

## Over the Hill and into the Park

**Length: 7.3 miles**

**Time: A bit under 3 hours**

**Difficulty: 4**

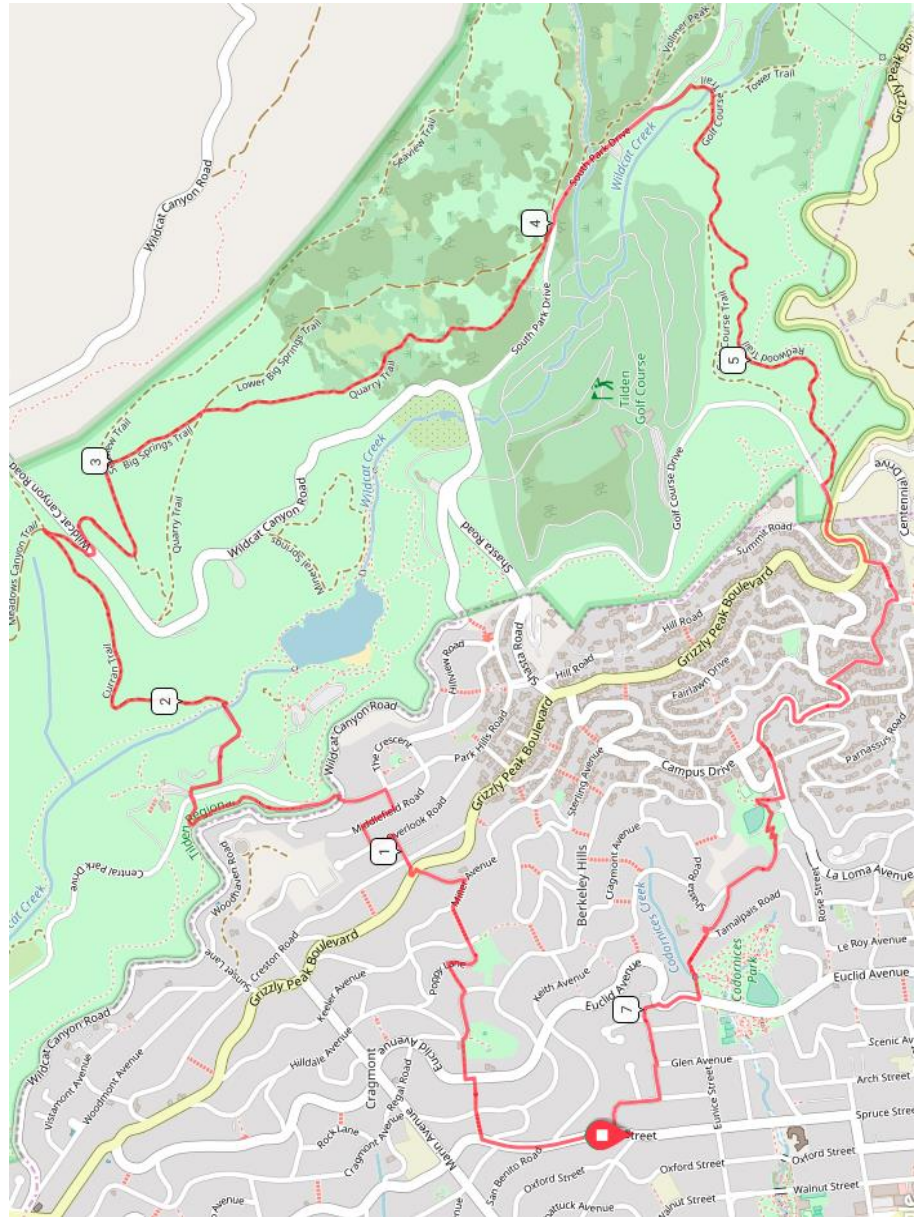
**Elevation Gain: 1400 feet**

**Starting Point: Spruce St. and Los Angeles Ave.**

**Transportation: AC Transit bus number 67. Limited parking is available on Spruce, Arch, or Los Angeles.**

### **Overview:**

This lovely walk lets you explore some of Tilden's nicest trails via the Berkeley paths. Like many walks, this one begins with the steep climb to the top of the Berkeley Hills at Grizzly Peak Blvd. But the walk does not end there. Instead, it continues down the other side of the hill into Tilden, where it climbs again on shaded trails through eucalyptus trees to the ridge overlooking Orinda. Here, the walk takes you south, down the gently sloping Quarry Trail and then west on the Redwood Trail, which, true to its name, runs through the redwoods. To complete the loop, you'll return down paths back to the starting point.



## Directions and pictures:

From the intersection of Spruce and Los Angeles, head north up the eastern side of Spruce. Continue past Arch, Keith, and Santa Barbara, then turn right up the steep concrete slope and steps of Easter Way. After two blocks, you will reach Euclid. If you aren't worn out at this point, which hopefully you are not, cross Euclid and turn left, then immediately right again to continue up the third block of Easter Way, a steep ramp past a small park. At the top, turn right down Regal Rd. Enjoy this downhill, since there won't be any more for a while! After one block, Regal curves right; instead of staying on it, make a slight left up Pinnacle Path, past a dragon mosaic and up the steps to Poppy Ave. Turn right and you will soon reach the intersection with Keeler. Continue straight, across Keeler and up the wood steps and brick landings of Poppy Path. Turn right at the top on Miller Ave, then make your first left up Latham Ln, which ends one block later at Grizzly Peak Blvd. Cross and continue straight up the wooden steps of Latham Walk. At the top, cross Creston and continue straight, down the restart of Latham Ln. Creston really is the crest of the hill, and suddenly the climb has become a descent. Tilden, here you come! Turn left onto Overlook Rd, right on The Crossways, right on Middlefield Rd, and left on



The Shortcut, all in quick succession. At the bottom of The Shortcut, turn left down Park Hills Rd; one block later, cross Wildcat Canyon Rd. and continue onto Central Park Dr. You are now entering Tilden Regional Park, having arrived the best way possible—without the use of a car.

*Left: Latham Walk descends toward Grizzly Peak*

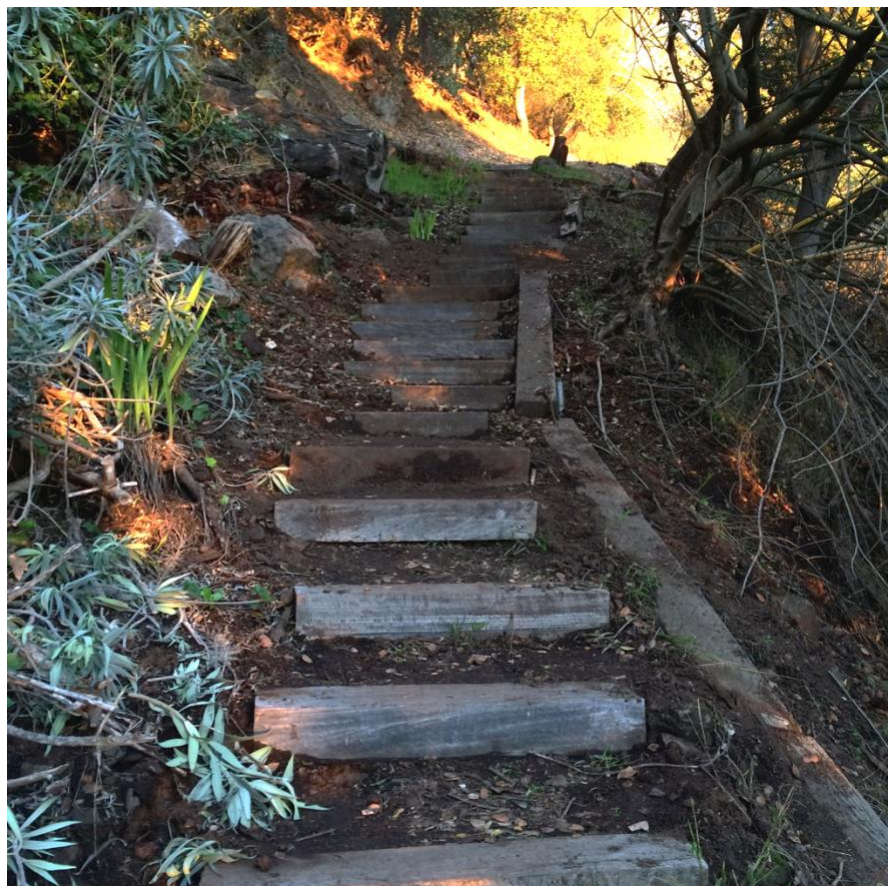
Make your first right (not counting the Selby Trail) off of Central Park Dr. and onto Lake Anza Rd, which, surprisingly, leads to Lake Anza. Before reaching the lake, turn left onto Brook Rd. The road descends past several picnic sites into the heart of the canyon. There is also a bathroom in the first site, making it a worthwhile stopping point. Brook Rd. dead-ends near a creek. Continue straight on the small trail across the creek, which happens to be Wildcat Creek,



across a sort of gorge to the creatively named Wildcat Gorge Trail. The creek is often no more than a trickle in summer, but can be a bit hard to cross after a heavy rain, and has been the source of many a wet shoe. Cross the trail on the other side and continue straight, up the Curran Trail. The rocky Curran Trail climbs out of Wildcat Gorge toward San Pablo Ridge, with great views across to the Meadows Canyon Trail and back down towards Wildcat Creek. After a long-feeling 0.6 miles, you will reach the trail junction with the Meadows Canyon Trail. Turn sharply right towards the Seaview Trail, following signs for the East Bay National Skyline Trail. This connector climbs steeply through dense vegetation, then emerges into the open at busy Wildcat Canyon Rd. Across the road, the trail widens and continues its steep climb toward the crest of San Pablo Ridge. Follow it for about a third of a mile, then turn right onto the Lower Big Springs Trail, descending steeply from the ridge. To the west, expansive views stretch over the grassy hills above Wildcat Canyon and blue, distant Mount Tamalpais. You soon reach a junction with the Quarry Trail, which descends more gently. Either the Quarry Trail or Big Springs will lead you to the same place, but our route heads down Quarry (pretty much straight ahead as you come down Big Springs), since it is less steep. You'll descend through a forest of pine and eucalyptus to South Park Dr. Turn left on South Park when, after a mile, you reach it, and continue to the Laurel Picnic Area. The street is closed to cars during the rainy season (November through March) because of the large newt migration that happens during this time. If you're walking here during the winter, try and spot one of the strange looking reptiles, and make sure not to step on any!

*Right: The unnamed path down from La Loma Park, coming soon*

At the top of the steep hill, turn right into the driveway for picnic sites, then turn right again onto the Golf Course Trail, which runs out of the Laurel site. Follow this trail for 0.3 miles, then stay left to head uphill on the Redwood Trail, which—surprisingly—runs through beautiful redwoods over needly



ground. Stay left where Redwood intersects the Grizzly Peak Trail, and you will soon find yourself on Golf Course Dr. Make a left and you will reach Grizzly Peak Blvd. Turn right and

after one block make a left on Summit Rd, then an almost immediate right down the wood steps of Wilson Walk. At the bottom of the path, continue straight down the dead-end road, then turn right where it hits Olympus. Two blocks later, make a left down Avenida Dr, then your first right onto Campus Dr. Take Campus as it winds its way down to La Loma Path. Make a left down these wood stairs, and continue straight down La Loma Ave. at the bottom, then make a right onto Quarry Rd, which leads into Glendale-La Loma Park. Near the field and concrete stairs, stay left on the paved path, then make a left down a small trail with wooden steps towards Shasta Rd.

This trail is steep and uneven and has no handrail. If you don't feel comfortable going down it, stay on La Loma and take Rose Steps, Rose, and Tamalpais. If you do choose to take the path—which you should be fine with, given what you have already walked—turn left at the fork to continue down the hill, then make a right at the bottom up Shasta. Take the first left down Tamalpais Rd, which soon reaches Tamalpais Path (where the two routes rejoin). Go down the concrete steps, of which there are over 170, to Codornices Park. Cross the small bridge and follow the path and it climbs slightly to the intersection of Euclid Ave. and Eunice St. Cross and make a right up Euclid, then stay left onto Oak St. Path, which climbs even concrete steps, ends at a street, and then restarts a bit down farther west and descends through trees to the intersection of Oak St. and Glen Ave. Continue straight down Oak, turn right up Arch, follow Arch around a curve and down a hill to where it hits Spruce. Turn left, and in seconds you will be back at your starting point. Twelve blocks of path, three and a half miles of trails, and a tour of Berkeley and Tilden, all in one excellent 7.3-mile loop!