

2021 TRAILS CHALLENGE GUIDEBOOK



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 2021!

The Park District's Trails Challenge is a popular program that connects people to nature through hiking and biking. This free program, entering its 28th year, offers 20 diverse trails each year ranging from easy to challenging. The Trails Challenge is part of the global Healthy Parks Healthy People (HPHP) 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 next 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!

Table of Contents

Welcome to Trails Challenge 2021	2
Table of Contents	3
Stay Connected.	4
How to Participate	5
Wildlife Encounters	6
Kaiser Permanente Health Tips	7
Kaiser Medical Centers and Offices	8
Featured Trails	
At-a-Glance Featured Trails	10-15
Trail Descriptions and Maps	16-55
Trail Log	56
Membership Benefits	57



Trails Challenge 2021

Each 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.



Stay Connected

Tag your hike photos #TrailsChallenge2021



Instagram – @ebrpd



Twitter – @ebrpd



Facebook – Follow us @EastBayParks



EBRPD Monthly E-Newsletter –
ebparks.org/subscribe



AllTrails –
Go to ebparks.org/TC for details.

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 for more information.

**Reinhardt Redwood
Regional Park, Oakland**

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 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 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; cyclists 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 to 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 12/1/2021 to receive a 2021 pin. The pin will be mailed 7-to-10 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 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

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



**Martin Luther King Jr. Regional Shoreline,
Oakland**

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

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

Resources

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

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

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

Walnut Creek Medical Center • Emergency Services

1425 South Main Street, Walnut Creek, CA 94596

Kaiser Permanente Union City Medical Offices

3555 Whipple Road, Union City, CA 94587



At-A-Glance Easy Hikes



East Bay Regional Park Park Office Phone Number	City	Trails	Page
Anthony Chabot Regional Park 1-888-327-2757, option 3, ext. 4502	Oakland	Woolridge Staging Area to Goldenrod/Jalquin/ Goldenrod	16
Brushy Peak Regional Preserve 1-888-327-2757, option 3, ext. 4512	Livermore	Brushy Peak Loop	18
Hayward Regional Shoreline 1-888-327-2757, option 3, ext. 4531	Hayward	Cogswell Marsh Loop	20
Kennedy Grove Regional Recreation Area 1-888-327-2757, option 3, ext. 4534	El Sobrante	Laurel Loop/Kennedy Creek/ Upper Sea Foam/Lower Sea Foam/Laurel Loop	22
Martin Luther King Jr. Regional Shoreline 1-888-327-2757, option 3, ext. 4541	Oakland	Marsh	24
Miller/Knox Regional Shoreline 1-888-327-2744, option 3, ext. 4544	Richmond	Ferry Point Path/SF Bay Trail/Ferry Point Loop	26
Radke Martinez Regional Shoreline 1-888-327-2757, option 3, ext. 4542	Martinez	Killdeer/Pickleweed/ Grangers' Wharf	28

Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Elevation Gain (feet)
●	●	●	●			2.2 Loop	229
●	● Leash Required	●	●			2.4 Round Trip	305
●		●				3.1 Round Trip	39
●	●	● Partial Use	●			1.9 Round Trip	557
●	● Leash Required	●	●	●	●	3.5 Round Trip	26
●	● Leash Required	●	●	● Partial Use	● Partial Use	1.9 Round Trip	39
●	● Leash Required	●	●			1.4 Loop	13

At-A-Glance Moderate Hikes



East Bay Regional Park Park Office Phone Number	City	Trails	Page
Contra Loma Regional Park 1-888-327-2757, option 3, ext. 4518	Antioch	Fredrickson/Lake View/Ridge/ East Shore/West Shore and back from Ridge	30
Coyote Hills Regional Park 1-888-327-2757, option 3, ext. 4519	Fremont	Bayview/Red Hill/Soaproot/ Bayview	32
Huckleberry Botanic and Sibley Volcanic Regional Preserves 1-888-327-2757, option 3, ext. 4532 (Huckleberry) or ext. 4554 (Sibley)	Oakland	Huckleberry Path/Bay Area Ridge-Skyline National Recreation/Round Top Loop and Back	34
Lafayette-Moraga Regional Trail 1-888-327-2757, option 3, ext. 4535	Lafayette and Moraga	Lafayette-Moraga Regional Trail	36
Reinhardt Redwood Regional Park 1-888-327-2757, option 3, ext. 4553	Oakland	Stream/Tres Sendas/French/ Orchard/Bridle/Stream	38
Vargas Plateau Regional Park 1-888-327-2757, option 3, ext. 4568	Fremont	Golden Eagle/Upper Ranch/ Golden Eagle	40
Wildcat Canyon Regional Park 1-888-327-2757, option 3 ext. 4567	Richmond	Wildcat Creek/Mezue/ San Pablo Ridge/Green Ridge/ Belgum/Wildcat Creek	42

Hikers	Dogs	Bikers	Horses	Wheelchairs	Skaters	Total Miles	Elevation Gain (feet)
●	●	●	●	● Partial Use	● Partial Use	4.5 Round Trip	515
●	● Use leash on Bayview Trail	●	●	● Partial Use	● Partial Use	3.8 Loop	416
●	● Partial Use	● Partial Use	● Partial Use			3.8 Round Trip	1,118
●	● Leash Required	●	●	●	●	12 Round Trip	679
●	● Use leash on Stream & Bridal Trails	● Partial Use	●			6.2 Loop	967
●	●	●	●			3.7 Round Trip	462
●	●		●			5.7 Loop	1,568

At-A-Glance Challenging Hikes



East Bay Regional Park Park Office Phone Number	City	Trails	Page
Black Diamond Mines Regional Preserve 1-888-327-2757, option 3, ext. 4506	Antioch	Railroad/Stewartville/Ridge/ Acorn/Old Homestead/Lark/ Riverview Loop	44
Briones Regional Park 1-888-327-2757, option 3, ext. 4508	Lafayette	Briones Crest/Old Briones Road/ Briones Crest/Table Top/ Briones Crest/ Crescent Ridge/Seaborg/ Old Briones Road	46
Diablo Foothills Regional Park 1-888-327-2757, option 3, ext. 4526	Walnut Creek	Castle Rock/Little Yosemite/ Briones to Mt. Diablo Regional/ Hanging Valley/Stonegate/ Mokelumne Coast to Crest/Fairy Lantern/Shell Ridge/ Diablo Scenic/Castle Rock	48
Las Trampas Wilderness Regional Preserve 1-888-327-2757, option 3, ext. 4537	San Ramon	Elderberry/Rocky Ridge View/ Devil's Hole/ Sycamore/ Rocky Ridge View	50
Marsh Creek Regional Trail 1-888-327-2757, option 3, ext. 4540	Oakley and Brentwood	Marsh Creek from East Cypress Road Staging Area (Oakley) to Concord Avenue (Brentwood) and Back	52
Tilden Regional Park 1-888-327-2757, option 3, ext. 4562	Berkeley	Meadows Canyon/Curran/Seaview, Arroyo/Quarry/Lower Big Springs/ Seaview/ Curran/ Wildcat Gorge	54

 Hikers	 Dogs	 Bikers	 Horses	 Wheelchairs	 Skaters	Total Miles	Elevation Gain (feet)
●	●	●	●			6.8 Loop	1,656
●	●	●	●			7.8 Loop	1,384
●	● Partial Use: not on Little Yosemite	● Partial Use: not on Little Yosemite	●			7.2 Loop	1,328
●	●	● Partial Use: not on Sycamore	● Partial Use: not on Sycamore			6.2 Loop	1,920
●	● Leash Required	●	●	●	●	14.9 Round Trip	147
●	●	● Partial Use: not on Arroyo	●			7.9 Round Trip	1,611

Anthony Chabot Regional Park

Location	Junction of Grass Valley Road and Skyline Boulevard, Oakland
GPS	37.75392,-122.11826
Phone	(888-327-2757), option 3, extension 4502
Miles	2.2-Mile Loop
Elevation Gain	229 ft.
Trails	Woolridge Staging Area, Goldenrod/Jalquin/Goldenrod
Hours/Curfew	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/anthony_chabot

EASY HIKE



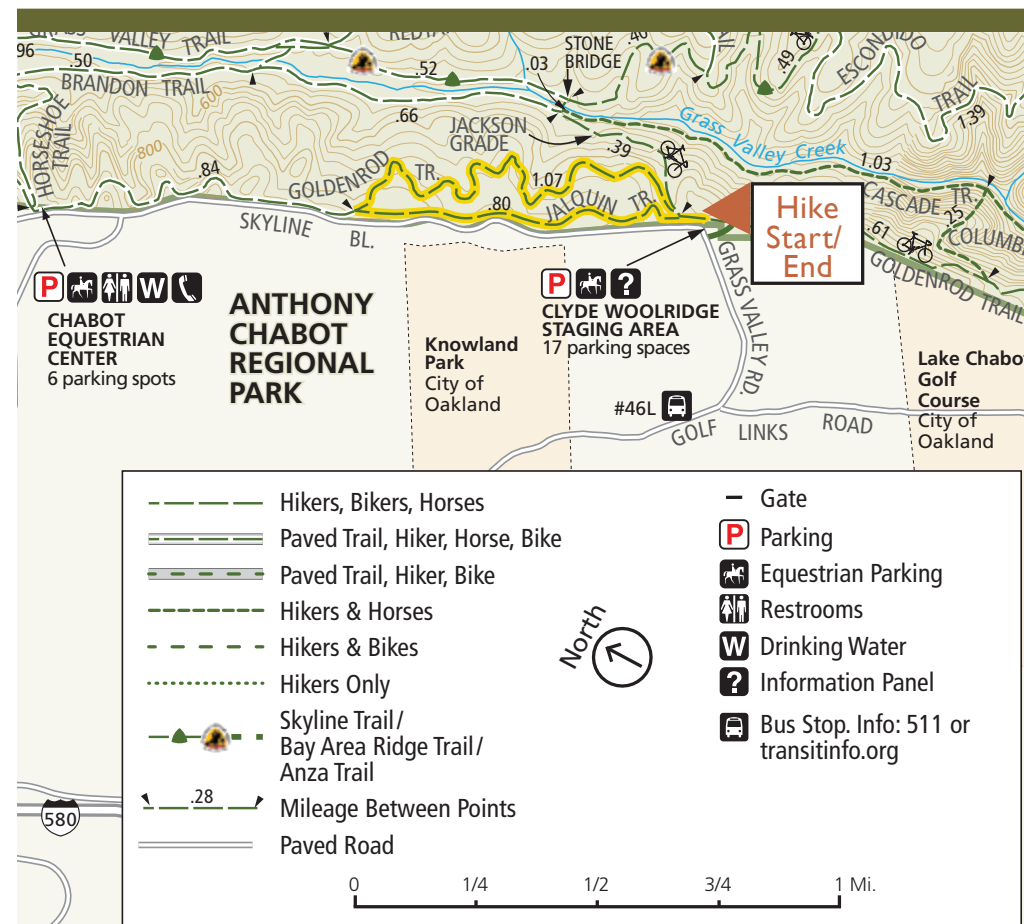
Park Features: Only 20 minutes from downtown Oakland, the 3,304-acre park offers a beautiful, year-round public campground, and 70 miles of hiking, riding, and bicycling trails through grasslands, chaparral, and shady eucalyptus groves, or along the shores of Lake Chabot. The East Bay Skyline National Trail runs the length of the park. Anthony Chabot is connected to Cull Canyon Regional Recreation Area by a six-mile section of the Chabot-to-Garin Regional Trail. There's also boating, fishing, and picnicking. Swimming and water contact is not permitted since the lake serves as a backup water supply for the East Bay.

Trail Highlights: This scenic loop showcases much of what Anthony Chabot has to offer. As you walk the Goldenrod Trail you will find yourself surrounded by dense plant life including native conifers, oaks, grasses, and wildflowers. Enjoy this wooded shady stretch, and watch for raptors above, squirrels below, and deer all

around. As you ascend onto the high ground of the Jalquin Trail, enjoy the spectacular views to the East overlooking Grass Valley Creek.

Trail Directions: Start at the Woolridge Staging Area and head right through the pipe gate. Follow the fire road 100 feet until you see the post marking the Goldenrod Trail on the left. Take the upper Goldenrod Trail left until it meets Jalquin Trail. Follow Jalquin Trail until it reconnects with Goldenrod. Take Goldenrod Trail back to the staging area.

Driving Directions: To reach Clyde Woolridge Staging Area, take Hwy 24 west to Oakland. Take Hwy 13 South to Hayward. Merge onto Hwy 580 east. Take the Keller Ave. exit towards Mountain Blvd. Turn left on Keller Ave., then right on Skyline Blvd. The staging area is on the left near the intersection of Skyline Blvd and Grass Valley Road.



Brushy Peak Regional Preserve

Location	Livermore
GPS	37.74713,-121.70847
Phone	(888-327-2757), option 3, extension 4512
Miles	2.4-Mile Round Trip
Elevation Gain	305 ft.
Trails	Brushy Peak Loop
Hours/ Curfew	8 a.m. to Sunset; varies seasonally
Fees	None
Website	ebparks.org/parks/ brushy_peak

EASY HIKE



Park Features: Brushy Peak and the surrounding area has been recognized as sacred by generations of native Californians. It was once home to the Ssaoam people, a tribelet of the Ohlone peoples who lived and traded in the lands surrounding the peak. The park's open grasslands support a diversity of wildlife, especially ground squirrels and cottontails that are prey for a variety of hawks and golden eagles. South-facing slopes of the peak host a coastal sage community of plants.

Trail Highlights: This walk offers great views of the surrounding grasslands and a perfect perch for birdwatching. Red-tailed hawks and golden eagles are common here, as are ground squirrels, owls, reptiles, badgers, and the San Joaquin kit fox. The trailside structural remnants are what's left of farm buildings built by Joseph Laughlin in 1920s and 1930s.

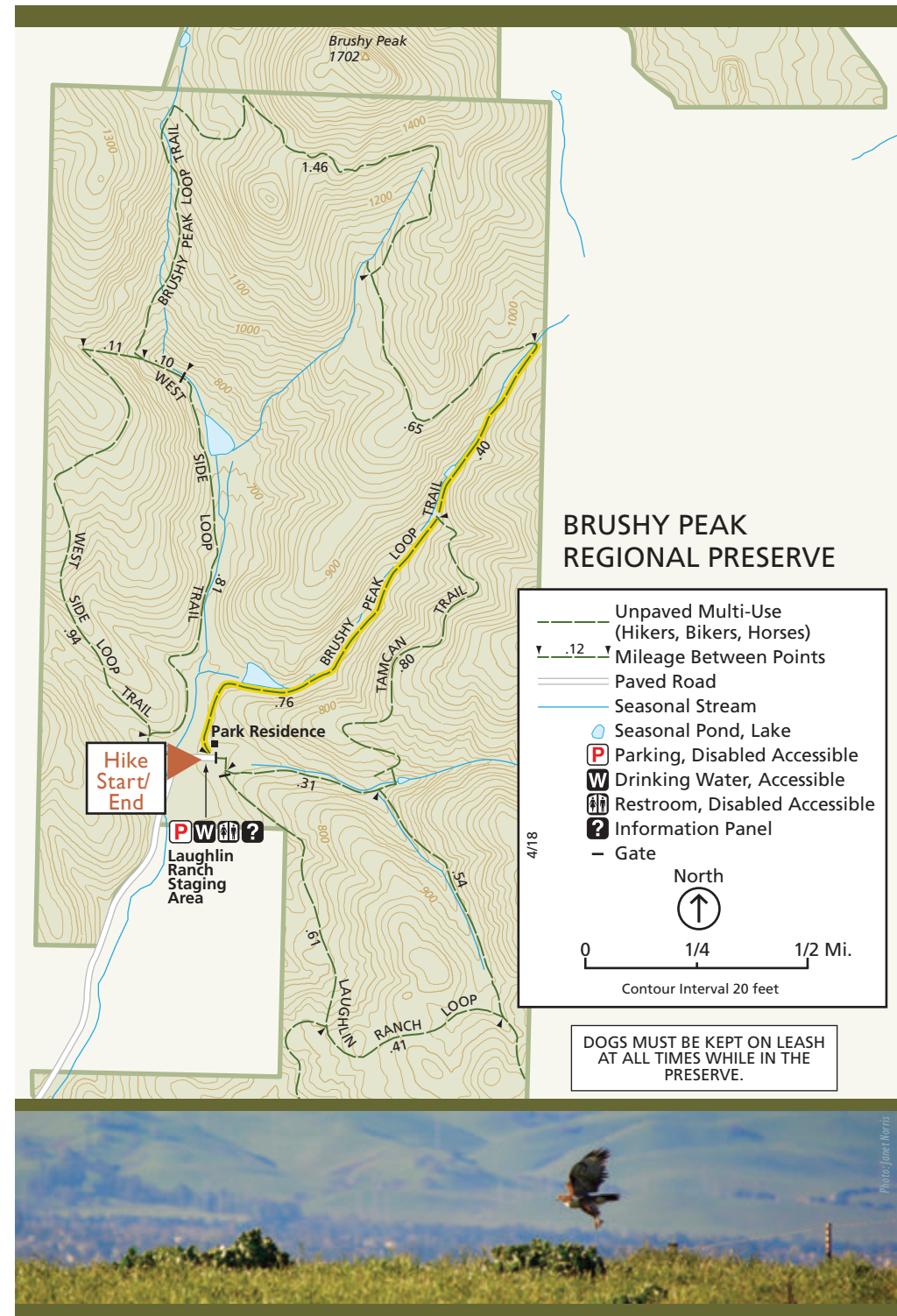


Trail Directions: From the staging area walk to the Brushy Peak Loop Trailhead at the left of the residence. Walk until it takes a sharp left-hand bend and goes uphill. This is your turn-around point.

Driving Directions: From I-580 in Livermore, exit north at Vasco Road and immediately turn right onto Northfront Road. After about .8 miles turn left onto Laughlin Road and proceed approximately two miles to the staging area at the end of Laughlin Road.

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.



Hayward Regional Shoreline

Location	3050 West Winton Ave., Hayward
GPS	37.646807,-122.145577
Phone	(888-327-2757), option 3, extension 4531
Miles	3.1-Mile Round Trip
Elevation Gain	39 ft.
Trails	Cogswell Marsh Loop
Hours/ Curfew	5 a.m. to 10 p.m. (West Winton Ave. Parking closes at 5 p.m.)
Fees	None
Website	ebparks.org/parks/hayward

EASY HIKE



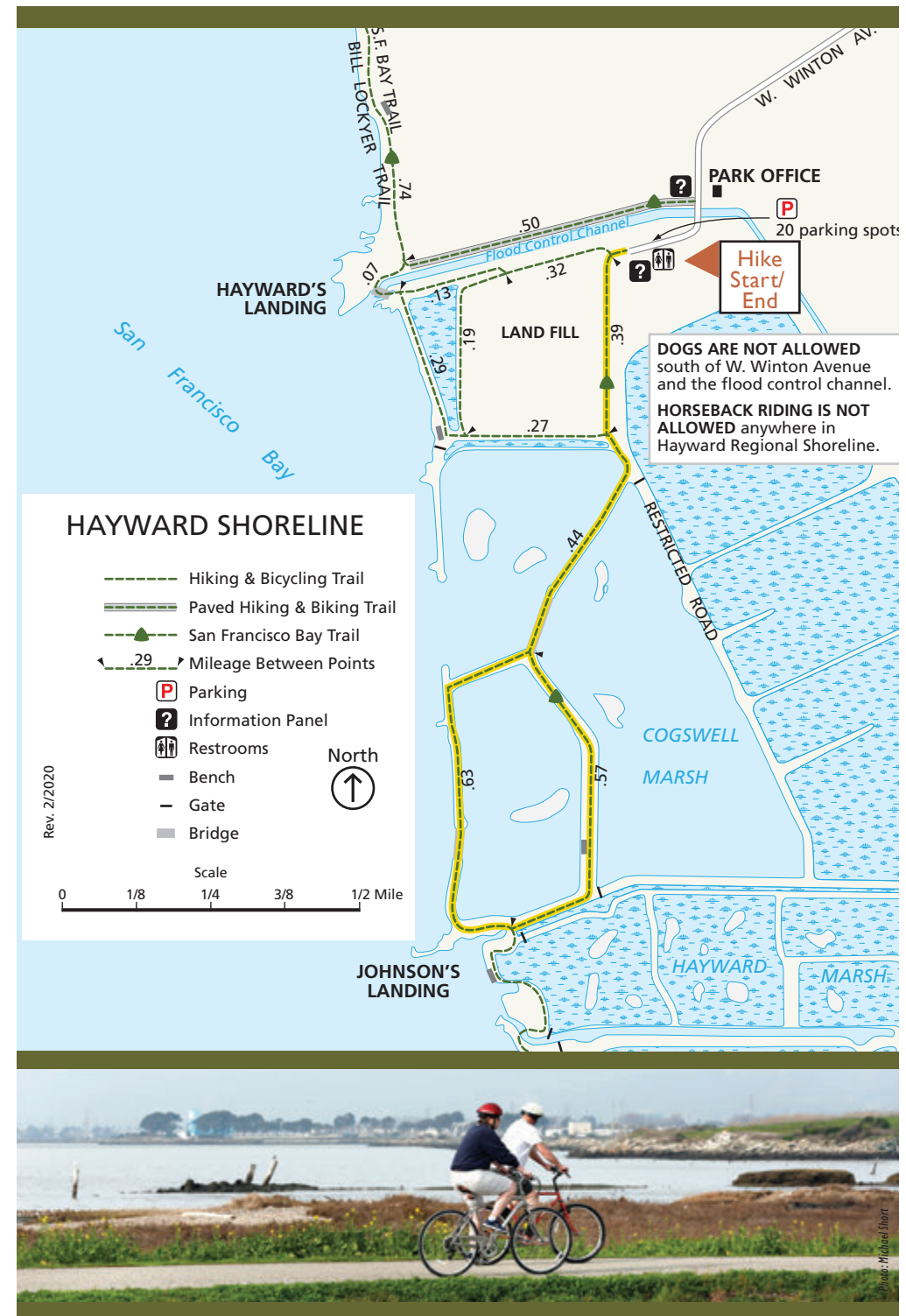
Park Features: Hayward Regional Shoreline contains over a thousand acres of marshlands and seasonal wetlands. The park's levees, originally built for salt evaporation ponds, now provide visitors with long, flat paths along the bay that are perfect for biking, hiking, or jogging. You can fish from the levee but must have a license. Although the park is unshaded, the cool bay air is refreshing and makes this park a wonderful spot at almost any time of year.

Trail Highlights: With five ponds and 15 islands, it is a great place for bird watching and spotting native plants and wildflowers along the trails. Although this hike is in full sun, you can enjoy the fresh bay breezes, which make it well worth the hike! Please note: Dogs are not allowed past Hayward Landing.

Trail Directions: This trail does not have any markers until you almost complete the loop, so be sure to bring a park map to guide you. From the parking

lot just past the park office, walk through the gate to start on the trail. You will veer to the left at the fork and walk .83 miles to the Cogswell Marsh Loop, which starts after crossing the first footbridge. After you cross the first footbridge, proceed to the right to start by the water and work your way around. You can go either direction to complete the 1.2-mile loop. After completing the loop, walk back over the footbridge and follow the same path back to your starting point. The San Francisco Bay Trail intersects with the Cogswell Marsh Loop; be sure not to branch off from the trail. Stay on the loop, and follow it back to the first footbridge you crossed.

Driving Directions: Take I-880 (Nimitz Freeway) north from Fremont or south from Oakland to Hayward. Exit the freeway at West Winton Avenue and follow West Winton westwards toward the Bay to the staging area until you reach the park.



Kennedy Grove Regional Recreation Area

Location	6531 San Pablo Dam Road, El Sobrante
GPS	37.947224, -122.266083
Phone	(888-327-2757), option 3, extension 4534
Miles	1.9-Mile Round Trip
Elevation Gain	557 ft.
Trails	Laurel Loop/Kennedy Creek/ Upper Sea Foam/Lower Sea Foam/Laurel Loop
Hours/ Curfew	8 a.m. to Sunset; varies seasonally
Fees	\$5 parking, seasonal; \$2 dog
Website	ebparks.org/parks/kennedy

EASY HIKE

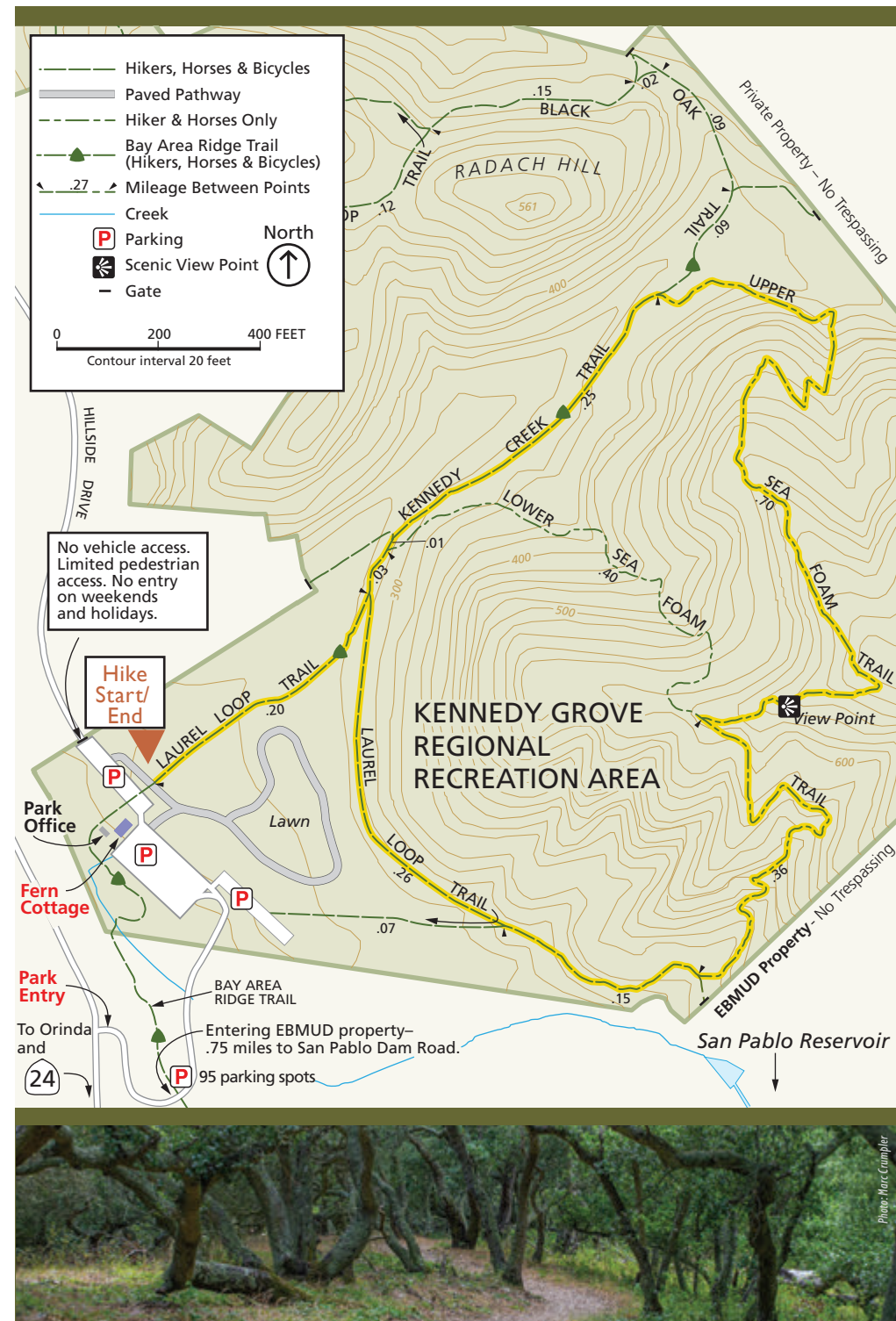


Park Features: Kennedy Grove sits at the base of the San Pablo Dam, and its entrance is shaded with large, fragrant eucalyptus trees. This parkland is ideal for hiking, picnicking, day camps, and bird watching. There is a spacious turf meadow, and volleyball and horseshoe equipment may be rented for a minimal fee.

Trail Highlights: Look out on Lower Sea Foam Trail for great views of the San Pablo Dam. Keep an eye out for resident fauna including hummingbirds, hawks, deer, and other species. Portions of this trail are shaded, mostly by groves of coast live oak and bay laurel trees. Restrooms and water are located near the lawn and picnic areas. This short hike is great for views of the dam, has some steep sections, and is not suitable for strollers or wheelchairs. No bikes on Upper and Lower Sea Foam Trails.

Trail Directions: From the parking lot, begin northeast on Laurel Loop Trail to the left of the lawn area. At .20 miles—Laurel Loop Trail makes a sharp right—continue straight onto Kennedy Creek Trail for .26 miles. After another .25 miles, take the upper Sea Foam Trail and climb for .7 miles. When you reach the Lower Sea Foam Trail, stay left to descend for .36 miles. You will end up on the Laurel Loop Trail for .22 miles. Stay left on the Laurel Loop Trail, and you will end the hike in the parking lot.

Driving Directions: From I-80 east, take exit 18 for San Pablo Dam Road. Turn right onto San Pablo Dam Road and continue to the park entrance on your left. From I-80 west, take exit 19A for El Portal Drive. Turn left onto El Portal Drive. Turn left onto San Pablo Dam Road and continue to the park entrance on your left.



Martin Luther King Jr. Regional Shoreline

Location	4675 Tidewater Ave., Oakland
GPS	37.761486,-122.223014
Phone	(888-327-2757), option 3, extension 4541
Miles	3.5-Mile Round Trip
Elevation Gain	26 ft.
Trails	Marsh Trail
Hours/ Curfew	8 a.m. to Sunset; varies seasonally
Fees	None
Website	ebparks.org/parks/martinlking

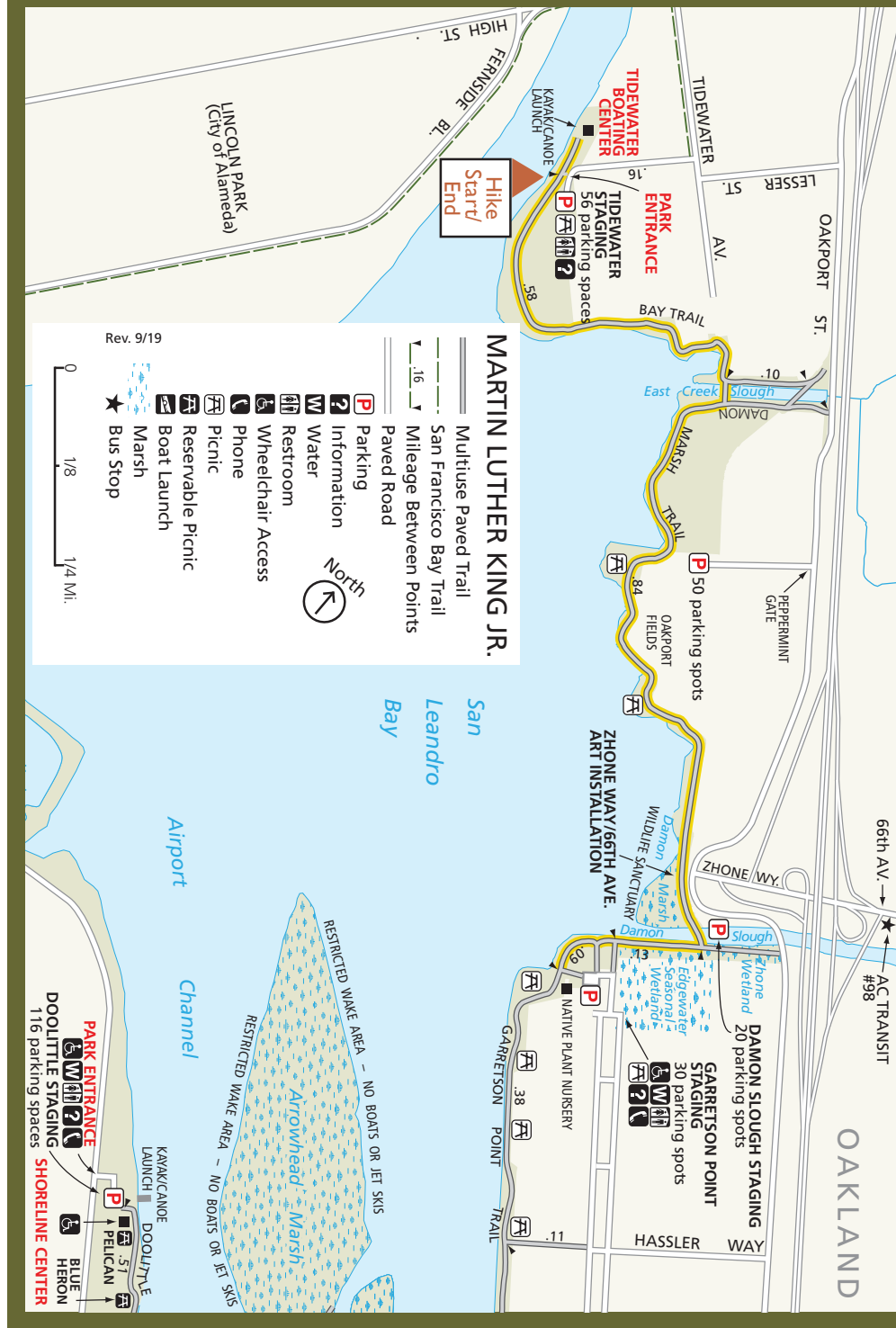
EASY HIKE



Boating Center as well as the Garretson Point Staging Area turn around point.

Trail Directions: Look for the paved Bay Trail to the left of the Tidewater Boating Center parking lot. Follow the trail to the left along the Oakland Estuary. As you cross over East Creek Slough Bridge, stay to the right and you will continue on the Damon Marsh Creek Trail. Stay along the shoreline, and the second bridge you will cross will be over Lion Creek. Stay right. In .5 miles you will reach Garretson Point Staging Area. This is your turn-around point. Restrooms, water, and a picnic area are around the corner of the Garretson Point parking area.

Driving Directions: Exit 880 at High Street in Oakland. Turn onto High Street toward Alameda. Before crossing over High Street Bridge take the last left onto Tidewater Ave. Follow Tidewater Ave. until you reach the Tidewater Boating Center and turn right into the parking area.



Miller/Knox Regional Shoreline

Location	Richmond
GPS	37.91001,-122.38752
Phone	(888-327-2757), option 3, extension 4544
Miles	1.9-Mile Round Trip
Elevation Gain	39 ft.
Trails	Ferry Point Path/SF Bay Trail/ Ferry Point Loop
Hours/ Curfew	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/miller_knox

EASY HIKE



Photo: Michael Abbott

Park Features: Miller/Knox Regional Shoreline is named after California state senator George Miller Jr. and California assemblyman Jack Knox who helped secure and fund the parklands. The old ferry dock and abandoned buildings at Ferry Point once served Santa Fe passengers and freight and were the end of a transcontinental railroad. The saltwater lagoon is surrounded by grassy lawns and pleasant picnic areas, as well as a flat, paved trail. Parkgoers can also take a more rugged walk in the park's hills across the street to the east.

Trail Highlights: Offering stunning views of the San Francisco Bay, this trail is suitable for all skill levels as well as dogs on leash. The trail is almost completely paved and flat making it suitable for biking and wheelchairs. Restrooms and water are located next to the Ferry Point parking area as well as along the loop portion of the trail. Bring a picnic lunch for after your hike or check out the train museum across the street.

Trail Directions: From Ferry Point parking area, head west toward the fishing pier along the Ferry Point paved path. At the fishing pier you will see the gravel path on your right. Follow the gravel path along the shoreline until you reach the paved Ferry Point Loop Trail .2 miles. Follow the loop around the pond. On your way back toward the pier, when you reach the gravel path intersection, head left on the paved path back to the Ferry Point parking area.

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.

MILLER/KNOX REGIONAL SHORELINE

- Paved Bike Path
- Paved Path, No Bikes
- S.F. Bay Trail: Hikers, Horses, Bikes
- Hikers Only-No Bikes
- Mileage Between Points
- Paved Road
- Parking, # of spaces
- Restrooms
- Drinking Water
- Information Panel
- Telephone
- Tot Lot
- Swim Beach
- Shower
- Picnic
- Volleyball Area (Nets Not Provided)
- Horseshoe Pit
- Gate



Rev. 5/19

0 1/8 1/4 Mi.
Contour interval 10 feet



Driving Directions: From I-580 West in Richmond, exit at Canal Boulevard. Turn left (south) at the light onto Canal Boulevard and proceed for about .1 miles Cutting Blvd. Turn right onto Cutting Boulevard and proceed about .5 miles to the end. Turn left onto South Garrard Boulevard, and continue south through the tunnel. After the tunnel, South Garrard Boulevard becomes Dornan Drive. Follow Dornan Drive until you reach the Ferry Point Pier parking area at the southern most end of the park on the right.

Radke Martinez Regional Shoreline

Location	Martinez
GPS	38.020485, -122.137246
Phone	(888-327-2757), option 3, extension 4542
Miles	1.4-Mile Loop
Elevation Gain	13 ft.
Trails	Killdeer/Pickleweed/ Grangers' Wharf
Hours/ Curfew	8 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/martinez

EASY HIKE



Park Features: This charming park is located along the Carquinez Strait, which connects to San Pablo Bay. A variety of animals and plants thrive in this marshy environment, and there are benches throughout the park to sit on and enjoy the sights. The park offers fishing from the pier, boating, biking, picnicking, and field areas for sports.

Trail Highlights: This gentle hike is great if you want to stroll amongst wildlife and an ever-changing habitat. There are interpretive panels throughout the park that tell the history of the area. Dogs are not allowed in the marsh areas and other areas of the park; see map and signs in the park for details.

Trail Directions: You can find the parking lot nearest the trail by making the first left from N. Court St. Begin at the western part of the Killdeer Trail and head north for .25 miles. Turn left onto the Pickleweed Trail, follow for .09 miles. Walk across the arch bridge



over Alhambra Creek, then turn left to stay on the trail. Walk a short distance, cross another bridge, and bear right as you continue on the Pickleweed Trail along the shoreline. Farther along is the memorial to the sunken schooner on your right. As you turn left and then left again, the railroad tracks will be on your right. Stay to the right at the next fork. You will walk between a pumping station and the Sportsman's Club building. Turn right, walk towards a parking area at the end of Berrellesa Street, and follow along to the bridge to reach the Grangers' Wharf trailhead. Continue on Grangers' Wharf towards the east for .3 miles, veering left to return onto Killdeer Trail and parking lot.

Driving Directions: From Highway 4 in Martinez, exit at Alhambra Avenue and go north. Turn right on Escobar and left on Ferry Street; follow Ferry Street into the park. From I-680 in Martinez, exit at Marina Vista and go west. Turn right on Ferry Street into the park.



Contra Loma Regional Park

Location	1200 Frederickson Lane Antioch, CA 94509
GPS	37.965294,-121.822494
Phone	(888-327-2757), option 3, extension 4518
Miles	4.5-Mile Round Trip
Elevation Gain	515 ft.
Trails	Fredrickson/Lake View/Ridge/ East Shore/West Shore
Hours/ Curfew	6-7 a.m. to Sunset; varies seasonally
Fees	\$5 parking; \$2 dog (no parking fee at this staging area)
Website	ebparks.org/parks/contra_loma

MODERATE HIKE



Photo: Jerry Ting

Park Features: Contra Loma is a 780-acre park featuring an 80-acre reservoir for fishing and a seasonal swim lagoon. Hiking, biking, and nature study are also popular at this eastern Contra Costa County oasis.

Trail Highlights: This route has a few short, steep sections revealing views of the delta and, on a clear day, the Sierras peaks in the distance. Bring lots of water and snacks as the weather heats up in summer and fall. Water fountains and restrooms are located along the shore trails. Dogs must be leashed and under control at any posted area, picnic site, lawn or developed area, and all areas where grazing animals are present.

Trail Directions: Begin at the end of Fredrickson Ln., near the park entrance. Hike the Fredrickson Trail for .24 miles, then turn left onto the Lakeview Trail through the cattle gate. Veer right at the fork to

continue on Lakeview Trail for .58 miles. After the cattle gate reaching the Ridge Trail, turn left to follow Ridge Trail north for .40 miles. Continue towards the Upper Vista viewpoint. After a break, head back onto the Ridge Trail, take the first right down to West Shore Trail. Keep left to follow West Shore Trail across the dam then turn right, heading south onto East Shore Trail. Follow until you reach the boating dock, and continue towards West Shore Trail. After .52 miles, passing the swim lagoon, West Shore continues until you return to Ridge Trail by making a left. Follow south and return to the cattle gate to reach the Lake View Trail, continuing for .69 miles. End your hike reaching Fredrickson Trail and following south for .24 miles towards the parking area.

Driving Directions: From Highway 4 in Antioch, exit on Lone Tree Way, go right on Golf Course Rd. and right on Frederickson Lane.

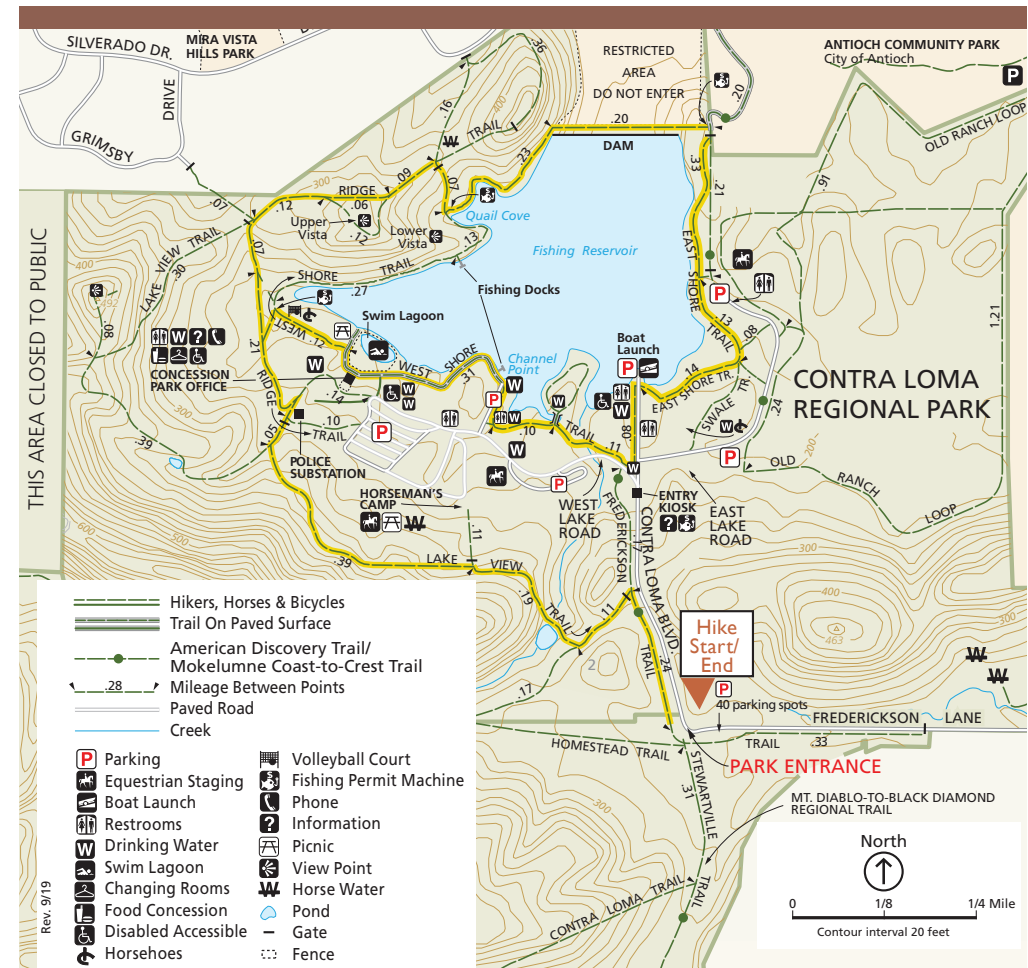


Photo: Robin Mayoff



Coyote Hills Regional Park

Location	Patterson Ranch Road and Muskrat Trail, Fremont
GPS	37.551296,-122.085640
Phone	(888-327-2757), option 3, extension 4519
Miles	3.8-Mile Loop
Elevation Gain	416 ft.
Trails	Bayview/Red Hill/Soaproot/Bayview
Hours/Curfew	8 a.m. to Sunset; varies seasonally
Fees	\$5 parking; \$2 dog
Website	ebparks.org/parks/coyote_hills

MODERATE HIKE



Park Features: Coyote Hills offers rich environmental education. At the Visitor Center, learn about Ohlone Peoples - past and present, marsh ecology, salt production, bio-sonar research, Monarch lifecycles, and more! Other features include picnic areas, group camps, the Alameda Creek Trail, the marsh boardwalk, wildlife refuge, and salt evaporation ponds. Coyote Hills is a haven for cyclists, joggers, walkers, and birdwatchers.

Trail Highlights: The Bayview Trail is mostly paved and offers astounding views of the National Wildlife Refuge, salt evaporation ponds of the San Francisco Bay, shoreline birds, and the water. This hike is in full sun with little shade, but the Bayview Trail has a wonderful breeze before you make your climb and limber up for several steep inclines (7) and declines (5) that Red Hill Trail has to offer. The rock formations and views from the top of Red Hill make it all worthwhile.

Enjoy a snack or break and 360-degree views at the hilltop picnic areas on Red Hill before you head back on the Soaproot Trail to make your way back to Bayview Trail to complete the loop.

Trail Directions: Begin at Quarry Staging Area off Patterson Ranch Road. Follow the Bay View Trail west for about .28 miles until you reach the Dairy Glen group campsite. Stay left before the campground on the loose gravel Meadowlark-to-Bayview Trail for .14 miles (with the South marsh at left). At the intersection with No Name Trail and Apay Way, continue straight towards the Bay View Trail. The gravel path will continue to No Name Trail, veer to the right on the paved trail to stay on Bay View Trail. Follow Bay View along the water until you reach Red Hill Trail about 2.1 miles into your hike. When you come to the observation platform and viewing area on the Bay View Trail, follow it to the right around the bend. Red



Health Tip

Researchers at Iowa State University found that just 12 minutes of walking can boost your mood, resulting in an increase in joviality, vigor, attentiveness, and self-confidence.

Hill will be ahead where you will make a sharp right to start your climb. There is a trail post sign for the Red Hill Trail to guide you. Follow the Red Hill Trail for about .9 miles until you reach your last decline. At the bottom of the hill, take a left onto Soaproot Trail and follow it back to the Bay View Trail. At the bottom of Soaproot make your way back towards the Dairy Glen group campsite. Walk towards the campsite and veer to the left which takes you back to the paved Bay View Trail, and another .28 miles back to the staging area to complete the loop.

Driving Directions: Coyote Hills Regional Park is located at 8000 Patterson Ranch Road, Fremont, CA 94555. The closest BART station is the Union City BART station. The park's main entrance is at the west end of Patterson Ranch Road/Commerce Drive in Fremont. From I-880, take Highway 84 west, exit at Paseo Padre Parkway, turn right, and drive north about one mile. Turn left on Patterson Ranch Road. This is the park's entrance road and will take you to the Quarry Staging Area, picnic areas and visitor center.



Huckleberry and Sibley Regional Preserves

Location	Oakland
GPS	37.842600, -122.194850
Phone	(888-327-2757), option 3, extension 4532 (Huckleberry) or extension 4554 (Sibley)
Miles	3.8-Mile Round Trip
Elevation Gain	1,118 ft.
Trails	Huckleberry Path/Bay Area Ridge-Skyline National Recreation Trail/Round Top Loop
Hours/Curfew	7 a.m. to Sunset; varies seasonally
Fees	None
Website	ebparks.org/parks/huckleberry

MODERATE HIKE



Park Features: Huckleberry Botanic Regional Preserve

is an ecological jewel. The native plant community here is found nowhere else in the East Bay. It represents a relic plant association found only in certain areas along California's coast.

Sibley Regional Park's Round Top (elevation 1763 ft. above sea level) is the preserve's most prominent feature. It dates to about 10 million years ago and is the source of all the volcanic rock in the park. The display panels in the pavilion provide a geological history of the park. The 31-mile East Bay Skyline National Recreation Trail, part of the Bay Area Ridge Trail system, traverses the preserve along the ridgeline between Wildcat Canyon and Anthony Chabot Parks.

Trail Highlights: Both parks are unique and this route gives you a taste of both worlds. The 600 foot

elevation gain in the middle of the route is sure to get your heart pumping; good hiking shoes and trekking poles are recommended and be sure to bring plenty of water. If you want to avoid the climb, these parks' main staging areas are only a few minutes from each other along Skyline Boulevard. Watch out for poison oak!

Trail Directions: This route starts at Huckleberry Staging Area, where there is a chemical toilet but no drinking fountain, so plan accordingly. Huckleberry Path is a single-track trail with narrow and steep sections so be careful. Turn left at your first intersection, heading down the steps. After .32 miles, connect with the Bay Area Ridge/Skyline National Recreation Trail to the left and down. Continue downhill and cross a stream. Go uphill for .81 miles and enjoy the canopy of trees as you trek up the hillside.



As you approach Round Top, turn right onto the Round Top Loop Trail, the first intersection near the top. If you miss it, it is okay as both directions circle back to the Bay Area Ridge Trail. Head eastbound on Round Top Loop Trail, continue .44 miles until you reach a cattle gate. Pick up the Round Top Loop Trail circling the peak. At the next trail junction, turn left to stay on the trail. After another .41 miles along the loop trail you will connect back to the Bay Area Ridge/Skyline National Recreation Trail; keep an eye for the trail, it is easy to miss. The paved trail will lead you back. Veer left for .18 miles and follow it back to where you started the Round Top Loop Trail, making your descent back to Huckleberry. Retrace your steps back up Huckleberry Path and to your starting point.

Driving Directions: From Highway 24 in Oakland, take the Fish Ranch Road exit immediately east of the Caldecott Tunnel. Continue .8 miles to Grizzly Peak Blvd. Turn left and go 2.4 miles on Grizzly Peak to Skyline Boulevard. Turn left and drive approximately one-half mile to the Huckleberry Staging Area on the left, past Sibley Volcanic Regional Preserve.

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.

Lafayette-Moraga Regional Trail

Location	Lafayette and Moraga
GPS	37.886163, -122.094352
Phone	(888-327-2757), option 3, extension 4535
Miles	12-Mile Round Trip
Elevation Gain	679 ft.
Trails	Lafayette-Moraga Regional Trail
Hours/ Curfew	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/trails/lafayette_moraga

MODERATE HIKE



Photo: Bill Crawford

Park Features: The Lafayette-Moraga Regional Trail is intended for hiking, bicycling, and equestrian use. The route parallels St. Mary's Road through Lafayette and Moraga with many trees throughout, providing shade as you travel along.

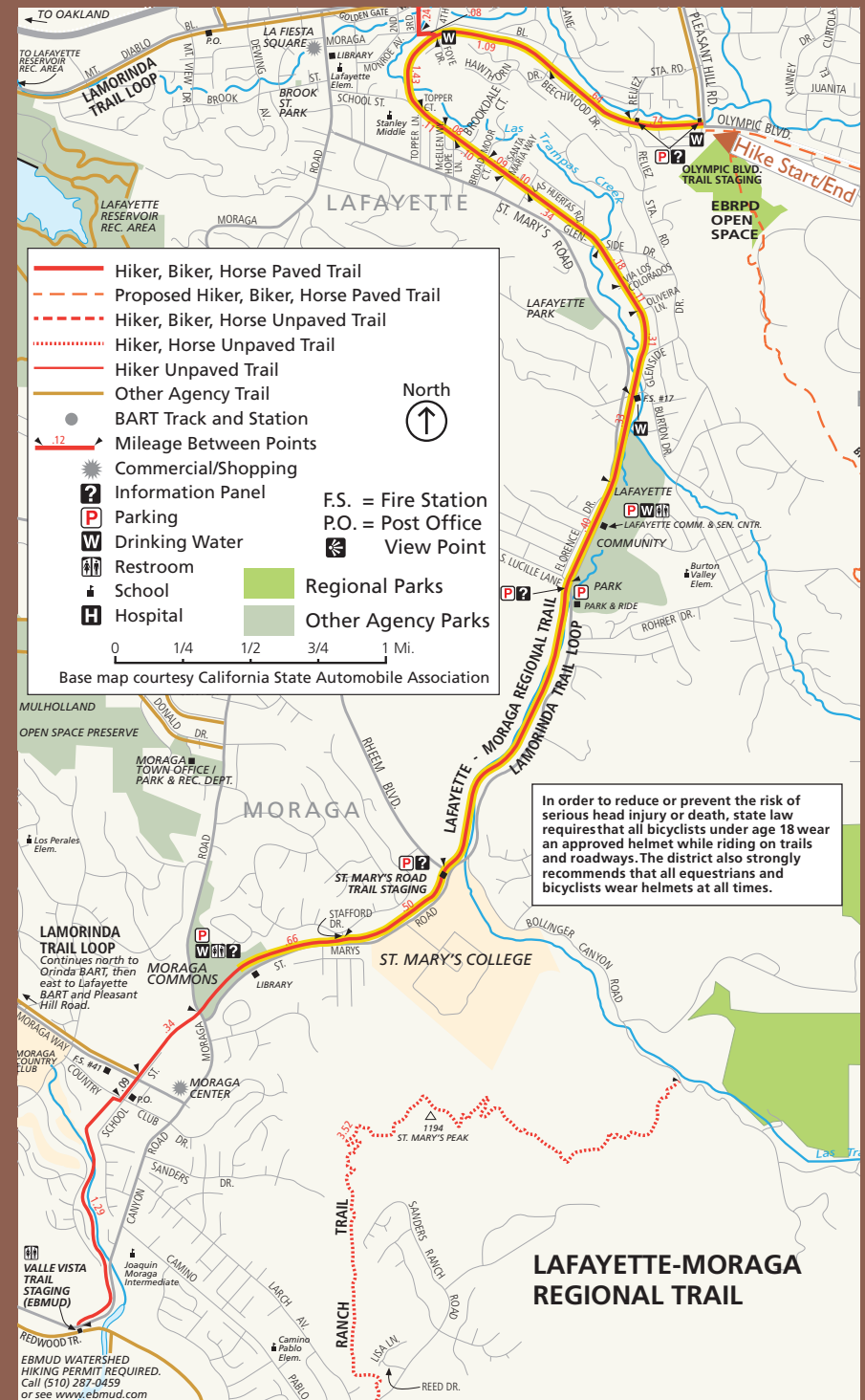
Trail Highlights: This route is considered easy to moderate because you can decrease the distance of your route to make it an easy challenge since it is an out-and-back trail (not a loop). Take a moment and relax on one of the many benches along the route, as well as utilize the amenities bordering the trail.

Trail Directions: Begin westward on Lafayette Moraga Trail, accessible from the staging area at Pleasant Hill Road and Olympic Blvd. Follow the paved trail as you cross over neighborhood streets and crosswalks. After 1.6 miles, complete a short section on Brookdale Court, then continue back onto

the paved trail. After another 1.2 miles, cross over a wooden bridge. In .4 miles from the bridge, cross St. Mary's Rd. and continue on trail, on the far side of the road. Another 1.6 miles crosses Rheem Blvd., and shortly after, you will pass St Mary's College on your left. After 1.1 miles, the route ends as you reach Moraga Commons Park. This is a great chance to take a break or use the restroom before heading back and completing the challenge.

Driving Directions: From I-680 (N or S), take exit 45B for Olympic Boulevard. Head west on Olympic Boulevard. Directly after Pleasant Hill Road, turn right into parking lot.

From Highway 24 east, take exit 14 for Pleasant Hill Road and keep right at the fork. Then turn right onto Pleasant Hill Road. Turn right onto Olympic Blvd., and then immediately turn right into parking lot.



Reinhardt Redwood Regional Park

Location	Oakland
GPS	37.80692,-122.14813
Phone	(888-327-2757), option 3, extension 4553
Miles	6.2-Mile Loop
Elevation Gain	967 ft.
Trails	Stream/Tres Sendas/French/Orchard/Bridle/Stream
Hours/Curfew	5 a.m. to 10 p.m.
Fees	\$5 vehicle; \$2 dog
Website	ebparks.org/parks/redwood

MODERATE HIKE



Park Features: Reinhardt Redwood Regional Park and the adjacent Roberts Regional Recreation Area feature diverse recreational opportunities including multi-use trails, a lifeguarded pool, archery range, picnic sites, and overnight campgrounds. The park contains the largest natural stand of coast redwood in the East Bay; the serenity and beautifully lighted landscapes of these forests are unmatched in the region.

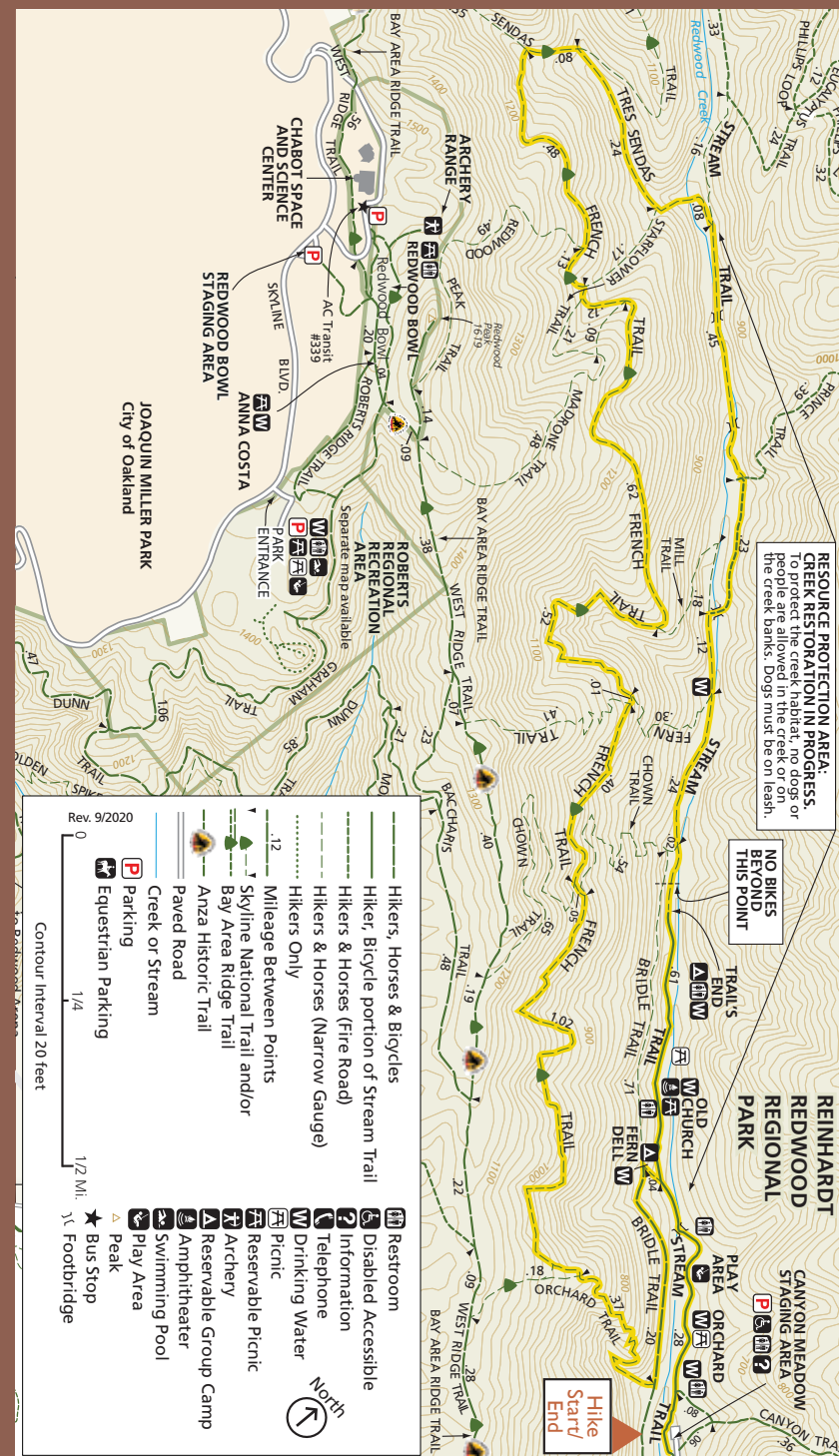
Trail Highlights: Most of this loop is a narrow gauge trail for hikers and equestrians only and features several hundred feet of elevation change, making it a uniquely challenging trek through the redwoods. The early portion of the hike features many amenities including picnic sites, water, and restrooms to prepare for the difficult French Trail climbs.



Trail Directions: From the Canyon Meadow Staging Area, head 1.97 miles northwest on Stream Trail along Redwood Creek, then turn left onto Tres Sendas Trail. Stay on Tres Sendas for .32 miles, going straight at the first turnoff for French Trail, then left at the second fork for French Trail. Follow French Trail back across the park for 3.41 miles, turn left downhill onto Orchard Trail toward Redwood Creek for .37 miles. Go left at the connection with Bridle Trail for .20 miles and take a right at Fern Dell Meadow to take Stream Trail back to the staging area for .28 miles.

Driving Directions: From Hwy. 13 north: Take exit 1 for Carson St. toward Redwood Rd. and go straight at the stop sign onto Mountain Blvd. At the light, make a sharp right onto Redwood Rd. and continue for three miles before turning left into the park.

From Hwy 13 south: Take exit 1 for Redwood Rd. toward Carson St.; turn left onto Redwood Rd. and follow for three miles before turning left into the park.



Vargas Plateau Regional Park

Location	2536 Morrison Canyon Rd. Fremont
GPS	37.574817, -121.932681
Phone	(888-327-2757), option 3, extension 4568
Miles	3.7-Mile Round Trip
Elevation Gain	462 ft.
Trails	Golden Eagle/Upper Ranch/ Golden Eagle
Hours/ Curfew	8 a.m. to Sunset; varies seasonally
Fees	None
Website	ebparks.org/parks/vargas

MODERATE HIKE

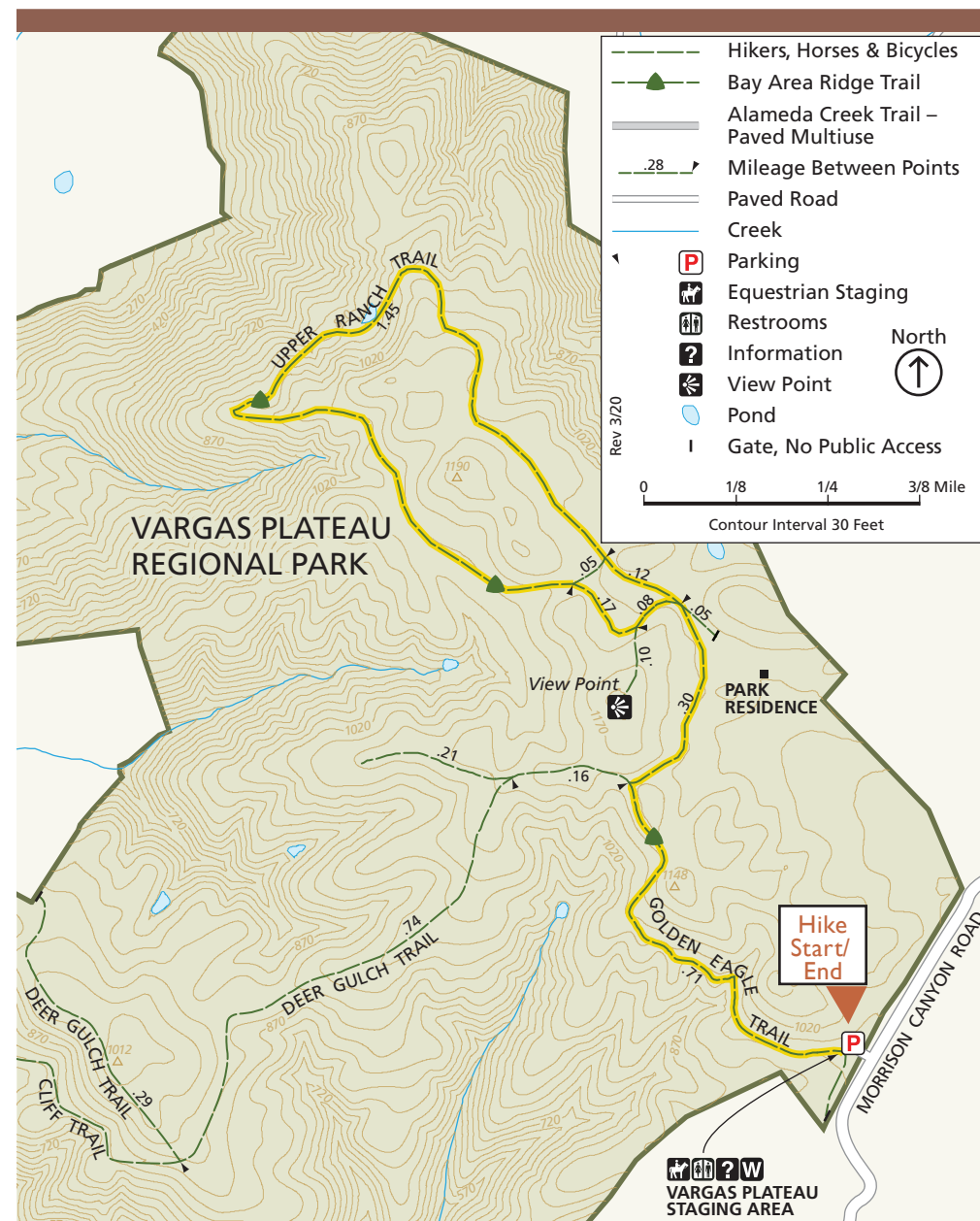


Park Features: This stunning 1,249-acre regional park provides tremendous views from the tops of the East Bay hills. The plateau rises quickly and steeply from the bay plain and towers over one thousand feet above the cities below, overlooking Niles Canyon, Fremont, Union City, Newark, and the San Francisco Bay beyond. Atop the plateau a pastoral landscape predominates, and golden eagles, hawks, deer, bobcats, frogs, snakes, and a variety of other animals make their home in the open grasslands, ponds, and steep wooded canyons. These characteristics make the park a great place for outdoor recreation and nature appreciation on the urban/wildland edge.

Trail Highlights: This hike begins with tremendous views from the tops of the East Bay hills, overlooking Fremont, Union City, Newark, and the San Francisco Bay beyond. To the southeast are views of Mission Peak. As you traverse the northeast part of the

park, the Upper Ranch Trail offers views of the steep canyon below including Niles Canyon and Highway 84. You will notice from the trail posts you will be following part of the Bay Area Ridge Trail. Vargas Plateau is an open range park so be watchful for roaming cows. Parking and restrooms available at the Vargas Plateau Staging Area.

Trail Directions: Park at the Vargas Plateau Staging Area, and follow the trail past the restrooms, continuing through the gate. Keep going straight onto Golden Eagle Trail, past the next trail post. Golden Eagle Trail will contour around the hill and continue through another gate. At the next junction, pass through another gate to follow the Upper Ranch Trail. As you continue, the Park Residence will be to your right. At the next trail post, stay to the right to continue on the Upper Ranch Trail. The next mile and half loop will descend towards the canyon before



climbing back uphill along the Bay Area Ridge Trail and reconnecting with the Golden Eagle Trail. Retrace your steps, turning right onto Golden Eagle Trail and following it back to the staging area.

Driving Directions: From I-680 in Fremont, exit at Vargas Rd. and go north. Drive about 1.6 miles to Morrison Canyon Rd. and turn right. The staging area is ahead on the left about .4 miles. Car-pooling is strongly recommended as staging area parking is limited. There is no street parking in the area.

Wildcat Canyon Regional Park

Location	Richmond
GPS	37.951870,-122.317151
Phone	(888-327-2757), option 3, extension 4567
Miles	5.7-Mile Loop
Elevation Gain	1,568 ft.
Trails	Wildcat Creek/Mezue/San Pablo Ridge/Green Ridge/Belgium/Wildcat Creek
Hours/Curfew	7:30 a.m. to 5 p.m.
Fees	None
Website	ebparks.org/parks/wildcat

MODERATE HIKE



Photo: Tom Koh

Health Tip

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

Park Features: The park encompasses 2,789 acres along the Wildcat Creek watershed and the surrounding hills and ridges, with 25 miles of trails (mostly fire roads), including 2.5 miles of paved trail on Nimitz Way.

Trail Highlights: A spectacular 360 degree view of the Bay Area awaits you at the apex of this moderately strenuous hike. This multi-use loop passes the site of the historic Belgium Sanitarium.

Trail Directions: Park in the main lot of the Alvarado Staging Area. The Wildcat Creek Trail begins at the far end of the lot. The trail begins on pavement for approximately a mile and then turns into a dirt fire road. After a total of 2 miles, you will take a left through a cattle gate onto the Mezue Trail. Follow this steep trail 1.33 miles uphill past Leonard's Trail to the juncture with the San Pablo Ridge Trail. Take a left onto San Pablo

Ridge and take in the views for 1.21 undulating miles. At the juncture with the Green Ridge Trail take a left and proceed .15 miles to the Belgium Trail. Continue on Belgium for .85 miles, past the interpretive panel for the historic Belgium Sanitarium. Go through a gate and at the bottom of the hill, turn right onto the pavement to rejoin the Wildcat Creek Trail .44 miles back to the staging area.

Driving Directions: From I-80 W in Pinole, exit McBryde Ave. Turn left onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.

From I-80 E in El Cerrito, exit toward Solano Ave. Keep left at the fork, follow signs for Solano Ave, and then merge onto Amador St. Turn right onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.



Photo: Jeff Fenderson

Black Diamond Mines Regional Preserve

Location	Antioch
GPS	37.970785, -121.862544
Phone	(888-327-2757), option 3, extension 4506
Miles	6.8-Mile Loop
Elevation Gain	1,656 ft.
Trails	Railroad/Stewartville/Ridge/Acorn/Old Homestead/Lark/Riverview Loop
Hours/Curfew	8 a.m. to Sunset; varies seasonally
Fees	\$5 vehicle; \$2 dog
Website	ebparks.org/parks/black_diamond

CHALLENGING HIKE



Park Features: Once home to Bay Miwok-speaking people, ranchers, and coal miners, Black Diamond Mines Regional Preserve is an ideal location for hiking, picnicking, and nature study. Five mining towns once occupied the area from the 1860s until the early 1900s, the most famous being Nortonville and Somersville. Almost four million tons of coal were removed before coal mining stopped and sand mining began by the Hazel-Atlas glass company.

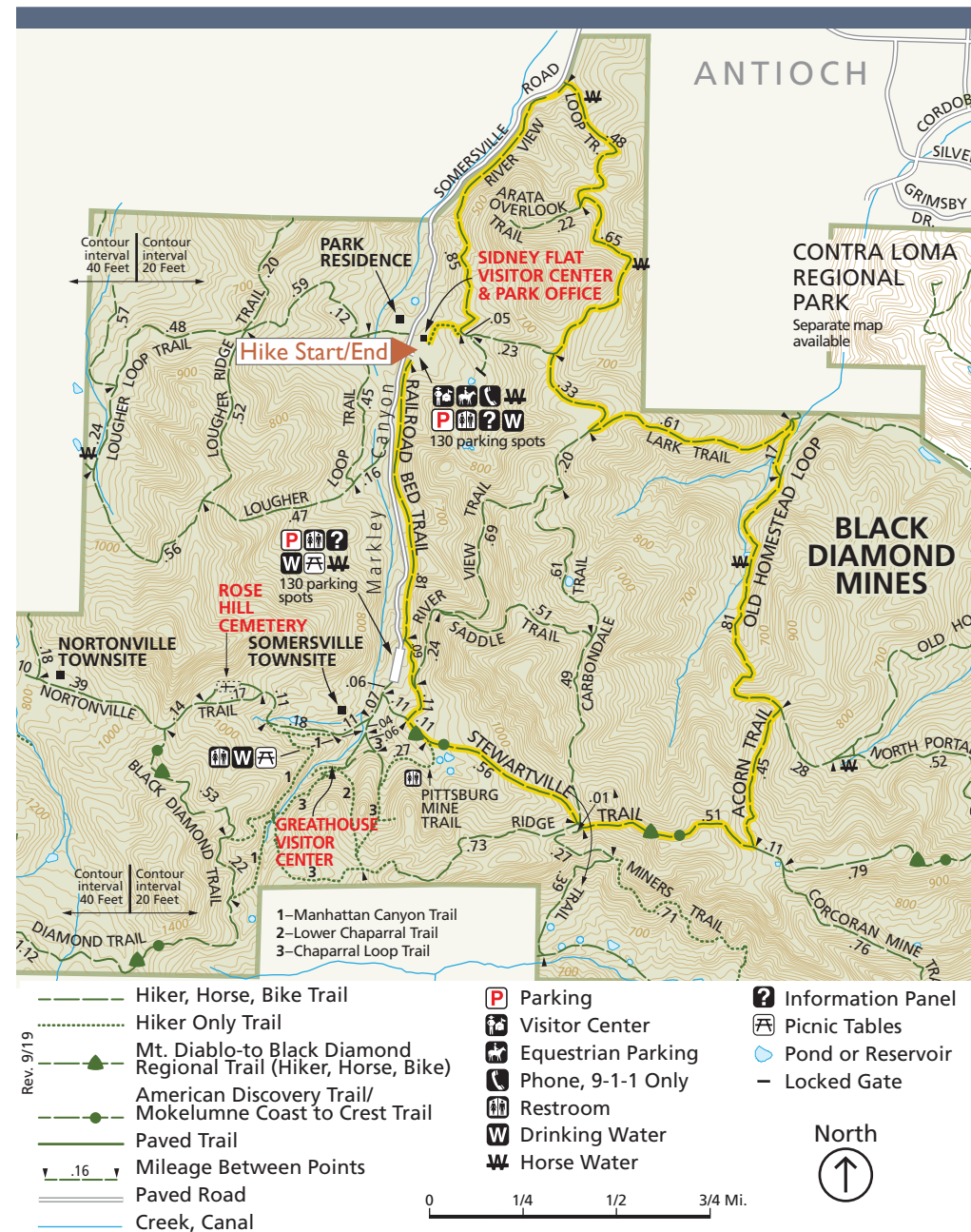
Trail Highlights: The Railroad Bed Trail once contained train tracks that aided in hauling large amounts of coal, northward, to the neighboring river cities. Miners and their families also traveled these hills by foot or horse, to traverse the area that is now a preserve. Go against the grain and feel the effects of gravity that once helped coal-hauling trains travel downward.

Trail Directions: Park at first parking lot near the Sidney Flat Visitor Center. Head south to begin the Railroad Bed Trail and follow for 1 mile. Veer left continuing on the Railroad Bed Trail, passing the second parking lot. Turn left to follow the Stewartville Trail, .6 miles. When reaching the top of Stewartville Trail, pass the cattle gate, turning left onto the Ridge Trail for .5 miles. Follow left at the next trail mark onto the Acorn Trail. After .45 miles you will reach a cattle gate, entering the Old Homestead Loop Trail. Follow for .81 miles, veer left onto the Lark Trail and continue west on the trail. Turn right onto the Riverview Trail and follow for .33 miles. Riverview Trail turns into Riverview Loop, following the trail to the right. The optional Arata Overlook along Riverview Loop Trail will add .44 miles to your hike and is a nice resting spot to view nearby areas. Continue Riverview Loop for 1.3 miles heading south, returning down to Sidney Flat parking lot.

Driving Directions: From Concord/Walnut Creek: Take I-680 north to Hwy 242 and merge onto Hwy 4 east towards Stockton/Antioch; take Somersville Rd. exit and follow Somersville Rd. four miles south into the park and continue to the parking lot.



Photo: Marc Crumpler



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% versus sitting.

Briones Regional Park

Location	Lafayette
GPS	37.927116, -122.159284
Phone	(888-327-2757), option 3, extension 4508
Miles	7.8-Mile Loop
Elevation Gain	1,384 ft.
Trails	Briones Crest/Old Briones Road/ Briones Crest/Table Top/Briones Crest/Crescent Ridge/Seaborg/ Old Briones Road
Hours/ Curfew	8 a.m. to Sunset; varies seasonally
Fees	\$3 vehicle; \$2 dog
Website	ebparks.org/parks/briones

CHALLENGING HIKE



Photo: Graphics Girl 925

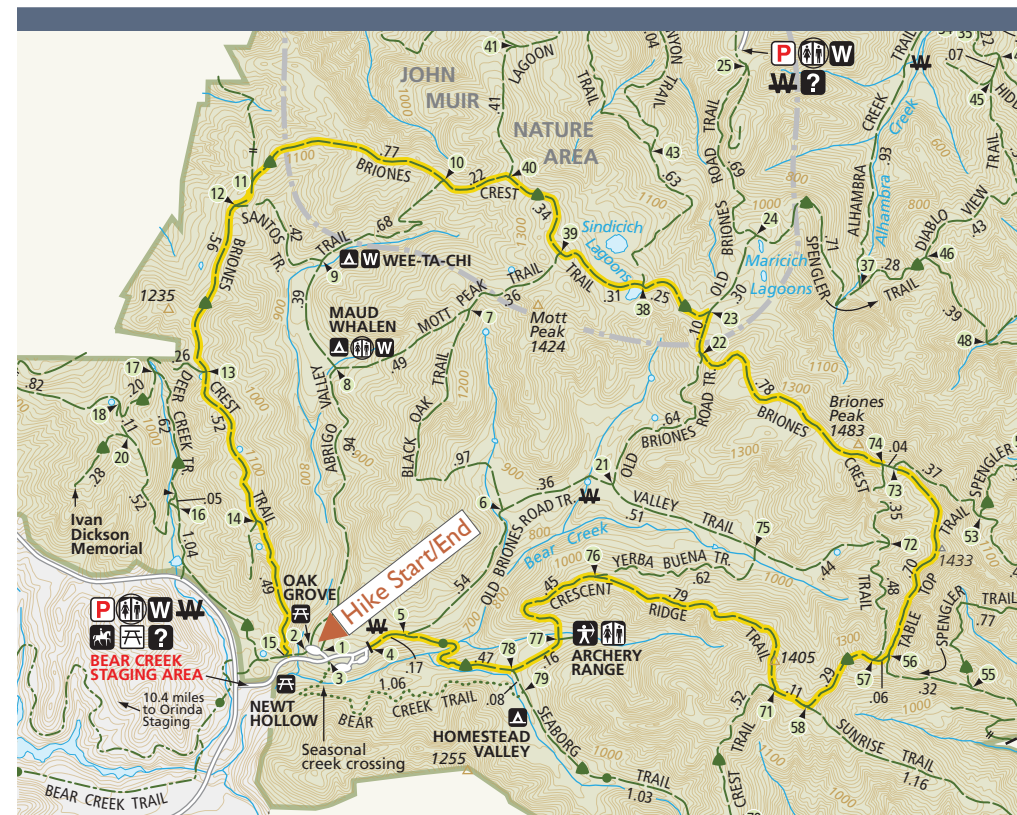
Park Features: With its rolling, grassy hills and secluded, shady canyons, Briones is a secret wilderness surrounded by the towns of central Contra Costa County. Park activities include group camping, archery, and 6,255 acres of hiking trails.

Trail Highlights: Typical Oak Savanna awaits you on this challenging hike past Briones Peak, Mott Peak, and the Briones Archery Range. In springtime, look for native Gold Cups and other wildflowers along the Crest Trail.

Trail Directions: At the park kiosk, take an immediate left into the 'Oak Grove' parking lot. At the far end of the lot begins the Briones Crest Trail. Take the stairs that lead downhill and along the entrance road. At trail marker 15, take a right onto the Briones Crest Trail & follow it 3.46 miles up and down, through cattle gates, past various lagoons to the intersection with the

Old Briones Road. At trail marker 23 take a right onto Old Briones Road for a mere .1 mile and at trail marker 22 veer left to rejoin the Briones Crest Trail. Follow it .78 miles to join up with the Table Top Trail. At trail marker 74, go straight through a gate to join Table Top. After .8 miles, take a left onto Briones Crest Trail once again for .4 miles. At marker 71 take a right through a cattle gate to access the Crescent Ridge Trail. Follow it along and downhill to the Briones Archery Range. Go along the fence line of the archery range and veer right onto the Seaborg Trail. Take the Seaborg Trail .47 miles back to the main staging area. You will then need to walk approximately .2 miles back along the road to the first lot near the kiosk.

Driving Directions: To reach the Bear Creek Staging Area, 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.



BRIONES REGIONAL PARK

- Hikers, Horses & Bicycles
- Ivan Dickson Trail
- American Discovery Trail / Mokelumne Coast-to-Crest Trail
- Hikers and Horses
- Hikers Only
- P Parking
- E Equestrian Parking
- R Restrooms (circle indicates disabled accessible)
- W Drinking Water
- W Horse Water
- ? Information Panel
- P Picnic

12 25 Mileage Between Markers With Trail Post Numbers

- Dead End; Private Property Ahead
- Road
- Creek

- P Reservable Picnic
- A Reservable Group Camping
- A Archery
- P Pond
- Gate, No Access



0 1/4 1/2 3/4 1 Mile
Contour interval 40 feet

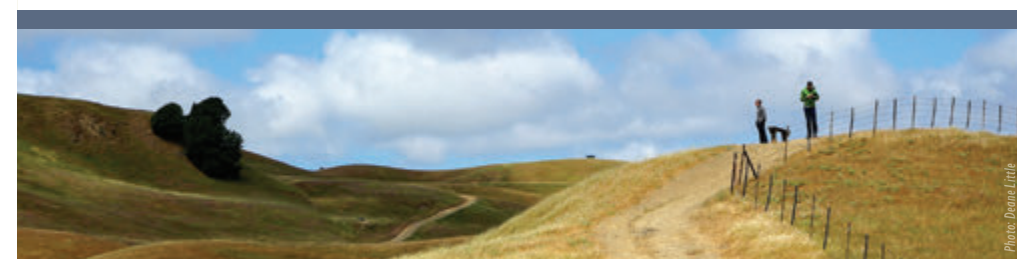


Photo: Denise Little

Diablo Foothills Regional Park

Location	Walnut Creek
GPS	37.895922, -121.997087
Phone	(888-327-2757), option 3, extension 4526
Miles	7.2-Mile Loop
Elevation Gain	1,328 ft.
Trails	Castle Rock/Little Yosemite/Briones to Mt. Diablo Regional/Hanging Valley/Stonegate/Mokelumne Coast to Crest/Fairy Lantern/Shell Ridge/Diablo Scenic/Castle Rock
Hours/Curfew	7:30 a.m. to Sunset; varies seasonally
Fees	None
Website	ebparks.org/parks/diablo_foothills

CHALLENGING HIKE



to the junction with the Little Yosemite Trail. Make a right turn and follow this single-track trail uphill to the intersection with the Briones to Mount Diablo Regional Trail. Take a right turn onto Briones to Mt. Diablo Regional Trail and follow it past the China Wall road turnoff to the intersection with the Hanging Valley Trail. Turn left onto Hanging Valley Trail and go 1.09 miles to the sign post for Stonegate Trail. Take a right and follow Stonegate for .19 miles. Veer left to join the Mokelumne Coast to Crest Trail. The trail splinters here into 3 social trails but they all rejoin the main trail. After .38 miles, turn right onto the Fairy Lantern Trail. Follow this single-track trail downhill for .35 mile until you reach the intersection with the Shell Ridge Trail. Take a left onto Shell Ridge and follow it exclusively for .9 miles. At the intersection with the Diablo Scenic Trail, take a right to follow it .39 miles. At the bottom of the hill, take a hard left on the Castle Rock Trail .4 miles to bring you back to the staging area.

Driving Directions: Exit I-680 at Ygnacio Valley Road in Walnut Creek and drive east. After about three miles turn right on Walnut Avenue. After about two miles turn right on Oak Grove Road, then bear right onto Castle Rock Road and follow it to the Orchard Staging Area on your right.



Las Trampas Wilderness Regional Preserve

Location	San Ramon
GPS	37.815858, -122.050096
Phone	(888-327-2757), option 3, extension 4537
Miles	6.2-Mile Loop
Elevation Gain	1,920 ft.
Trails	Elderberry/Rocky Ridge View/Devil's Hole/Sycamore/Rocky Ridge View
Hours/ Curfew	8 a.m. to Sunset; varies seasonally
Fees	None
Website	ebparks.org/parks/las_trampas

CHALLENGING HIKE

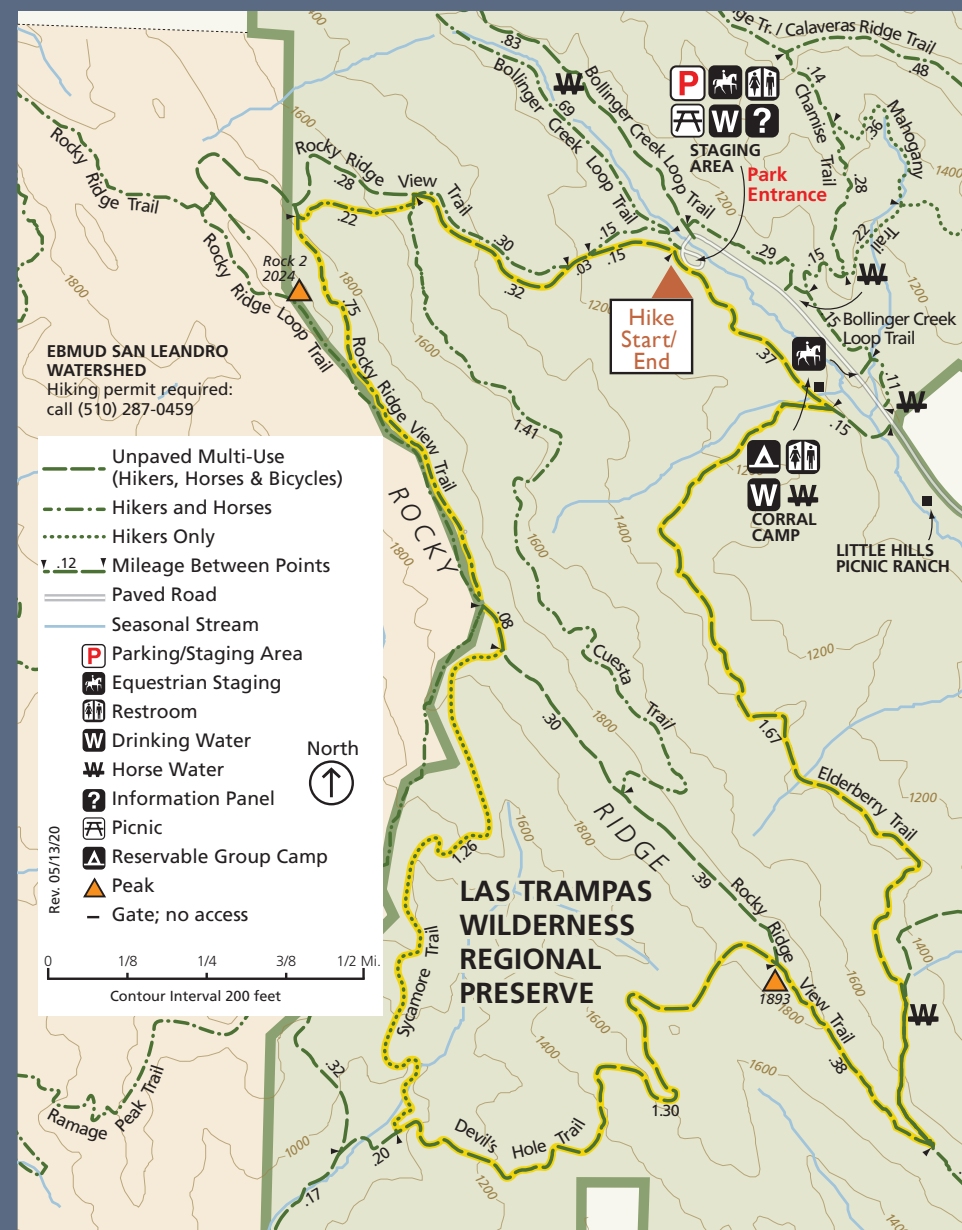


Photo: Greg Bran

Park Features: Las Trampas Regional Wilderness offers an expanded trail system that allows hikers to enjoy its remote and rugged areas, with a terrain that gives a feeling of privacy and an escape from modern-day tasks. Be sure to carry plenty of water; the park's water supply is inconsistent and may be unavailable at any time.

Trail Highlights: With a variety of shaded forest, open grassland, rock formations, and a wind cave, this route contains very steep grades throughout and can be very muddy in the rainy season. Be sure to bring the essentials to beat the heat in summer. Equestrians are not permitted on the Sycamore Trail and should not go on Devil's Hole Trail; if you are on horseback try a detour on Cuesta or Rocky Ridge View Trails back to the staging area when you reach this point of the route.

Trail Directions: From the staging area on Bollinger Canyon Rd., begin the Elderberry Trail by going through the nearby gate; follow Elderberry Trail and turn right, going uphill at Corral Camp for a steep but pleasant climb through woodland to the ridge. Make a sharp right onto Rocky Ridge View Trail and climb about .38 mile more to an elevation of 1,893 feet. Pay attention to rock formations on the ridge, which contain remnants of prehistoric sea life, and look for markers here as you hike along the Alameda and Contra Costa county line. Veer left onto Devil's Hole Trail and descend 700 feet; look for the wind cave to the left off the trail and enjoy wildflowers in the spring. After the descent but before the creek crossing, look for Sycamore Trail on your right, as the signpost is easy to miss. Make the beautiful-yet-strenuous climb on



Driving Directions: From I-680 in San Ramon: Take Crow Canyon Rd. west to Bollinger Canyon Rd.; turn right and follow Bollinger Canyon Rd. into the park, about four miles.

Driving Directions: From I-680 in San Ramon: Take Crow Canyon Rd. west to Bollinger Canyon Rd.; turn right and follow Bollinger Canyon Rd. into the park, about four miles.

Marsh Creek Regional Trail

Location	Oakley	CHALLENGING	
GPS	37.9909306, -121.6958444		
Phone	(888-327-2757), option 3, extension 4540		
Miles	14.9-Mile Round Trip		
Elevation Gain	147 ft.		
Trails	Marsh Creek Regional Trail from East Cypress Road Staging Area (Oakley) to Concord Avenue (Brentwood) and back		 
Hours/ Curfew	5 a.m. to 10 p.m.		
Fees	None		
Website	ebparks.org/parks/trails/ marsh_creek		

Park Features: Marsh Creek Regional Trail, running alongside Marsh Creek from Oakley to Brentwood, cuts through the historic farmland of East Contra Costa County and offers a reminder of how life in the Bay Area used to be centuries ago.

Trail Highlights: This trail is labeled “challenging” based on length as opposed to elevation gain. Marsh Creek Trail is fully paved and presents no slope difficulties for persons desiring flat ground or using wheelchairs. The first five miles is in full sun, so bring plenty of water. The route from Central Park to Concord Avenue is shaded and offers benches and picnic tables.

Trail Directions: Begin by heading west from the staging area to go over the bridge to Main Street. Use the crosswalk to cross East Cypress Road and head on

to the trail for .65 miles. Safely cross over street roads at Laurel Road and Delta Road and continue down the trail for 2.5 miles. Cross safely at Sunset Road and head right towards Main Street, using the crosswalk to cross Main Street, and continue left along the trail for 1.2 miles. Use the tunnels under Sand Creek Road and O'Hara Avenue to continue, .24 miles. Cross safely over street roads at Central Boulevard and Dainty Avenue, then under Balfour Road. Turn left when you enter Creekside Park and continue south through the park, for .51 miles; turn right onto Creek Road and follow it to Concord Avenue for .41 miles. This is where you can turn around and head back.

Driving Directions: From Highway 4 eastbound, take Laurel Rd. exit and turn left. Turn left onto Main St. Turn right onto E. Cypress Rd. and make a U-turn



when possible to reach the parking lot. From Vasco Rd. Turn right onto Walnut Blvd., then turn right onto CA-4 Marsh Creek Rd. Turn left onto Sellers Ave, then left onto E Cypress Rd. Parking will be on your right.

Health Tip
Brisk walking improves bone density and prevents osteoporosis.

Tilden Regional Park

Location	Berkeley
GPS	37.9059,-122.26117
Phone	(888-327-2757), option 3, extension 4562
Miles	7.9-Mile Round Trip
Elevation Gain	1,611 ft.
Trails	Meadows Canyon/Curran/Seaview/Arroyo/Quarry/Lower Big Springs/Seaview/Curran/Wildcat Gorge
Hours/Curfew	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/tilden

CHALLENGING HIKE



Photo: Hillary VanAntwerp

Arroyo Trail. It's easy to pass by, so, watch for it. Follow this single-track trail downhill for .83 miles. At South Park Drive, turn right and follow the trail along the road to the Big Springs Staging Area. At the far end of the small parking area, take the Quarry Trail .81 miles to the intersection with Lower Big Springs Trail. At the four-way trail juncture, head west onto Lower Big Springs and follow it uphill .21 miles to rejoin Seaview Trail. Take a left onto Seaview and follow it downhill, taking a right to return to where you initially crossed Wildcat Canyon Rd. Cross the road again and rejoin Seaview. At the bottom of this very short section, take a left onto Curran Trail. Follow it .62 miles downhill to the intersection with Wildcat Gorge Trail. Turn right onto Wildcat Gorge and continue along the creek .78 miles back to the Lone Oak Staging Area.

Driving Directions: From Hwy 80, take the University Avenue exit in Berkeley. Follow University towards the hills, turn left onto Oxford St. Turn right onto Rose St. Turn left onto Spruce St. At the stop sign at the top of the hill, proceed through the intersection and turn immediately left down Canon Dr. At the bottom of Canon, veer right onto Central Park Drive and take the first left onto Lone Oak Rd. Park at the Lone Oak Staging Area.

Park Features: Tilden includes the Regional Parks Botanic Garden, Golf Course, Brazil Room, Tilden Nature Area, Little Farm, EEC, Lake Anza, Steam Trains, Merry-Go-Round, and 3 reservable Group Camps. With its extensive trail system and various amenities, you'll discover why it is called the 'Crown Jewel' of the Park District!

Trail Highlights: A large loop in the heart of Tilden Park to take in the views of the bay and beyond.

Trail Directions: Begin at Lone Oak Staging Area, off Central Park Dr. just past Meadows Playground. At the picnic site take the trail to the left and head uphill along Meadows Canyon Trail. In 1.43 miles, take a right onto Curran Trail and an immediate left uphill onto Seaview Trail. Cross Wildcat Canyon Road and continue uphill along Seaview Trail. In 2.18 miles, turn right onto





Trails Challenge 2021

Trail Log

Congratulations!
You did it!

1. Trail Log Deadline: December 1, 2021

2. To receive your 2021 commemorative pin
(while supplies last) submit your log and comments at
ebparks.org/TClog, or email it to 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: _____



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 under "Membership."



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

RegionalParksFoundation.org

2021 TRAILS CHALLENGE GUIDEBOOK



East Bay Regional Park District

2950 PERALTA OAKS COURT • OAKLAND, CA • 94605-0381

1-888-EBPARKS • EBPARKS.ORG