

## BICYCLE LOOP TRAILS Southern Region of the East Bay Regional Park District

Read the full description of each route before you plan your ride. Bring individual park map brochures with you as they provide greater detail. See [www.ebparks.org](http://www.ebparks.org) for more information on bicycle loop trails and short-loop hiking trails in the Regional Parks.

KEY to symbols on maps

	Parking
	Drinking Water
	Restroom
	Picnic Area
	Roadway
	Featured Bike Trail
	Other Trails
	Creek or Stream

### Bicycle Routes At-a-Glance

East Bay Regional Park	City	Trail Type	Length	Elev. Gain	Approx. Time
1 Garin/Dry Creek Pioneer	Hayward	Dirt/gravel road, narrow trail	8-10 mi.	2,300 feet	2 hrs., 30 min.
2 Brushy Peak	Livermore	Dirt/gravel road, narrow trail	6.2 mi.	1,300 feet	1 hr., 20 min.
3 Anthony Chabot	Castro Valley	Dirt/gravel road/narrow trail	8.7 mi.	1,885 feet	2 hrs., 30 min.
4 Pleasanton Ridge	Pleasanton	Dirt/gravel road/narrow trail	15.25 mi.	2,490 feet	3 hrs.
5 Del Valle	Livermore	Dirt/gravel road/narrow trail	15 mi.	1,830 feet	3 hrs., 30 min.
6 Sunol	Sunol	Dirt/gravel road	9.2 mi.	1,146 feet	2 hrs.
7 Mission Peak	Fremont	Dirt/gravel road/narrow trail	4 mi.	1,061 feet	40 min.

## TRAIL ETIQUETTE

- Ride on open trails only.** See [www.ebparks.org](http://www.ebparks.org) for notices of trail closures. Ask park staff for clarification if you are uncertain about the status of a trail.
- Stay on existing trails and do not create new ones.** Don't make shortcuts or switchbacks.
- Wet and muddy trails are more vulnerable to damage than dry trails.** When the trail is soft, consider other riding options.
- Do not trespass on private land and respect closures.** Be aware that bicycles are not permitted on all District trails.
- Leave no trace.** If you pack it in, pack it out.
- Control your bicycle.** Obey all bicycle speed regulations and ride within your limits.
- Park off of the trail** to keep the trail clear for other users and emergency vehicles.
- Yield to others.** Bicyclists yield to all trail users. Ring your bell to alert trail users and let them know the number in your party. Anticipate other trail users as you ride around downhill corners. Bicyclists traveling downhill yield to bicyclists headed uphill. Strive to make each pass a safe and courteous one.
- Never scare animals.** Running cattle and disturbing wildlife are serious offenses. Animals are easily startled by an unannounced approach. Give animals enough room and time to adjust to your presence. When passing horses, slow down or dismount, alert the rider, and follow their directions (ask if you are uncertain).
- Always wear a helmet and wear appropriate safety gear.**



Visitors are responsible for knowing and complying with park rules. See [www.ebparks.org/rules](http://www.ebparks.org/rules).



Use your smartphone to access more information about these bike loops. See [www.ebparks.org/BikeLoops](http://www.ebparks.org/BikeLoops)

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[www.ebparks.org](http://www.ebparks.org)



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## EBRPD Southern Region

# Bicycle Loop Trails

## Favorite Trails for Biking in Your Regional Parks

Including trails in  
Fremont, Hayward,  
Livermore, Oakland,  
Pleasanton, Sunol



Pleasanton Ridge Regional Park, Pleasanton.  
Photo by Michael Mejia.

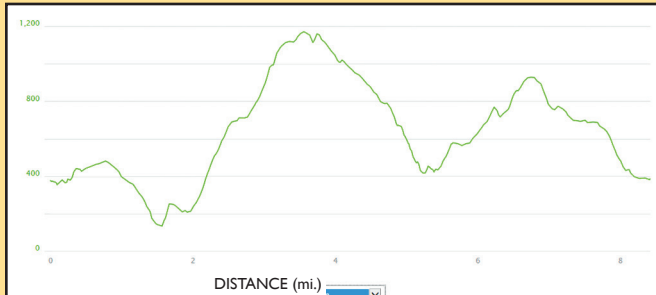


Garin Regional Park, Hayward.

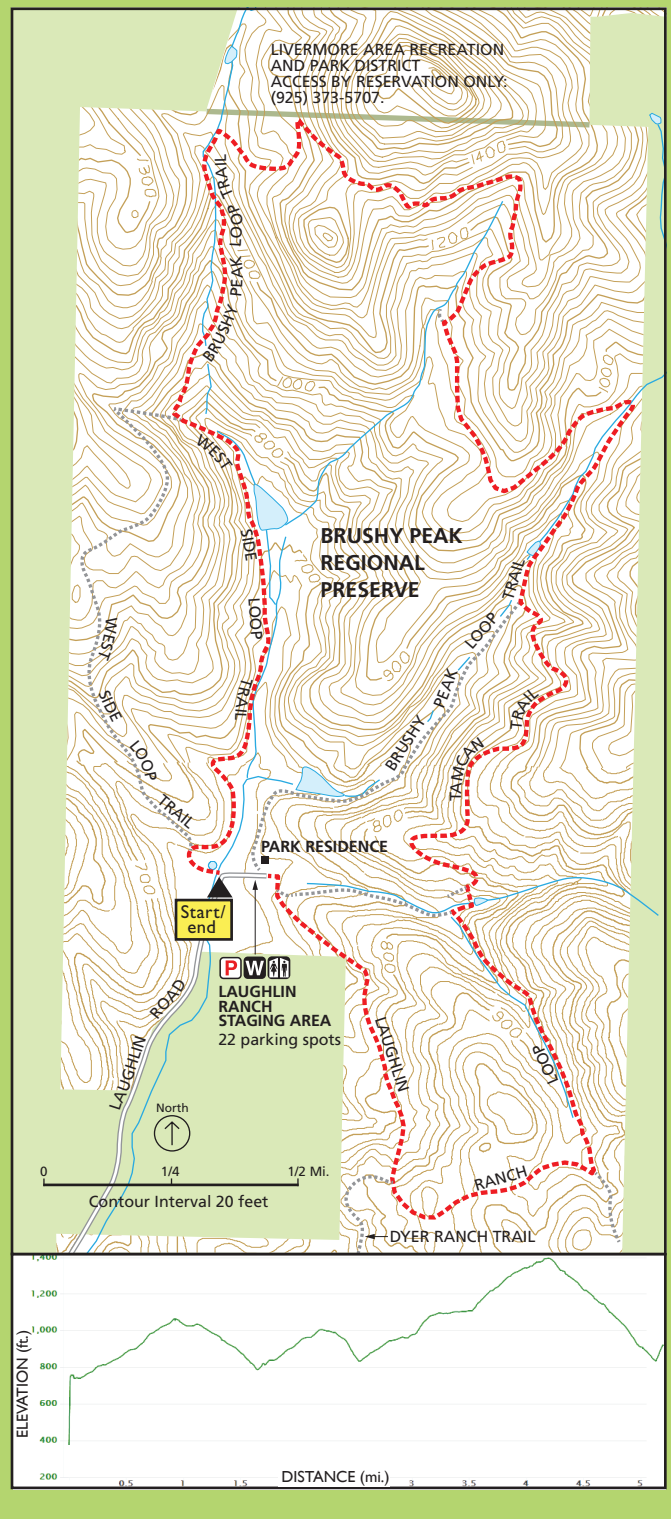
**East Bay**  
Regional Park District  
*Healthy Parks Healthy People*



**1 Garin/Dry Creek Pioneer Regional Parks**  
**Staging Area:** Garin Avenue Staging Area, Hayward. **Route:** From the parking area take the High Ridge Loop Trail to F.D. 143 and meet back with High Ridge Loop Trail. Turn right onto Newt Pond Trail, use caution when crossing Dry Creek, and then go left on Old Homestead Trail. Keep right to ride the Vista Peak Loop Trail which returns to Old Homestead Trail and follow back to the staging area. **Description:** This route is primarily made up of service roads. This is a great ride for a good workout, as it has steep climbs up High Ridge Loop, before a decent downhill which includes a winding narrow section along Newt Pond Trail. For a shorter ride you may eliminate the Vista Peak Loop section. **Loop direction:** counter-clockwise. **Trail type:** 1-lane dirt road, narrow. **Length:** 8-10 miles. **Elevation gain:** 2,300 feet. **Approximate time:** 2 hours, 30 minutes.



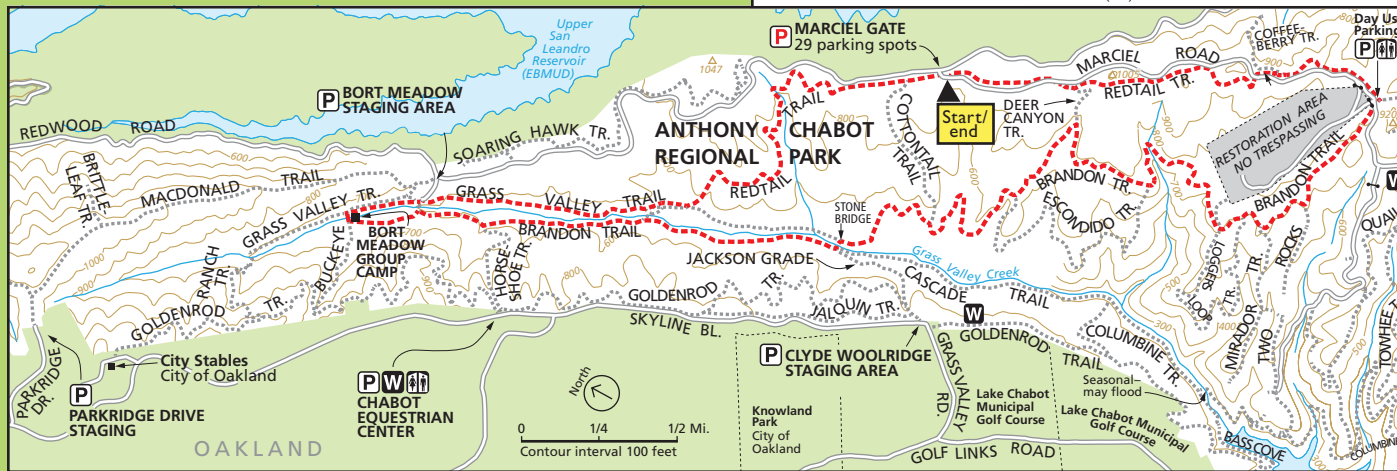
**2 Brushy Peak Regional Preserve**  
**Staging Area:** Laughlin Ranch Staging Area, Livermore. **Route:** From the staging area head south through both gates on Laughlin Ranch Loop Trail. Go right on Tamcan Trail and then make a sharp right on Brushy Peak Loop Trail. After climbing roughly 1 mile this trail narrows. Continue your ascent through the pass and descend to the West Side Loop Trail. Stay left and continue descending back to the staging area. **Description:** This loop consists of service roads and about 1.5 miles of narrow trail with a few short rocky technical sections that offer spectacular views of the Tri-Valley area. The narrow trail portion traverses through a beautiful oak woodland with rock outcroppings. **Loop direction:** counter-clockwise. **Trail type:** 1-lane dirt road, narrow. **Length:** 6.2 miles. **Elevation gain:** 1,300 feet. **Approximate time:** 1 hour, 20 minutes.



### 3 Anthony Chabot Regional Park

**Staging Area:** Marciel Gate off Redwood Road, Contra Costa County, CA. **Route:** From the staging area at Marciel Gate, take the Redtail Trail to the north. After winding through the trees descend to the Grass Valley Trail. Upon reaching Bort Meadows Group Camp, turn left, cross the creek, and follow the Brandon Trail south. Stay on the Brandon Trail through the valley, across the stone bridge, and climb up to Marciel Road. Cross the road and turn left onto Redtail Trail and enjoy some single track as it heads back towards Marciel Gate, crossing the road several times. **Description:** This loop traverses almost the entire length of Anthony Chabot Regional Park. At times, the route follows along the edge of Grass Valley Creek and climbs through shaded stands of eucalyptus. Redtail Trail is a fun section of narrow trail, offering short, steep climbs and mostly smooth descents. **Loop direction:**

counter-clockwise. **Trail type:** 1-lane dirt road narrow trail. **Length:** 8.7 miles. **Elevation Gain:** 1,885 feet. **Approximate time:** 2 hours, 30 minutes.

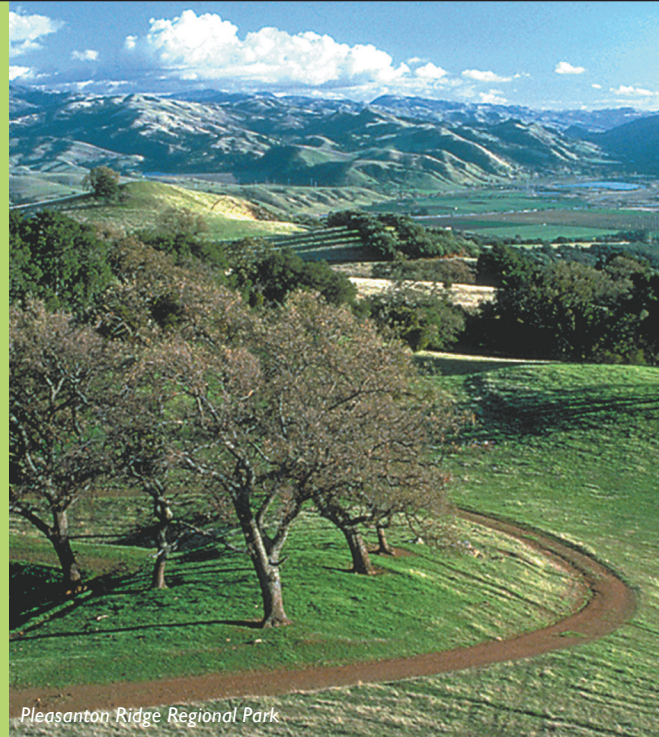
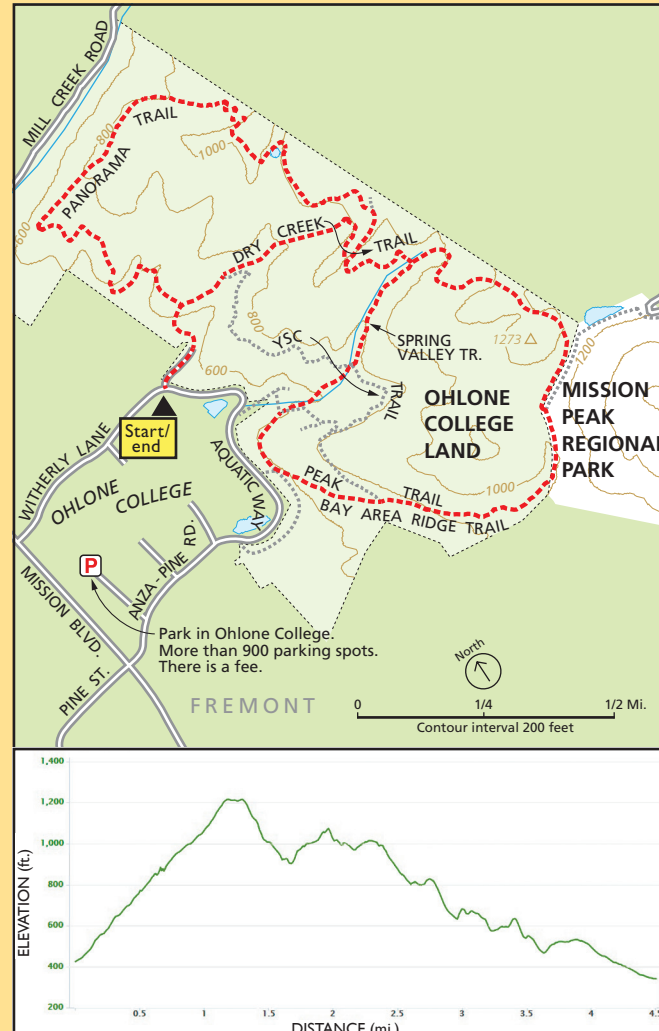
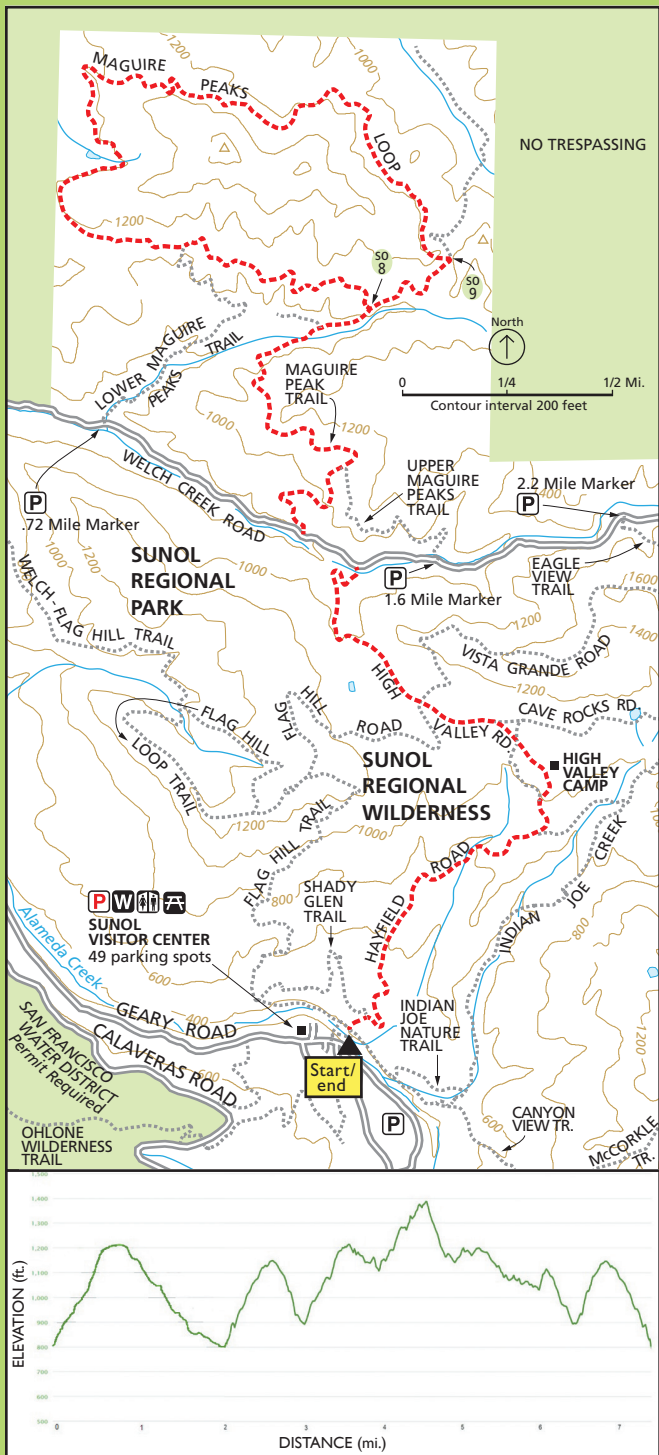


### 6 Sunol Regional Wilderness

**Staging Area:** Sunol Staging at the end of Geary Road, south of Sunol, CA. **Route:** Ride up Hayfield Road to High Valley Road, down to Welch Creek Road to Maguire Peak Trail. Follow Maguire Peak Trail and stay right to continue on the Maguire Peaks Loop. Veer left at trailpost SO9. Keep right at trailpost SO8 to take the Maguire Peak Trail back to Welch Creek Road. Loop. **Description:** This route travels on fire roads and circumnavigates the rocky Maguire Peaks, offering views of the Tri-Valley area, including the San Antonio Reservoir. **Loop direction:** counter-clockwise. **Trail type:** 1-lane dirt road. **Length:** 9.2 miles. **Elevation Gain:** 1,146 feet. **Approximate time:** 2 hours.

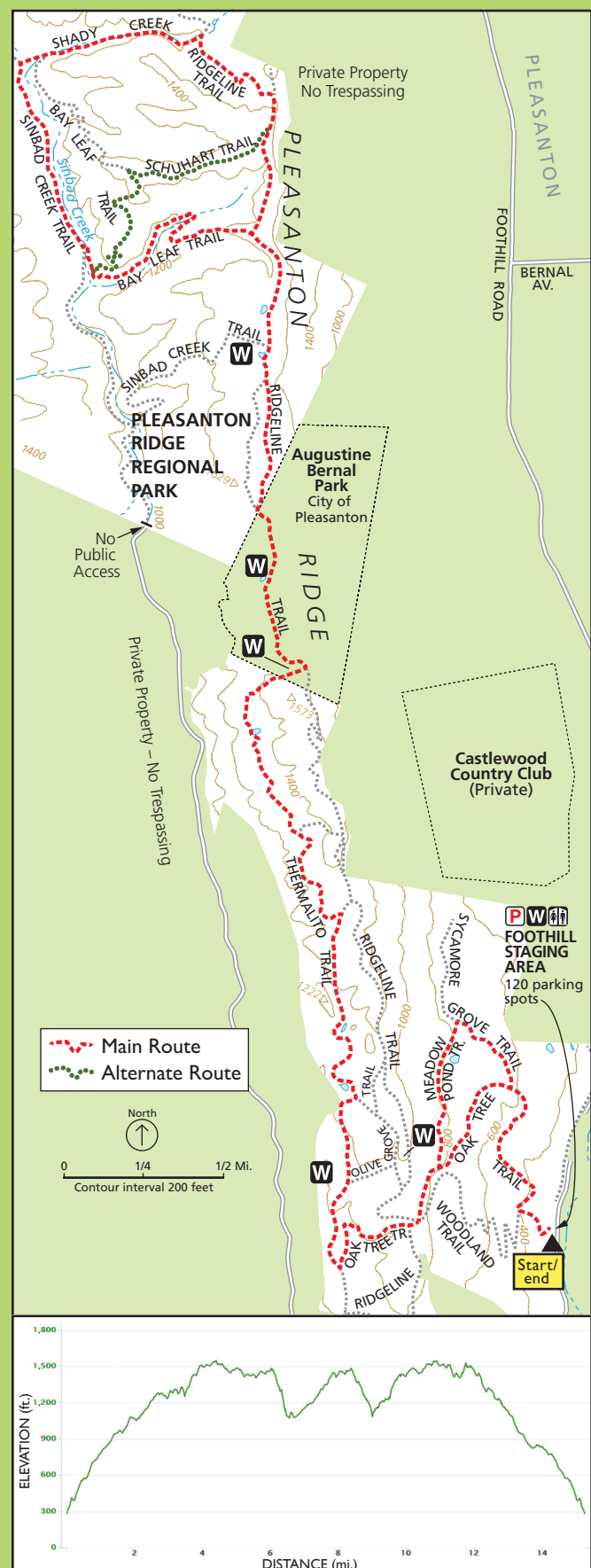
### 7 Mission Peak Regional Preserve

**Staging Area:** Ohlone College, parking lots E, D, H, or parking garage, Witherly Lane, Fremont, CA. **Route:** Go through the gate on the paved service road and climb up to the right on Dry Creek Trail. Turn right on Panorama Trail and right again on Spring Valley Trail to the Peak Trail/Bay Area Ridge Trail. Climb to the ridgeline and take Panorama Trail, passing Dry Creek, back down to the parking area. **Description:** Sections of the Peak and Panorama trails offer narrow trails and a fun experience. This loop includes some steep climbs and descents, and views of Mission Peak. **Loop direction:** counter-clockwise. **Trail type:** 1-lane dirt, narrow. **Length:** 4 miles. **Elevation gain:** 1,061 feet. **Approximate time:** 40 minutes.



### 4 Pleasanton Ridge Regional Park

**Staging Area:** Foothill Staging on Foothill Road north of Sunol, CA. **Route:** From the staging area, climb Oak Tree Trail and stay right onto Thermalito Trail. Follow Thermalito Trail into Augustine Bernal Park. Turn left onto Ridgeline Trail and stay right after entering back into Pleasanton Ridge. Turn left to drop down Shady Creek Trail, and then take Sinbad Creek Trail to Bay Leaf Trail and back up to Ridgeline Trail. If desired, turn left, but this time turn left to drop down Schuhart Trail (shown in green), then left on Bay Leaf Trail. Continue on Bay Leaf Trail up to Ridgeline Trail roughly 3.5 miles back to Oak Tree Trail. Go left on Meadow Pond Trail and then right on Sycamore Grove Trail back to Oak Tree Trail to return to the parking area. **Description:** This route includes several short sections of narrow trail connected by fire roads. This is a great ride for a workout, winding descents, challenging climbs, and fantastic views of the Tri-Valley area. You can mix and match your favorite loops as desired. **Trail type:** 1-lane dirt, narrow. **Length:** 15.25 miles. **Elevation gain:** 2,490 feet. **Approximate time:** 3 hours.



### 5 Del Valle Regional Park

**Staging Area:** Parking lot adjacent to Beach View Picnic Area. **Route:** From the parking area, cross the road and climb up Ridgeline Trail. Follow Ridgeline as it contours and connects back with the East Shore Trail near Badger Cove. Continue northwest on East Shore Trail all the way to the northernmost intersection with the Heron Bay Trail. Turn left onto Heron Bay Trail and follow it until it intersects back with East Shore Trail and continue south, veering right at each narrow section of Heron Bay Trail and Swallow Bay Trail until you reach the Venados Group Camp. Continue south from the group camp on East Shore Trail to the marina and staging area. **Description:** Much of this route follows along the length of the lake, including some narrow and technical sections on the Swallow Bay and Heron Bay trails. The Ridgeline portion offers expansive views of the watershed. **Loop direction:** counter-clockwise. **Trail type:** 1-lane dirt road, narrow trail. **Length:** 15 miles. **Elevation gain:** 1,830 feet. **Approximate time:** 3 hours, 30 minutes.

