



I Tilden Regional Park

Staging Area: Parking area at the top of Golf Course Road, just off Grizzly Peak Road, Berkeley. **Route:** From the staging area, follow Redwood Trail to Golf Course Trail, then turn right onto Tower Trail. Pass through the Gillespie Youth Camp and take the gravel access road to the right up to South Park Drive. Cross South Park Drive at the crosswalk to descend Vollmer Peak Trail. Once back at South Park Drive, follow it a short distance before turning right to climb Upper Big Springs Trail. Turn left onto Skyline/Bay Area Ridge Trail, then left on Lower Big Springs Trail. Make a slight right onto Quarry Trail to South Park Drive past the Padre Picnic Area. Veer right past the Elder and Laurel picnic areas to Golf Course Trail. Return to Golf Course Road and turn left to return to the staging area. **Description:** This route contains a few sections of narrow trail, including a great downhill on Vollmer Peak Trail. Take in great views of Mt. Diablo and the San Pablo Watershed from Skyline Trail. For a longer, more



challenging route, climb back up Vollmer Peak on the way back. Use caution when riding or crossing South Park Drive and Golf Course Road. **Note:** Graph above includes steep climb up Vollmer Peak. **Loop direction:** counter-clockwise. **Trail type:** 1-lane dirt, 1-lane gravel, narrow. **Length:** 7.25 miles. **Elevation gain:** 1,072 feet. **Approximate time:** 1 hour, 45 minutes.