

Iron Horse Regional Trail—Concord to Dublin (24.47 mi)

Began in 1896, this multi-use, **whole-access trail** between the cities of Concord and Dublin follows the San Ramon Pacific Railroad right-of-way established in 1891. The trail was abandoned in 1977. The completed Iron Horse Regional Trail will span the distance from Livermore in Alameda County to Suisun Bay in Contra Costa County, a distance of over 40 miles, connecting two counties and nine communities. Representing interagency cooperation and a community-wide effort by individuals and groups, this trail creates an important recreational and commute component for the communities it serves. The trail corridor connects residential and commercial areas, business parks, schools, public transportation (BART, County Connection), open space and regional trails, and community facilities. The trail will continue to grow in the future, with connections extending southeast through Pleasanton and northward to Martinez. The trail is developed from Marsh Drive near Highway 4 in Concord south to the Dublin/Pleasanton BART station. Extensions are planned in Pleasanton that will connect the BART station to Shadow Cliffs Regional Recreation Area and farther eastward. The Iron Horse Trail's connection with the Alameda Canal Trail in Dublin provides access to the Alameda County Fairgrounds, and a planned extension eastward to the Iron Horse Trail's future extension to Shadow Cliffs will provide a wide circuit through Dublin and Pleasanton.

Throughout the entire length of the trail, opportunities to view the valley ridge-line and landscape features like Mt. Diablo create a pleasant trail experience.

Contra Costa Canal Trail—Martinez to Concord (13.49 mi)

One of the first Regional Trails established (in 1976), and one of the most popular trails in the Park District system, this multi-use, **mostly whole-access trail** is a paved pathway suitable for hikers, runners, and equestrians. Created through a cooperative effort of the Contra Costa Water District, the Bureau of Reclamation, and the Park District, this trail provides a safe off-road corridor connecting Martinez, Pleasant Hill, Walnut Creek, and Concord.

Meandering along the Contra Costa Canal, following a horseshoe-shaped path through central Contra Costa County, the trail connects a number of local parks in Pleasanton Hill (Las Juntas Park), Walnut Creek (Larkley Park, Heather Farm Park), and Concord (Lime Ridge). It also makes important connections to several regional trails, including the California State Riding and Hiking Trail, Briones-to-Mt. Diablo Trail, and the Iron Horse Trail, and will connect with the Delta de Anza Trail when that trail is completed to Concord.

With access to schools, commercial areas, and public transportation (BART, County Connection), this trail is an integral factor in county non-vehicular transportation and also provides significant recreation opportunities in central Contra Costa County. From urban access to rural open space, the Canal Trail provides a pleasant recreational experience and transportation opportunity.

Lafayette-Moraga Regional Trail—7.65 miles

Established in 1972, the Lafayette-Moraga Regional Trail parallels Las Trampas Creek and St. Mary's Road through Lafayette and Moraga. This **whole-access trail** is intended for hiking, bicycling, and equestrian use.

The trail is maintained and operated by the East Bay Regional Park District. It was established largely along utility rights-of-way in cooperation with the cities of Lafayette and Moraga, the Central Contra Costa Sanitary District, the East Bay Municipal Utility District (EBMUD), and Pacific Gas and Electric Co.

Coursing through the Moraga Valley, connecting Las Trampas Ridge to the Oakland Hills, and the cities of Lafayette and Moraga, this trail corridor has a rich and varied history. It was once used by mule trains to carry redwood from Oakland to Sacramento. Later, when the mule trains had passed into history, the lumber was carried by steam trains, including the Oakland-Antioch and Eastern Railroad, the San Francisco-Sacramento, and the Sacramento Northern. For which the easement was historically named. With the abandonment of the railroads, the corridor became a utility easement and, ultimately, with the cooperation of local communities, utility districts, and the East Bay Regional Park District, a paved multi-use recreational trail serving hikers, bicyclists and equestrians.

The trail's north end is at Olympic Boulevard and Pleasant Hill Road south of Highway 24 in Lafayette, and it runs to EBMUD's Valle Vista staging area at the outskirts of Moraga, bordering San Leandro Reservoir and the city of Fremont. The trail is maintained by EBMUD and Alameda Open Space (510.287.0459). The trail makes connections to a variety of schools (including St. Mary's College), the Briones-to-Las Trampas Regional Trail, the Lamorinda Trail Loop, local town Moraga. One of the first rail-trails in California, this 60-foot-wide recreational trail corridor offers residential access, regional connections, scenic areas, and convenience to local facilities.

Old Moraga Ranch Trail—Canyon Road to Bollinger Canyon Road in Moraga (4.61 miles)

This trail has the distinction of being one of the District's oldest regional trails. The hiking and equestrian trail roller-coasters through the scenic hills of Moraga and affords spectacular views of St. Mary's College, the Moraga Valley, and distant landscape features. The steep, hilly terrain provides great opportunities to view soaring raptors and vultures taking advantage of thermal updrafts.

Hikers can pick up the trail by parking at Rancho Laguna Park in Moraga and heading north to intercept the trail as it crosses Camino Pablo from EBMUD's Valle Vista staging area. Equestrians can begin at Valle Vista (EBMUD permit required, phone 510.287.0459). The trail ends at Bollinger Canyon Road to the east.

Regional Trails provide both enjoyment, recreation, and alternative transportation

Only a few steps from the busy streets of Contra Costa and Alameda Counties, the trails provide a peaceful, safe, and fun alternative to driving. They provide a healthy, enjoyable, and safe way to get around the urban heart of the I-680 corridor in the growing valleys of these two counties, they allow the user a leisurely rural pace, and fresh air and exercise in beautiful surroundings with views of nearby hills.

This regional trail system has evolved over the years to become a vital network of over 100 miles of trails. Linking 12 cities, four Regional Parklands, Mt. Diablo State Park, Lime Ridge and Shell Ridge open space areas, numerous parks and municipal parks, job centers, commercial areas, and transit facilities including several BART stations—and the system is being expanded. There are links to Las Trampas and Redwood Regional Parks through East Bay Municipal Utility District watershed lands (an annual permit is needed to hike on EBMUD lands; call 510.287.0459 for information).

This trail system will be expanded to link to the Delta de Anza Regional Trail, providing access eastward to Antioch and Brentwood. Links will be completed from the Dublin-Pleasanton BART station south to the Alameda Co. Fairgrounds and east to Livermore and Del Valle Regional Park. Because trails are convenient they are both popular and functional. The Park District's paved trails are increasingly being utilized as an alternative method of transportation. A 1997 study showed that over one-third of the use of the Iron Horse Trail from Walnut Creek to San Ramon was for transportation purposes. With the increase in population growth expected for this region, the use of paved trails for non-motorized transportation is expected to grow.

The trails are an integral part of people's lives and are one of the most popular features of the East Bay Regional Park District system. They can be enjoyed by people of all ages and abilities, so go and enjoy a walk on a trail near you!

Memberships

The Regional Parks Foundation offers memberships to park users. Depending on Membership level, benefits include free parking and swimming, a member newsletter, and off-season camping discounts. For information call (510) 944-2203, or see our Web site: www.ebparks.org.

POLICE, FIRE, MEDICAL EMERGENCY	9-1-1
CONTRA COSTA COUNTY TRAILS	(925) 687-3419
ALAMEDA COUNTY TRAILS	(510) 790-2612
EBRPD HEADQUARTERS	(510) 635-0135
WEBSITE	www.ebparks.org

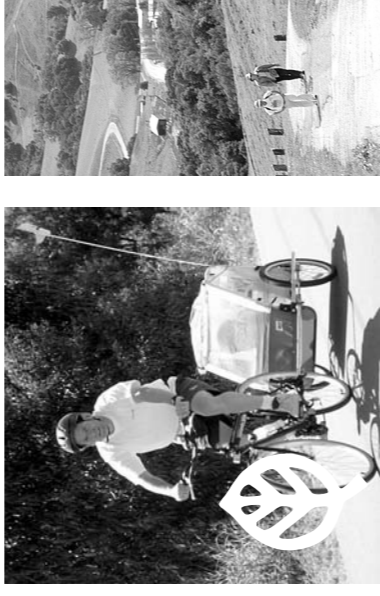
East Bay Regional Park District
2950 Perola Oaks Court, P.O. Box 5381
Oakland, CA 94663-0381 (510) 562-PARK
<http://www.ebparks.org>

Printed on recycled paper 9000 Credit: 50 cents

CENTRAL CONTRA COSTA REGIONAL TRAILS

Includes These Regional Trails:

- Iron Horse Trail
- Contra Costa Canal Trail
- Lafayette-Moraga Trail
- Cal. Riding and Hiking Trail
- Old Moraga Ranch Trail
- Briones-to-Mt. Diablo Trail
- Las Trampas-To-Mt. Diablo Trail
- Green Valley Trail
- Briones-To-Las Trampas Trail
- West end of Delta de Anza Trail
- Various Municipal Trails



EAST BAY REGIONAL PARK DISTRICT

RESponsible Trail-Use Rules

Violations of any of the following may result in citation:

ALL TRAIL USERS:

- **Trail curfew:** 10 p.m. to 5 a.m.
- **Open containers or consumption of alcoholic beverages are not permitted within 50 feet of paved trails, roads or parking areas.**
- Be safe, considerate and aware of your impact on the trail and other trail users.
- For everyone's safety, keep to the right. Proceed single file around blind curves.
- For your safety, headphones are not advised.
- Safety helmets are required by law for bicyclists under 18, and are strongly recommended for all bicyclists and equestrians.
- Do not litter. Deposit litter in a trash receptacle.
- Control dog behavior. Wear a leash and use a sunscreen to protect yourself from overexposure to the sun.

DOGS:

- **Dogs must be on leash (six feet maximum) when parked, and the full verbal control should be maintained by the handler. Clean up after your dog and dispose of the waste in a trash receptacle. Persons who walk more than three dogs at a time on Regional Parks trails must obtain a permit; please call (510) 544-3009 for information.**

BICYCLES:

- Bicycles are not permitted, either walked, ridden or carried, on trails marked "No Bicycles."
- Bicycles shall not be ridden at an unsafe speed, or greater than the posted speed limit. **Be aware of how you are perceived by other trail users.**
- Bicycles always yield to pedestrians. Before passing, **SLOW DOWN**, establish verbal contact and/or ring bell.
- When approaching equestrians, call out and/or ring bell and **STOP**, whether you are seen or not. Ask for instructions on how to pass safely.
- On blind turns, **SLOW DOWN**, call out and/or ring bell, and ride single file.

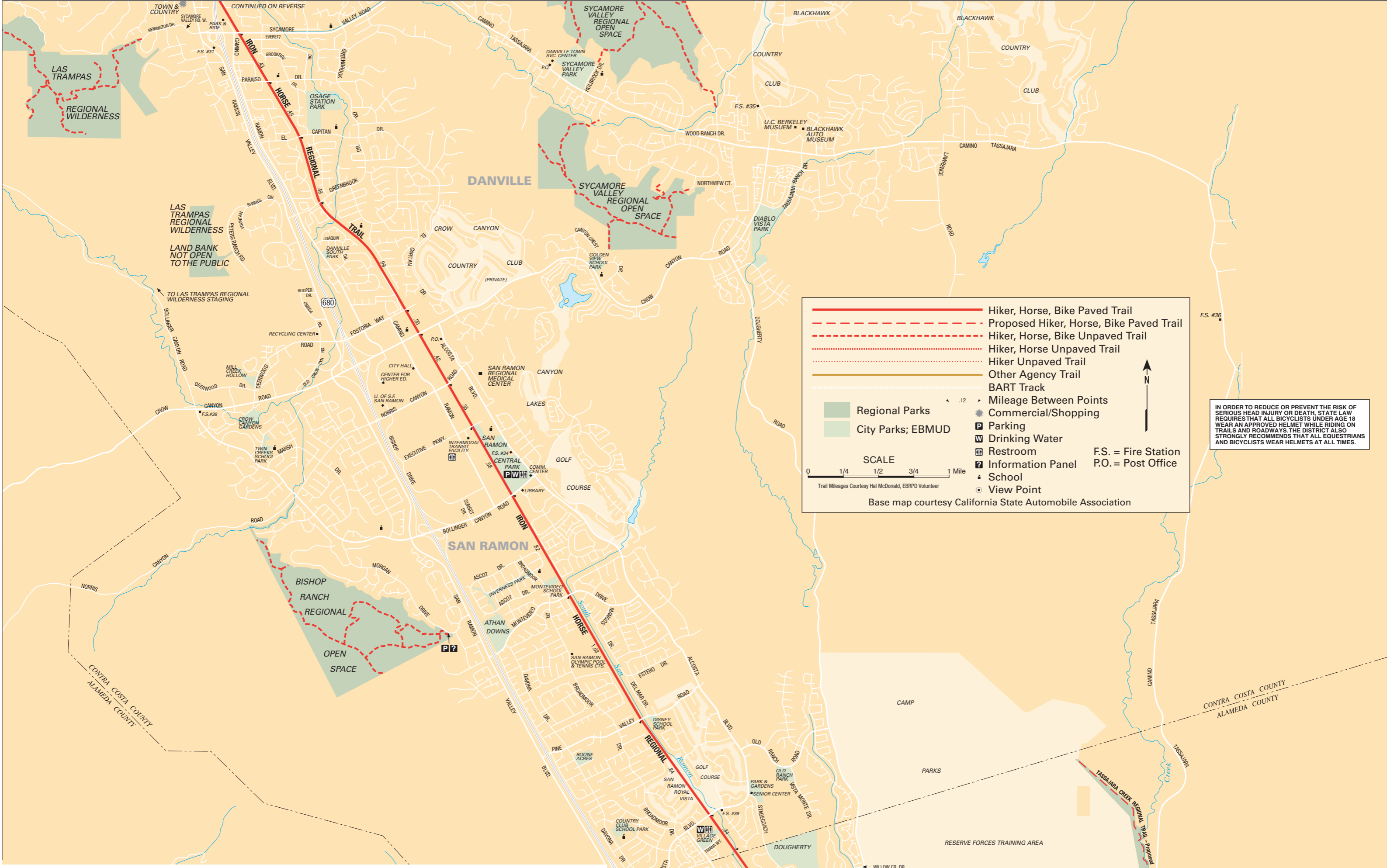
PEDESTRIANS:

- Keep to the right when approached by others.
- Always yield to equestrians.
- Look behind and to both sides before changing course.

EQUESTRIANS:

- Look behind and to both sides before changing course.
- Keep your horse to the right or where safe when encountering other trail users.
- Communicate. Let other trail users know how to pass your horse safely.

Trail conflicts or violations should be reported to the Trail Hotline at (510) 733-6991, or online at www.ebparks.org/Police/pwtr.htm (Park Watch Report). For an immediate response, call (510) 881-1833. **In case of emergency dial 9-1-1.**



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 STREETS AND ROADWAYS. THE DISTRICT ALSO STRONGLY RECOMMENDS THAT ALL BICYCLISTS AND BICYCLISTS WEAR HELMETS AT ALL TIMES.