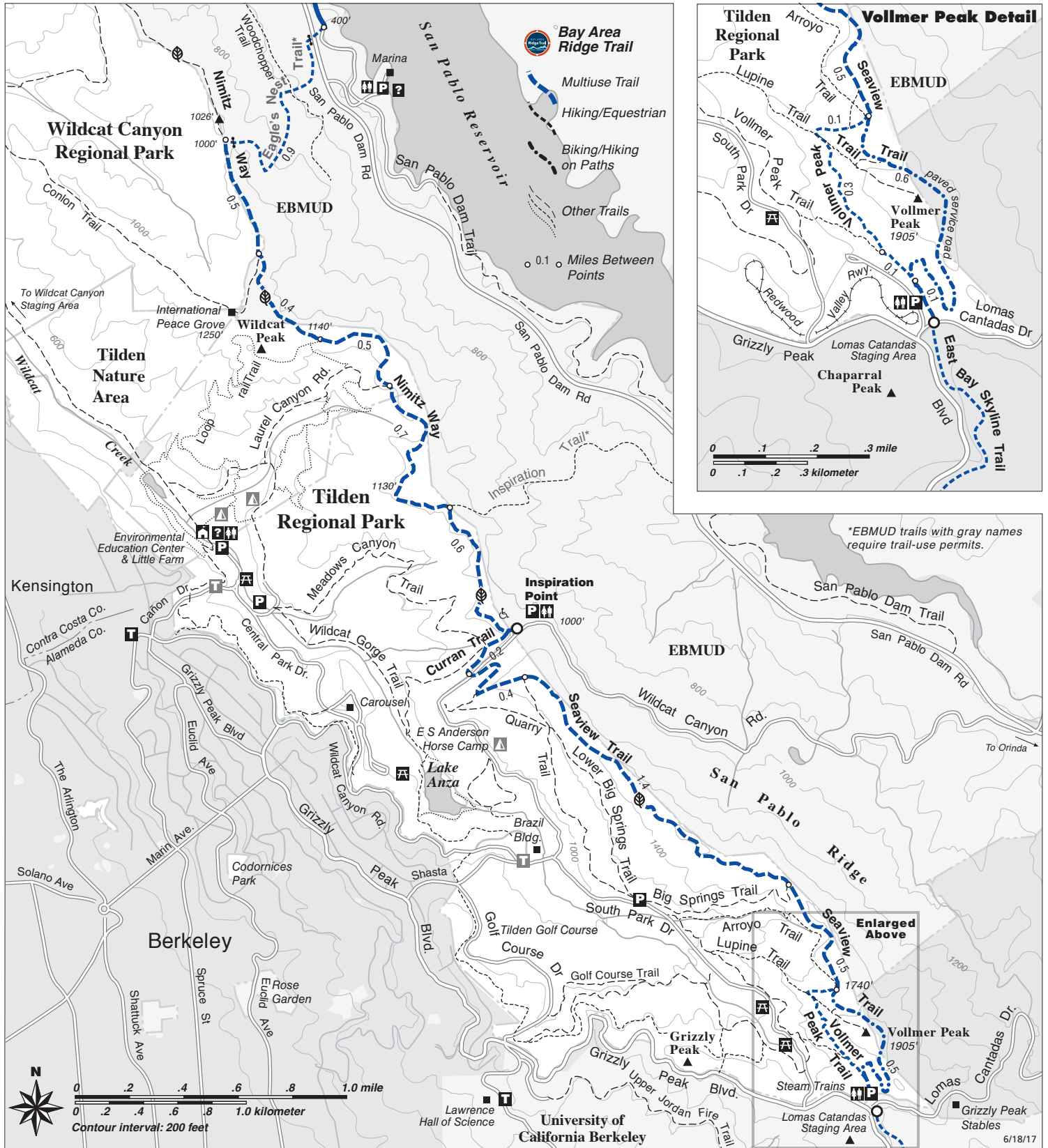




Tilden Regional Park to Redwood Regional Park

Contra Costa County

This trail is adopted by GU Energy Labs.



Post your photos on Instagram @BayAreaRidgeTrail and see them on our website. #ontheridgetrail

Distance: 9.3 miles

From: Inspiration Point Parking Lot
To: Skyline Gate Staging Area Finish

Climb to dramatic views from San Pablo Ridge, descend to wooded streamsides, and traverse open grasslands: This challenging trip along the spine of the East Bay Hills crosses varied landscapes on trails that range from wide and rocky service roads to duffcovered narrow paths. You'll find sheltered, tree-covered sections and exposed, breezy segments, and often encounter fog that rolls in from the Golden Gate. You'll gain and lose considerable elevation in short stretches--an 860-foot gain in Tilden Regional Park and a 600-foot loss in Robert Sibley Volcanic Regional Preserve.