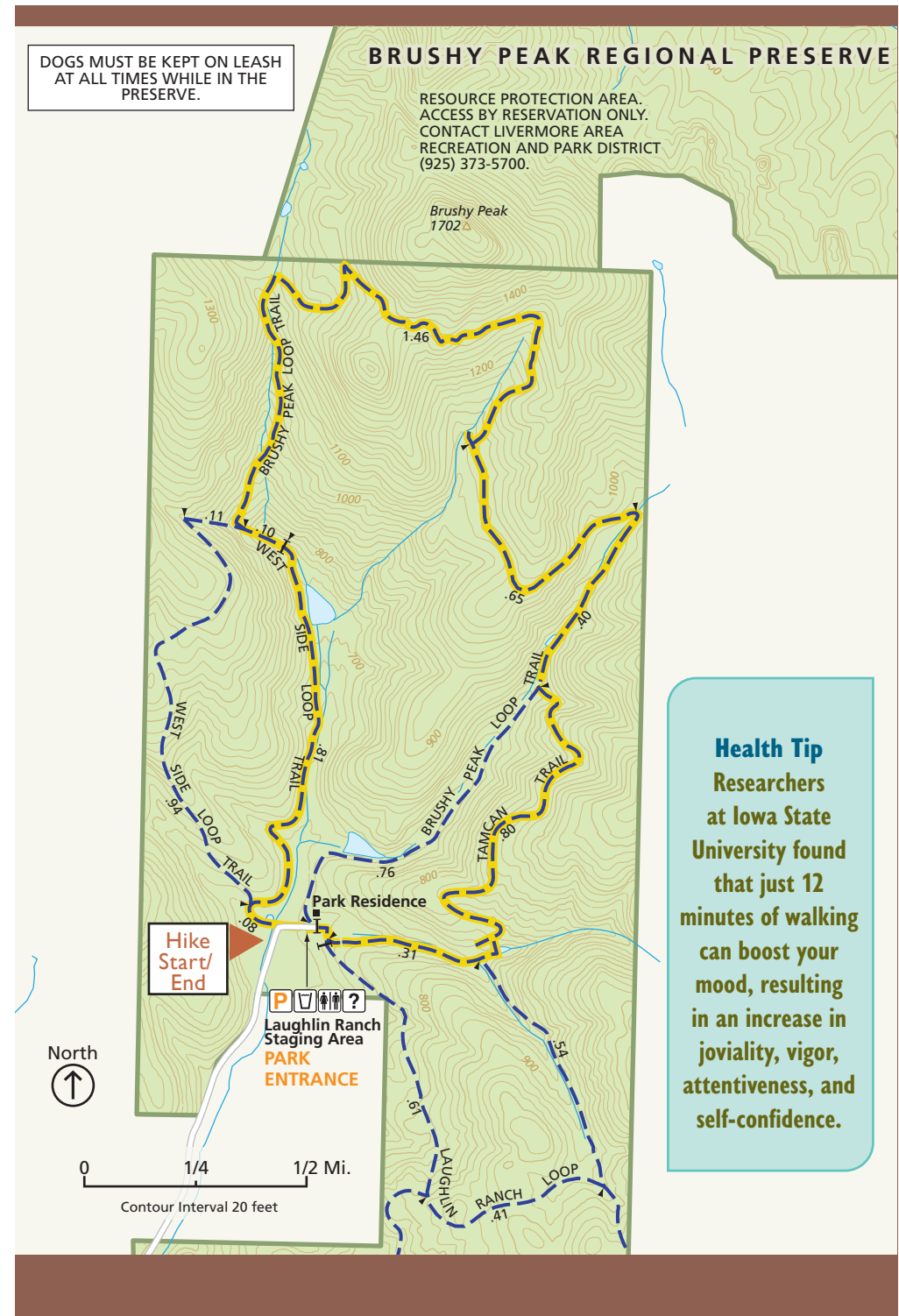
**Trail Directions:** From Laughlin Ranch Staging Area, go past the restrooms and information panel, then slightly right to reach the Laughlin Ranch Loop Trailhead. After passing through the first gate, turn left to follow Laughlin Ranch Loop Trail, which merges left into the Tamcan Trail. Go 1.11 miles, when you reach the junction with Brushy Peak Loop Trail. Turn right onto the trail and continue for another 2.5 miles. Turn left on West Side Loop Trail, and continue for .93 miles, to complete the loop. Make sure to keep right around the cattle pond, as there are many branching, small trails. Safely cross Laughlin Road to re-enter Laughlin Ranch Staging Area to finish your hike.

**Driving Directions:** From I-580 W in Livermore, take the N. Greenville Road/Laughlin Road exit (Exit 57). Turn left onto Altamont Pass Road, then right onto Laughlin Road and drive about 2 miles into the park.

From I-580 E, take the Vasco Road/Brentwood exit (Exit 55) and turn left at the exit onto Vasco Road (follow the signs for Vasco Road northbound), then right onto Northfront Road. Take Northfront a short distance to Laughlin Road and follow it to the park.



Photo: Stacy Cole Iken



## California Riding and Hiking Trail

|                |                                                        |
|----------------|--------------------------------------------------------|
| Location       | Morello Ave. and Chilpancingo Pkwy, Martinez, CA 94553 |
| GPS            | 37.977932,-122.090732                                  |
| Phone          | (888-327-2757), option 3, extension 4513               |
| Miles          | 6.3-Mile Round Trip                                    |
| Elevation Gain | 1,270 ft.                                              |
| Trails         | California Riding and Hiking Trail                     |
| Hours/Curfew   | 5 a.m. to 10 p.m.                                      |
| Fees           | None                                                   |
| Website        | ebparks.org/trails/interpark/california-riding-hiking  |

**MODERATE HIKE**



**Trail Highlights:** This trail can be very steep and hilly in sections as it follows property lines rather than contour lines. From the highest points you will be able to see views of Carquinez Strait, Martinez, Concord, and Mt Diablo. During the summer and fall it can be very hot. Bathrooms and water are located only at Hidden Lakes Open Space Park. Bring enough water for you and your dog. If you wish to hike this trail one-way, you could set up a car shuttle between Hidden Lakes and the Park & Ride lot on Alhambra Avenue. Though the featured trail is not part of the EBRPD, it provides a key connection between Carquinez Strait Regional Shoreline, the John Muir Historic Site, and the Contra Costa Canal Trail.

**Trail Directions:** From Hidden Lakes Open Space walk south on Morello Drive. Turn right at gate marked "California Riding and Hiking Regional Trail." Hike uphill along the fence line. In a half mile you will head



back down and cross Elderwood Drive and continue straight ahead on the trail. In another half mile, cross Macalvey Drive, turn right and follow the trail markers to Costanza Drive. Cross Costanza and pick up the trail again as it leads uphill past a gate. Over the hill and down, you are back on Morello Drive. Turn left on Morello, pass Colton Place, cross Vinehill Way, and turn left. In about 100 yards, the trail bears right off Vinehill Way, goes through a steel mesh gate, and turns right, up the hill. Be sure to go through the gate. The path just before the gate is private property. The trail goes up and down from here between private properties. After 1.34 miles, you will descend through a gate and down a driveway to Pleasant Hill Road East. Turn right. At the first intersection, turn left on Alhambra Way, then, almost immediately, right on Brackman Lane. Brackman ends at Haag Road where you will turn left. You will see a path on the right marked CA Riding and Hiking Trail. It leads between houses out to Alhambra Avenue, across from the Mt Wanda trailhead and parking area. From here retrace your steps back to your car. If you would like to go further, there is a 2-mile loop up to Mt. Wanda and back.

**Driving Directions:** From I-680 in Concord, exit at Concord Avenue/Chilpancingo Parkway. Drive west on Chilpancingo Parkway to Morello Avenue and Hidden Lakes Open Space. Park at Hidden Lakes Open Space. Walk up Morello 100 yards to trailhead.





## Judge John Sutter Regional Shoreline

|                |                                                                                              |
|----------------|----------------------------------------------------------------------------------------------|
| Location       | 210 Burma Road, Oakland                                                                      |
| GPS            | 37.823080,-122.314881                                                                        |
| Phone          | (888-327-2757)                                                                               |
| Miles          | 5.5-Mile Round Trip                                                                          |
| Elevation Gain | 233 ft.                                                                                      |
| Trails         | Alexander Zuckermann Bay Bridge Trail                                                        |
| Hours/Curfew   | 8 a.m. to Sunset; varies seasonally                                                          |
| Fees           | None                                                                                         |
| Website        | <a href="http://ebparks.org/parks/judge_john_sutter">ebparks.org/parks/judge_john_sutter</a> |

**MODERATE HIKE**



**Trail Highlights:** This popular trail opened to pedestrians and bikers in September 2013 and was named in honor of the late East Bay Bicycle Coalition founder and Bay Bridge Trail advocate Alex Zuckermann. The parking area has four accessible parking spaces as well as accessible vault toilets. The path is split into separate lanes for bikers and pedestrians. The trail grade increases from an estimated 1 percent to 12 percent at 2.5 miles into the trail. People using wheelchairs or mobility equipment may need to use the railings or may need assistance with this section. Bring headphones or ear plugs to block out the traffic sounds from the bridge.

**Trail Directions:** This out-and-back trail starts at the Judge John Sutter Regional Shoreline parking area. Walk toward the paved trail adjacent to the bridge and turn left. Watch for bikers in both directions. As you

continue on the paved trail you will see the entrance to the Bay Bridge Trail. Follow the trail across the span of the bridge until you reach Yerba Buena Island. The vista point is your turn-around location. Follow the Bridge Trail back. Stop at the Judge John Sutter observation pier for a snack, a panoramic view, and descriptive interpretive panels on your way back to the parking area. Bring layers as it is often windy!

**Driving Directions:** From Westbound I-80 — Drive westbound to Emeryville, stay in the 3rd lane from the left through Emeryville, take the I-880 Alameda/San Jose connector, take the West Grand Avenue/7th Street Exit, turn right onto Grand Avenue, left onto Maritime Street, turn right onto Burma Road.

From San Francisco (Eastbound I-80) — Drive westbound on I-80 to Oakland, take the southbound I-880 connector, take the West Grand Avenue/Maritime Street exit, turn right onto Maritime Street, turn right onto Burma Road.

From San Jose — Drive northbound I-880 to Oakland, take the 7th Street/West Grand Avenue exit, proceed straight through the signalized intersection onto the (unnamed) frontage road, turn left onto Grand Avenue, left onto Maritime Street, right onto Burma Road.

From Walnut Creek — Drive westbound SR-24 to Oakland (SR-24 becomes I-980), take the 27th Street/West Grand Avenue exit, proceed straight through the signalized intersection onto Northgate Avenue, turn right onto Grand Avenue (proceed approx. 1.7 miles), turn left onto Maritime Street, right onto Burma Road.

From Castro Valley — Drive westbound I-580 to Oakland, take the I-980 Downtown Oakland exit, take the 27th Street/West Grand Avenue exit (requires a quick lane change), proceed straight through the signalized intersection onto Northgate Avenue, turn right onto Grand Avenue (proceed approximately 1.7 miles), turn left onto Maritime Street, turn right onto Burma Road.

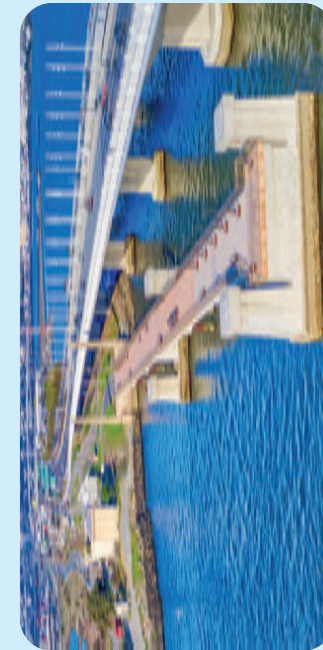
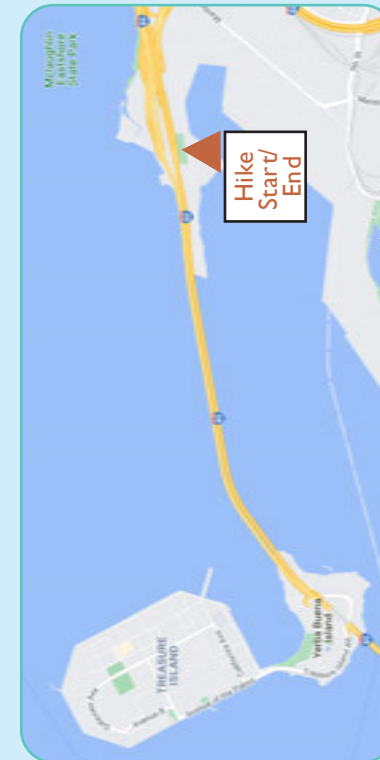


Photo: Terry Timms



## Pleasanton Ridge Regional Park

|                  |                                                               |
|------------------|---------------------------------------------------------------|
| Location         | Pleasanton                                                    |
| GPS              | 37.66152,-121.91381                                           |
| Phone            | (510) 544-3030                                                |
| Miles            | 6.7-Mile Round Trip                                           |
| Elevation Gain   | 1,436 ft.                                                     |
| Trails           | Courdet/Ridgeline/Shady Creek/<br>Bay Leaf/Schuhart/Ridgeline |
| Hours/<br>Curfew | 8 a.m. to 7 p.m.; varies seasonally                           |
| Fees             | None                                                          |
| Website          | ebparks.org/parks/pleasanton                                  |

### MODERATE HIKE



**Health Tip**  
Walking stimulates circulation  
to improve skin, delay wrinkles,  
and promote hair growth.



Photo: H. Van Alsteden

**Park Features:** The extensive trail system provides access for hikers, bikers, dog owners, and horseback riders to gorgeous canyon views, ridgetop vistas, and for viewing a variety of woodland species.

**Trail Highlights:** There are many hills to climb during this hike, but the expansive views off the ridge will keep you moving along quickly. Water and accessible restrooms are available at the beginning of the route. Bring a light jacket, as the winds tend to pick-up quickly atop these hills. Watch for downhill mountain bikers and horses on the multi-use single track trails.

**Trail Directions:** At the Castleridge trailhead head up the moderately steep and winding Courdet Trail until you reach the top in 1.98 miles. Turn left and walk 100 feet on Ridgeline Trail to find the Ridgeline Trail marker. Take Ridgeline Trail immediately right, a narrow trail

with switchbacks that has a steep decline. At the next junction, you will see the Shady Creek Trail marker. Take a left here onto Shady Creek. Follow the trail until you reach Bay Leaf Trail junction. Take Bay Leaf Trail on the left, a narrow single-track trail that winds back up to connect with Schuhart Trail. Take Schuhart on the left when it splits into two trails with the same name. Stay to the left and it will reconnect you with Ridgeline Trail. Take Ridgeline back to Courdet Trail junction on the right and make your way down Courdet Trail back to the staging area.

**Driving Directions:** From I-680, take the Bernal Ave. exit near Pleasanton. Head west on Bernal Ave., towards the hills. After .3 miles, turn right onto Foothill Rd. After .7 miles, turn left onto Old Foothill Rd. and continue a short distance to find on-street parking.

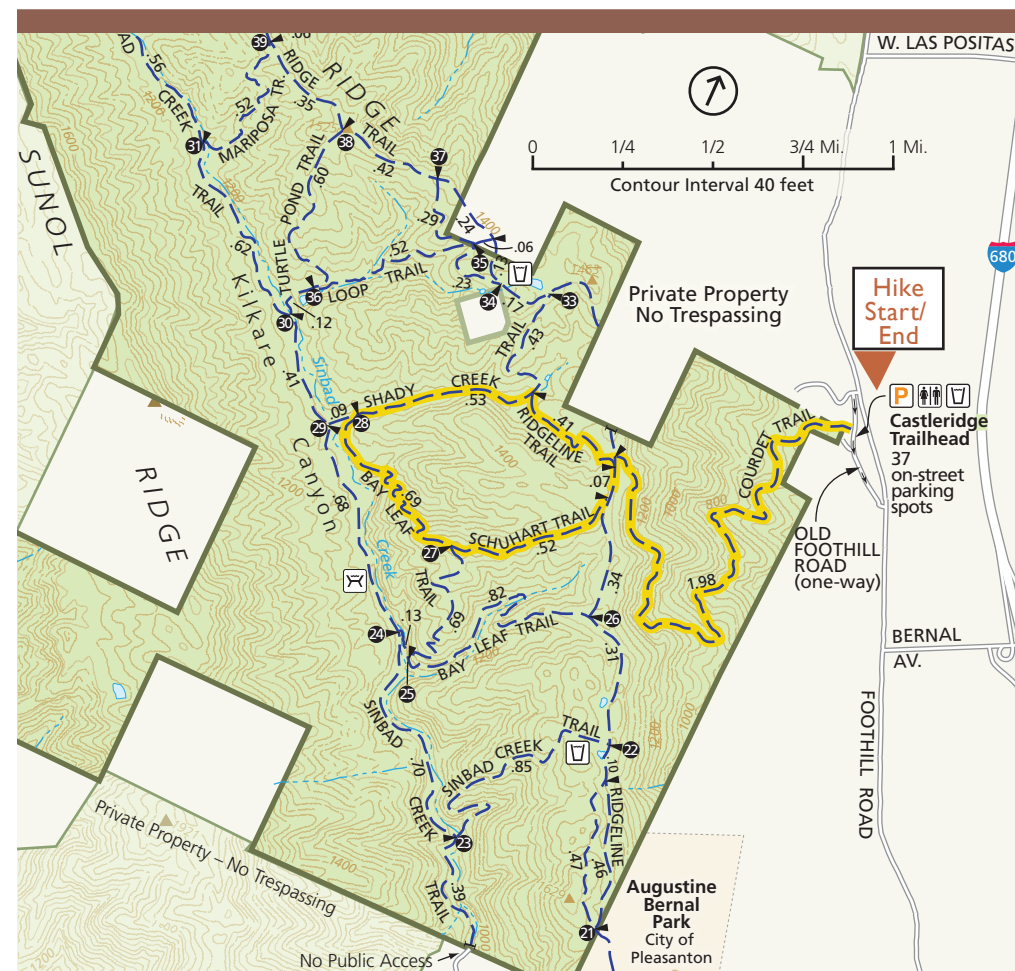


Photo: Catherine Kai



## Point Pinole Regional Shoreline

|                |                                                           |
|----------------|-----------------------------------------------------------|
| Location       | Richmond                                                  |
| GPS            | 37.97947,-122.36481                                       |
| Phone          | (888-327-2757), option 3, extension 4551                  |
| Miles          | 5.8-Mile Round Trip                                       |
| Elevation Gain | 170 ft.                                                   |
| Trails         | SF Bay Trail/Bay View/Point Pinole/Owl Alley/Cook's Point |
| Hours/Curfew   | 5 a.m. to dusk                                            |
| Fees           | None at this entrance                                     |
| Website        | ebparks.org/parks/pt_pinole                               |

**MODERATE HIKE**



Photo: Mona Felt



you reach the picnic area where the trail splits. Stay right, on the paved pathway, to stay on the Bay Trail continuing for another mile. You will cross over two boardwalks and reach an incline in the trail.

Follow the paved trail up the mild incline until you meet the paved Point Pinole Trail. Turn left, and follow the paved Point Pinole Trail for nearly a mile until you reach the roundabout shuttle stop. Continue through the roundabout until you reach the pier. At the pier you will turn around. Go through the roundabout again and take the Owl Alley Trail on the left until you reach the Cook's Point Trail and then turn right. This trail will connect back to the paved Point Pinole Trail, where you turn left. Take the Point Pinole trail until you reach the Bay Trail. Follow the Bay Trail back the way you came through Dotson Marsh back to the parking area.

**Driving Directions:** From I-580 take the Richmond Parkway for about 3.75 miles. Turn left on to Goodrick Ave. The entrance is at the end of Goodrick Ave., approximately .25 miles.

From I-80 take the Richmond Parkway and go west towards the Bay. Cross San Pablo Ave. and continue on the Richmond Parkway. Turn right onto Goodrick Ave. The entrance is at the end of Goodrick Ave. Mileage from I-80 to the park entrance is about 3.75 miles.

**Park Features:** This newer park area is named in honor of the Dotson family, a multi-generational family known for environmental advocacy in the west Contra Costa county area and beyond. Dedicated in 2017, the area has undergone significant habitat restoration to mitigate potential future damage from rising sea levels as well as coast and inland flooding.

**Trail Highlights:** Offering stunning views of the San Pablo Bay, this trail is suitable for all skill levels as well as for dogs on leash. This is an accessible trail for bikes, strollers, power wheelchair users as well as strong manual wheelchair users. The trail is wide with mixed pavement and hard packed dirt/gravel. Accessible restrooms and benches are available at the beginning, middle, and end of the route.

**Trail Directions:** From the parking area cross over the cement bridge and follow the Bay Trail until



## Sobranter Ridge Regional Preserve

|                |                                                             |
|----------------|-------------------------------------------------------------|
| Location       | El Sobranter                                                |
| GPS            | 37.96993,-122.25934                                         |
| Phone          | (888-327-2757), option 3, extension 4534                    |
| Miles          | 3-Mile Loop                                                 |
| Elevation Gain | 600 ft.                                                     |
| Trails         | Sobranter Ridge Loop/Conestoga Way/Carriage Dr./Coach Drive |
| Hours/ Curfew  | 5 a.m. to 10 p.m.; varies seasonally                        |
| Fees           | None                                                        |
| Website        | ebparks.org/parks/sobranter_ridge                           |

MODERATE HIKE



**Park Features:** This 277-acre oak/bay parkland preserves the habitat of the extremely rare Alameda manzanita as well as other indigenous plant and animal species. There are no restrooms.

**Trail Highlights:** Wildlife abounds in the preserve's varied habitats of oak/bay woodland, coyote brush scrub, miniature "forest" of the rare Alameda Manzanita, and open grassland. Coyotes stalk gophers in the tall grass; deer bed down by day in the tall thickets; salamanders sleep all summer buried in the woods; and golden eagles soar high above the ridge, scanning the ground for prey. The loop includes about a mile uphill through residential neighborhoods. There are also benches and picnic tables overlooking the hillsides.

### Health Tip

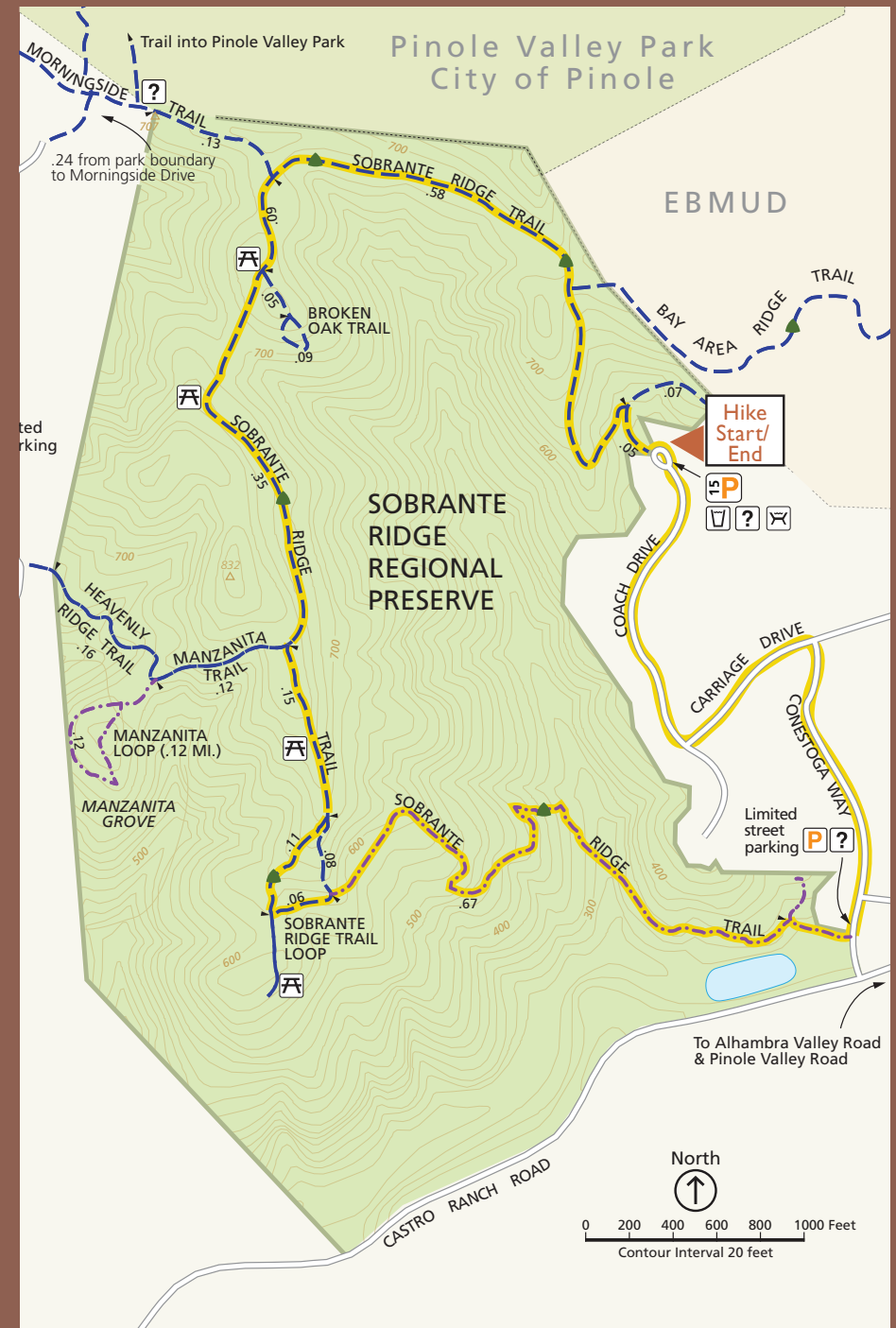
Walking at least 30 minutes a day, five days a week can reduce your risk for coronary heart disease, such as heart attack and stroke, by about 20 percent.



Photo: Julia Tustall

**Trail Directions:** From the parking lot, go up the hill .05 miles, then turn left onto the gravel trail, which becomes the Sobranter Ridge Trail. Continue on Sobranter Ridge Trail past Morningside Trail (.6 miles), Broken Oak Trail (.1 miles) and Manzanita Trail (.35 miles). Continue .15 miles past Manzanita Trail. At the Y junction, go right at the Sobranter Ridge Loop Trail which will turn back into the Sobranter Ridge Trail. Continue straight at the tower. At the green gate turn left onto the single-track trail (Sobranter Ridge Trail) and follow it downhill until you reach the staging area in the residential area. Turn left on Conestoga Way, left on Carriage Dr., and then right on Coach Dr. to complete the loop and return to the staging area.

**Driving Directions:** From the Richmond/Oakland area: Take I-80 to the San Pablo Dam Road exit in Richmond. Turn south on San Pablo Dam Road and proceed through El Sobranter to Castro Ranch Road. Turn left on Castro Ranch Road, left on Conestoga Way, left on Carriage Drive, and right on Coach Drive. The entrance is at the end of Coach Drive.





## 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        | <a href="http://ebparks.org/parks/crockett_hills">ebparks.org/parks/crockett_hills</a>                 |

### CHALLENGING HIKE



**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.



Photo: Simone Kaga

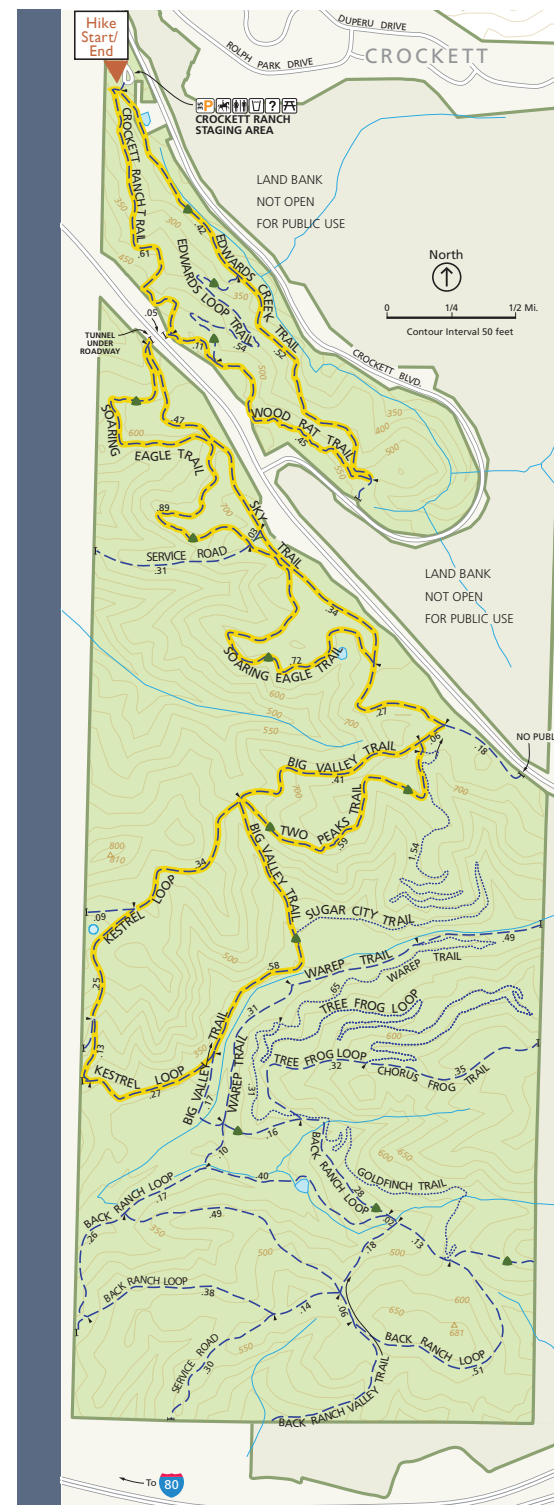


Photo: Ron Schneidemann

### 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 ruminating over negative experiences, and showed decreased activity in a region of the brain associated with depression.

## Del Valle Regional Park

|                |                                                                                        |
|----------------|----------------------------------------------------------------------------------------|
| Location       | Livermore                                                                              |
| GPS            | 37.586999, -121.701820                                                                 |
| Phone          | (888-327-2757), option 3, extension 4524                                               |
| Miles          | 7.5-Mile Loop                                                                          |
| Elevation Gain | 1,389 ft.                                                                              |
| Trails         | Squirrel Gulch/Ridgeline/Swallow Bay/East Shore/Hetch Hetchy/Hidden Canyon/Eagle Crest |
| Hours/Curfew   | 6 a.m. to 9 p.m.; varies seasonally                                                    |
| Fees           | \$6 per vehicle                                                                        |
| Website        | ebparks.org/parks/del_valle                                                            |

### CHALLENGING HIKE



**Park Features:** Deep in a valley framed by oak-covered hills, with sailboats and sailboards skimming over its waters, Del Valle is like a lakeside resort only 10 miles south of Livermore. The 5,000 acre park features two swim beaches, a boat launch, family and group camping, and excellent, stocked fishing.

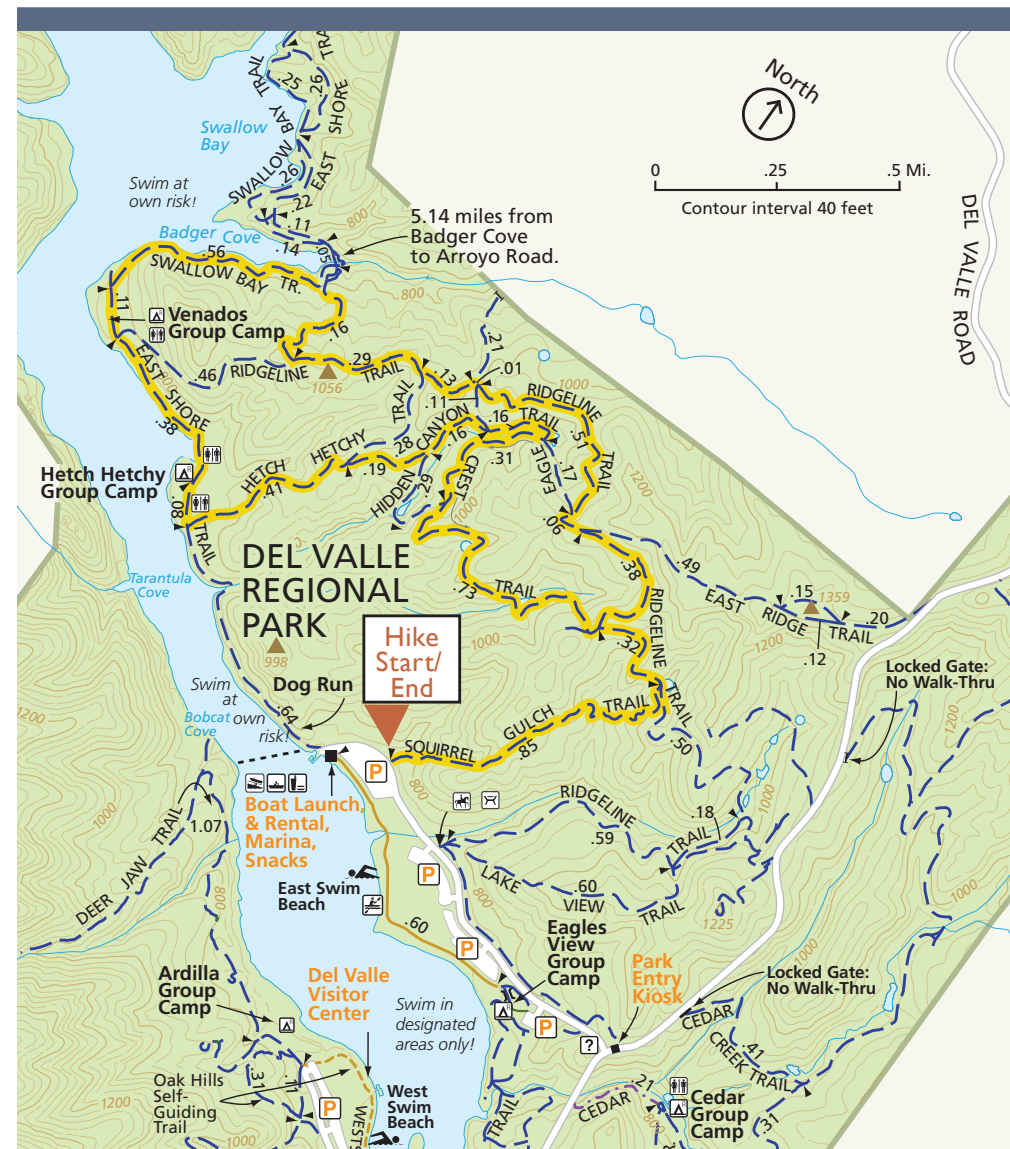
**Trail Highlights:** This hike leads up into the hills of Del Valle, to the less visited parts of the park. It offers glimpses of the long lake below and rugged hills beyond. The surrounding hills offer beautiful oak-covered trails for hikers, bikers, and equestrians. Del Valle is the gateway to the southeastern border of Ohlone Wilderness Regional Preserve and is a habitat to a variety of wildlife. The route is mostly in the open, so bring a hat, extra water, and sunblock. Take periodic rest stops at the many benches.



**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/<br>South Fork/Carol Severin Loop/<br>Dry Creek/Meyers Ranch |
| Hours/<br>Curfew | 7:30 a.m. to Sunset;<br>varies seasonally                                                |
| Fees             | No fee at this staging area                                                              |
| Website          | ebparks.org/parks/garin                                                                  |

### CHALLENGING HIKE



**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.

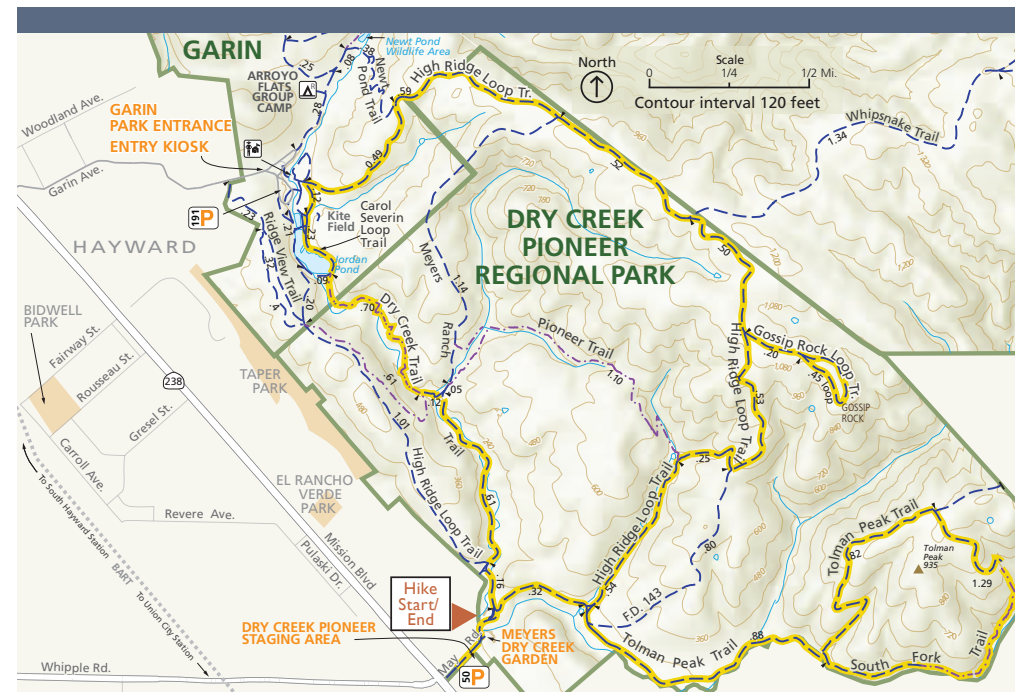


**Trail Description:** Start at Dry Creek Pioneer Staging Area following signs to trailhead. Go through two gates, staying to the right at fork on High Ridge Loop. Stay right and head to Tolman Peak Trail. At intersection with South Fork, keep left to stay on Tolman Peak Trail for .82 miles and then 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.

Photo: Hannah Garman



**Driving Directions:** From I-880, 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 onto 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.

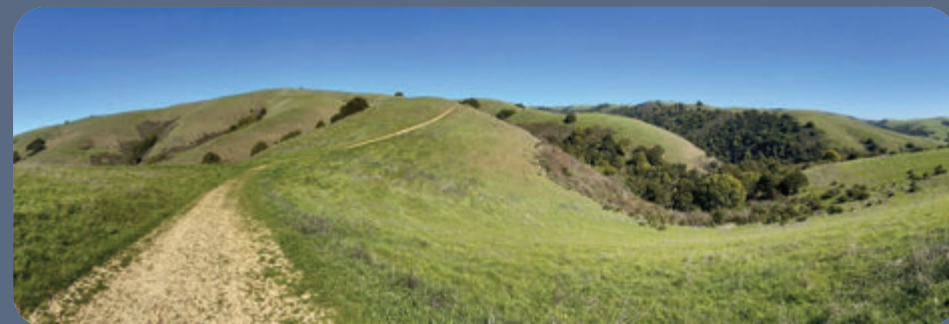


Photo: BC

## Morgan Territory Regional Preserve

|                |                                                                                                |
|----------------|------------------------------------------------------------------------------------------------|
| Location       | 9401 Morgan Territory Road, Livermore                                                          |
| GPS            | 37.818506,-121.795847                                                                          |
| Phone          | (888-327-2757), option 3, extension 4546                                                       |
| Miles          | 8.2-Mile Loop                                                                                  |
| Elevation Gain | 1,748 ft.                                                                                      |
| 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                                                                       |

### CHALLENGING HIKE



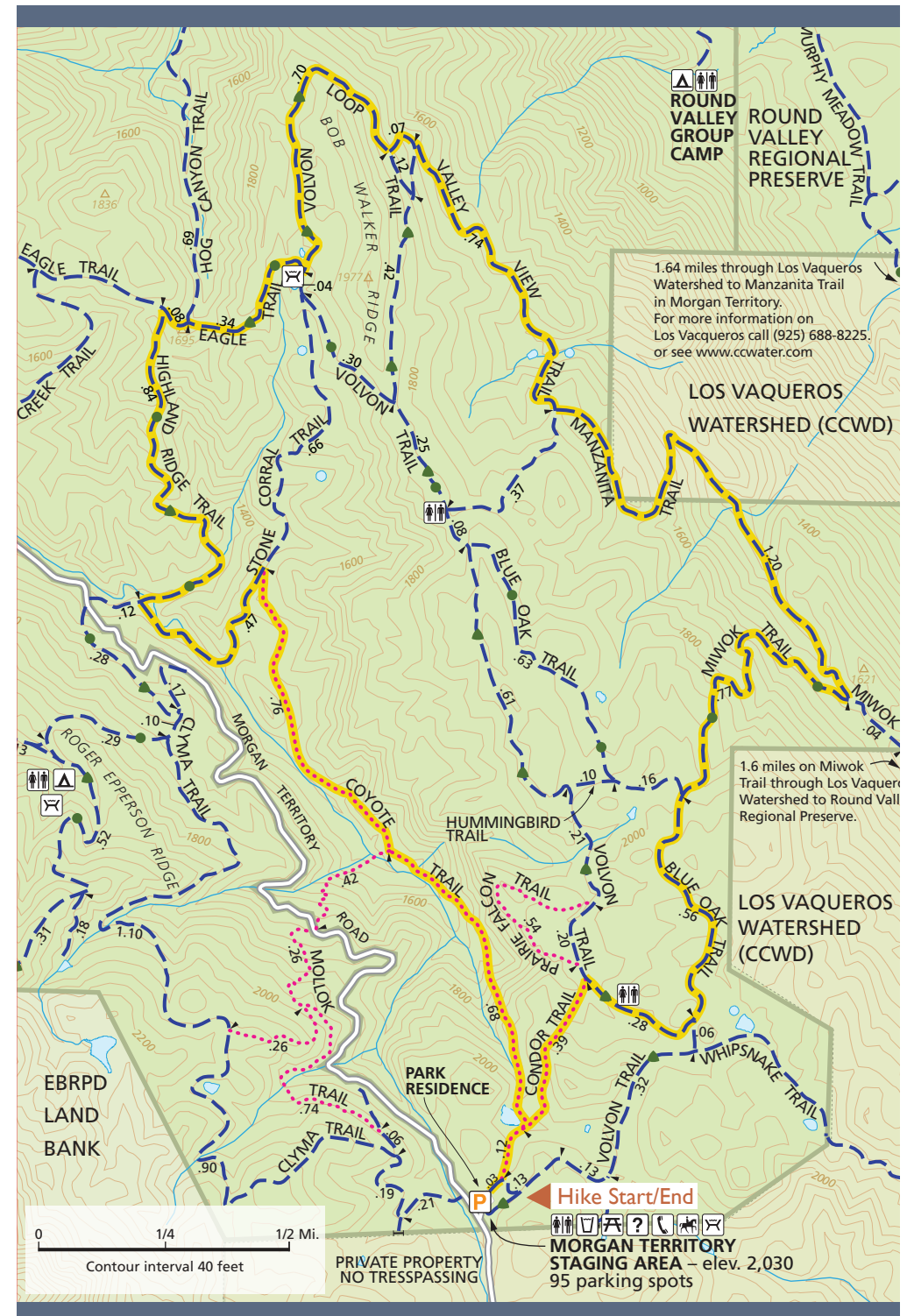
before the gate to stay on Coyote Trail. Walk past the pond and follow the single-track trail downhill and along a creek for 1.44 miles. At the next juncture, go through a gate and take a left onto Stone Corral Trail. Follow it for .47 miles. At the next juncture, go through a gate and turn right onto Highland Ridge Trail. Head uphill for .84 miles. At the next juncture, take a right onto Eagle Trail. Follow it for .34 miles to the next intersection. Take a left turn onto the Volvon Loop 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 1-680 in Walnut Creek, take Ygnacio 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.

**Trail Highlights:** Along the route are the aftermaths 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





## Reinhardt Redwood Regional Park

|                |                                                                         |
|----------------|-------------------------------------------------------------------------|
| Location       | 8490 Skyline Blvd., Oakland                                             |
| GPS            | 37.831690,-122.185415                                                   |
| Phone          | (888-327-2757), option 3, extension 4553                                |
| Miles          | 8.5-Mile Round Trip                                                     |
| Elevation Gain | 1,269 ft.                                                               |
| Trails         | East Ridge/Canyon/Stream/Chown/French/Starflower/Tres Sendas/West Ridge |
| Hours/Curfew   | 5 a.m. to 10 p.m.                                                       |
| Fees           | No parking fee at this entrance                                         |
| Website        | ebparks.org/parks/redwood                                               |

### CHALLENGING HIKE



**Park Features:** This park is a jewel nestled in the Oakland hills abundant with second and third generation coast redwood trees as well as bay, madrone, and oak. Enjoy a variety of native plant species and wildflowers in different seasons. Deer, golden eagles, squirrels and a myriad of songbirds may be seen. A seasonal stream, Redwood Creek, is found at the canyon floor. You will be rewarded with views of distant ridges and peaks, meadows, and the wooded slopes of a redwood canyon.

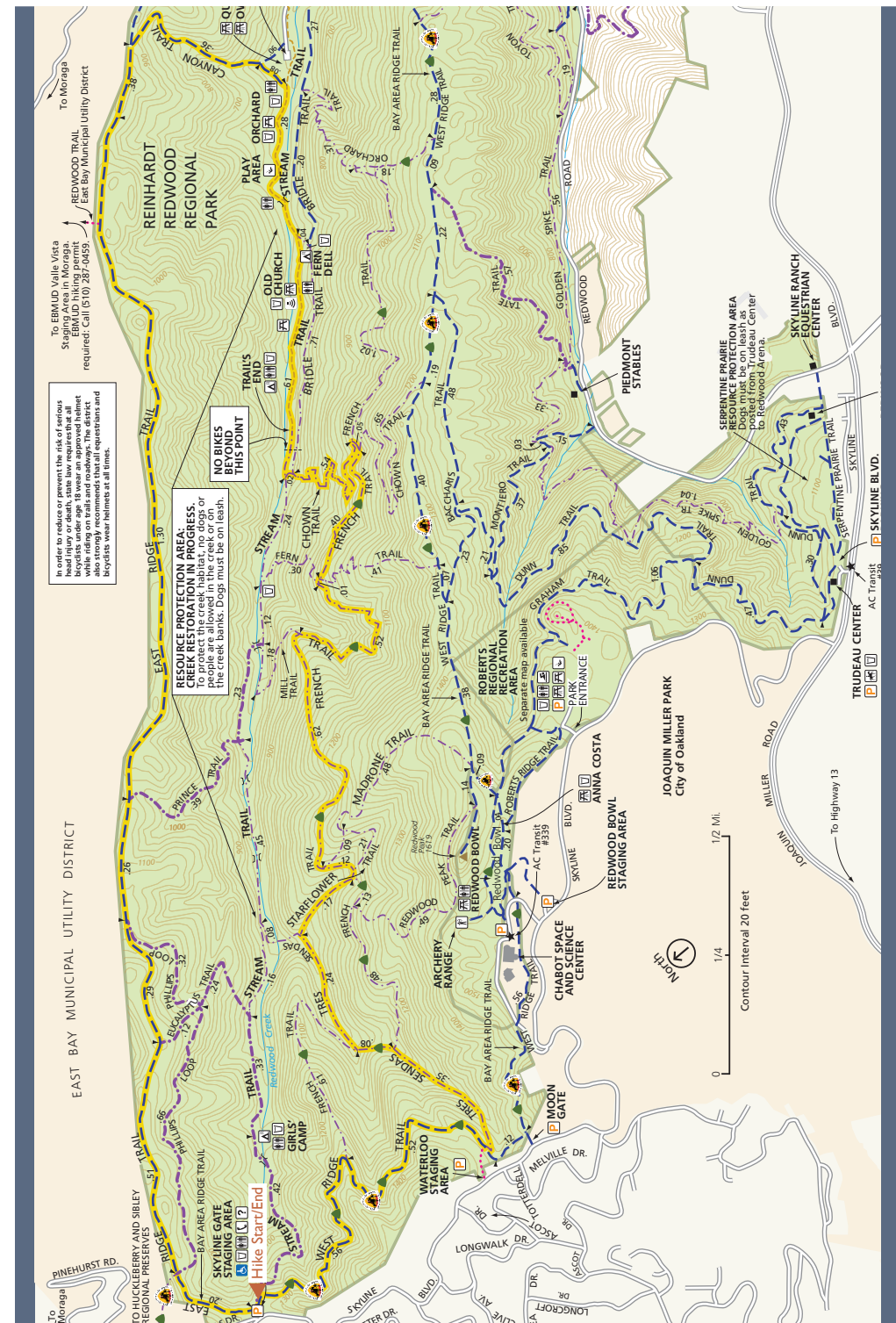
**Trail Highlights:** This route takes you through a variety of terrain. You begin on a wide, hard-packed dirt trail that offers views of the Moraga hills and beyond. Here on the ridge you can see for miles on a clear day before descending down into the redwood canyon and meandering along a stream. Once on the Chown Trail, you begin climbing up steep switchbacks



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 and playground. 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 .29 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

|                   |                                                                                                                                                   |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| Location          | 1895 Geary Rd., Sunol                                                                                                                             |
| GPS               | 37.516061,-121.831891                                                                                                                             |
| Phone             | (888-327-2757), option 3,<br>extension 4559                                                                                                       |
| Miles             | 7.4-Mile Round Trip                                                                                                                               |
| Elevation<br>Gain | 1,942 ft.                                                                                                                                         |
| Trails            | Canyon View/McCorkle/Cerro<br>Este Road/Cave Rocks Road/<br>Eagle View/Vista Grande Road/<br>Flag Hill Road/Flag Hill/Shady<br>Glen/Hayfield Road |
| Hours/<br>Curfew  | 8 a.m. to sunset:<br>varies seasonally                                                                                                            |
| Fees              | None                                                                                                                                              |
| Website           | <a href="http://ebparks.org/parks/sunol">ebparks.org/parks/sunol</a>                                                                              |

# CHALLENGING HIKE



**Trail Highlights:** This wilderness preserve has been home to Native Americans, settled by ranchers, and grazed by cattle. It provides refuge to some of the last mountain lions and eagles in the East Bay. Along the hike, enjoy geologic features on what was once an ancient seabed. A steady ascent affords incredible views. Vistas of the Calaveras Reservoir appear from the ridge, where fresh breezes welcome visitors. A narrow trail then traverses the steep canyon wall above High Valley Camp. A mile later you'll make the final ascent of Flag Hill. A steep descent through pockets of oak trees and sun-kissed hills completes the hike and returns visitors to the original trailhead on Canyon View.

### Health Tip

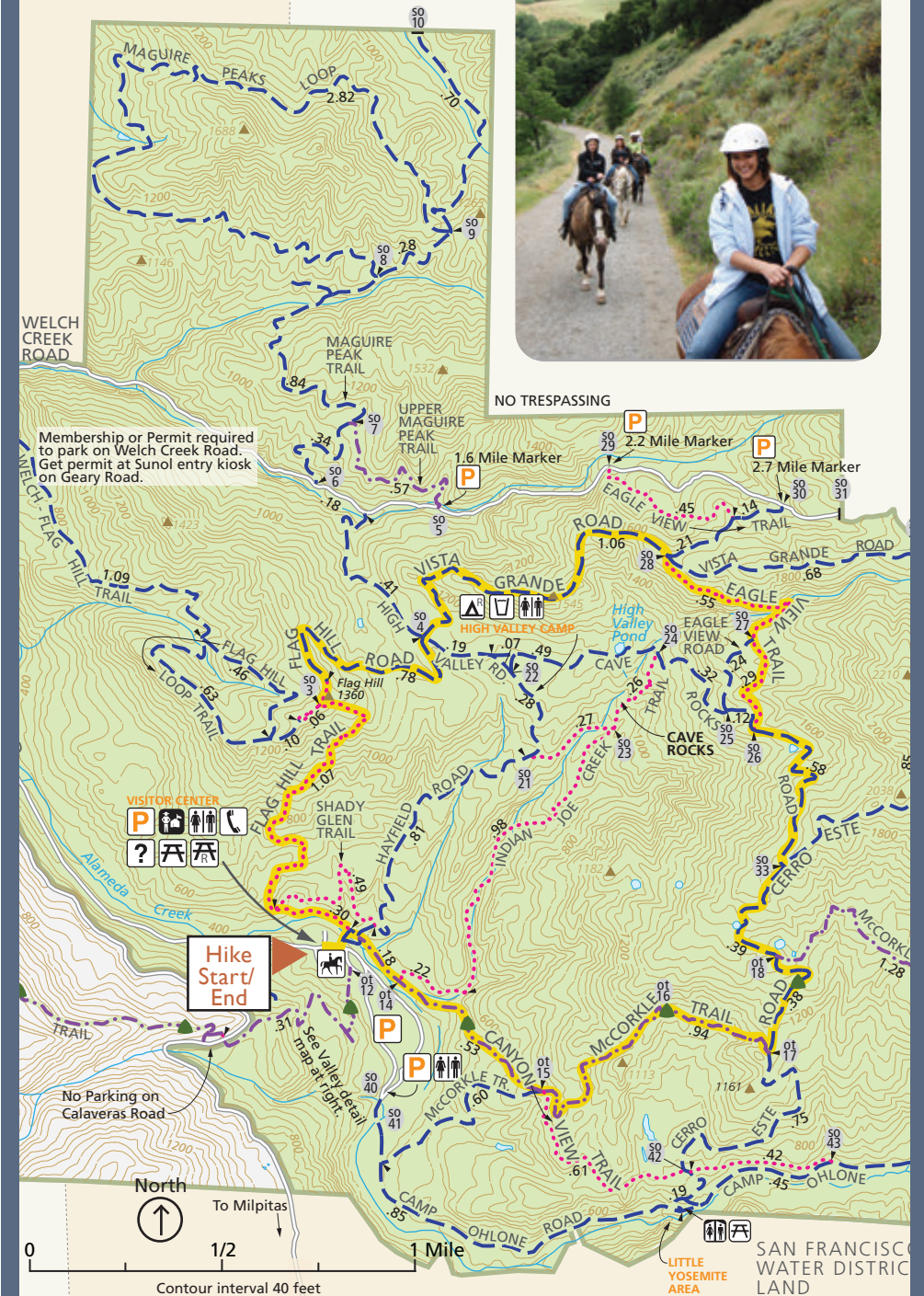
## Brisk walking improves bone density and prevents osteoporosis.

**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 015 turn left and head uphill onto McCorkle Trail. Continue for the next mile through oak woodlands and chaparral. Turn left at 017 to stay on the McCorkle Trail before coming to the intersection of Cerro Este Road at 018. Turn left onto Cerro Este and continue to climb for the next .39 miles to Cerro Este Overlook. At S033 veer left to Cave Rocks Road, and continue to S026 where you turn right onto Eagle View Trail. At S027 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 S028 veer left onto Vista Grande Road. Follow Vista Grande for a gradual descent to S04 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 S03 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 begin, 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.

SAN FRANCISCO  
WATER DISTRICT LAND







## Trails Challenge 2022 Trail Log

***Congratulations!  
You did it!***

**1. Trail Log Deadline:** December 1, 2022

**2. To receive your 2022 commemorative pin**  
(while supplies last) submit your log at [ebparks.org/tclog](http://ebparks.org/tclog),  
or email it to [reservations@ebparks.org](mailto:reservations@ebparks.org) or mail to:

**East Bay Regional Park District**  
c/o Reservations Department  
2950 Peralta Oaks Court  
Oakland, CA 94605

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

*Please list names of at least five completed trails, or mileage totaling 26.2 miles.*

| Name of Trail(s) | Miles: |
|------------------|--------|
| _____            | _____  |
| _____            | _____  |
| _____            | _____  |
| _____            | _____  |
| _____            | _____  |
| _____            | _____  |
| _____            | _____  |

**Total Miles Completed:** \_\_\_\_\_



# REGIONAL PARKS Foundation

Supporting East Bay Regional Parks

## Membership Benefits

The Membership Program is another great way to get out in the Regional Parks and save money on parking and dog fees while you are hiking the Trails Challenge. There is a package for everyone, and regular Memberships start as low as \$60 per year.

Explore the benefits of Membership, and find out how it can save you time and money.

Join online at [RegionalParksFoundation.org](http://RegionalParksFoundation.org) under “Membership.”



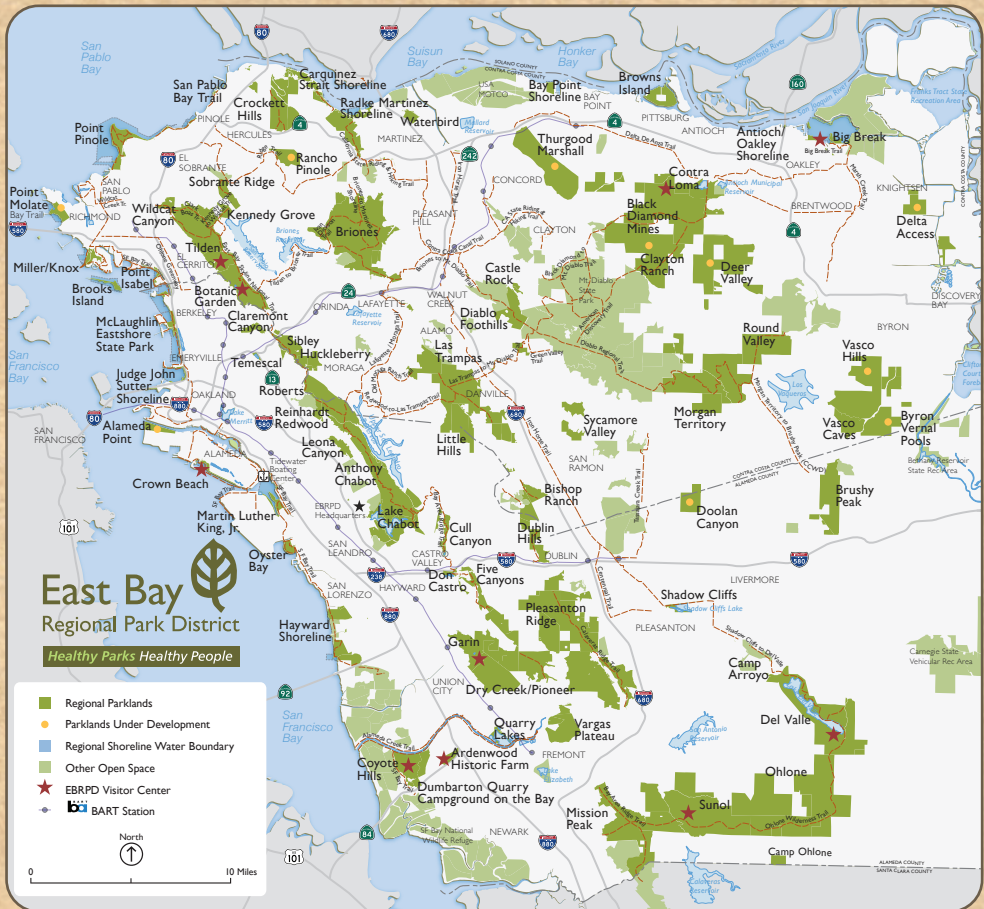
P.O. Box 21074 Crestmont Station • Oakland • CA • 94620  
510-544-2220

**[RegionalParksFoundation.org](http://RegionalParksFoundation.org)**





# 2022 TRAILS CHALLENGE GUIDEBOOK



**East Bay Regional Park District**

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