

The Meadow Loop

Length: 2.7 miles

Time: One hour and fifteen minutes

Difficulty: 2

Elevation Gain: 400 feet

Starting Point: Lone Oak Parking Lot (on Lone Oak Rd. near Central Park Dr.)

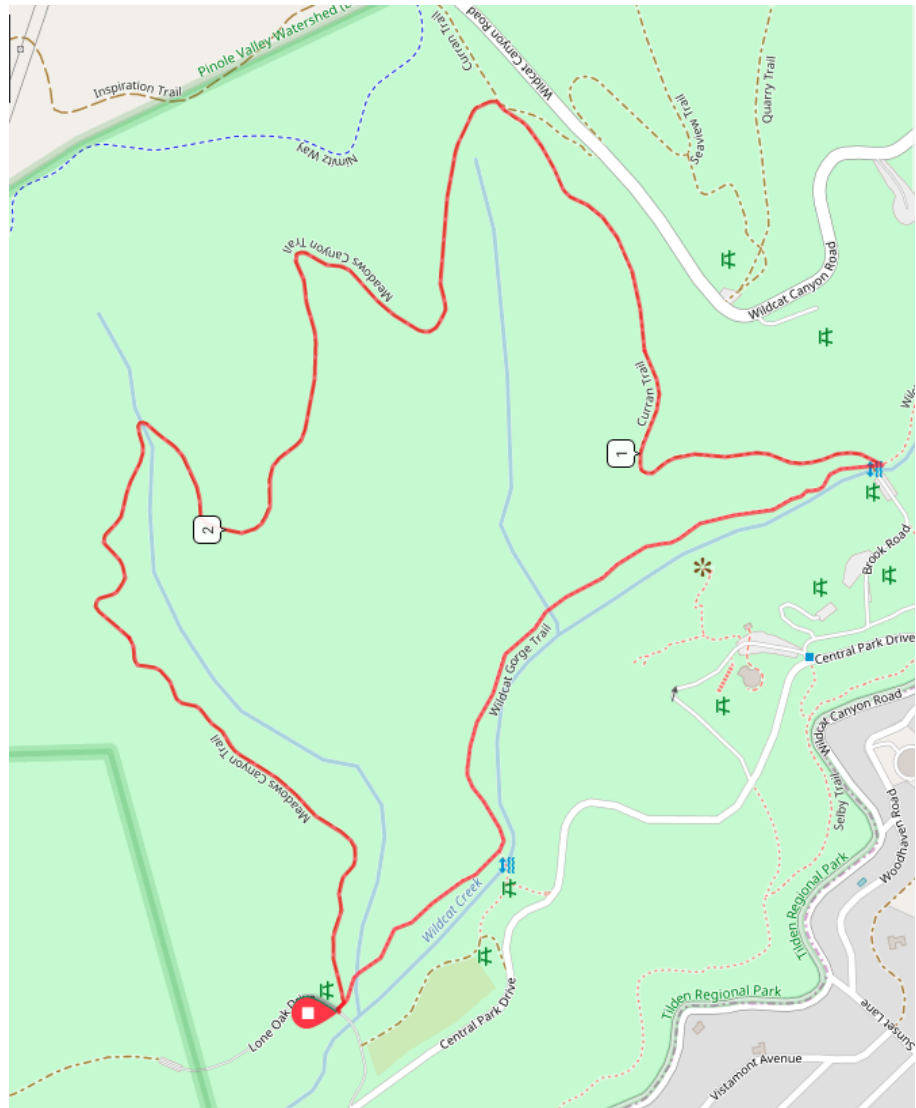
Transportation: AC Transit Bus #67 stops on Central Park Dr. Parking is available at the trailhead.

Overview:

This relatively easy trail loop begins at the Lone Oak Picnic site, then takes the Wildcat Gorge Trail as it follows Wildcat Creek upstream through its tree-filled canyon. From here, you'll ascend the shaded Curran Trail out of the canyon to just below the Nimitz Way Trailhead (where many walk extensions are available). You'll return down the sunny Meadows Canyon Trail around the canyon you through which you climbed up.

Directions and pictures:

Start at the parking lot at the end of Lone Oak Rd. Walk to the water fountain at the bottom of two trails, and make a right to take the lower Wildcat Creek Trail (you'll return via the upper Meadows Canyon Trail). Follow the trail as it climbs next to the streambed of Wildcat Creek. In winter, this creek should be flowing, which gives a backdrop of rushing water sounds to the walk. About three quarters of a mile up the trail brings you to the intersection with the Curran Trail. Make a left to begin up this steeper and slightly more uneven dirt trail out of the





creek's canyon. In only 0.6 miles, you will reach the top of the Curran Trail at a four way trail intersection near the Nimitz Way Trailhead. Turning sharply right connects you to the Seaview Trail and continuing straight brings you to the Nimitz Way parking lot, both excellent opportunities for longer walks (see Skyline Sampler and the Wildcat Loop if you want to take these trails some other time). To proceed on this walk's route, turn left somewhat sharply onto the Meadows Canyon Trail.

Left: The bottom of the scenic Meadows Canyon Trail

This trail descends a short but steep and rocky hill, then becomes more even and less steep as it winds its dusty way around the canyon, with great views of the Berkeley Hills beyond. This trail is sunnier and more exposed than the previous two (if you do this walk in the morning, you can do it in reverse to stay off the sunny section during the heat

of the day). 1.4 miles of gentle downhill returns you to the water fountain and parking lot where you started. This is a popular loop because it is easy to access and no section is too steep, but it gives a good taste of Tilden's varied trails, with shade, creeks, and canyons, then sun and views.

Right: Detour to the Little Farm, just north of the start on Central Park Drive, if you want a chat with this ram and his companions.

