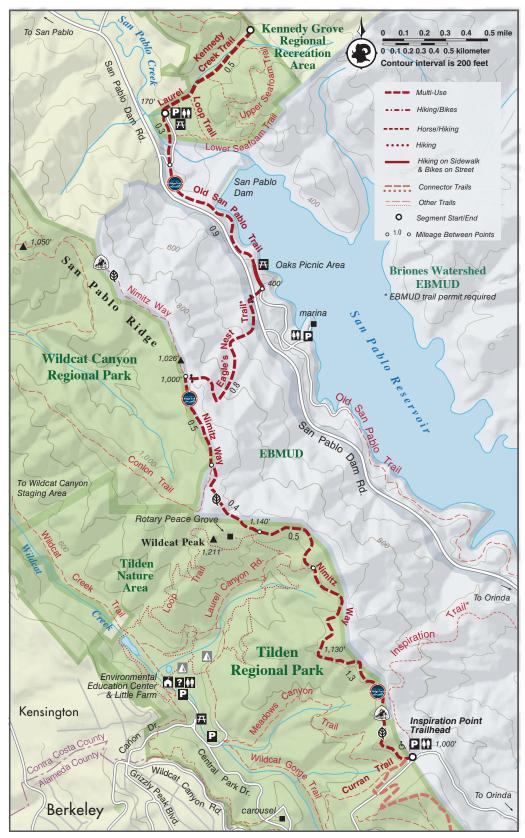


## Kennedy Grove Regional Recreation Area to Tilden Regional Park (Inspiration Point)

Contra Costa County

From: Kennedy Grove in El Sobrante

To: Inspiration Point in Orinda



Tag your photos @bayarearidgetrail on Instagram and see them on our website.



## Kennedy Grove Regional Recreation Area to Tilden Regional Park (Inspiration Point)

From: Kennedy Grove in El Sobrante

To: Inspiration Point in Orinda

Length: 5.7 miles one-way (includes 1-mile round-trip on Laurel Loop and Kennedy Grove Trails); car

shuttle possible.

**Elevation Gain/Loss:** 1,045 feet/270 feet one-way

Accessibility: Hikers, equestrians, and mountain bikers. Wheelchair users can access Nimitz Way.

Within three parks and a watershed property, this route passes through diverse landscapes and takes in far-flung views of the Bay Area. It starts in a shady eucalyptus grove, skirts San Pablo Reser-voir, climbs a wide watershed trail through grasslands to San Pablo Ridge, and then follows a paved ridgecrest trail to Inspiration Point. This is the beginning of a 46-mile contiguous stretch of the Bay Area Ridge Trail to Garin Regional Park.

This trail description is excerpted from the 2019 Guidebook. For details on all trails, trailheads and more buy the book from Wilderness Press.

For more resources to plan your trip, visit our Trail Tools page.

LINK to buy book: https://advkeen.co/BayAreaRidgeTrail

LINK to Trail Tools: https://ridgetrail.org/trail-tools

Tag your photos **@bayarearidgetrail** on Instagram and see them on our website.





