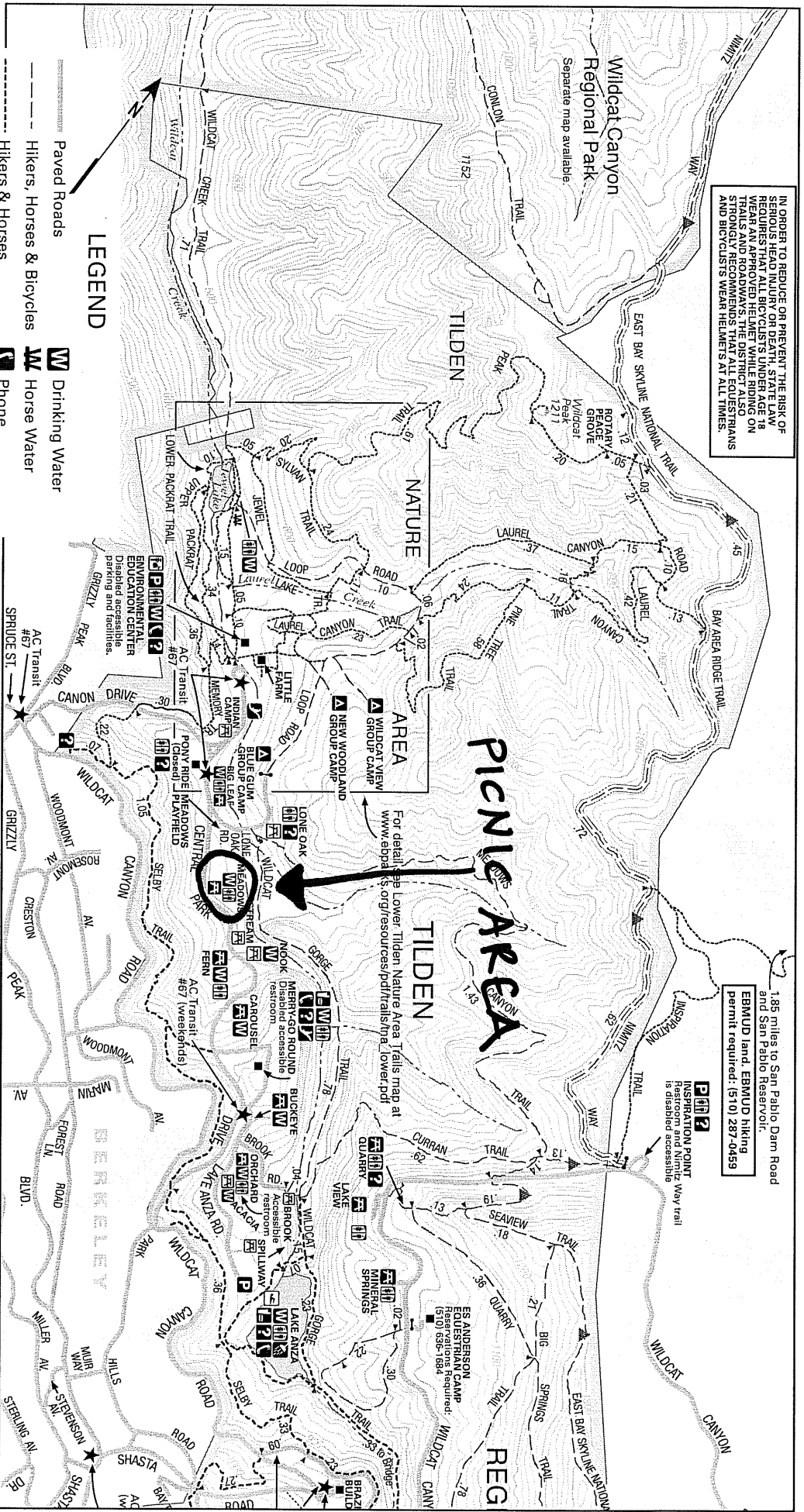


IN ORDER TO REDUCE OR PREVENT THE RISK OF SERIOUS HEAD INJURY OR DEATH, STATE LAW REQUIRES THAT ALL BICYCLISTS UNDER AGE 18 WEAR AN APPROVED HELMET. THE DISTRICT ALSO STRONGLY RECOMMENDS THAT ALL EQUESTRIANS AND BICYCLISTS WEAR HELMETS AT ALL TIMES.



1.85 miles to San Pablo Dam Road and San Pablo Reservoir.
EBMUD Land, EBMUD hiking permit required: (510) 287-0459

INSPIRATION POINT
 Inspiration Point is disabled accessible. Very trail is disabled accessible.

For detail, see Lower Tilden Nature Area Trails map at www.ebpd.org/resources/pdf/trails/tna_lower.pdf

LEGEND

- Paved Roads
- Hikers, Horses & Bicycles
- Hikers & Horses
- Hikers Only
- Paved Trail: Hikers, Horses & Bicycles
- Stream
- Triangle on trail indicates Skyline National Trail & Bay Area Ridge Trail
- 20 Mileage Between Points
- Parking
- Bus Stop
- Restrooms
- Drinking Water
- Horse Water
- Phone
- Information
- Tot Lot
- Swimming
- Food
- Picnic
- Reservable Picnic
- Visitor Center
- Group Camping (Reservations Only)
- Gate

Scale
 0 1/4 1/2 Mile
 Contour Interval 20 feet
 Mileages courtesy Hal MacDonald, EBRPD volunteer

Tilden Regional Park—Central and Northern, including Tilden Nature Area

- Central and Southern: www.ebpd.org/resources/pdf/trails/tilden_south.pdf
- Lower Tilden Nature Area Trails: www.ebpd.org/resources/pdf/trails/tna_lower.pdf
- See www.ebpd.org/resources/resources_maps.htm to download other Regional Parks maps in Adobe Acrobat® PDF format.

9-1-1
 POLICE, FIRE, MEDICAL EMERGENCY

- EBRPD Headquarters (510) 562-PARK
- Botanic Garden 841-8732
- Brazill Building 540-0220
- Golf Reservations 848-7373
- Merry-Go-Round 524-6773
- Train Ride 548-6100
- Pony Ride (closed in 2005) 843-2137
- Naturalist Services, EEC 525-2233
- Web site www.ebpd.org

HIGHLY ACCESSIBLE FACILITIES

	Food	Drinking Water	Restroom	Parking	Trail Access	Scenic Vista	Visitor Center
Botanic Garden	•	•	•	•	•	•	•
EEC	•	•	•	•	•	•	•
Lake Anza	•	•	•	•	•	•	•
Inspiration Point	•	•	•	•	•	•	•
Merry-Go-Round	•	•	•	•	•	•	•
Steam Trains	•	•	•	•	•	•	•

East Bay Regional Park District
 2950 Peralta Oaks Court, P.O. Box 5381
 Oakland, CA 94605-0381 (510) 562-PARK
<http://www.ebpd.org>