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WEAR A HELMET
REDUCE OR PREVENT THE
RISK OF HEAD INJURY OR
DEATH. THE DISTRICT
RECOMMENDS THAT ALL
RIDERS AND BICYCLISTS WEAR
THEM AT ALL TIMES.

Bay Area Ridge Trail, Chabot-to-Garin and
Chabot-to-Las Trampas (Ramage Peak) Regional
Trails. 4 miles to Cull Canyon Regional Recreation Area

P **W** **?**
CHABOT STAGING AREA (EBMUD).
EBMUD Trail Permit required: call (510) 287-0459.

P **W** **?** **?**
WILLOW PARK
PUBLIC GOLF COURSE
P **W** **?**
PROCTOR
STAGING AREA
10K TURNAROUND

P **W** **?**
MARCIEL GATE

P **W** **?**
BORT MEADOW
STAGING AREA

BRANDON AS

WOOLRIDGE AS

5K TURNAROUND

MARINA AS

START/FINISH

5K - YELLOW OUT/BACK
10K - PURPLE OUT/BACK
HALF - YELLOW OUT > PINK > YELLOW RETURN
30K - YELLOW OUT > ORANGE > YELLOW RETURN
50K - 30K + HALF

CHABOT - REDTAIL RIDGE - TRAIL RUN

