

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.

EBMUD land. EBMUD hiking permit required: (510) 287-0459

1.85 miles to San Pablo Dam Road and San Pablo Reservoir.

NO DOGS IN TILDEN NATURE AREA EXCEPT ON LEASH ON NIMITZ WAY AND IN INDIAN CAMP PICNIC AREA.

**Tilden Nature Area Trails**

- Jewel Lake Trail
- Pack Rat Trail
- Sylvan Trail
- Wildcat Peak Trail
- Pine Tree Trail
- Laurel Canyon Trail
- Memory Trail

- TILDEN NATURE AREA RULES**
- Dogs are not permitted anywhere in Tilden Nature Area.
  - Bicycles are not permitted in Tilden Nature Area except on Loop Road and Wildcat Creek Trail north of Jewel Lake.
  - Equestrians are only permitted on Loop Road, Laurel Canyon Road, and Wildcat Creek Trail north of Jewel Lake.
  - Fishing is not permitted in Nature Area lakes, ponds, or streams.
  - Collecting of plants and animals is prohibited

**LEGEND**

- Paved Roads
- Hikers, Horses & Bicycles
- Hikers & Horses
- Hikers Only
- Paved Trail: Hikers, Horses & Bicycles
- Stream
- Triangle on trail indicates Skyline National Trail & Bay Area Ridge Trail
- Mileage Between Points
- Parking
- Bus Stop
- Restrooms
- Drinking Water
- Horse Water
- Shower
- Phone
- Information
- Tot Lot
- Swimming
- Food
- Picnic
- Reservable Picnic
- Visitor Center
- Group Camping (Reservations Only)
- Gate

SCALE  
0 1/8 1/4 Mile  
Contour interval 20 feet

