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Hit the Trails!

Welcome to the first Lamorinda Trails Challenge, an invitation to explore your local trails and do something good for your body and mind! The Trails Challenge encourages you to hike Lamorinda trails anytime from May 2019 through October 2019.

The Trails Challenge is an opportunity to get comfortable on the trails and discover the health benefits of outdoor recreation. If you're already a hiker, the Trails Challenge is a great way to keep active and learn a little more about the local trails located in the Lamorinda area. This includes trails maintained by each city, the East Bay Regional Park District (EBRPD) and East Bay Municipal Utility District (EBMUD) with miles and miles of trails to explore. The routes in this guide are our recommendations for seeing the diversity of the Lamorinda landscapes and for experiencing hikes of varying intensity.

The Trails Challenge is free, designed for all fitness levels, and is a self-guided program to complete on your own schedule. You can hike on your own, with your dog, with family, with friends and with co-workers. There are two ways to complete the challenge **Go the Distance** or **Complete the Objectives**. Go the Distance participants may track the distance they hike on Lamorinda trails and submit a log form showing a completed total of 26.2 miles. This distance can be completed in one hike or one hundred hikes. We just want you on the trails. Complete the Objectives participants may complete 5 of the 8 objectives listed in this guide.

Stop by your local Recreation Department or Coldwell Banker to pick up your FREE 2019 Trails Challenge T-Shirt (while supplies last). Upon completion of the Challenge, submit your "Trails Completion Log" to your local Recreation Department. Once you submit the trails log, we will send you a commemorative pin (while supplies last).

Lafayette Community Center: 500 St. Mary's Road, Lafayette, 94549
www.LoveLafayette.org (925) 284-2232

Moraga Hacienda de las Flores: 2100 Donald Drive, Moraga, 94556
www.MoragaRec.com (925) 888-7045

Orinda Community Center: 28 Orinda Way, Orinda, 94563
www.OrindaParksandRec.org (925) 254-2445

Coldwell Banker Residential Brokerage - 5 Moraga Way, Orinda, 94563
www.coldwellbanker.com (925) 253-4600

How to Complete the Challenge

1. Download and print this booklet or visit your local Recreation Department or Lamorinda Coldwell Banker (5 Moraga Way, Orinda) to pick up a paper copy.

2. Pick up your free 2019 Trails Challenge T-Shirt (while supplies last) from your local Recreation Department or Coldwell Banker.

3. Gather your trail resources

- Trail Maps** (Trail maps may be downloaded from city websites or picked up at Recreation Department offices.)
- Google Earth Trail Map** (Download this “Place” from your City’s website)
- AllTrails App** (Download the AllTrails app to get access to digital, GPS maps of Lamorinda Trails.)

4. Review the guidebook and complete A or B below:

A. GO THE DISTANCE

Hike 26.2 miles of trail

(Tip: use the AllTrails to track your mileage)



OR

B. COMPLETE THE OBJECTIVES

Complete 5 of the 8 objectives listed in this guide

Don't forget to log your progress as you go.

5. As soon as you finish hiking the trails, fill out and submit your Trails Log to your local Recreation Department. (Addresses on page 1 & Log Sheets)

6. Share your pictures with us on social media using #LamorindaTrails

Get the Maps!

Each City has a map of local, EBRPD and EBMUD trails. You can download maps from each city website or stop by your Recreation Department to pick up paper maps.

You can also download the Google Earth KMZ file for Lamorinda trails and open it in the Google Earth app on your phone or desktop to view trails.

The AllTrails app, available for android and iPhone, allows users to track their location and distance from your smartphone.



If you have questions about how to read trail maps or where to find local trails, please contact your local Recreation Department.

Lafayette Community Center: 500 St. Mary's Road, Lafayette, 94549
www.LoveLafayette.org/Trails (925) 284-2232

Moraga Hacienda de las Flores: 2100 Donald Drive, Moraga, 94556
www.MoragaRec.com (925) 888-7045

Orinda Community Center: 28 Orinda Way, Orinda, 94563
www.OrindaParkandRec.org (925) 254-2445

East Bay Regional Park District Maps: 2950 Peralta Oaks Court, Oakland, 94605
www.ebparcs.org/parks/maps/ 1-888-EBPARKS

EBMUD Trails (some trails require a permit which may be purchased online)
www.ebmud.com/recreation/east-bay/east-bay-trails/ (510) 287-0459

GO THE DISTANCE

There are two ways to complete the challenge **Go the Distance** or **Complete the Objectives**. Go the Distance participants may track the distance they hike on Lamorinda trails and submit a log form showing a completed total of 26.2 miles (the distance of a marathon). The distance can be completed in one hike or one hundred hikes. We just want you out enjoying the trails!

Note: Complete the Objectives participants may complete 5 of the 8 objectives listed later in this guide and do not have to hike the full 26.2 miles.

You can track your distance by referring to the maps or by using a GPS tracking app such as AllTrails.

Track your mileage here and/or on the Trails Challenge Log Form and submit your Log to your local Recreation Department to receive your commemorative pin (while supplies last).

Name of Trail	Miles
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
	Total

COMPLETE THE OBJECTIVES

There are two ways to complete the challenge **Go the Distance** or **Complete the Objectives**. **Complete the Objectives participants** may complete 5 of the 8 objectives listed below and **do not have to hike the full 26.2 miles**.

You may track your progress on the objective checklist below and/or on the Trails Challenge Log Form. Once you have completed 5 of the 8 objectives you may submit your Log to your local Recreation Department to receive your commemorative pin (while supplies last).

OBJECTIVE	STATUS
Find and Hike your Neighborhood Trail	_____
Take a hike on an EBRPD or EBMUD Trail	_____
Hike from “La” to “Mor” or “Mor” to “Inda” or “Inda” to “La”	_____
Pitch In (Stewardship)	_____
Identify Native Wildflowers	_____
Know your Disaster Routes	_____
Hike to a Creek	_____
Picnic in the Park	_____

Descriptions of each objective are outlined in this guide

OBJECTIVE: Find and Hike your Neighborhood Trail

Each community in Lamorinda strives to create walkable hiking opportunities for every neighborhood. These trails may connect to park features, regional trails, schools or other neighborhoods. We challenge you to find your neighborhood trail or a trail near a place you frequent; walk to it and hike on the trail. Each city lists trails on their All Trails Map. If you need assistance locating your neighborhood trail please contact your Recreation Department.

Resources: Paper/Downloadable All Trail Maps, Google Earth Maps, All Trails App

To complete this objective please list

Your Neighborhood Trail: _____

Number of miles you hiked: _____



Tip: A lot of trails connect to schools, parks and community centers. Look for local connections to these features to give your journey a destination!

OBJECTIVE: Hike on an EBRPD Trail or EBMUD Trail

The cities in Lamorinda are very fortunate to have great partners in the East Bay Regional Park District and East Bay Municipal Utility District; both own and maintain recreational trails in all three communities. Most of the trails owned by these entities are developed as regional recreation opportunities, while most of the City owned trails are connectors to these larger features. We challenge you to find a regional trail and hike on it. Note: Some EBMUD trails require a permit.

Resources: Paper/Downloadable All Trail Maps, Google Earth Maps, All Trails App, EBRPD Maps, EBMUD Maps

To complete this objective please list

Trail you hiked on: _____

Number of miles you hiked: _____



Suggested Trails

Lafayette-Moraga Trail (EBRPD)

This 7.65-mile linear park parallels St. Mary's Road through Lafayette and Moraga along a historic railroad route. It accommodates hiking, bicycling, and equestrian use. The north end of the trail begins at a staging area at Olympic Blvd and Pleasant Hill Rd in Lafayette and ends at EBMUD's Valle Vista staging area at the outskirts of Moraga.

De Laveaga Trail (EBMUD)

Approximately 3 miles

This dirt trail is steep in some parts. It begins at the south side of Camino Pablo Road in Orinda, near Highway 24, and ends at the Skyline Trail just below Grizzly Peak Blvd. near Tilden Park's steam train. This trail requires an EBMUD trail permit that may be purchased online.

OBJECTIVE: Connect Communities by Hiking from “La” to “Mor” or “Mor” to “Inda” or “Inda” to “La”

It is our goal to connect communities with trails. There are several Lamorinda trails that cross city boundaries, we Challenge you to hike from one community to another.

Resources: Paper/Downloadable All Trail Maps, Google Earth Maps, All Trails App, EBRPD Maps, EBMUD Maps

To complete this objective please list

Trail you hiked on: _____

Number of miles you hiked: _____

Suggested Trails

Lafayette-Moraga Trail (EBRPD)

This 7.65-mile linear park parallels St. Mary's Road through Lafayette and Moraga along a historic railroad route. The north end of the trail begins at a staging area at Olympic Blvd and Pleasant Hill Rd in Lafayette and ends at EBMUD's Valle Vista staging area at the outskirts of Moraga.

Multi-Use Trail: Hike, Bike, On-Leash Dog, Equestrian

Parking:

Lafayette: Olympic Blvd and Pleasant Hill Rd in Lafayette or Lafayette Community Center, 500 St. Mary's Road

Moraga: Moraga Commons, Valle Vista Staging Area

Donald Drive Trail

This easy 1.29 miles trail connects Moraga to Orinda through developing mixed evergreen forest and chaparral. Dogs on leash, pedestrians, bikes and wheelchairs OK. The trail connects to Goodfellow Trail.

Parking: Cars may park on the right side of this paved road up to Oaks Ridge Trail; but after that only vehicles going to private residences are allowed.

St. Steven's Trail

This paved trail connects Orinda's Theater Square with El Nido Ranch Road, which in turn leads to Lafayette. Pedestrians, dogs on leash, bicycles and wheelchairs are OK.

Parking: Downtown Orinda

OBJECTIVE: Pitch In! (Stewardship)

Stewardship is a very important part of trail preservation. There are a lot of ways to get involved with stewardship including joining a volunteer trail group such as the East Bay Trail Dogs; participating in community stewardship events such as Lafayette Creek Day, Orinda Action Day and the Moraga Trail Clean-up; or just pledging to leave the trails in as good or better condition than you found them. For this challenge we are asking you to take a hike with a bag or a bucket and **pick up at least 10 pieces of litter** on the trail or near the trail head. This can be done over several hikes if you cannot find 10 pieces in one trip.

Resources: Paper/Downloadable All Trail Maps, Google Earth Maps, All Trails App.

To complete this objective, please list

Trail(s) you cleaned up: _____

Number of pieces you picked up: _____



Tip: If you are hiking with kids, put some hand wipes in your backpack and don't forget the snacks and water.

Don't forget to take pictures and share your good deeds using the hashtag #LamorindaTrails

OBJECTIVE: Identify Native Wildflowers

Native plants serve an important role in our local parks and trails facilities. We challenge you to take a hike on a Lamorinda Trail and identify 5 native wildflowers. Spring is the best time to find wildflowers but Recreation Staff would be happy to help you identify native plants any time of the year. The flowers do not have to be the ones pictured in this guide. Examples:

California Poppy



Purple Chinese Houses



Common Evening Primrose



Lacy Phacelia



California Buckeye



Elegant Clarkia



EBRPD Wildflower Guide: www.EBParks.org

PlantSnap: Phone App that allows you to identify a plant by taking a picture of it.

Suggested Hikes

Lafayette Community Park Trails (500 St. Mary’s Road)

The Community Center features a native plant garden and the trails in the Community Park offer hiking opportunities for all skill levels.

Moraga Mullholland Ridge Open Space Preserve (1100 Donald Drive)

Native plants and bird species can be spotted along the trail of this 260 acre preserve. On leash dogs are welcome on the paved portions of the trail!

Orinda Oaks Ridge Trail: (0.53 miles) dirt trail, steep in parts, that goes down to Orinda Oaks Park from Orinda’s Donald Drive Trial. Pedestrians and dogs on leash Ok.

To complete this objective list the five native plants you identified and the trail you were hiking (this can be one hike or five):

Plant _____ Trail _____

Plant _____ Trail _____

Plant _____ Trail _____

Plant _____ Trail _____

Plant _____ Trail _____

OBJECTIVE: Know your Disaster Routes

Beyond recreational opportunities such as hiking, biking and equestrian uses, these trails also serve as routes that could be used in the time of major disasters or during evacuations. The Cities have developed Recreational Trail Maps that features all of the current trails and we recommend that you and your family familiarize yourself with these routes and take advantage of the recreation opportunities that these trails offer. To complete this objective:

Find your house on the City's map and highlight your potential routes. We encourage you to hike at least one route that you could consider in the event of an emergency.

Resources: Paper/Downloadable All Trail Maps, Google Earth Maps, All Trails App, Lamorinda Resident's Guide to Wildfire Preparedness & Evacuation available

Learn more about your City's Evacuation & Fire Safety:



Lamorinda CERT

The Lamorinda Community Emergency Response Team website contains many resources including the "Lamorinda Resident's Guide to Wildfire Preparedness & Evacuation" that will help you understand how to get ready, stay informed, evacuate and recover.

www.LamorindaCERT.org/resources/evacuate

Contra Costa Community Warning System

CWS can alert residents and businesses within Contra Costa County that are impacted by, or are in danger of being impacted by an emergency. Visit the website to register your cell phone or your VoIP (Internet connected) phone.

www.cococws.com



OBJECTIVE: Hike to a Creek

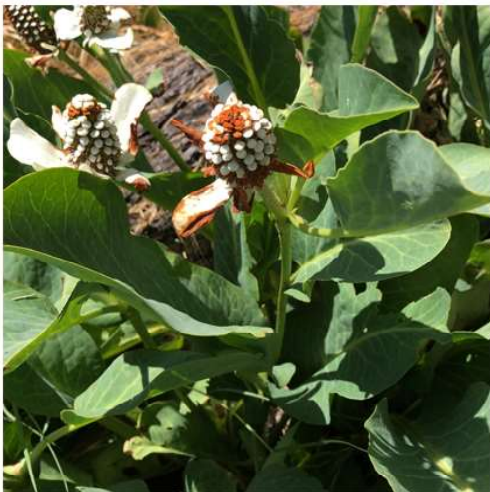
There are many creeks that flow through Lamorinda and several trails that connect the communities to our creeks. We encourage you to take one of these highlight hikes that feature creeks. While you are there look for some of the plants and animals highlighted in this guide.

Resources: Paper/Downloadable All Trail Maps, Google Earth Maps, All Trails App, PlantSnap App

To complete this objective please list

Trail: _____ Creek (optional) _____

Yerba mansa



California Pipevine



California Scrub Jay



Pipevine Swallowtail



Suggested Creek Hikes

Lafayette Community Park Trails (500 St. Mary's Road)

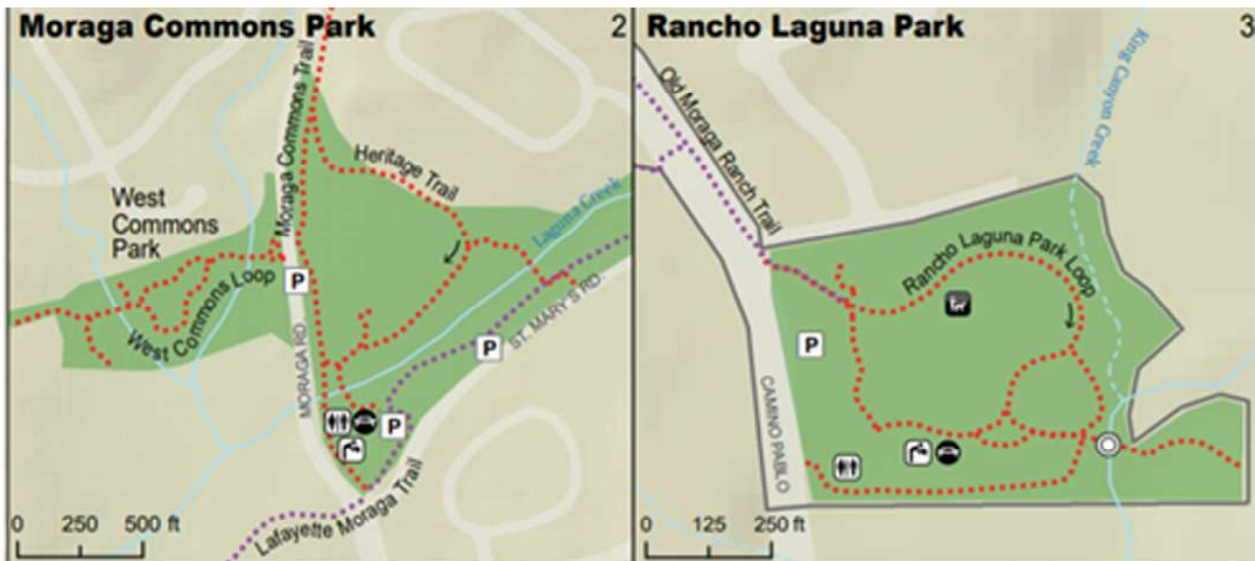
Distance: 0.7 miles round trip Difficulty: Easy

If you park at the Lafayette Community Center, cross the Kathryn Peterson Bridge and make a left. Follow this map to get easy access to Grizzly Creek



Moraga - Moraga Commons Park & Rancho Laguna Park

Both parks provide trail crossings at creeks. Refer to the maps below for creek crossing locations.



Check out the Orinda "Caring for Creeks Guide" to learn more about Orinda creeks and find trail connections:

www.cityoforinda.org/158/Creek-Maintenance-Protection

OBJECTIVE: Picnic in the Park

Many trails have areas that you can stop and have a picnic at picnic tables or on a blanket under the shade of a tree. Pack a picnic at home or stop by a local restaurant to have them pack you a delicious meal to go; hike down the trail or to your favorite park, find a spot to enjoy your picnic and take in the sounds around you. Just be sure to pack out all your trash.

Tip: Check with your local Chamber of Commerce regarding restaurants that may pack picnics. Contact your Recreation Department to find perfect picnic spots!

Parks with Trails & Picnic Tables

Moraga Commons Park: 1425 St. Mary's Road, Moraga

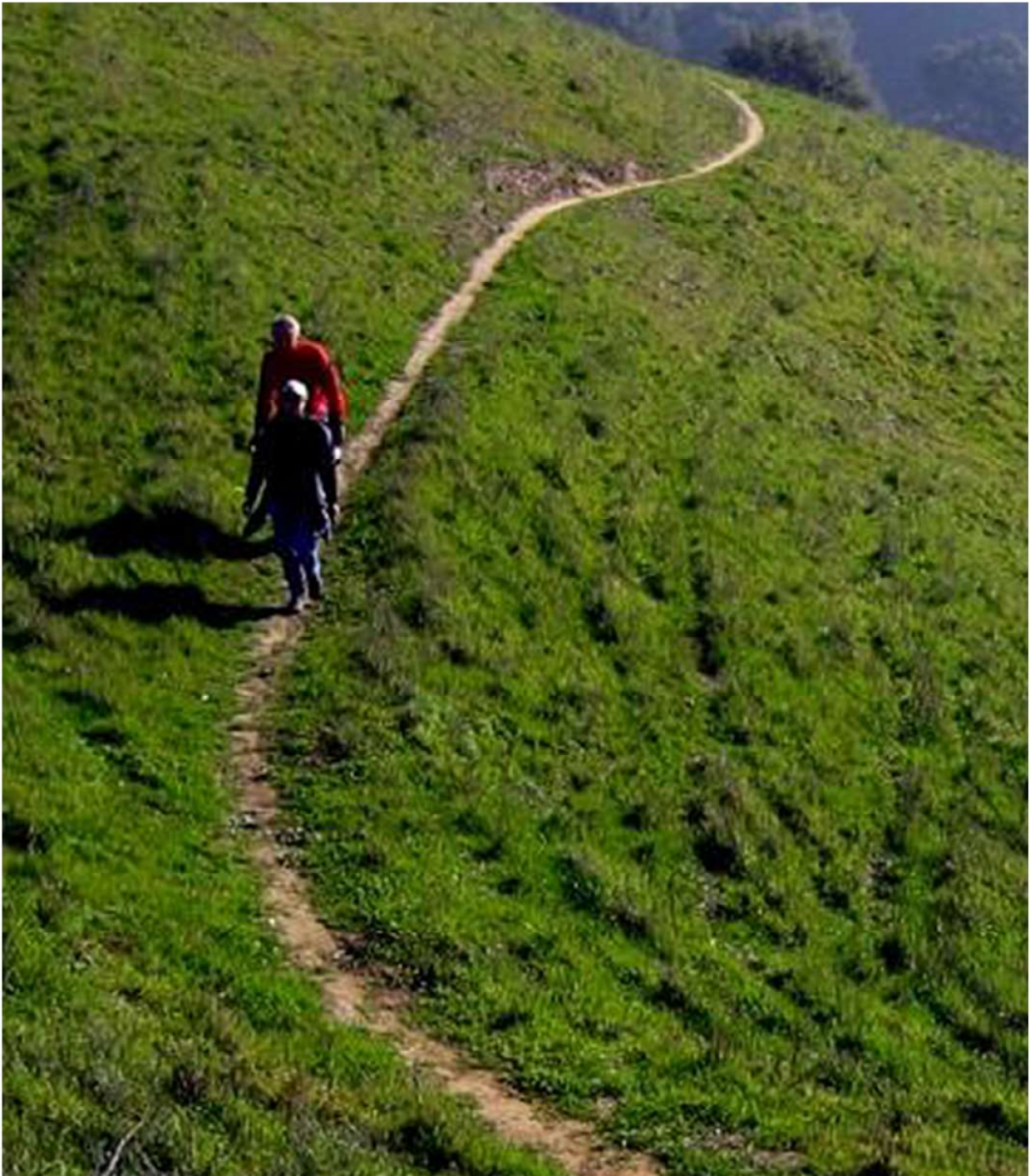
Orinda Oaks Park: Moraga Way, Orinda

Lafayette Community Park: 480 & 500 St. Mary's Road, Lafayette

To complete this objective please list

Picnic Park or Trail: _____





Trail Tips for Hikers, Bikers, Barkers & Kiddos

Hiking for Health

A growing public health concern is the lack of regular physical activity. Experts agree that adopting a walking routine is one of the simplest, most effective changes we can make to improve our health. According to the American Heart Association, walking at least 30 minutes a day can help reduce or maintain body weight, lessen the risks for diabetes, heart disease, osteoporosis and certain cancers, improve moods and feelings of well-being, and promote healthy sleep patterns.

Is hiking the same thing as walking? Yes, a hike is just a walk that takes place in a natural setting with the goal of exploring and enjoying the scenery! The Lamorinda parks and trails provide safe, convenient, free - and beautiful - places to hike. Trails are available for all fitness levels throughout Lamorinda.

In addition to the fundamental health advantages associated with walking, numerous studies indicate outdoor recreation can benefit us in additional ways. For example, research finds that people who exercise in nature are more likely to be satisfied with their workout and more likely to repeat it. Starting a fitness routine literally can be as enjoyable as a walk in the park!



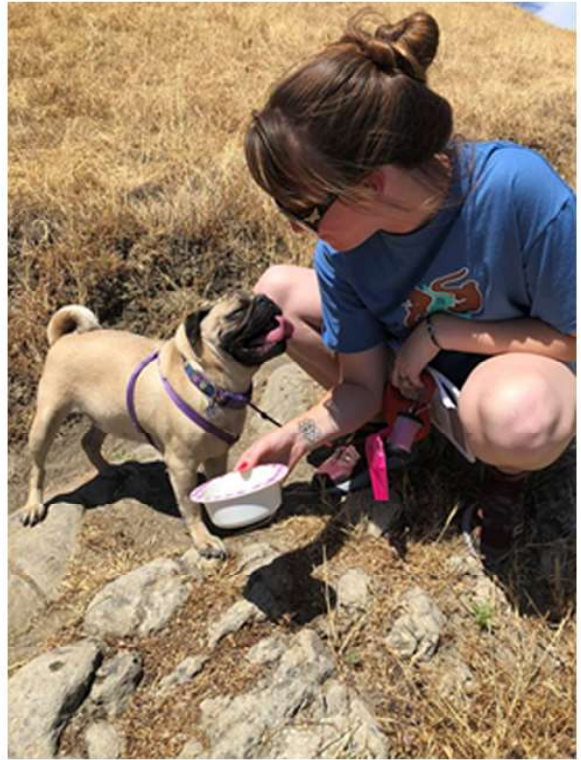
Hiking for Parks

Becoming a regular trail user is not only good for you; it's good for your parks. When you hike the trails, you build an appreciation for the parks and the crucial role they play in healthy communities. Parks help keep our air and water clean. They provide a buffer from development and critical habitat for plants and wildlife. When you use the trails and experience the relationship between natural settings and personal and public health, you are more likely to become a steward and champion of the parks.

Hiking with Dogs

Dogs love hiking just as much as their people and well-behaved dogs on leash are allowed.

- Dogs must be on a leash unless otherwise permitted (off-leash areas on some EBRPD trails)
- The leash law exists to keep trail users and dogs safe. No one likes to encounter an unfamiliar dog bounding toward them, and dogs running off leash may encounter unsafe wildlife.
- Bring water and a portable bowl for your dog and carry pet waste bags.



Hiking with Kids

Hikes are a great family activity. Children love exploring trails and feel a sense of accomplishment after a hike. For parents with infants and toddlers, the parks feature many stroller-friendly trails.

- Like any outing with children, a hike takes advance planning. Know the length of your route and whether it's suitable for your child's abilities. Start with short hikes and work up to longer outings.
- Be willing to adjust your pace to suit your child. Kids like to take lots of breaks to examine things. Take advantage of these teachable moments to talk about what you're seeing and make simple observations.
- Pack snacks, drinks, sunscreen, and appropriate clothing for the destination.

Healthy Trail Tips

- Wear the right shoes. Hiking boots aren't necessary, but a comfortable pair of athletic shoes is recommended - as are sunglasses and a hat.
- Due to Lamorinda's many microclimates, dressing in layers is best. A walk that starts in cloudy, chilly weather may end under clear skies and temperatures in the 90's.
- Bring a full water bottle and drink before, during and after your hike.
- In the warm seasons, avoid hiking mid-day when temperatures are high.
- Wear sunscreen even on overcast days.
- Start out slowly and give your muscles time to warm up. Know your limits. Don't overexert.

Trail Etiquette

- Walk on the right side of the trail and be mindful of bikers and equestrians.
- Bikers yield to hikers. Bikers and hikers yield to horseback riders.
- Please don't pick flowers and plants or disturb creeks.
- Please respect others' enjoyment of the beauty and quiet of the parks.
- If you do not see trash cans along the trail, pack out your trash to the parking lot area or home.
- Please pick up after your dog.
- No smoking or alcoholic beverages allowed on the trails or in the parks.



Poison Oak

Poison oak is abundant in some locations and contact with the plant can cause an irritating skin rash. Fortunately, poison oak is easy to identify due to its smooth, shiny leaves that grow in threes. ("Leaves of three, leave them be.") If you come into contact with poison oak, wash your hands with soap and water and wash your clothes when you get home. Calamine lotion or ice may relieve itching if a rash develops.

Wildlife

The animals most often seen from the trails are cattle, deer, turkeys, hawks, eagles, and many other bird species. You might spot animals like foxes, raccoons, coyotes, or non-venomous snakes such as garter, gopher and ring-necked snakes (pictured below). You may rarely encounter rattlesnakes, or mountain lions.

- Be aware of the trail ahead of you and don't intentionally approach animals. If you encounter a snake, move away from it, and it likely will move away too. Don't put your hands and feet where you can't see.
- On the rare chance you see a mountain lion, make yourself appear larger by raising your arms and making noise. If hiking with a small child or small dog, pick them up. Don't run or crouch as this may trigger their predator instinct. Report sightings to the local Police Department.



SPECIAL THANKS TO



RESIDENTIAL BROKERAGE

FOR HELPING YOU DISCOVER LAMORINDA

We are Lamorinda!

Who is Coldwell Banker Orinda? 60 of your Lamorinda real estate professionals and school, sports, church and community leaders and volunteers. We know and love Lamorinda and apply our combined 600+ years of Lamorinda real estate expertise to achieve and maximize the real estate goals and dreams of our clients!

About Coldwell Banker - Our company was founded in San Francisco in 1906 devoted to the love of people, the service of our clients, the success of our agents and the remarkable power of home. In every facet of our industry, we set the standard for innovation, expertise and support. Our state-of-the-art technology, the strength of the brand's global network and an empowering culture of excellence has propelled us to become the **#1 brokerage in America for 22 straight years** with the #1 online search presence and the #1 ranking for real estate company recognition on social media. Allow us to leverage our top tier technology, global network, iconic brand and local Lamorinda expertise to achieve your real estate goals and dreams!

Coldwell Banker Residential Brokerage

5 Moraga Way, Orinda, 94563

www.coldwellbankerhomes.com

(925) 253-4600



Lamorinda Trails Challenge Log Sheet - Distance

1. Trail Log Deadline: November 1, 2019
2. To receive your 2019 commemorative pin (while supplies last) submit your log to your local Recreation Department:

Lafayette Community Center
500 St. Mary's Road
Lafayette, CA 94549

Hacienda De Flores
2100 Donald Drive
Moraga, CA 94556

Orinda Community Center
28 Orinda Way
Orinda, CA 94563

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

GO THE DISTANCE CHALLENGE (must total 26.2 miles)

Name of Trail	Miles
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
	Total _____

Objective Challenge on Other Side

Lamorinda Trails Challenge Log Sheet - Objectives

1. Trail Log Deadline: November 1, 2019
2. To receive your 2019 commemorative pin (while supplies last) submit your log to your local Recreation Department:

Lafayette Community Center
500 St. Mary's Road
Lafayette, CA 94549

Hacienda De Flores
2100 Donald Drive
Moraga, CA 94556

Orinda Community Center
28 Orinda Way
Orinda, CA 94563

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Complete the Objectives Challenge (Complete 5 of 8)

OBJECTIVE

STATUS

Find and Hike your Neighborhood Trail _____

Take a hike on an EBRPD or EBMUD Trail _____

Hike from "La" to "Mor" or "Mor" to "Inda" or "Inda" to "La" _____

Pitch In (Stewardship) _____

Identify Native Wildflowers _____

Know your Disaster Routes _____

Hike to a Creek _____

Picnic in the Park _____

Descriptions of each objective are outlined in this guide

Go the Distance Challenge on Other Side