



## Programs

The East Bay Regional Park District offers a wide variety of recreational, cultural history, and nature-oriented programs for school groups, youth groups, and the general public. You can join others in kayaking, backpacking, and fly-fishing lessons; enjoy wildflower walks, guided horseback rides, and overnight hikes; and explore the wonders of streams, lakes, and the bay shoreline.

## Swimming

Dive in! There are plenty of places to swim in the East Bay Regional Park District, with six open-water lake swim areas, three chlorinated lagoons, two pools, and two bay shoreline beaches. In general, swim season is from April through October, but check individual parks for specific opening and closing dates.

## Camping

The East Bay Regional Park District boasts more than 233 family campsites. There are family campgrounds at Lake Del Valle and Anthony Chabot Regional Parks, and 17 backpacking sites are available at Sunol-Ohlone Regional Wilderness, Black Diamond Mines Regional Preserve, and Morgan Territory Regional Preserve. The East Bay Regional Park District also has 33 group campsites available for reservation.

## Boating

The East Bay Regional Park District provides a number of wonderful boating opportunities at Regional Parks lakes and along bay shoreline areas. You can launch your own boat at Lake Del Valle, Contra Loma, Martin Luther King Jr. Shoreline, Quarry Lakes, and Shadow Cliffs.

## Fishing

The East Bay Regional Park District is the ideal place to drop a line. In fact, our shoreline parks and well-stocked lakes attract anglers year-round. Please note that all California Department of Fish and Game regulations apply. A California State fishing license and/or Daily Fishing Access Permit from the East Bay Regional Park District are required for everyone 16 years of age or older at all East Bay Regional Park District fishing lakes and reservoirs.

## Dogs in the Parks

Dogs are welcome throughout the East Bay Regional Park District, although they are not permitted in some locations such as swim areas, designated nature areas, and other locations. Dogs must be leashed in developed areas and wherever leash signs are posted. However, off-leash access is allowed in many open space parklands, provided dog(s) are under control at all times.

## Trails

The East Bay Regional Park District has more than 1,200 miles of trails within its parklands that offer year-round enjoyment for visitors of all ages and abilities. These trails include more than 225 miles of paved trails linking various Regional Parks, which travel through cities and along major streams and channels. The Park District offers an annual Trails Challenge to introduce visitors to the many walking, hiking, and biking trails offered in the East Bay Regional Park District. This self-guided hiking program includes a comprehensive guidebook with maps and detailed directions. Sign up online at [www.ebparks.org](http://www.ebparks.org).

## Picnics and Rental Facilities

The East Bay Regional Park District provides more than 3,800 picnic tables for families throughout its 65 parks. There are also 122 group picnic sites throughout the East Bay Regional Park District that can be reserved for your event. Barbecues and restrooms are available, and some sites are bordered by large lawns. In addition, four indoor/outdoor rental facilities and several popular outdoor locations are available for corporate events, weddings, parties, etc. See [www.ebparks.org](http://www.ebparks.org) for information.

## Accessibility

The East Bay Regional Park District is for everyone. To that end, many of the East Bay Regional Park District's parks have barrier-free picnic areas, restrooms, trails, visitor centers, and other facilities. The East Bay Regional Park District is always working to develop accessible facilities within its parks as part of our policy of creating outdoor recreation opportunities for all residents of Alameda and Contra Costa counties.

## Parks Express

To accommodate the many people with special needs who want to enjoy our outdoor recreational and educational programs, the East Bay Regional Park District has created the Parks Express program. Parks Express provides low-cost charter transportation to the Regional Parks for school and non-profit groups that serve senior citizens, people with disabilities, and children from low-income communities.

**For information about East Bay Regional Park District parks, trails, activities, and rules and regulations, visit [www.ebparks.org](http://www.ebparks.org) or call 1-888-EBPARKS (1-888-327-2757).**

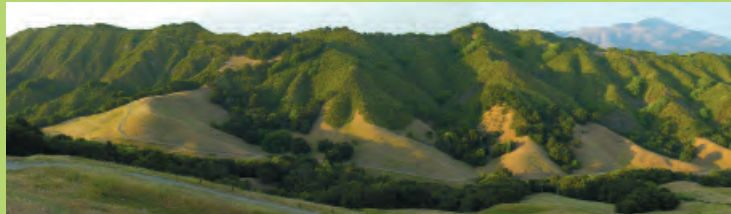
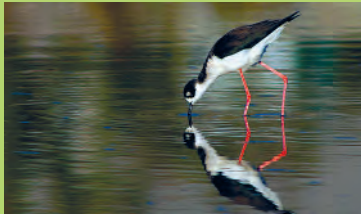






Photo: Allan Mendez

**Discover the East Bay Regional Park District**  
*A Proud Member of the International Healthy Parks Healthy People Initiative*

From sunlit shores to majestic hilltops, the East Bay Regional Park District's comprehensive network of open space, parks, and trails provides East Bay residents and visitors a refuge from the hustle and bustle of urban life and plays a crucial role in protecting wildlife. Founded in 1934, the Park District today encompasses over 112,000 acres, 65 parks, and 1,200 miles of trails in Alameda and Contra Costa counties, and offers a range of educational and recreational opportunities as diverse as the people who enjoy them.

The Park District is a leader in the international Healthy Parks Healthy People initiative to protect and care for our natural and cultural resources while encouraging park use for physical, social, spiritual, and mental benefits. Whether you enjoy hiking, biking, fishing, swimming, picnicking, nature programs, golf, other pastimes, or just embracing the beauty of nature, there is a park near you.

This brochure is an introductory guide to the East Bay Regional Park District. It will enable you to discover the many delights in your Regional Parks, and help you find your favorite place (or places) to visit. More information on any of the parks, programs, or activities can be found on our comprehensive Web site at [www.ebparks.org](http://www.ebparks.org) or by calling 1-888-EBPARKS.

**East Bay**  
Regional Park District  
2950 Peralta Oaks Court  
P.O. Box 5381  
Oakland, CA 94605

**Reservations**

Camping, picnic, and facility reservations, and program registration..... 1-888-EBPARKS or 1-888-327-2757, option 2  
Web site ..... [www.ebparks.org](http://www.ebparks.org)

Permit information for organized groups wishing to use parkland areas for walk-a-thons, runs, swimming events, etc. .... 1-888-EBPARKS or 1-888-327-2757, option 2

**Driving Directions and Public Transportation**

For driving directions to the Regional Parks, visit [www.ebparks.org/parks](http://www.ebparks.org/parks). For public transportation options to visit the Regional Parks, visit [www.ebparks.org/parks/publictransit](http://www.ebparks.org/parks/publictransit).

**Volunteering**

There are many opportunities for individuals, families, and groups to volunteer in the Regional Parks, including working in the annual Coastal Cleanup and participating in ongoing programs such as the Trail Safety Patrol, Regional Parks Ambassadors, and parkland docents, as well as assisting with wildlife stewardship programs. For information, see [www.ebparks.org/getinvolved](http://www.ebparks.org/getinvolved).

**Membership**

Membership is a cost-effective way to make frequent visits to your favorite Regional Parks and to learn about the exciting and interesting activities going on throughout the year. For information, see [www.ebparks.org/getinvolved](http://www.ebparks.org/getinvolved).

**Regional Parks Foundation**

The Regional Parks Foundation is a private, non-profit corporation that raises funds to support Park District programs and facilities. Donations are used to send kids to camp, provide program scholarships, protect fragile habitat, rehabilitate trails, and provide transportation for disabled people, seniors, and children from low-income neighborhoods, enabling them to enjoy the parks. For more information, phone 510-544-2202.

**Information on volunteering, membership, or the Regional Parks Foundation can be found at [www.ebparks.org/getinvolved](http://www.ebparks.org/getinvolved).**

For specific park notifications, including current details on park and trail closures due to fire danger, weather damage, or facility/road repairs, and for other information, see [www.ebparks.org/closure](http://www.ebparks.org/closure).

General Information..... 1-888-EBPARKS (1-888-327-2757)	
TDD.....	510-633-0460
Membership Program .....	510-544-2220
Parks Express.....	510-544-2205
Regional Parks Foundation.....	510-544-2202
Volunteering.....	510-544-2515
Fire Weather Hotline .....	510-544-2222
Employment .....	510-544-2154

**Police and Fire**

Business .....	510-881-1833
Emergency.....	911 or 510-881-1121

**Visitor Centers**

Ardenwood Historic Farm, Fremont.....	510-544-2797
Big Break Visitor Center at the Delta*, Oakley.....	510-544-3050
Black Diamond Mines, Antioch .....	510-544-2750
Botanic Garden, Tilden Reg. Park, Berkeley ...	510-544-3169
Coyote Hills Regional Park, Fremont.....	510-544-3220
Crab Cove at Crown Beach, Alameda.....	510-544-3187
Del Valle Regional Park*, Livermore .....	510-544-3146
Garin Regional Park*, Hayward.....	510-544-3220
Sunol Regional Wilderness, Sunol.....	510-544-3249
Tilden Nature Area and Little Farm, Berkeley .....	510-544-2233
* Visitor Centers with <i>limited hours of operations</i>	

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**East Bay**  
Regional Park District  
[www.ebparks.org](http://www.ebparks.org)



Guide to your  
East Bay  
Regional Parks

**Healthy Parks**  
Healthy People