

AMBLER HIKING TRAILS

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A geographical organization has been used rather than a seasonal one. Climate change has given us winter weeks with no rain to make it muddy, or cool days in the summer. Therefore take the weather into account when choosing your hike. Suggestions will be given. If you have a new hike to add, please send it to the email above.

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SUMMER AND WINTER HIKES

SUMMER HIKES: cooler. In the woods or closer to the bay

Hike

All the hikes in Berkeley Orinda Oakland

All the hikes in Martinez and Benicia

All the hikes in Waterfront hikes

WINTER: paved trails

Hike

Golden Rain and Skycrest

Saklan Indian and Grey Eagle

All the hikes in

All the hikes except Mt. Wanda in

All the hikes in

Section

In Rossmoor

In Rossmoor

Paved Paths close to Rossmoor

Martinez and Benicia

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THE LABYRINTH AND EAST RIDGE

4 seasons

Overview of hike

A short 2.5 mile hike with 3 hills up and one steep downhill. The East Ridge part is a flat .5 miles coming back.

Driving Directions

- Go up Saklan Indian Drive until it flattens out and there is a paved path on the right going straight up.
- The number on the closest manor is 2856.

Restrooms: no

Boots and poles: yes

Driver: 0

Hiking directions

- Go up the paved path to the T. Turn left and go for about 10 minutes until you come to the bottom of a huge hill. To the left of the beginning of the hill is a path called Bypass which takes you up to the top of the hill in a more gradual way. Once there, turn around and retrace your steps to the paved path. Continue on 160 yards to the Labyrinth. Optional (sit and look at the view or walk the labyrinth.)
- Across from the entrance to the labyrinth is a path the Dollar Trail which goes very steeply down (use poles) to Saklan Indian.
- Cross Saklan Indian and go over the chain for a short while. Here you have a choice. If you go to the right, it is a reasonably flat half mile and then you turn around.
- Go left up the hill to the top and then gradually down. When you come to the gray container, turn sharp right and continue on the flat trail back to Saklan Indian. Turn left and go up the street one block to your car.

AUTUMNWOOD AND BILL KIEFER TRAIL
4 seasons except when muddy

Overview of hike

A steep beginning and then into a nice housing area of Alamo. Return to the car and then cross the road for a gradual climb up to the viewpoint and benches. 3.5 miles. Some through the woods, and some open.

Driving Directions

- Go out Rossmoor Parkway until you come to Autumnwood and the high rise apartments.
- Turn left up Autumnwood and there are about 5 parking spots at the end.

Restrooms: no

Boots and poles: yes

Driver: 0

Hiking Directions

- Start at the right in front of the cars. It is a steep hill up to the top but fast.
- Then you leave Rossmoor and walk up the street to the homes. Turn right at the first street and go to the end.
- You can continue along the trail at the end of the street if you like, or turn back here and retrace steps to the car.
- with benches and a view. If you like, you can take the steep hill to the right which goes up about 3 blocks to the fence that signals the end of Rossmoor. If not, sit awhile and go back down to the car.

STANLEY DOLLAR RIDGE
4 seasons; very muddy after a rain

Overview of hike

A short 2 mile hike with 3 steep hills and gorgeous panoramic views. Totally in the open.

Driving Directions

Park at the very end of Stanley Dollar Entry 10

Restrooms: no

Boots and poles: yes

Driver: 0

Hike directions

- Go up the paved road until a fence.
- Go around the fence to the left. You are now in Lafayette.
- Continue until there is a dirt road to the right up a hill.
- Turn right and follow that up to power poles, and down and up staying on the same road until it ends in a circle by the ranch.
- Turn around and retrace your steps.

CACTUS COURT TO THE LABYRINTH

4 seasons except when muddy

Overview of hike

Some hills and beautiful. 3-4 miles. Open sun and some shade

Driving Directions

Rossmoor Parkway to Terra California. Left on Cactus Court and go all the way up to Entry 7. Turn right and there are 3 parking spots including the grass

Restrooms: no

Boots and poles: yes

Driver: 0

Hiking Directions

- Go through the gate and close it. Keep to the trail on the right to the top of the hill. At the top turn left at the sign Tice Rock and go a block until you come to Tice Rock. Read the information, turn around and retrace your steps to the Tice Rock sign.
- Take the middle trail at E19 up the hill. Turn right and go down the hill and then straight across the fire road toward Saklan Indian on the Dollar Trail. It is well marked with trail markers.
- Continue on the Dollar Trail until you get to the very rocky part which you go up. Now you are still on the Dollar Trail. Turn left, go 1 block, and at the fork, stay left on the reasonably flat half mile to Saklan Indian.

Options for going up to the labyrinth

- 1. Cross Saklan Indian and go up the very steep Dollar Trail.
- 2. Turn left on the street and go up to 2856. The paved path is to the right just beyond that condo. Go up and turn right 160 yards to the labyrinth.

Options for coming down

- 1. Coming down to the street, choose either the steep trail or the paved road.
- 2. Return to the Dollar Trail and go over the chain.

Back on the Dollar Trail

Option 1. Stay to the right and continue on the flat path through the woods.

Option 2. Go up the hill to the left and then all the way down on a wide road.

Follow the signs to Cactus Court. Go up a hill from the grey container. At the top of the next hill, there is a fire road up to the left and a trail to the right. Turn right at the trail and go down the rocky part. Follow Cactus Court signs back to your car.

GOLDEN RAIN AND SKYCREST THROUGH BERM PARK

4 seasons

Overview of hike

This hike is all on streets. Some steep uphill. 3.3 miles

Driving directions

Park in Gateway parking lot.

Restrooms: no

Boots and poles: sneakers and poles

Driver: 0

Hike Directions

Option 1: The steeper way

- Cross Tice Creek and right on Rossmoor Parkway. Go slightly to the right on Tice and through the Berm Park. In the spring there are amazing irises.
- Continue up Golden Rain to Entry 7. Go in Entry 7 all the way to the end to a pocket park on the left that has a spectacular view of Mount Diablo and a picnic table.
- Come back out to Golden Rain and continue up to the top and around until you get to Skycrest.
- Turn right on Skycrest and go up and down to the end where there is a pocket park by Entry 15. Go around to entry 16 and you will see a different view of the canyon.
- Retrace your steps down Skycrest to join Upper Golden Rain. Continue on down until it joins with Lower Golden Rain and right back to your car at Gateway.
-

Option 2: The less steep way

- From Gateway go through Berm Park and then up to Hillside on Upper Golden Rain.
- Go up and down Skycrest.
- Turn left on Upper Golden Rain and follow it all the way around back to Gateway going to the park at Entry 7.

TAHSA STADUM TRAIL
4 seasons
Muddy in winter

Overview of hike

This is a fairly steep 3 mile hike

Driving Directions

- Go to Rockledge between Entry 3 and 4.
- Take the trail all the way to Stanley Dollar
 - Alternatively, you can start at Stanley Dollar just below Entry 7 where there is parking for 3 cars. Go to Rockledge and retrace your steps

Restrooms: no

Boots and poles: yes

Driver: 0

Hike Directions

- Start on the west side of the trail.
- Go up and down the hills until you come to Stanley Dollar.

SAKLAN INDIAN AND GREY EAGLE

4 seasons

Overview of hike

All on the sidewalks so good for winter. Fairly steep up Saklan Indian. 3/2 miles or more

Driving directions

Park at Gateway

Restrooms: at Gateway near the hike gathering

Boots and poles: yes

Driver: 0

Hiking Directions

- From Gateway go right on Rossmoor Parkway to SaklanIndian.
- Go all the way up to the top where it merges with Grey Eagle.
- Right on Grey Eagle and all the way down until it joins Terra Granada.
- Keep going down until Rossmoor Parkway.
- Back to Gateway

TRAIL HIKES

CLOSE TO ROSSMOOR

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SPRINGHILL IN BRIONES PARK

4 seasons except when muddy

Overview of hike

A fairly level (40 feet of loft) wide road in the woods beside a creek. Great for summer days. 2.6 miles or 3.2 if you do the final hill.

Driving Directions

- Go to the roundabout on Olympic and turn right on Pleasant Hill.
- Go under the freeway. The second left light is Springhill.
- Turn left and follow it for 2 miles all the way to the end where there is a parking lot.

Restrooms: yes

Boots and poles: If you are doing the final hill, yes.

Driver: \$1

Hiking Directions

These are the directions for an out and back. (There is a loop but we have gotten lost on it several times.)

- From the parking lot, go through the gate and to the right on the level trail past the restroom.
- Go through another gate and stay on the big road. Do not go down to the 3 gates on the right that you will pass.
- Keep the creek on your right the whole way.
- After about 20 minutes, go through another gate and stay on the main trail. Do not go up the hill to the left. Keep the creek on your right.
- At 1.2 miles—maybe 40 minutes, you will come to some fallen trees where you can sit and have a snack.

Option 1

- Continue on over some rocks on the trail and then the trail winds up steeply to the very top of the hill where there is a gorgeous view. Enjoy it and retrace your steps down to the logs where some may be waiting.

Option 2:

- If you do not want to go up the hill, go on the dead end trail right from the logs up to a fence, about a block. Retrace your steps back to the logs.

Returning, stay on the main trail with the creek on your left. Follow it all the way back to the cars.

**ACALANES RIDGE OPEN SPACE
RIDGETOP TRAIL ENTRANCE**

4 seasons

Not when hot or muddy

Overview of hike

A 2-3 mile hike all in the open just under the ridge with stupendous views and wildflowers. Several steep hills.

Driving directions

- Take Olympic and Pleasant hill past Acalanes High school.
- At the 4th stoplight, at the top of the hill, turn right on Green Valley Rd.
- In about a block, at a gated community on the right, immediately there are 4 public parking spots on the left about 50 feet farther.
- Continue up 100 yards to the gate on the right.

Restrooms: no

Boots and poles: yes

Driver: \$1

Hiking directions

- Go through the gate and you will see 3 trails.
- Take the main hard-packed path down a steep hill.
- At the intersection, turn right on the Camino Verde Trail
- There will be an intersection of the Sousa Trail.
- Go left on the Sousa Trail.
- Follow it out for .1 mile and then retrace your steps when it starts to go down.
- Back on the Camino Verde Trail, cross it and continue up and to the left on the Sousa Trail which winds around just below the ridge. Go all the way to the end of the trail with some houses.
- At that point, retrace your steps. It is a little over 2 miles.
- You can see all the trails because it is out in the open. Explore another trail.

MOCKINGBIRD HILL

Not when hot or muddy

Overview of hike

A fairly steep hike in the open. About 2.5 miles, depending on how far you go.

Driving Directions

- Go to Pleasant Hill at the roundabout.
- Go under the freeway to the Acalanes High School
- Across from the school is a parking lot.

Restrooms: no

Boots and poles: yes

Driver: 0

Hike Directions

- The trail winds up from the parking lot.
- It is a continuous up and down.
- There is a loop where you can start down or you can continue as far as you want on the upper hill

**SHELL RIDGE OPEN SPACE;
MARSHALL DRIVE TRAILHEAD
4 seasons unless muddy or too hot**

Overview of hike

Option 1: gradual long uphill for 25 minutes and then down and along the creek. All in the open. 4 miles

Option 2: Start with the creek and then a 10 minute uphill, and then down the long hill. 4 miles

Directions

680 North to Ygnacio Valley rd.

Right 1 mile to Homestead Avenue. Right.

2 blocks turn left at the first left which is Marshall.

Go all the way to the end (1.5 miles and park. The Indian Valley school is on your right.

Restrooms; no

Boots and poles: yes

Driver: \$1

Option 1: up hill first

- Go left and back along beside the road.
- After a block, to the right you will see two trails. Take the lower one. It goes uphill for about 25 minutes.
- Near the top you will see a loop trail going to the left, the Buck Trail. Follow it around to the right and it meets up with the main trail you were on. The loop trail is about a mile. You can skip it if you want.

or

- Take the loop trail to the left and circle back to the main trail
- Continue to the top of the hill
- Go through the gate on the right to the top of the hill and a bench.
- Take the main path down to an intersection. Go to the right on the Indian Creek Trail and go until there is a big road up to the right. Take it up and then veer left to get back to the cars.

Option 2: creek first

- Start at the entrance . Go straight for a while and then down a main road.
- Turn left at the Indian Creek Trail and go along until it meets in a big intersection. Take the trail up the hill up to the top.
- Continue past the bench, and turn left onto the main trail.
- Take the Buck loop.
- Then join the main trail back to the cars.

DIABLO FOOTHILLS
Spring, Fall, Winter
Not if muddy or hot

Overview

- There are 2 steep hills, a long gradual hill, and then mostly flat to China Wall. 3.8 miles

Driving Directions

- Rossmoor Parkway to Tice Blvd.
- Right on Tice 1.2 miles
- Right on Crest .8 miles
- Right on Danville Rd until Livorna Road.
- Left on Livorna Rd., under the freeway. Go east 2 miles up Livorna Rd until it ends at a parking lot. The Livorna Staging Area, Diablo Foothills Regional Park, on the left.

Restrooms: no

Boots and Poles: yes

Driver: \$1

Hiking directions

Option 1: China Wall

- After parking, left on Livorna road
- In 50 yards right on Serafix Rd and turn right. A short distance up Serafix are 4 poles on the left. Enter onto the trail on the left.
- Go straight for a while (15 minutes) until a fork.
- Take the smaller path to the right
- In 50 feet, go left up the hill by the fence.
- Pass through a gate and then go left up the two **big** hills.
- At the top of the hills, at the big oak, follow the trail to the right.
- At the bench turn right and you will go up another hill to a gate.
- Open the gate with the vertical piece of metal and then immediately right to the China Wall along a cow trail. Sit and snack on the wall.

Option 2: Castle Rock overlook

If you turn left at the bench, you will be overlooking Castle Rock. Almost nobody on the trail. Gorgeous!

CASTLE ROCK

Spring, summer, fall

Overview of hike

Castle Rock is a flat hike across 3 or 4 creek beds. At the end it goes up a hill.
3.2 miles

Directions

680 to Ygnacio Valley Rd.

Turn right on Walnut Ave, not Walnut Blvd. Go 2.3 miles.

Follow all the way to the roundabout.

Take the road on the right Castle Rock Rd and go 1.1 mile all the way to the

1. Castle Rock parking lot
2. If that lot is not open, before the Castle Rock parking lot, there is an Overflow and equestrian parking lot. Park there.

Restrooms: on the lower Castle Rock trail about 3 blocks in

Boots and poles: Poles suggested, although most of it is a wide flat trail.

There are a couple of rocky spots and crossing of the creek.

Driver: \$2 to the driver.

Hiking directions

- From the restrooms follow Stage Rd trail.
- It is a wide dirt trail with some small hills along Pine Creek.
- When you get to Fairy Lantern Trail intersection, keep to the left on Stage Trail.
- Further on (.5 miles) there will be a hill on the right with a short uphill trail leading to lovely views of Castle Rock with a bench for those who want to sit.
- Back on the Stage Trail it crosses dry (not in winter) Pine Creek 4 times.
- After the 4th one, there is a picnic area off to the right with tables in the shade where we usually turn around.
- You can continue on Stage Trail through a gate to another stream crossing-perhaps another 1/4 mile.

ORCHARD STAGING AREA

4 seasons Not when muddy or hot

Overview of hike

This hike has a steep hill up and down at the beginning and another later. It is the high Castle Rock Trail 100 feet above Stage Road in Castle Rock. If muddy from rain, don't go. Mostly in the open. 4 miles, 160 feet elevation

Directions

- 680 to Ygnacio Valley Rd.
- Turn right on Walnut Ave, *not Walnut Blvd.* Go 2.3 miles. Follow all the way to the roundabout.
- Take Castle Rock Rd on right and go 1.1 mile all the way to the large Orchard Staging area parking lot across from the overflow lot. This lot is only open on weekends: park across the road in Equestrian Parking.

Bathrooms: portapotty on the far right of the Orchard Parking lot.

Boots and poles: yes

Driver: \$2

Hike Description

- Turn right at the end of the Orchard parking lot and go through a gate.
- Go up the hill to the main trail and turn left.
- Follow it until you go down a pretty steep hill.
- Turn left and go towards the road.
- Turn right and go all around on the high path 100 feet above the road and past the entrance to Castle Rock below you.
- Continue on that high Castle Rock trail until it meets up with the lower Stage Road at 1 mile.
- Take Stage Rd. about .2 miles up to the big rock and Fairy Lantern Trail.
- Right on Fairy Lantern trail. Go about .1 miles to the picnic bench.
- Take Fairy Lantern Trail to the left (not straight) and then turn left in .1 mile on Buckeye Trail.
- Follow Buckeye Trail for about .3 miles up a steep hill to a wide road.
- Turn right and go down and then through a gate.
- Continue .3 miles until the trail starts to go down.
- Turn back and go through the gate and immediately left on Fairy Lantern Trail. Nice wide easy down. Keep going until the bench and a T.
- Turn right and follow Fairy Lantern Road back down to Stage.

- At the junction of Castle Rock Trail and Stage Road, take the upper trail to the left and follow all the way back staying close to the road.

LAFAYETTE RESERVOIR RIM TRAIL
4 seasons except when hot

Overview of hike

This is a gorgeous hike overlooking the Lafayette Reservoir. It is all in the open and has some steep hills and some flat trails. About 3.5 miles.

Driving Directions

- Down Pleasant Hill to Mt. Diablo Blvd.
- Along Mt. Diablo Blvd past Moraga Rd. to Mountain View at Trader Joe's.
- Left on Mountain View and follow it about 2 miles to the end before a gate where there are 5 parking spots.

Restrooms: no

Boots and poles: yes

Driver: \$1

Hike Directions

- Go around the gate at the left and go up a street with houses to the very end, about 2 blocks.
- Go around the gate on a path to the right.
- At the T, turn left and go down the big hill on the Sunset trail.
Remember this hill because you will have to find the gate on your return.
- (A Trail goes off to your right at the bottom of the hill and you can take that down to the reservoir, if you want.)
- Continue on the Sunset Trail.
- It will go up and down.
- Go as far as you want and then retrace your steps.
- When you come to the intersection of the trail now to your left and Sunset Trail, you will see the big hill in front of you.
- At the top of the hill, look for the brown sign about backcountry rules.
- Turn right there and find the gate.
- Go around to the left and down the street to your car.

PAVED PATHS CLOSE TO ROSSMOOR

4 seasons; good for winter

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OLYMPIC AVENUE TO DOWNTOWN LAFAYETTE
4 seasons
Especially good in winter

Overview of hike

A paved bike path and trail behind houses into Lafayette for coffee. Some shade. 3.4 miles

Restrooms: no

Boots and poles: no

Driver: \$0 to \$1

Driving Directions

- Drive to the roundabout on Olympic.
- Go straight through and park in the lot on the right.

Hike directions

Option 1: to the Safeway shopping center

- From the parking lot follow the trail past several streets to Lana Lane.
- Turn right and cross Moraga Blvd.
- Turn left for several blocks then turn right on 2nd Avenue.
- Turn left on Golden Gateway and follow to Mt. Diablo Blvd.
- Cross into shopping center.
- Coffee and restrooms at Peet's. Go around the back to sit at outdoor tables.

Option 2: Stay on the Lafayette Moraga Trail

- Go as far as you want and turn back.

SAFeway TO MAGNOLIA WAY
4 seasons
Mostly paved

Overview of hike

About 3.3 miles with one long .5 mile steep uphill on the way back.
Through Walnut Creek neighborhoods.

Driving Directions

Park at Safeway.

Restrooms: no

Boots and poles: no

Driver: 0

Hike Description

- From the Safeway parking lot, turn left on Rossmoor Parkway and go 1 block until it ends.
- There is a paved path on the left called Old Oak Park, which goes up a hill by a meadow.
- Emerge into an upscale neighborhood.
- At the end of the cul-de-sac, turn right.
- (The first court is Fages Court)
- Follow this street until Tortoise Place which is a cul-de-sac. Turn right and there is a path up by a wooden fence.
- That paved path comes out on Magnolia Way.
- Follow it all the way down a half mile steep hill and cross Newell.
- Now Magnolia Way makes a horseshoe, so follow it all the way until it hits Newell again. A lovely neighborhood.
- (If you turn left on Newell you are about 4 blocks from Trader Joes, and 6 blocks from Pacific Coffee Company beside Giant Hamburger)
- If you don't want to go into the business area, where Magnolia Way and Newell meet, turn right on Newell and go about 4 blocks until you reach Magnolia Way again.
- Now turn left and go up the hill .5 miles until it ends, and then through the path by the wooden fence.
- Retrace your steps.

- If you want to skip the hill, you can continue on Newell to Olympic, left at Olympic and Left again on Tice Valley Blvd. (This is the way you drive.) It is less scenic but skips the hill. It is .8 miles back to Safeway

LAFAYETTE COMMUNITY CENTER TO ST. MARY'S
4 seasons

Overview of hike

A paved trail for about 3.4 miles. Past some nice rural area and into the college.

Driving Directions

- Go to roundabout on Olympic.
- Go straight on Olympic and go to the T.
- Turn left up the hill Reliez Station Rd. and down to the second Glenside Dr., not the first.
- Continue through and around the bend.
- Continue following the double yellow line to St. Mary's road.
- Turn left and continue to Lafayette Community Center about 3 blocks
- Park in the lot.

Restrooms: no

Boots and poles: no

Driver: \$1

Hike Directions

- Cross the street and get on the trail going left.
- After about 1.5 miles, take a left from the trail down to the main road and into St. Mary's College.
- Go up 3 blocks and to the right to the sitting area where there are snacks to buy and comfy places to take a break.
- Retrace steps back.

ST. MARY'S TO MORAGA

4 seasons

Overview of hike

A paved path which can be busy. Through a park and into Moraga.

Driving Directions

- Rossmoor Parkway , left on Tice Creek, right on Olympic to the circle. Go straight at the circle on Olympic.
- Left at Reliez station Rd and up the hill.
- Don't take the first Glenside Drive; take the second.
- Veer right to stay on Glenside drive all the way to St. Mary's Rd.
- Left onto St Mary's Rd.
- From the Community Center go 1.5 miles to the parking lot on the right, about a block from the entrance to St. Mary's.

Restrooms: no. Some at Moraga Commons Park

Boots and Poles: no

Driver: \$1

Hike Directions

- Turn left on the trail.
- Go 1 miles into the Moraga park and around down to Moraga Way.
- Cross the street at the light.
- Follow that road straight till you get to Rheem Blvd., after the Safeway.
- (Across from the Safeway is the red farmhouse compound on the way. This is a ranch which had 150 workers planting walnuts and pears from 1914.)
- Continue on School Street 3 blocks to the path on the right.
- The path joins up with the Lafayette Moraga Trail. Take it to the right.
- After about 2 blocks, it joins up with Country Club Drive.
- Turn right and go 1 block back to School St.
- Left on School Street back to the park,
- Bathrooms at the park and places to sit for snacks.
- Then instead of going back the way you came, go to the end of the park and south of the amphitheater, follow along and then right over the bridge to join up with the paved trail again.
- Retrace your steps

IRON HORSE TRAIL FROM HILLGRADE
4 seasons especially winter

Overview of hike

A paved bike path behind houses, mostly open. 3-3.5 miles

Driving Directions

- Rossmoor Parkway to Tice.
- Right on Tice to Hillgrade
- Left on Hillgrade
- Park at the entrance to the trail.

Restrooms: no. Halfway through at Safeway.

Boots and poles: no

Driver: \$1

Hiking Directions

- Go right toward Alamo.
- Keep going until you get to the Alamo Safeway. Can go to restrooms.
- Go 15 minutes farther on trail.
- Retrace route.

IRON HORSE TRAIL FROM ALAMO SAFEWAY

TO HAP MCGEE PARK IN DANVILLE

4 seasons

Paved path

Overview of hike

A flat path through to the park. 4 miles.

Driving Directions

- Rossmoor Parkway to Tice Creek.
- Right on Tice Creek until Hillgrade on the left.
- Down Hillgrade to Danville Blvd.
- Right on Danville Blvd. to Safeway Shopping Center.
- Park near Safeway and go behind to the Iron Horse Trail.

Restrooms: at Safeway and at the park

Boots and poles: no

Driver: \$1

Hike Directions

- Turn left on the Iron Horse Trail and walk all the way to Hap McGee Park.
- Bathrooms and snack tables.
- Return

LAFAYETTE RESERVOIR

4 seasons

Overview of hike

This is a 2.7 mile hike around the reservoir. It is paved and has little hills of 20 feet. It is mostly in the shade with some sun. It is often crowded. There are some trails which can take you up the Rim Trail.

Driving Directions

- 24 to Acalanes.
- Go under freeway and turn left.
- Go about 2 blocks. On the right is the entrance.
- Go up the road into the park.
- 2 hour parking at machines, or \$7 for a longer time through the turnstile.

Restrooms: to the left by the playground

Boots and poles: no

Driver: \$1 and share of parking fee

Parking fee: \$7 for longer than 2 hours, \$3 for 2 hours at machines. Share

Hike Directions

- Start at the left and go all the way around.
- For half the way the view of the water is blocked by trees.
- There are paths which take you up the hill to the Rim Trail, but they are not included in this hike.

HEATHER FARMS TO LARKEY PARK

4 seasons

Paved path

Overview of hike

3.9 miles on a paved path. It goes beside the canal and then through 3 blocks of commercial area, and after North Main Street, gets beautiful.

Driving directions

- 680 to Ygnacio Valley Rd.
- Go .8 miles to San Carlos
- Left on San Carlos and go 3 blocks, 1 block past the covered parking.
- Park in the lot at the right.
- Bathrooms are to the right.

Restrooms: at the parking lot and at Larkey Park

Boots and poles: no

Driver: \$1

Hike description:

Option 1 to Larkey Park

- Cross the street from the parking lot. Follow the path keeping the canal on your left.
- Cross streets and go through tunnels.
- At Geary Street, a major light, stay on this side of the street and make a hairpin turn onto the Briones and Mount Diablo Trail going back in the direction we came.
- Follow it into Larkey Park.
- Go up the hill to the Lindsay Wildlife Museum on the right.
- Bathrooms are at the left of the museum.
- Picnic tables for a snack.
- More bathrooms near the pool.
- Retrace your steps
- Remember the hairpin turn at Geary St.

Option 2: Heather Farms To Civic Park in Walnut Creek

- Start from the parking lot.
- At the 4 way meeting of trails, follow the signs left to Civic Park.

YGNACIO CANAL TO ARBOLADO PARK

4 seasons

Especially good in winter

Overview of hike

A paved trail of 5 miles by the canal.

Driving directions

- 680 North to Ygnacio.
- Follow Ygnacio to San Carlos the first right after John Muir Hospital.
- Turn right on San Jose Ct (4th court on the right.)
- Turn right to parking area.

Restrooms: at Arbolado Park (halfway point)

Boots and poles: no

Driver: \$1

Hiking Directions

- From parking lot, walk slightly uphill to the right past the basketball court. Continue to path to Ygnacio Canal. Turn left on the trail and continue to Walnut Blvd.
- Turn right to stay on the sidewalk for a block or so before the trail starts again.
- Turn left on the trail and follow to Arbolado Park. Restrooms and picnic tables are available.

HIKES WITHIN 15 MILES OF ROSSMOOR

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MITCHELL CANYON, MT. DIABLO STATE PARK
4 seasons

Overview of hike.

Gently sloping up a wide road through the woods. Best wildflowers in March April and May. 3.4 miles

Directions

- 680 North to Ygnacio Valley Road.
- Drive east to Pine Hollow, about 6 miles, watch for sign to Mt. Diablo State Park and turn right.
- Continue on Pine Hollow about 2 miles to Mitchell Canyon Rd (second stop sign) and turn right.
- Continue to Mitchell Canyon Trailhead,, pay fee (\$5 for senior car). This is a \$3 ride plus share of entry fee.

Bathrooms: at the parking lot

Boots and poles: optional

Driver: \$3 to driver, share of \$5 entry fee.

Hike Directions

- Take the road straight up for about 1.7 miles to some logs you can sit on.
- Turn around and come back.

LIME RIDGE OPEN SPACE
Winter, spring, fall
Can get hot in the summer

Overview of hike

The Quarry Hike has one hill and then mostly flat. This hike is near Ygnacio Blvd for a while and has car noise. Lots of labyrinths in the quarries. The Ridge Trail is steep and fun for a little extra exploring.

Directions

- 680 North to Ygnacio Valley Rd.
- 5.5 miles to Montecito Drive
- Turn right at the signal to Montecito Drive and then right again into the Lime Ridge Parking lot.

Restrooms: no

Boots and poles: recommended

Driver: \$2

Option 1: To the quarries

- Take the lower trail from the gate parallel to the road
- Go up to the left after about 15 minutes.
- In and out of the quarries.

Option 2: Left up to the ridge trail

- In the gate and turn immediately left up the hill to meet the Paradise Valley Trail.
- Turn left and go up a very gradual trail through trees away from the road till you reach the summit.
- Turn right and go on the Ridge trail which is narrow and at times very steep.
- It will wind back to where you started.
- This trail is only 2 miles.

KINGS CANYON TRAIL, MORAGA

4 seasons except when hot or muddy

Overview of hike

This is a gorgeous mostly flat wide road with fabulous views of the Upper San Leandro reservoir. It is mostly in the sun so not good in summer. There is a hill at the end past the bench at the end of the reservoir. If you include that it is 290 feet elevation. Total of 3.8 miles

Driving directions

Go to roundabout on Olympic and go straight to the T. Turn left up the hill Reliez station rd. and down to the stop sign. There are 2 Glensides. Take the second stop sign Glenside which veers to the right. Stay on it until you reach the stop sign at St. Mary's road. Turn left and continue past the Lafayette Community Center on St. Mary's Rd. until the light at Moraga and then go left on Moraga Rd. which becomes Canyon Rd. Go .8 miles on Canyon to Camino Pablo Rd. Left at the church onto Camino Pablo. Go 1.5 miles to *Rancho Laguna Park* on the left.

Restroom at parking lot

Boots and poles: recommended

Driver: \$2

EBMUD pass required

Hiking directions

- Follow the trail by the bathrooms past the playground. Although the trail goes to the left, stay straight and leave the trail after the playground to go down to a gate and a place where you sign up with your EBMUD pass.
- Go through the gate and up a small hill and then turn right on the King's Canyon Trail at the trail marker. Stay on this big road to the right. At another trail marker, stay right on the big road. Go through another gate and you will see a cow enclosure. Right on the big road. Go 100 yards and go left through a little gate to the left of the big gate. You are at a trail marker.
- Turn left on the Kings Canyon trail. Flat wide road until you reach the Upper San Leandro reservoir. The path goes to the end of what you can see of the reservoir. There is a bench where you can sit and look at the whole lake.
- The trail continues in the shade up a hill for .2 miles. At 55 minutes you will reach the top of a long hill and see a long hill down. There is a path to the left for a short while to see the reservoir. Here Amblers turn around.

Going back

- Return beside the reservoir.
- Go through the gate and turn right at the trail marker after the gate.
- At the cattle chute turn left. There are 2 green gates. Take the lower one using the small gate on the right. Continue to the left and through another gate.
- Keep left until another trail marker. Take the trail back to Laguna Park on the left to the parking lot.

ALHAMBRA CREEK TRAIL IN BRIONES
4 seasons except when hot or muddy

Overview of Hike

The hike starts off on a wide road and then climbs steadily. 3.5 to 4 miles out and back.

Driving Directions:

- Take Olympic Blvd. to the traffic circle.
- Bear right onto Pleasant Hill.
- Continue under the freeway and go past Springhill to the third left which is Reliez Station Rd.
- Stay on it for a long time. Turn left into the Equestrian Center.
- If you come to Alhambra Rd, you have gone too far.
- There is a big staging area at the top of the road where you park.

Restrooms: no

Boots and Poles: yes

Driver: \$3

Hike Directions

- From the staging area take the wide road that runs along the creek. It is level and open at the start.
- Then it starts climbing steadily, steeply in some parts. Go for an hour total and turn back and that will be 4 miles.

OLD BORGESS RANCH
4 seasons except when muddy or hot

Overview of hike

This is a loop with a hill. 3 miles

Driving Directions

- 680 to Ygnacio past John Muir Hospital and turn right at Walnut Avenue.
- Go to the traffic circle and take the first right off the circle.
- Follow that road straight past the high school.
- Turn right at the entrance to Old Borges Ranch.
- Go to the end of the road and park in the parking lot.

Restrooms: yes

Boots and poles: yes

Driver: \$2

Hiking Directions

- Take the path beside the barn and ranger station to the top of the hill.
- Go directly ahead.
- Proceed in loop using left hand trails to return to ranch.

BLACK DIAMOND MINES REGIONAL PARK, ANTIOCH

Spring, Winter, Fall

Overview of hike

A long gradual walk up to the top, on a big dirt road and then winding your way down. All in the open sun. 200 feet of elevation, 3.4 miles

Driving Directions

- Put Black Diamond Mines Regional Preserve in your GPS.
- 680 North to 242. Follow signs for Concord/Pittsburg 3.2 miles
- Use left 3 lanes to take the CA4E exit toward Stockton/Pittsburg. 11 miles
- Take exit 26 for Somersville Rd. Turn right on Auto Center Dr/Somersville Rd
- Go 2.7 miles to the first parking lot on the left with the visitor center.
- Continue another 1 mile to the second parking lot on the right.

Restrooms: at the second parking lot

Boots and Poles: yes

Driver: \$5

Entry fee: sometimes. It can be closed.

Hike Directions

- Go past the bathrooms up a big wide road and follow signs to the cemetery.
- Wander around the very old cemetery.
- Come out at the top and turn right up the big road almost to the top.
- From then on, always turn left.
- The trail narrows. It is called the Manhattan Canyon Trail and it goes all the way down. It ends up at the big road.
- Turn right at the big road and follow it back to the parking lot.

LITTLE YOSEMITE, SUNOL REGIONAL PARK
Spring, fall, winter

Overview of hike

A gorgeous canyon on both sides of a fairly level wide road by a raging creek. Out and back, about 4 miles and 50 feet of elevation. Great spring flowers mid April. This hike is all in the open so not good when it is hot.

Directions:

- South on 680 past 580 22 miles
- Take exit 21 for CA-84 toward Calaveras Rd.
- Left onto Ca-84E
- Continue for 2 miles until the sign to the park on the left.
- Go past the complex after the gate (Visitor Center) for .2 miles to another parking lot with a bathroom.
- 35 minute drive

Restrooms: at parking lot and after 1.1 miles

Boots and poles: optional

Driver: \$5

Park entry fee: \$6 if open.

Hike Directions

- Go past the bathroom onto the wide 2 lane dirt road. Little Yosemite.
- At about 1 mile, go through a gate and immediately right to overlook the falls of the creek.
- At 1.1 miles, a block beyond the falls, there is a bathroom and picnic table.
- More views of the river off to the right.
- Continue .9 miles more to the W tree.
- Retrace your steps.

BERKELEY ORINDA OAKLAND

4 seasons

Muddy in winter in the woods

Cool in summer

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INSPIRATION POINT

4 seasons

Overview of hike

This is about 4 miles, mostly on a paved trail and mostly flat. If you want to go up to the peak, there is one steep hill. It can be windy and colder than Rossmoor.

Directions

- Take 24 West to Orinda.
Go right onto Camino Pablo which becomes San Pablo Dam Rd., about 10 lights 2.3 miles to Bear Creek on the right and Wildcat Canyon on the left.
- Take Wildcat Canyon up about 2 miles to the parking lot on the right.

Restrooms: after the gate entrance to the trail about 50 yards

Boots and poles: paved trail, steep trail up to Wildcat Peak so maybe poles

Driver \$2

Hike details

- Go up the paved trail from the parking lot. On the right is San Pablo Reservoir and higher up is Briones Reservoir.
- On the left is San Francisco and the bay.
- At about 1.5 miles, turn left on the dirt trail to Wildcat Peak.
- Pass by the Peace Grove where some may want to sit while the others go up about ¼ mile on a very steep road to the Wildcat Peak where the views are spectacular! Take in the view on stone benches.
- Turn around and go back the way you came.

BEAR CREEK STAGING AREA

4 seasons

Not when hot or muddy

Overview of hike

3-4 miles. The first 1.5 miles are on a flat wide road mostly in the open. The flat trail ends at the bathrooms. Another half mile involve 2 short steep trails and a gradual uphill to the end of the Abrigo Trail at a gate. Fabulous views.

Directions

- From 24 take the Orinda exit and turn right onto Camino Pablo which becomes San Pablo Dam Rd.
- Keep on that road for 10 lights 2.3 miles to Bear Creek Rd. on the right
- Turn right onto Bear Creek Road and go 4.6 miles to the Bear Creek Staging Area on the right. (It is just beyond Happy Valley Rd.)
- There is a fee (usually closed).
- Go to the first parking area on the left.

Restrooms: portapotty

Boots and Poles: yes

Driver: \$3

Hiking Directions

- From the bathrooms take the wide trail.
- After about 20 minutes at the trail marker, take the Abrigo Valley Trail to the left.
- At 1.5 miles there will be bathrooms. Turn around or
- Continue up the hill on 2 short steep hills and a gradual uphill to the end of the trail at a gate.
- The extra half mile from the bathrooms and back makes it a 4 mile hike.

Driving back option

- Turn left on Bear Creek Rd and within a block, turn left on Happy Valley Rd.
- This is a twisty, hilly road but only 3.8 miles to Deer Hill beside Highway 24 in Lafayette.
- Left on Deer Hill Rd to Pleasant Hill.
- Right on Pleasant Hill, under the freeway to home.

OLD SAN PABLO DAM TRAIL

Spring, summer, fall

Winter if not muddy

Overview

Dirt path through the woods. Steep rocky hill at the beginning, but the rest is mostly level with gentle hills. 130 feet of elevation. 4 miles. Good in summer.

Driving directions

- Take Highway 24 towards Orinda.
- From 24 take the Orinda exit and turn right onto Camino Pablo which later becomes San Pablo Dam Road.
- Keep on that road 10 lights to Bear Creek Rd. on the right
- Turn right onto Bear Creek Road and then an immediate left into the parking at the staging area. 10.5 miles one way

Restrooms: none. Portapotties at the park half way.

Poles and boots: recommended

Driver: \$2

EBMUD pass required .

Hike directions

- Start on the Orinda Connector Trail which is a steep downhill.
- At the first trail marker, stay straight on the Old San Pablo Trail.
- At the second trail marker, continue straight on the Old San Pablo Trail.
- When you reach the road, you are at the Visitor Center of EBMUD.
- Cross the driveway.
- There is a path on the right side of the road which you use.
- Follow it all the way to the third trail marker which is 20 feet from the road.
- Go left up on the road and turn right.
- It is a 10 minute walk on the road into the San Pablo Reservoir Park, past a gatehouse.
- Walk all the way to the big parking lot and boatdocks.
- There are 2 portapotties in the parking lot.
- Picnic tables are up the hill to the right of the bathrooms.
- Retrace your steps back.

BRIONES OVERLOOK TRAIL
Spring Summer Fall
Winter (if not muddy)

Overview

Gentle uphill with views of the water. 3.8 miles

Driving Directions

- 24 west to Orinda exit going right to Camino Pablo (becomes San Pablo Dam Rd).
- Drive 2 miles on Camino Pablo to Bear Creek Rd.
- Turn right and go 1.4 miles to the Overlook Staging area on the left.

Restroom: at the trailhead.

Boots and poles: yes

Driver: \$3

- Mostly a gentle uphill on the Bear Creek Trail. Views of the water most of the way.
- Stay on the trail and not the fire roads; follow the trail signs.
- Break is at the 2 benches at about 1.9 miles.
- Easy back except for the uphill at the end.

REDWOOD PARK
Spring Summer Fall
Not good when muddy

Overview of hike

A flat walk in the Redwoods with one slight uphill. If you want to go farther than the bench, you can continue up a steep uphill to the ridge walk.

Driving Directions

- 24 West to 13 south to Hayward
- Take Redwood Road exit and turn left uphill.
- Go 2.5 miles past Skyline to entrance to Redwood Park, an oblique left turn.
- (if you continue past the park, you may come to a junction with Pinehurst Rd on your left.
- Turn around and come back to the entrance to Redwood Park.)
- Park in the farthest parking lot from the entrance.

Restrooms: yes

Boots and poles: yes

Driver: \$3 and share of \$5 fee weekends and holidays April through October.

Hiking Directions

- Start out on the main road past the bathrooms.
- When you come to a Y, take the right path over the creek.
- Continue up a hill past the lady bug area until you get to a bench.
- If you turn around here, it would be 3 miles.
- If you want to go farther, take the trail to the right of the bench up to the ridge trail.
- Go about 15 to 20 minutes past the bench and then turn around.
- You will then have made it 4 miles.

SIBLEY VOLCANIC REGIONAL PRESERVE

Overview of hike

A pleasant fairly level hike except for the first steep hill. There are some interesting basaltic rock formations and good views of Mt. Tam, Mt. Diablo, and the Bay. 3.5 miles

Driving directions.

- Highway 24 West.
- Get off onto Fish Ranch Road, which is right before the tunnel.
- Go .8 mile to Grizzly Peak Blvd.
- Turn left onto it and go about 2 miles to Skyline Blvd.
- Left on Skyline to the Sibley Staging Area parking lot which is almost immediately on the left. There are 37 parking spots there. 25 minutes.

Restrooms: In the visitor center

Boots and poles: yes

Driver: \$3

Hiking Directions

- It is mostly on hard packed dirt roads that have gentle up and down slopes. From the parking lot there is a steep hill.
- When you come to a fork, one side says up to Marker 1 to the right.
- Go there if it is your first time to see the marker about the volcano and a good view.
- If it not your first time, turn left at the Y on the main road on the trail with the wooden fence.
- Shortly there will be another fork. Stay on the right and up the hill on the Volcanic Trail and through a gate.
- Follow it all the way until it joins up with a flat trail going left.
- Continue until the next trail marker, and go up the Volcanic Trail.
- Keep to the left and after a while go through a gate.
- Follow that road until the road starts to go down.
- *Option 2:* (It is a steep down and a very steep long up. Take the road and then at the entrance turn left and go up the very steep long trail in the woods.)
- *Option 1:* When the road starts to go down, turn around and retrace your steps.
- When you come to a trail marker that says Round Hill Loop, take the right path down.
- When you next have a choice stay to the left on the paved path back to the car.

HUCKLEBERRY BOTANICAL PRESERVE
Spring, summer, fall

Overview of hike

2.4 miles, elevation gain of 439 feet. In the woods, would be muddy in winter. Narrow trail and steep at times.

Driving directions

- 24 West to Fish Ranch Rd, exit 7a
- .4 miles to Grizzly Peak Blvd.
- Left on Grizzly Peak to Skyline
- Left on Skyline and go 3.6 miles to Huckleberry

Restrooms: yes

Boots and poles: yes

Driver: \$3

Hike Directions

- Start from the Staging area.
- This is a Nature Path Loop so it comes around.
- It is called the Huckleberry Loop

UC BOTANICAL GARDENS
4 seasons

Overview of hike

An easy walk through the gardens.

Driving Directions

- 24 West 7 miles to Exit 7a toward Fish Ranch Rd.
- Turn right onto Fish Ranch Rd, go .7 miles and turn right onto Grizzly Peak Blvd.
- Go 3 miles, turn left on Centennial Drive.
- Go 1 mile and then turn into the University of California Botanical Garden.

Restrooms: yes

Boots and poles: no

Driver: \$3

Hike description

- Wander the paths with 13,000 species of plants organized according to regions of the world.
- Adult \$15

Hike Directions

- Wander around the paths of the garden

JOAQUIN MILLER TRAIL OAKLAND

4 seasons

Overview of hike

Sequoia Bayview Trail is a 2.8 mile heavily used loop trail. Wildflowers. 278 feet of elevation.

Driving Directions

- 24 West to 13 South to Hayward
- Exit 13 at Joaquin Miller Rd.
- Proceed to Skyline and turn left onto Skyline Blvd.
- Proceed to Trail Parking area.
- Yellow lines across road mark the Trail head.
- Might need to park after a turnaround.

Restrooms: no

Boots and poles: yes

Driver: \$4

Hike Directions

- Follow the Sequoia Bayview Trail out
- Go round a small loop at the end and then return.

TILDEN REGIONAL PARK: WILDCAT GORGE

Overview of hike

2.3. miles with 500 foot elevation. A loop trail, heavily trafficked.

Driving directions

- 24W to Fish Ranch Rd, drive uphill and turn right on Grizzly Peak.
- Follow Grizzly peak to the Shasta Rd. entrance to Tilden.
- Turn right on Shasta, then left on Wildcat Canyon Rd.
- Right on Central Park Drive for .8 miles
- Right on Lake Anza Rd

Restrooms: ?

Boots and poles: yes

Driver: \$3

Hike Description

This is a loop trail with 3 big hills on the east side.

MARTINEZ AND BENICIA

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MARTINEZ REGIONAL SHORELINE

4 seasons

Overview of hike

This hike is totally flat on paved paths or trails through a marsh and into the town of Martinez. 3 miles.

Driving Directions

Put 7 North Court St into your GPS or

- 680 North Go 10.1 miles on 680. DO NOT GO ON HIGHWAY 4
- Take Marina Vista Rd., the last stop before the bridge
- Turn left onto Waterfront rd. Go 1.7 miles
- Turn right on Ferry St 400 feet. Turn right on Joe DiMaggio Dr. This curves left into N. Court St.
- Go 3 blocks right to the water
- Turn right into parking lot to 7 North Court St. a grey building.
- Bathrooms in the grey building and also later in the park where we snack.

Back to 680

- Right on North Court. Right on Joe DiMaggio
- Left onto Ferry St. Go 2 blocks to Escobar
- Take Escobar 1.7 miles to freeway 680

Restrooms: in grey building at waterfront and later in the park

Boots and poles: no

Driver: \$3

Hike instructions

- Walk out to the wharf and back. Turn right beside the water.
- Veer left around the pond until the first raised walkway on the right which goes through the marsh. Take it to the end.
- Turn right to go over the Japanese bridge.
- Turn left and follow another raised walkway.
- When you come out on the road, turn right and go down to the water to see the burned hulk of the Forester.
- Retrace steps and instead of going over the Japanese bridge, stay to the right and follow the trail to a parking lot and a big bridge beside a large building. Keep going into the park where there are tables for a snack and bathrooms.
- Turn right by the bathrooms to Ferry Street. Follow it 3 blocks to Main Street.
- Turn right and go 3 blocks on Ferry, and then right and right to get back to Ferry St. Cross the train tracks and keep to the left to join up with a trail behind the bathrooms.
- Follow that trail until you come to a boardwalk through the marsh.
- Go around the pond and back to the cars.

MARTINEZ OVERLOOK—GEORGE MILLER TRAIL
4 seasons

Overview of hike

A wide road overlooking the straits and Benicia. Fairly flat. 4 miles.

Driving Directions

- 680 north to Marina Vista exit (#56).
- At end of ramp go left onto Marina Vista
- Cross Alhambra and continue on Marina Vista up a steep hill to Talbot.
- Turn right on Talbot and in a short distance bear left onto Carquinez Scenic Drive.
- Pass cemetery and turn left into Nejedly Staging area. Use the portapotties.
- Take as few cars as possible to the trailhead, 2 miles farther down Scenic Drive. There are only a few parking spaces at the trailhead which is on the left.
- Go up the hill to the George Miller Trail.
- 30 minutes

Restrooms: at the staging area 2 miles before.

Boots and Poles: optional

Driver \$4

Hike Directions

- George Miller is paved and hard gravel and has good views of the hills and water.
- 2 miles each way. Turn around at an hour.

MOUNT WANDA
Spring or Fall
Not when hot or muddy

Overview of hike

A steep hike 350 feet of elevation, 3.4 miles with gorgeous views at the top. A nature trail in the middle is fairly level.

Driving Directions

- 680 North to 4 West
- 4 to Alhambra Ave.
- Turn left on Alhambra, go under the railroad trestle
- Right onto Franklin Canyon Rd.
- Immediately left into the Mt. Wanda parking lot

Restrooms: no

Boots and poles: yes

Driver: \$3

Hike Directions:

- From the parking area, go to the right find the start of the trail on the left. It is the Mount Wanda trail. Do not take the trail on the right.
- The way up is a fire road and a continual rise.
- At .8 mile, turn right on the John Muir Nature Trail. Picnic bench.
- This is a pleasant fairly level trail.
- The Nature trail ends at a signed junction. Turn left
- Go up the hill.
- At the Y, keep to the right to go to the top of the mountain where there is a bench and a 180 degree view.
- From the summit, just head down and stay right in 100 yards until you reach the original fire road.
- Stay on it to the parking area at the bottom.

HISTORIC DOWNTOWN BENICIA

4 seasons

Overview of hike

All on city streets past Victorian houses and out onto the wharf on the water. Also a lovely walk by the marina. Mostly flat, paved, and in the open. 3-4 miles.

Driving Directions

- Use these directions or put the restaurant Sailor Jacks into your GPS
- 680 North for 13 miles. Use the left 2 lanes to take exit 58A for 1-780 to Benicia/Vallejo.
- Take exit 6 for E 5th St. Go 2 blocks
- Turn left onto E. 5th St.
- Turn right onto E. H St. Go 5 blocks
- Turn left onto 1st St. Go down the street for 4 blocks until the water. Park where you can. The restaurant Sailor Jack's is across the street.

Restrooms: on the wharf

Boots and poles: no

Driver: \$5 includes the bridge

Hiking Directions

- Start up the main street, 1st Street, and turn right on B Street and walk for a block, looking at the old houses. Turn left and at C street, walk back and across for a block. Zig zag in and out of the streets as much as you want.
- *An option on Saturdays and Sundays. Benicia was the capital of California 1853 to 1854. Benicia Capitol State Historic Park is a wonderful stop, costing \$3. You can see the House of Representatives and learn all about the area at that time. The address is 115 W. G Street. Phone 707-745-3385*
- Walk out onto the wharf and look at the Carquinez Straits. Restrooms on the wharf.
- Cross Ist Street and go along the street parallel to the water past a big grassy area until you come to the marina. Turn left and walk all around as far as you want, looking at the boats. Benches to sit on. A park to walk through. Retrace your steps to the cars.

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LAKE CHABOT MARINA

4 seasons

Overview of hike

A beautiful walk beside a lovely reservoir on a paved path which is flat. An easy 4 miles. Sit on the bench for a snack almost at the dam.

Driving Directions

- 24 through the tunnel
- 13 south toward Hayward, merge onto 580
- Take Estudillo exist.
- At second light turn left onto Estudillo Ave., Go over freeway
- Go 2 blocks. Stay to right.
- At Y in the road, go uphill (Lake Chabot rd)
- Curvy road for approximately 1 mile to stop sign.
- Turn left at the *second* entrance to Lake Chabot that says Marina.
- 35 minutes

Restrooms: left from the parking lot by the lake

Boots and Poles: no

Driver: \$5 including \$5 entrance to park. 35 minute drive

Hiking Directions

- Walk in 2 miles by water to the dam.
- Walk across the dam and up the hill and to the right for the view.
- Turn around and walk back.

PINOLE BAYFRONT PARK
4 seasons

Overview of Hike

This is an easy 4 mile trail on a wide road with a 200 foot elevation gain. You are by the water much of the time.

Driving Directions

- 24 to Orinda.
- Go 10 miles on San Pablo Dam Rd to El Portal, a light.
- Rt on El Portal to 1-80 (.2 miles) to Richmond Pkwy exit.
- Follow Richmond Pkwy West to Atlas Rd (about 1.4 miles).
- Right on Atlas and continue over the train track bridge to the park.

Restrooms: at the trailhead.

Boots and poles: no

Driver: \$4. 35 minute drive

Hike Directions

- This is a loop. Start to the left on a road which turns into the Bayview trail. Follow the Bayview trail down to the water and along the water.
- Where it says rough trail, turn right and follow the Bayview trail and then left. Go out on the wharf and back.
- Keep following the water until the trail goes up around a pond and back to the cars.

BAY FARM ISLAND IN ALAMEDA

4 seasons

Overview of hike

By the bay on a paved path past condos on the right and a lovely view of the bay on the left. Also go through a waterfront park.

Driving Directions

- Put Alameda Ferry into your GPS for easy access
- 38 minutes
- 24 West to 880 south. 14 miles
- Take exit 38 for High St toward Alameda
- Continue onto Oakport st .1 mi
- Turn right onto High St .4 miles
- Left onto Fernside Blvd 1.1 mi
- Use the right 2 lanes to turn right onto Mecartney rd 1 mile
- Left at Adepian Way
- You are at the ferry
- 35 minutes

Restrooms: at the ferry

Boots and poles: no

Driver: \$4

Hiking Directions

- Go right about an hour.
- Go through waterfront park.
- Retrace steps to Ferry

POINT ISABEL REGIONAL SHORELINE RICHMOND

4 seasons

Overview of hike

A totally flat hike on a paved path by the bay with gorgeous views of San Francisco and Marin. Out and back. 4 miles.

Driving Directions

- Take 24 West to Orinda
- Merge onto Camino Pablo which becomes San Pablo Dam Rd
- 10.3 miles from 24 turn right onto El Portal Dr (signs to Highway 80)
- Take exit 14A for Central Avenue toward El Cerrito. Go 1 mile
- Right on Central Avenue .6 miles
- Central Avenue turns right and becomes Isabel St.
- Parking lot at the water.

Restrooms: after 20 minutes

Boots and poles: no

Driver: \$5 (52 miles round trip)

Hiking Directions

- From the parking lot, follow the trail to the right.
- It will go down a canal.
- At the end of the canal before the bridge across it are the bathrooms to the right.
- Cross the bridge and stay on the big road that is parallel to the freeway.
- At any point where there is a path down to the water, follow that. It is parallel to the big paved path. You may enjoy going by the water more.
- Follow it until you come to all the houses. After about 2 blocks of the houses, there is a small park to the left with benches. At the point you have gone 2 miles, so retrace your steps.

