

Anthony Chabot Regional Park

Location	Castro Valley
GPS	37.759377, -122.105054
Phone	1-888-327-2757, Option 3, Extension 4502
Miles	5.1 miles
Elevation Gain	784 ft
Trails	Redtail Trail/Brandon Trail/Loggers Loop/Brandon Trail/Deer Canyon Trail/Redtail Trail
Hours	5 a.m. to 10 p.m.
Fees	None
Park Webpage	ebparks.org/parks/anthony-chabot
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm

CHALLENGING



Hiking through Anthony Chabot Regional Park, one will encounter areas where old growth harmonizes with new fuels reduction efforts, a testament to the park’s commitment to sustainability. Every step immerses trailgoers in the park’s beauty but also contributes to its preservation for future generations, ensuring this natural treasure remains vibrant and resilient.

Trail Highlights: Anthony Chabot’s Redtail Trail offers a tranquil journey along ridge lines, with panoramic views that reveal the park’s diverse landscapes. Meander through oak woodlands, while keeping an eye out for grazing deer and the occasional soaring hawk. The Brandon Trail, more challenging, passes through fragrant eucalyptus groves, leading to breathtaking vistas of the rolling East Bay hills.

These trails not only showcase the park’s natural beauty but also reflect ongoing efforts to protect it. On the hike, notice areas where fuels reduction has been carefully implemented, blending seamlessly with the surrounding environment. Each step along these paths deepens connections to the landscape and contributes to its ongoing preservation.

Health Tip

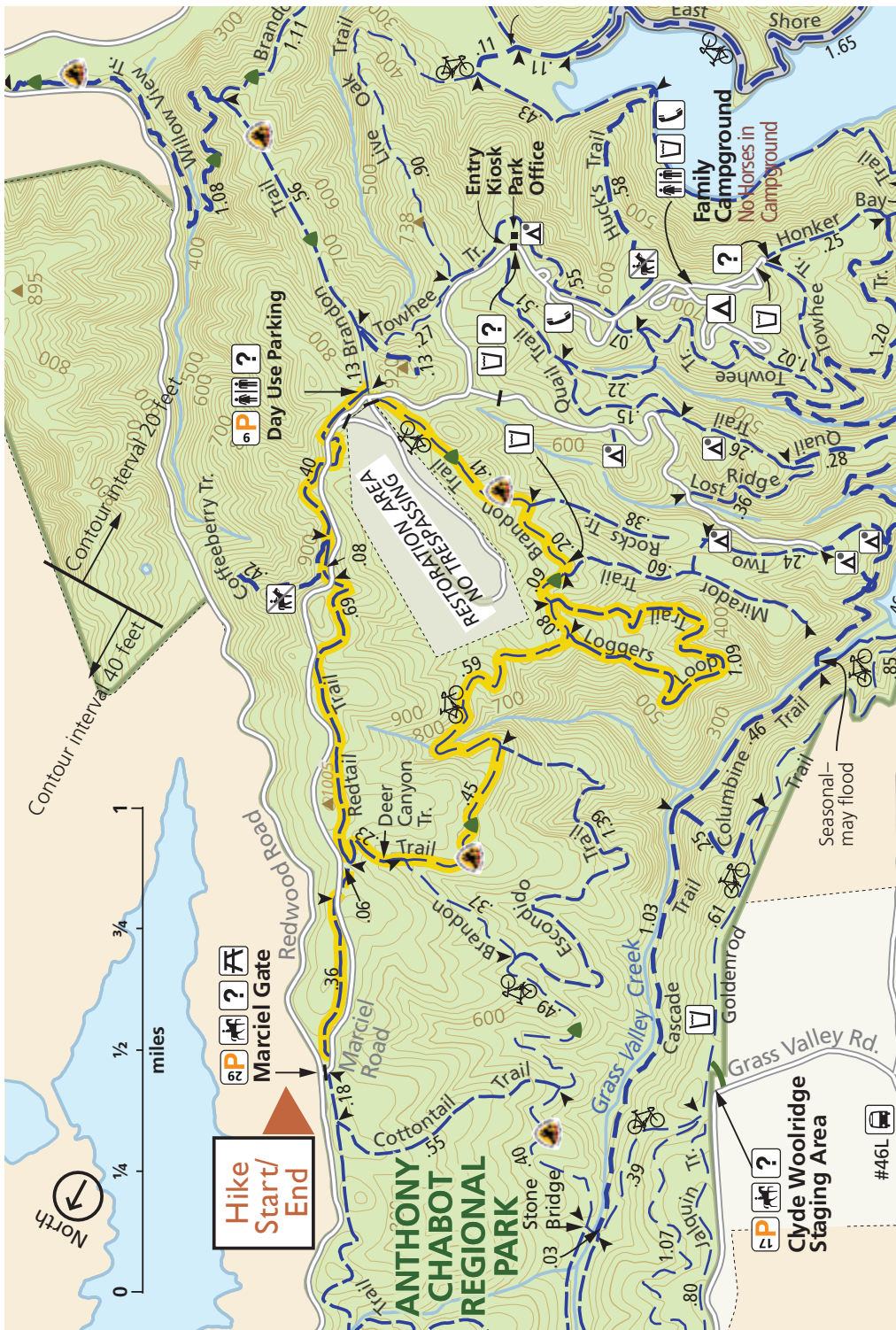
Walking prevents or helps manage type 2 diabetes. Walking helps insulin work better, lowering blood sugar.

Park Features: Anthony Chabot Regional Park’s trails wind through a rich tapestry of ecosystems, offering a journey deep into the park’s natural beauty. The Redtail Trail is a particular favorite, tracing the ridges and meandering through oak woodlands where deer quietly graze. For those seeking a more challenging hike, the Brandon Trail ascends through stately eucalyptus groves, offering sweeping vistas of the surrounding hills that inspire a sense of wonder.

Today, the Park District celebrates a groundbreaking fuels reduction project, spanning 365 acres in the East Bay hills. This innovative approach to wildfire prevention employs a climate-friendly carbonizer to dispose of excess vegetation with minimal emissions, avoiding the environmental impact of traditional burning or long-distance transportation by diesel trucks.

Trail Directions: From the Marciel Gate parking lot, take the Redtail Trail on the right. Trail runs alongside and then crosses Marciel Rd. Near the restrooms, go right on Brandon Trail, downhill through the gate. Turn left on Loggers Loop, left on Brandon Trail, and right on Deer Canyon Trail. Turn left on Redtail Trail to get back to the parking lot.

Address:
9999 Redwood Rd., Castro Valley, CA 94552



Briones Regional Park

Location	Lafayette
GPS	37.9065323, -122.1004960
Phone	1-888-327-2757, Option 3, Extension 4508
Miles	6 miles
Elevation Gain	1,198 ft
Trails	Lafayette Ridge Trail (out and back)
Hours	8 a.m. to sunset; varies seasonally
Fees	None
Park Webpage	ebparks.org/parks/briones
Average Grade	Steep/Very Steep
Surface	Moderately Firm/Soft

CHALLENGING



Park Features: Welcome to Briones Regional Park, a serene natural haven nestled in the East Bay hills. This expansive park spans over 6,255 acres, offering a rich tapestry of rolling hills, lush meadows, and tranquil woodlands. Encounter a diverse array of flora and fauna. Ancient oak trees provide shade, while wildflowers like poppies and lupines add vibrant splashes of color during springtime.

The park is crisscrossed with an extensive network of trails, perfect for hiking, horseback riding, and mountain biking. Notable trails such as the Briones Crest Trail reward adventurers with panoramic views of Mount Diablo and the surrounding valleys. Birdwatchers will delight in spotting red-tailed hawks, wild turkeys, and the occasional golden eagle soaring overhead.

With its diverse array of natural wonders, the Lafayette Ridge Staging Area beckons adventurers and nature enthusiasts alike to embark on a journey of discovery and wonder within the embrace of Briones Regional Park.

Trail Highlights: Begin at Lafayette Ridge Staging Area, where nature's wonders unfold along the trails. A quick ascent leads through oak-studded hillsides and panoramic vistas. Pause to admire the intricate beauty of native wildflowers and the rustling canopy of ancient oaks.

Venture into secluded valleys, where babbling streams and verdant foliage create havens of biodiversity waiting to be discovered. Scenic overlooks, challenging terrain, and tranquil sanctuaries are all features of the trails of Lafayette Ridge Staging Area. They promise an unforgettable adventure through the diverse landscapes of Briones Regional Park.

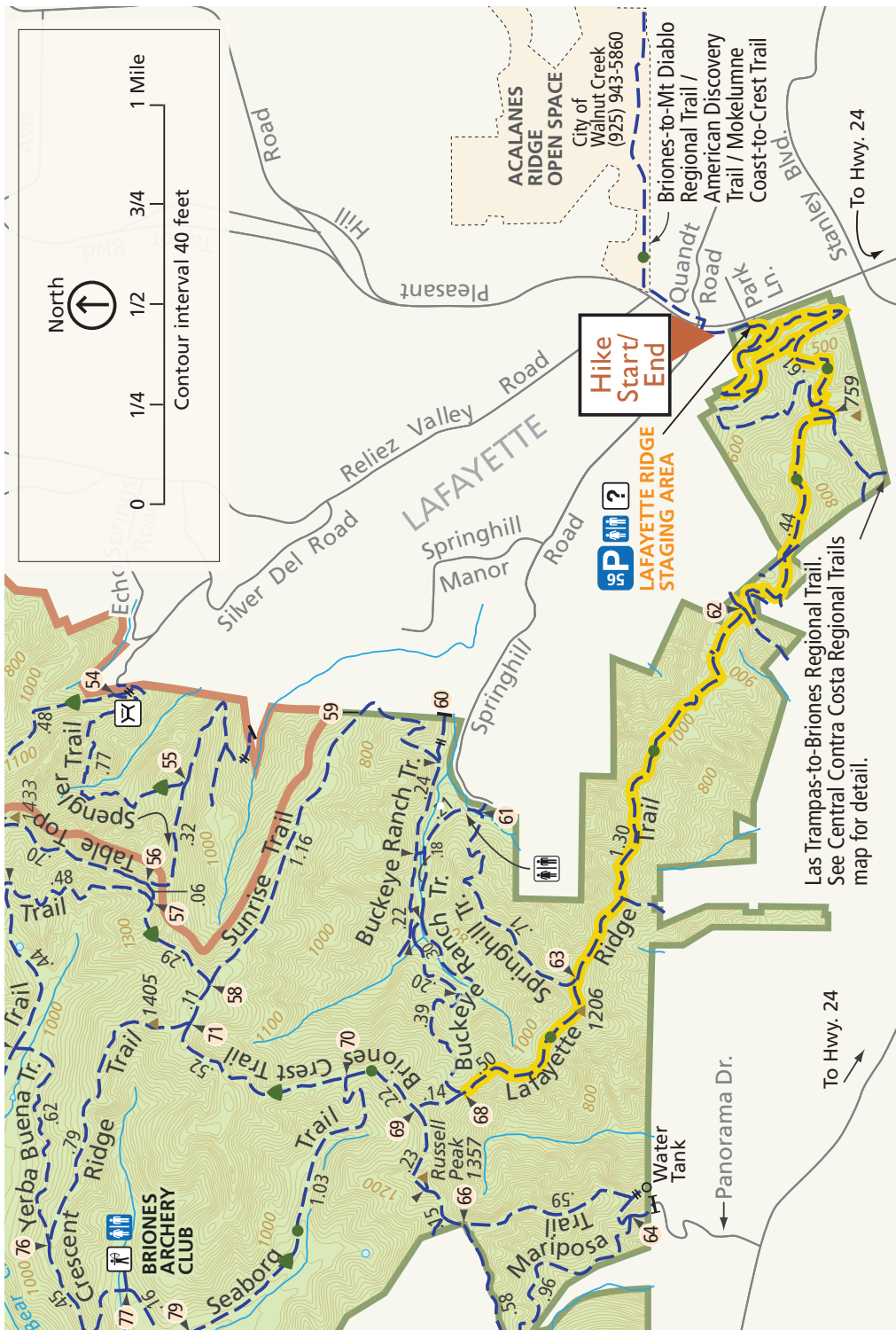
Trail Directions: From the Lafayette Ridge Staging Area, go up the Lafayette Ridge Trail. Continue to follow signs to stay on Lafayette Ridge Trail/Las Trampas to Briones Regional Trail until you reach the intersection of Springhill Trail. From here, continue on to do a longer hike in the park or turn around and retrace your steps to Lafayette Ridge Staging Area.

Address:

Lafayette Ridge Staging Area,
Pleasant Hill Road, Lafayette, CA 94549



Marc Cumpler



Del Valle Regional Park

Location	Livermore
GPS	37.6197042, -121.7529218
Phone	1-888-327-2757, Option 3, Extension 4524
Miles	4.59 miles
Elevation Gain	988 ft
Trails	East Shore Trail/Heron Bay Trail/ East Shore Trail
Hours	6 a.m. to 9 p.m.; varies seasonally
Fees	\$5 per vehicle
Park Webpage	ebparks.org/parks/del-valle
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm

CHALLENGING



Park Features: Del Valle Regional Park stands as a verdant oasis, beckoning visitors with its scenic beauty and diverse array of recreational opportunities. At the heart of the park lies the expansive Del Valle Reservoir, a shimmering gem amidst rolling landscapes.

Traversing the park's extensive network of trails, visitors are treated to captivating panoramas of the surrounding hillsides, dotted with majestic oak woodlands and meandering creeks. Whether hiking, mountain biking, or horseback riding, there's a trail to suit every level of adventurer.

Trail Highlights: Embark on a scenic journey along the East Shore Trail, Heron Bay Trail, and East Shore Trail at Del Valle Regional Park. Meandering alongside the tranquil waters of Del Valle Reservoir, these trails

offer captivating views of rolling hills and lush shoreline vegetation.

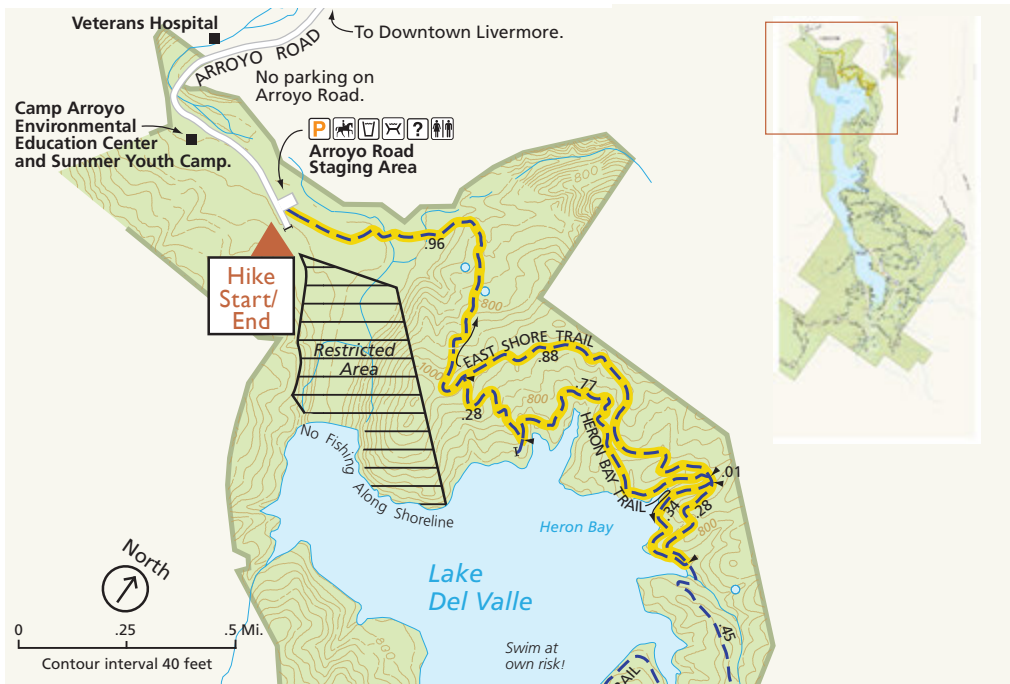
Keep an eye out for great blue herons and other waterfowl that frequent the lake, while the gentle rustle of wind through the trees provides a soothing soundtrack to the hike. With opportunities for birdwatching, picnicking, and peaceful reflection, these trails invite visitors to immerse themselves in the diverse East Bay landscape.

Trail Directions: From the parking lot, follow the signs to the East Shore Trail. Ascend to the peak and you'll see a tree surrounded by benches. From there, follow the signs downhill leading to the Heron Bay Trail, which traces the scenic shoreline. After a picturesque journey, the trail reconnects with the East Shore Trail briefly before veering back onto the Heron Bay Trail. Turn left on East Shore Trail, which leads back to the parking lot.

Driving Directions: Arroyo Road Staging Area- From I-580 in Livermore, exit at North Livermore Ave. Drive south on North Livermore Ave. Turn right at Portola Ave., then left on North L St. North L St. becomes South L St., then Arroyo Rd. Continue on Arroyo Rd. past the entrance to the U.S. Veterans Administration Hospital and Sycamore Grove Park. The staging area is on the left at the end of Arroyo Rd. (no parking fee).

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.



Morgan Territory Regional Preserve

Location	Livermore
GPS	37.8186974, -121.7958356
Phone	1-888-327-2757, Option 3, Extension 4546
Miles	10 miles
Elevation Gain	2,047 ft
Trails	Clyma Trail/Highland Ridge Trail/ Raven Trail/Fox Trail/Highland Ridge Trail/Volvon Trail/Prairie Falcon Trail/Condor Trail
Hours	5 a.m. to 10 p.m.
Fees	None
Park Webpage	ebparks.org/parks/morgan-territory
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm

CHALLENGING



Trail Highlights: Embark on a journey through Morgan Territory Regional Preserve's trails, each offering its own unique charm. The Volvon Loop Trail meanders through oak-dappled woodlands, revealing glimpses of the preserve's rich history. Make sure to stop for panoramic vistas, before ascending to Prairie Falcon Trail, where sweeping views of the Diablo Range await atop this rugged summit. The trails wind through sun-drenched grasslands, providing opportunities to spot native wildlife such as deer, coyotes, and California quail, and colorful wildflower displays in the spring, including baby blue eyes and butterfly mariposa lilies.

Trail Directions: Starting from the parking lot, head to the right corner adjacent to Morgan Territory Rd., to spot the trailhead for Clyma Trail. Follow the signs across the road. At the trail junction, turn left uphill onto the Highland Ridge Trail. Turn right on Raven, then take a left onto Fox Trail, leading back to Raven Trail. From there, turn left onto Highland Ridge Trail, leading back to Morgan Territory Road. Cross the road and follow the signs to stay on Highland Ridge Trail. Upon reaching the peak, turn right onto Eagle Trail, followed by a left onto Volvon Trail. Take a right onto Prairie Falcon Trail, then another right onto Volvon Trail (for 65 yards). Finally, turn right onto Condor Trail, leading back to the parking lot.

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 Rd. and follow it for about 5.5 miles to the staging area. From Walnut Creek/Concord, take Clayton Rd. to Marsh Creek Rd., then turn right onto Morgan Territory Rd. The staging area is 9.4 miles from Marsh Creek Rd.

Park Features: Nestled within the rolling hills of Contra Costa County, Morgan Territory Regional Preserve stands as a testament to the rugged beauty of California's landscape. As a bastion of natural serenity, this preserve offers an array of captivating features for both avid outdoor enthusiasts and casual visitors alike. Traversing its network of trails, visitors encounter a rich tapestry of ecosystems, from oak-studded grasslands to dense chaparral and shaded woodlands. The preserve's diverse habitats provide sanctuary to a plethora of plant life and wildlife, including soaring raptors and delicate spring wildflowers.

Round Valley Regional Preserve

Location	Brentwood
GPS	37.8699080, -121.7503625
Phone	1-888-327-2757, Option 3, Extension 4556
Miles	6 miles
Elevation Gain	538 ft
Trails	Miwok Trail/Murphy Meadow Trail/Miwok Trail
Hours	8 a.m. to 8 p.m.; varies seasonally
Fees	None
Park Webpage	ebparks.org/parks/round-valley
Average Grade	Mostly Gentle
Surface	Moderately Firm

CHALLENGING



Trail Highlights: Explore the Miwok Trail at Round Valley Regional Preserve, where ancient oak woodlands meet rolling grasslands. Venture onto the Murphy Meadow Trail, keep an eye out for the diverse wildlife that thrives here—deer, hawks, and maybe even a bobcat. The trails offer sweeping views of the valley, where wildflowers paint the hillsides in spring, and each step connects you to the rich cultural and natural history of this landscape.

Health Tip
Exercise strengthens
breathing muscles.

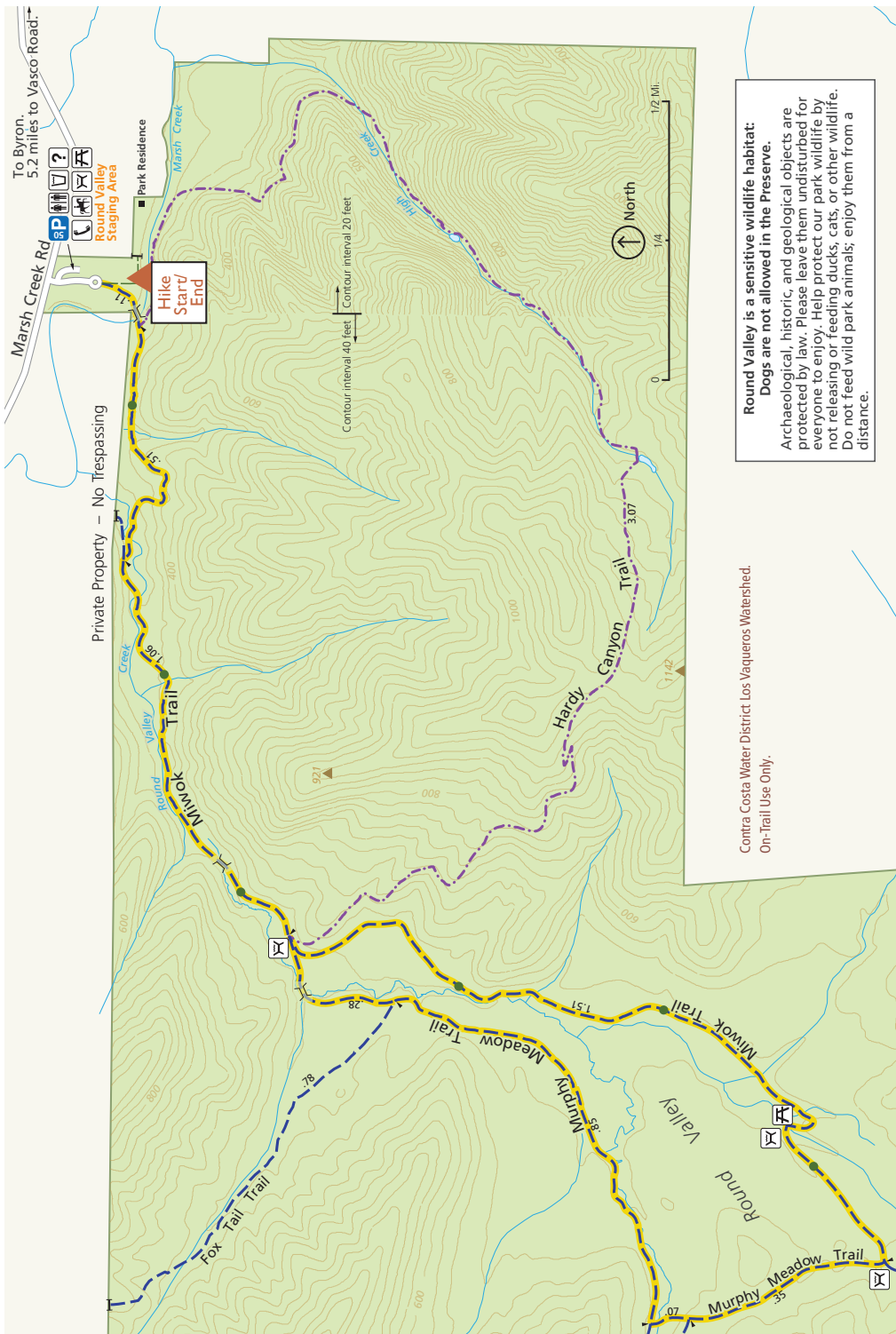
Trail Directions: From parking lot, walk across the bridge and start on Miwok Trail to the right. Stay on Miwok Trail and walk around the Round Valley. Turn right at Murphy Meadow Trail, follow it back to Miwok Trail, which brings you back to the parking lot.

Address:
19450 Marsh Creek Rd., Brentwood, CA 94513

Park Features: Round Valley Regional Preserve offers a sanctuary for nature lovers and outdoor enthusiasts alike. This expansive preserve boasts a diverse tapestry of landscapes, from oak-studded grasslands to sprawling meadows and rugged ridgelines. Traverse the network of trails that wind through the preserve, each path offering its own unique vantage points and opportunities for exploration. The Round Valley Loop Trail is a favorite among hikers, leading adventurers through sun-dappled woodlands and open fields, with panoramic views of the surrounding hillsides. For those seeking a more challenging trek, the Miwok Trail beckons with its steep ascents and breathtaking vistas. Along the way, keep an eye out for the abundant wildlife that call Round Valley home, including golden eagles.



Keninfox



Contra Costa Water District Los Vaqueros Watershed.
On-Trail Use Only.

Sunol Wilderness Regional Preserve

Location	Sunol
GPS	37.515417, -121.832861
Phone	1-888-327-2757, Option 3, Extension 4559
Miles	6.7 miles
Elevation Gain	1,713 ft
Trails	Canyon View/Canyon View Trail, McCorkle Trail Road/Cerro Este Road/Cave Rocks Road/Eagle View Trail/Vista Grande Road/High Valley Road/Flag Hill Road/Flag Hill Trail/Canyon View
Hours	8 a.m. to 9 p.m.; varies seasonally
Fees	\$5 per vehicle (weekends & holidays)
Park Webpage	ebparks.org/parks/sunol
Average Grade	Steep/Very Steep
Surface	Moderately Firm/Soft

CHALLENGING



Park Features: Nestled in some of the wildest lands of the East Bay, Sunol Wilderness Regional Preserve offers an array of captivating park features that beckon nature enthusiasts and adventurers alike. Imagine traversing rugged terrain, greeted by the serene whispers of ancient oak woodlands, while vibrant wildflowers paint the landscape in a kaleidoscope of colors. As seasons change, tarantulas can be found looking for love when the sun sets.

Nature lovers, prepare to be enchanted by the tranquil waters of Alameda Creek, where elusive steelhead trout dart beneath the surface, and majestic great blue

herons gracefully glide overhead. Step lightly along the meandering trails, where each turn reveals a new wonder, from hidden waterfalls cascading into emerald pools to the haunting calls of resident wildlife echoing through the canyon.

Trail Highlights: Embark on a thrilling journey through Sunol Wilderness Regional Preserve's trail network, where surprises await at every turn! Start the adventure on the scenic Canyon View Trail, offering panoramic views of rolling hills and lush valleys. Wildlife may be lurking in the bushes, so stay alert! Make sure you stop along the way and enjoy the benches with amazing views.

Next up, the Eagle View Trail promises an adrenaline-pumping experience with its rugged terrain and stunning scenery. Take a moment to absorb the beauty of Alameda Creek below, but don't get too lost in the view! There's more excitement ahead!

Trail Directions: From the visitor center parking lot follow the path to the bridge. Cross the bridge, right on Canyon View Trail, left on McCorkle Trail, and left on Cerro Este Rd. At Cerro Este Overlook go left at Cave Rocks Road (fire road), right at Eagle View Trail (single track), left on Vista Grande Road (fire road), and stay straight at intersection with High Valley Road (rock sign) and look for the steel post trail marker. Follow through the gate onto Flag Hill Road. At the top of Flag Hill Road, stop at bench overlook, turn around and follow the trail back to Stone Trail maker. Take a right on single-track downhill on Flag Hill Trail, left on Canyon View Trail, right on the bridge back to the Visitor Center and parking lot.

Address:

1895 Geary Rd., Sunol, CA 94586

