

LEGEND

- Hikers, Horses & Bicycles, Paved
- Hikers, Horses & Bicycles, Unpaved
- Hikers & Horses
- Hikers Only
- Mileage Between Points
- Paved Road
- Seasonal Stream
- Seasonal Pond
- Parking
- Equestrian Staging
- Restroom
- Information
- Telephone
- Drinking Water
- Horse Water
- Picnic
- Reservable Picnic
- Horseshoes
- Peak
- Gate



Rev. 6/13

Contour Interval 20 feet

WELCOME!

Please enjoy our Regional Parks safely, and help us protect and preserve your parklands by complying with park rules and regulations. Visitors are responsible for knowing and complying with park rules (Ordinance 38), online at <http://www.ebparks.org/activities/ord38>

SAFETY and ETIQUETTE

- Stay on trails. Taking shortcuts can be dangerous and causes erosion.
- Wading and/or swimming in undesignated areas may be dangerous and may harm the watershed.
- Carry and drink plenty of water. Dehydration is a leading cause of injuries on the trail.
- Be prepared for sudden changes in weather conditions.
- Trails can be slippery, rocky and steep. Proceed carefully at your own risk.
- Wildlife may be present on the trails at any time. Feeding or approaching wildlife is dangerous and illegal.
- Bicycles may be ridden on designated trails and fire roads. Please observe trail etiquette, with horses, then hikers, having the right-of-way. Equestrians should let other trail users know how to safely pass horses.
- Keep the parks beautiful. Pack out what you pack in.

RULES

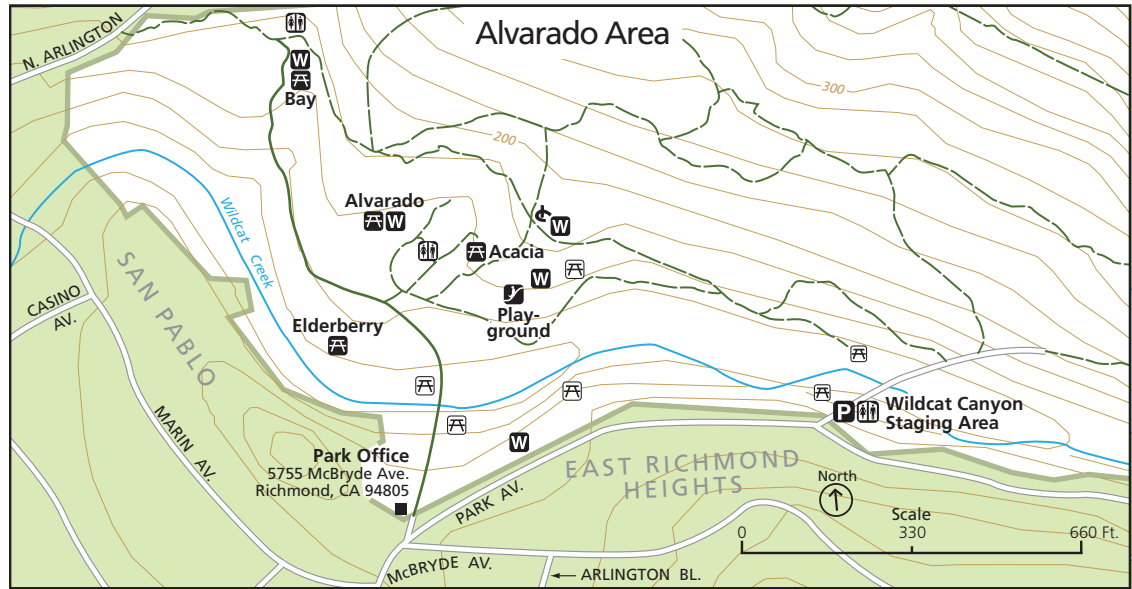
Dogs must be leashed 200 feet from any trail or park entrance, and at all times in developed areas and in posted areas of the park. Dog walkers are required to clean up after their dogs and remove dog waste bags from the trails. Dogs must be under voice control at all times. Dogs are not permitted at the Regional Park's Botanic Garden and the Little Farm/Environmental Education Center in Tilden.

Most trails are equipped with unlocked gates allowing access across fence lines. Ask rangers for current information. Camping is allowed in designated areas with a permit. Call 888-EBPARKS or 888-327-2757, option 2 for reservations and permits.

Swimming, wading, and other water activities are allowed in designated areas only.

Alcoholic beverages are not permitted within 50 feet of roadways or parking lots, or in posted areas. Beer and wine are allowed in other areas of the park. Enjoy your beverages responsibly.

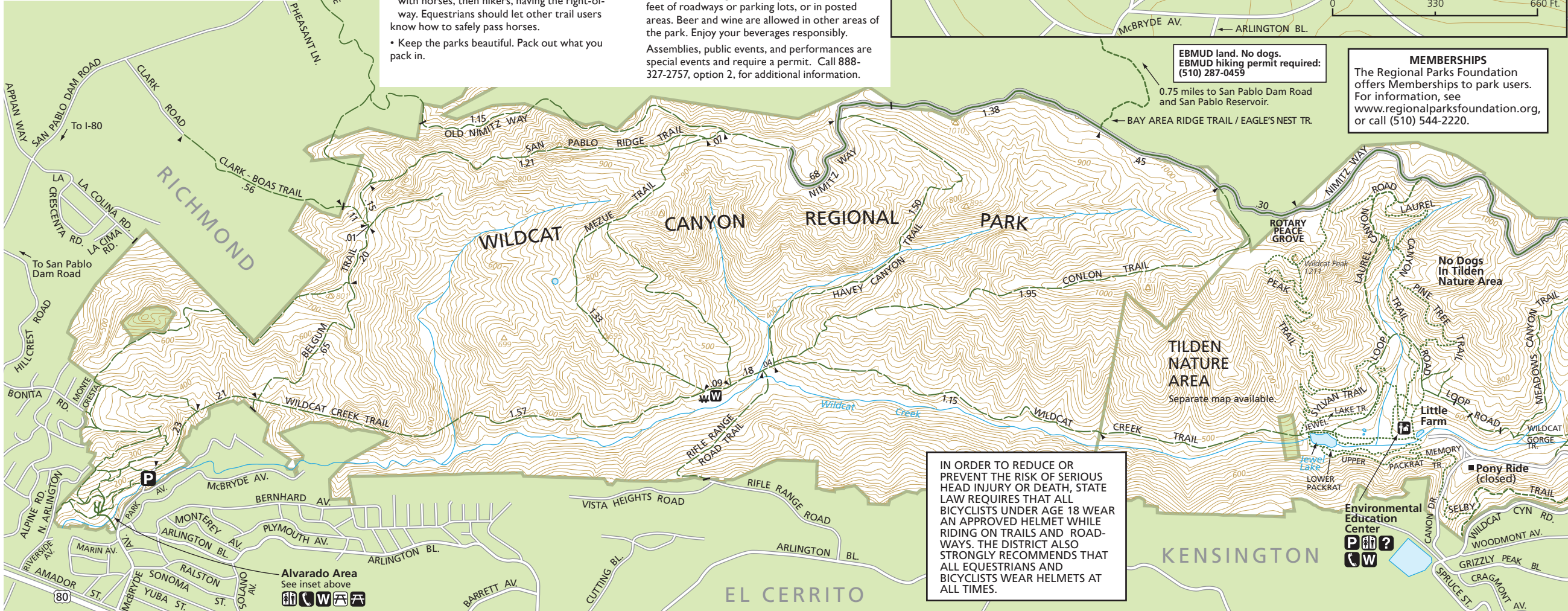
Assemblies, public events, and performances are special events and require a permit. Call 888-327-2757, option 2, for additional information.



EBMUD land. No dogs.
EBMUD hiking permit required:
(510) 287-0459

0.75 miles to San Pablo Dam Road and San Pablo Reservoir.
← BAY AREA RIDGE TRAIL / EAGLE'S NEST TR.

MEMBERSHIPS
The Regional Parks Foundation offers Memberships to park users. For information, see www.regionalparksfoundation.org, or call (510) 544-2220.



IN ORDER TO REDUCE OR PREVENT THE RISK OF SERIOUS HEAD INJURY OR DEATH, STATE LAW REQUIRES THAT ALL BICYCLISTS UNDER AGE 18 WEAR AN APPROVED HELMET WHILE RIDING ON TRAILS AND ROADWAYS. THE DISTRICT ALSO STRONGLY RECOMMENDS THAT ALL EQUESTRIANS AND BICYCLISTS WEAR HELMETS AT ALL TIMES.

No Dogs In Tilden Nature Area

Pony Ride (closed)

Environmental Education Center

Alvarado Area
See inset above