



# HEALTHY PARKS HEALTHY PEOPLE

EAST BAY REGIONAL PARK DISTRICT AT 85



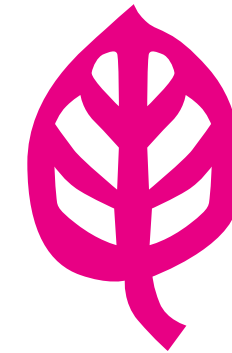
**S**tanding on the shoulders of our visionary founders, the East Bay Regional Park District has forged ahead into its eighth decade with a heightened commitment of stewardship toward our treasured green spaces. These diverse parklands and ecosystems are vulnerable to wildfires, sea level rise, toxins and diseases exacerbated by a changing climate. We're constantly learning and evolving in how we manage our parklands and connect our communities to nature. Our partners range from federal agencies and land trusts to school districts and healthcare providers. Our professional police, fire and lifeguard services staff are experienced and highly trained for disasters and emergencies. Our network of paved trails connects residents to transit hubs, schools and work sites. Many of our facilities are solar-powered and our parklands remove carbon dioxide equivalent to the emissions of 60,000 vehicles annually.

We are among the first park agencies in the nation to issue "Certified Green Bonds," which are dedicated to projects that reduce greenhouse gases, mitigate climate change and provide other environmental benefits. Economically, we provide a range of benefits to the East Bay totaling \$500 million annually. In fact, every \$1 spent by the Park District yields a return of \$4. Every year, we hire and train 400 youth in safety and environment-related responsibilities.

We appreciate your support of this park system which has grown over the decades to encompass 73 parks, 1,250 miles of trails and 55 miles of shoreline, and draws 25 million park visits annually. We welcome you to continue to explore and enjoy these invaluable natural resources.

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**EAST BAY REGIONAL PARK DISTRICT AT 85**



From sunlit shores to magnificent ridgetops, the East Bay Regional Park District spans 73 parks and nearly 125,000 acres in Alameda and Contra Costa counties in California, offering experiences as diverse as the land itself.

Our story is an inspirational one, starting in the late 1920s when thousands of acres of pristine watershed land suddenly became available for development. Farsighted civic leaders had a vision: to preserve the land forever, balancing wilderness conservation with public enjoyment.

To aid the cause, they enlisted the legendary landscape architect Frederick Law Olmsted Jr. and the National Park Service's Chief Naturalist Ansel Hall to survey watershed lands for potential park use. The resulting 1930 Olmsted-Hall report brought national credibility to local park efforts. Olmsted and Hall recommended a novel approach, a regional system to manage more than 10,000 acres of future parklands.

In 1934, during the depths of the Great Depression, members of the grassroots land preservation movement placed a measure on the ballot to put Olmsted's plan into action. It passed by a resounding 71 percent, and the first regional park agency in the nation, the East Bay Regional Park District, was born.





## Introduction

In my youth, I spent many happy hours exploring the San Francisco East Bay hills, valleys and shorelines. When I joined the Park District 44 years ago, my appreciation for these open spaces grew and deepened profoundly. These beautiful lands continue to inspire me to preserve and protect them for present and future generations. We need these green spaces for our mental and physical health, and to provide thriving habitats for the many species of wildlife.

Surely, the East Bay parks are as diverse as the people of the East Bay, offering a wide variety of landscapes, vistas, venues and activities. From inland valleys, lakes and peaks to bay-side shorelines, the Park District has something for everyone in every season.

The winter rains create waterfalls, rushing streams and lush green hillsides. Wildflowers carpet the hillsides with spectacular colors during spring. Summer and fall are marked with the quintessential California golden hills and warm temperatures, often the best times to visit the many parks closer to the San Francisco Bay, San Pablo Bay and the Delta.

I hope that the many inspiring photographs in this book will encourage you to get outdoors to enjoy, love and protect this beautiful system of parklands and shorelines.

A handwritten signature in black ink that reads "Robert E. Doyle". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

**Robert E. Doyle**  
*General Manager*  
*East Bay Regional Park District*

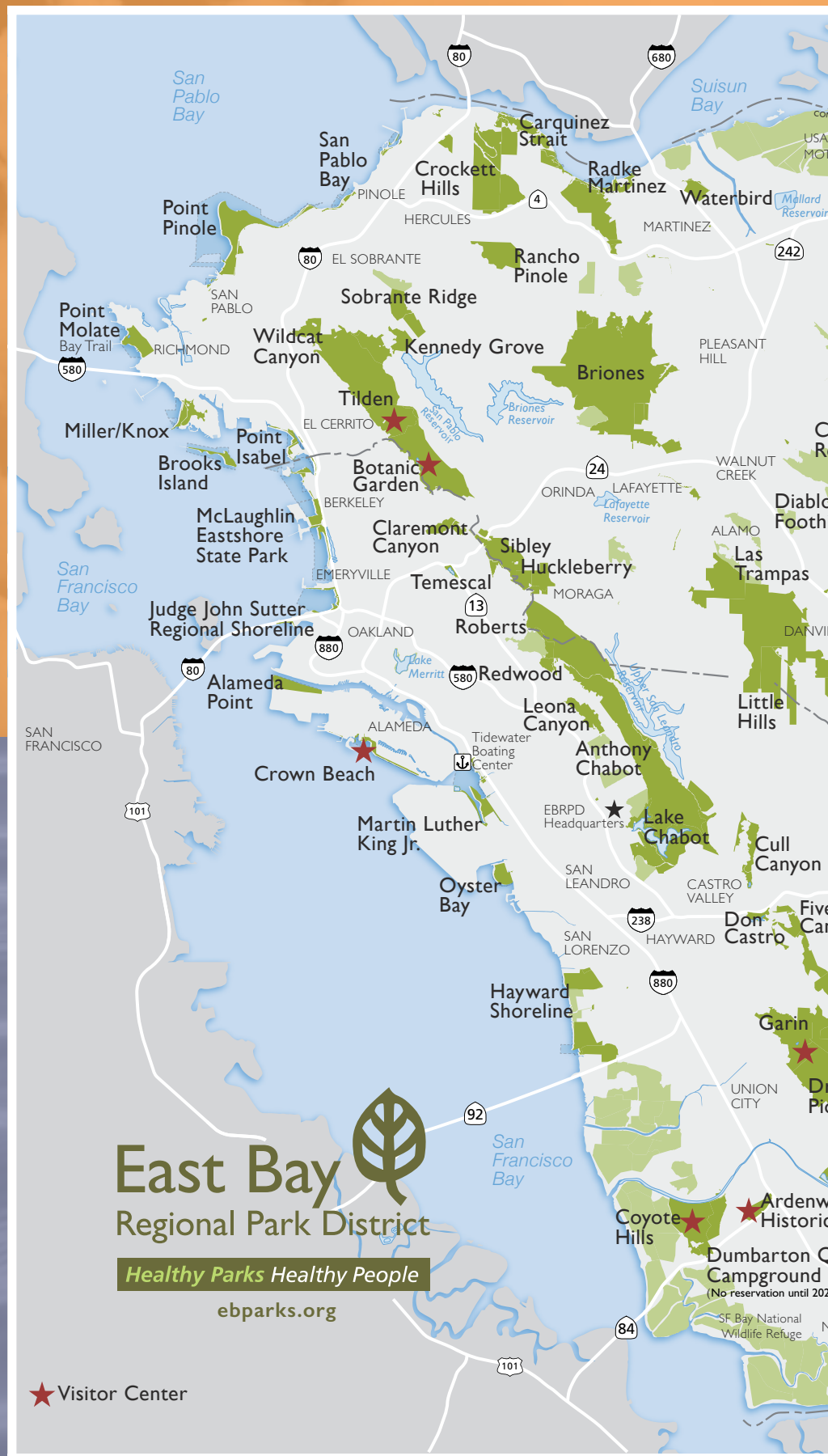
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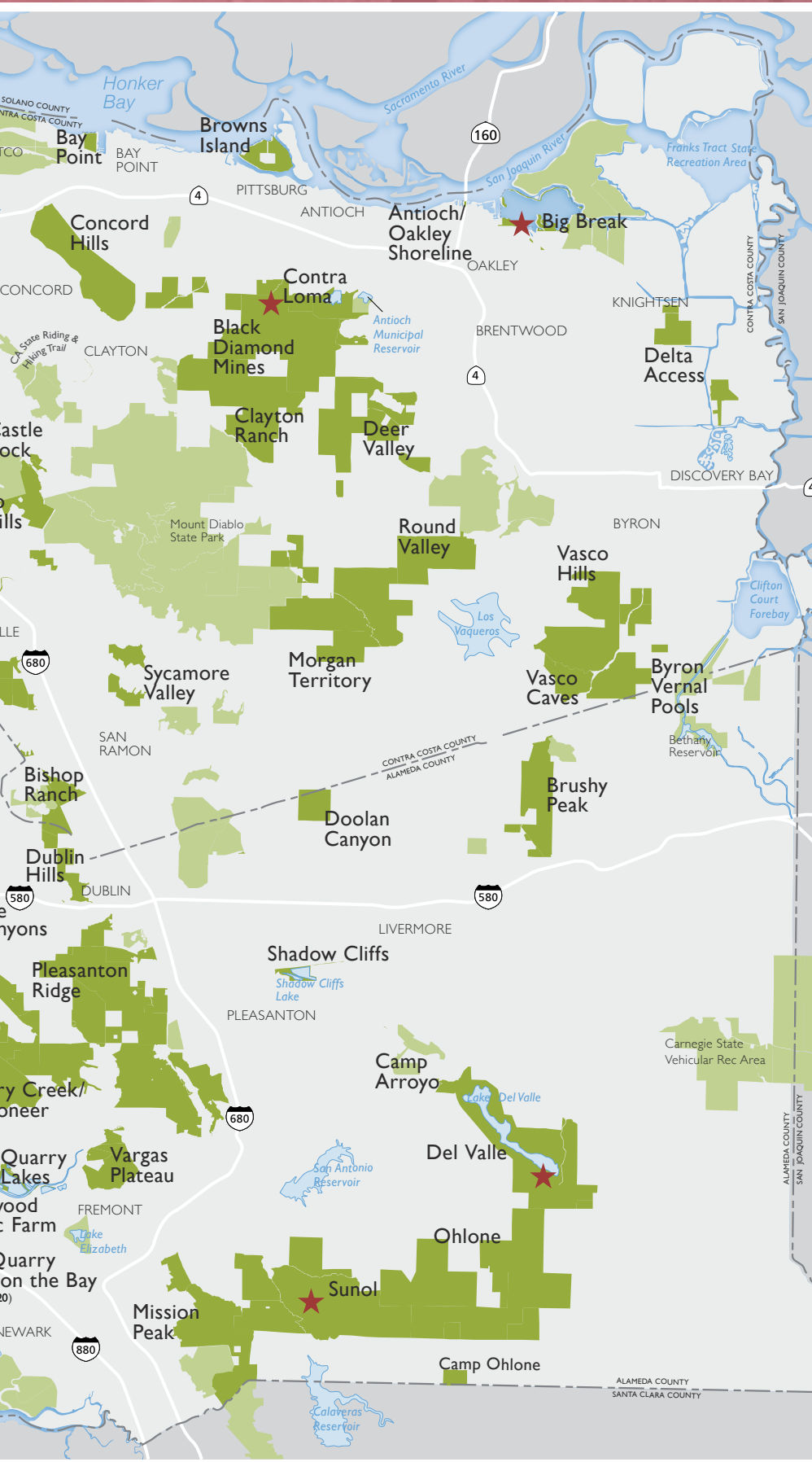
Briones Regional Park  
 Brooks Island Regional Preserve  
 Carquinez Strait Regional Shoreline  
 Claremont Canyon Regional Preserve  
 Crockett Hills Regional Park  
 Huckleberry Botanic Regional Preserve  
 Judge John Sutter Regional Shoreline\*  
 Kennedy Grove Regional Recreation Area  
 McLaughlin Eastshore State Park  
 Miller/Knox Regional Shoreline  
 Point Isabel Regional Shoreline  
 Point Pinole Regional Shoreline  
 Radke Martinez Regional Shoreline  
 Redwood Regional Park  
 Roberts Regional Recreation Area  
 Sibley Volcanic Regional Preserve  
 Sobrante Ridge Regional Preserve  
 Temescal Regional Recreation Area  
 Tilden Regional Park  
 Waterbird Regional Preserve  
 Wildcat Canyon Regional Park

\* parklands under development

## Southwest..... 50

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 Ardenwood Historic Farm  
 Coyote Hills Regional Park  
 Cull Canyon Regional Recreation Area  
 Don Castro Regional Recreation Area  
 Dry Creek Pioneer Regional Park  
 Garin Regional Park  
 Hayward Regional Shoreline  
 Lake Chabot Regional Park  
 Leona Canyon Open Space Regional Preserve  
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 Big Break Regional Shoreline  
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 Clayton Ranch Regional Preserve\*  
 Concord Hills Regional Park\*  
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 Deer Valley Regional Park\*  
 Diablo Foothills Regional Park  
 Las Trampas Wilderness Regional Preserve  
 Morgan Territory Regional Preserve  
 Round Valley Regional Preserve  
 Sycamore Valley Open Space Regional Preserve  
 Vasco Caves Regional Preserve

\* parklands under development

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 Brushy Peak Regional Preserve  
 Camp Arroyo  
 Del Valle Regional Park  
 Dublin Hills Regional Park  
 Mission Peak Regional Preserve  
 Pleasanton Ridge Regional Park  
 Shadow Cliffs Regional Recreation Area  
 Sunol Wilderness Regional Preserve  
 Vargas Plateau Regional Park



Claremont Canyon Regional Preserve  
Oakland  
*Photographed by Fred Rowe*

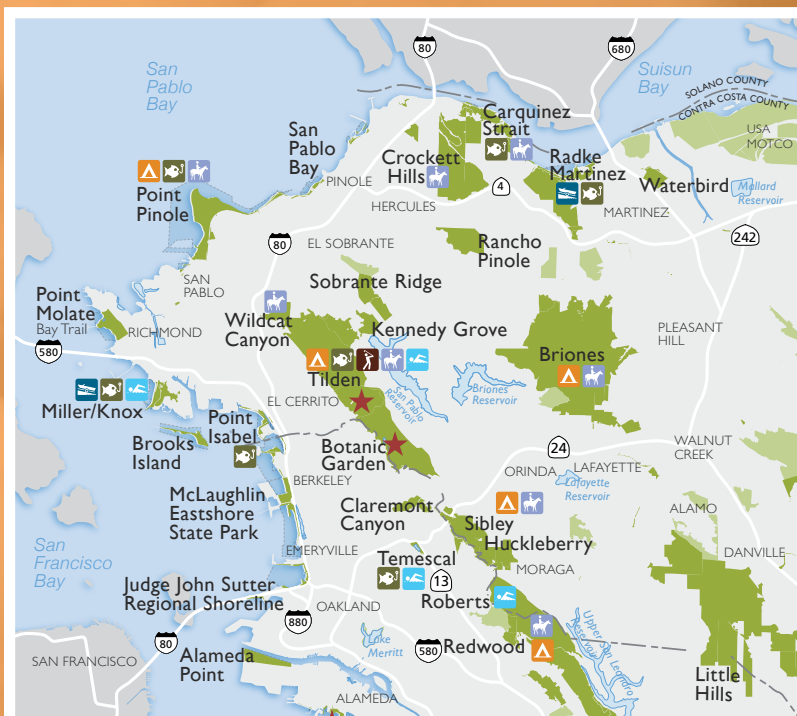


“In every walk with nature one  
receives far more than he seeks.”

—John Muir

# Northwest Regional Parks

FIND YOUR INSPIRATION ...



Boating



Camping



Fishing



Golfing



Horseback Riding



Swimming



Visitor Center

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Briones Regional Park  
Lafayette  
*Photographed by Deane Little*





## Carquinez Strait Regional Shoreline

Crockett, Martinez

*Photographed by Kevin Fox*





Crockett Hills Regional Park  
Crockett  
*Photographed by Nick Fullerton*



Judge John Sutter Regional Shoreline  
Oakland  
*Photographed by Min Lee*



## Huckleberry Botanic Regional Preserve

Oakland

*Photographed by Jerry Ting*



## Waterbird Regional Preserve

Martinez

*Photographed by Jerry Ting*







Temescal Regional Recreation Area  
Oakland  
*Photographed by Kyle Maxwell*





Brooks Island Regional Preserve

Richmond

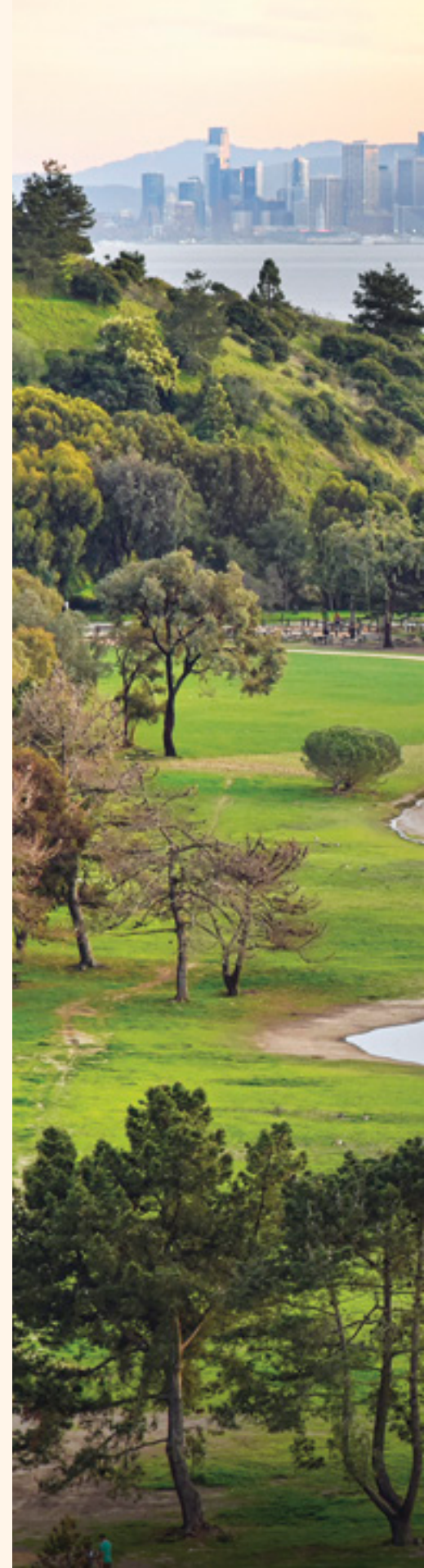
*Photographed by Stephen Joseph*



## McLaughlin Eastshore State Park

Albany, Berkeley, Emeryville

*Photographed by Lincoln Chu*





Miller/Knox Regional Shoreline  
Richmond  
*Photographed by Michael Short*



Point Isabel Regional Shoreline  
Richmond  
*Photographed by Shelly Lewis*



## Point Pinole Regional Shoreline

Richmond

*Photographed by Marc Crumpler*



## Roberts Regional Recreation Area

Oakland

*Photographed by Gary Crabbe*







Kennedy Grove Regional Recreation Area

El Sobrante

*Photographed by Marc Crumpler*



A photograph of a redwood forest. In the foreground, a rustic wooden fence made of weathered logs and posts runs across the frame. The ground is covered in fallen leaves and ferns. Several large, thick redwood tree trunks stand prominently in the mid-ground, their bark showing characteristic textures and knots. The background is filled with more trees and a dense canopy of green foliage, with sunlight filtering through the leaves.

Redwood Regional Park  
Oakland  
*Photographed by Gary Crabbe*



Radke Martinez Regional Shoreline  
Martinez  
*Photographed by Stephen Joseph*



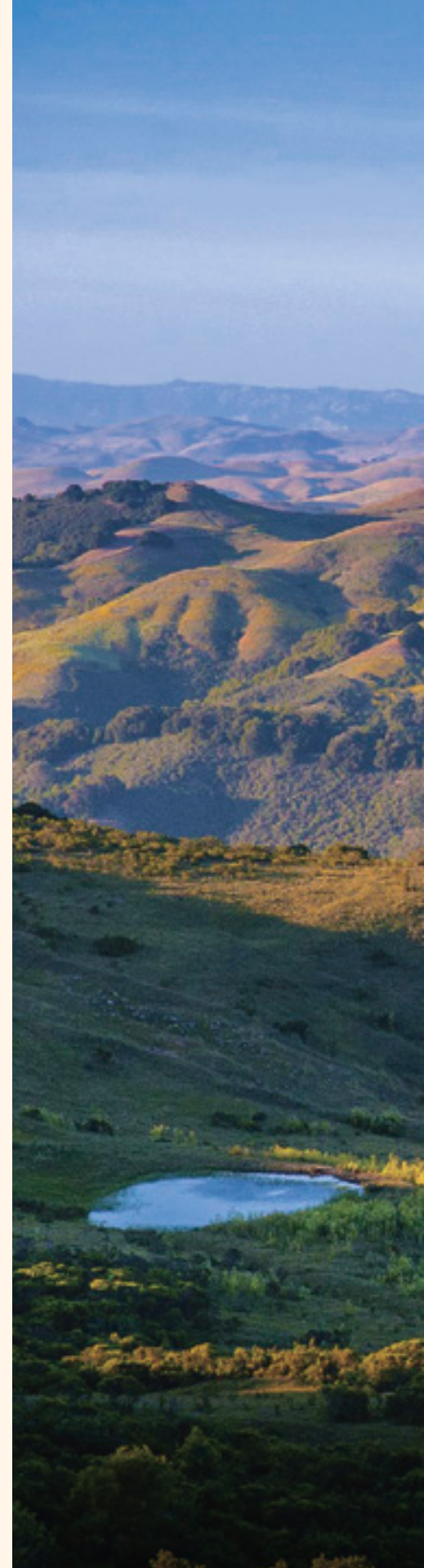
## Sibley Volcanic Regional Preserve

Oakland

*Photographed by Nick Khadder*



Tilden Regional Park  
Regional Parks Botanic Garden  
Berkeley, Orinda  
*Photographed by Allan Mendez*





Tilden Regional Park  
Berkeley, Orinda  
*Photographed by Jeff Manas*



Wildcat Canyon Regional Park  
Richmond  
*Photographed by Sundry Photography*





## Sobrante Ridge Regional Preserve

Richmond

*Photographed by Paul Salemme*

NE

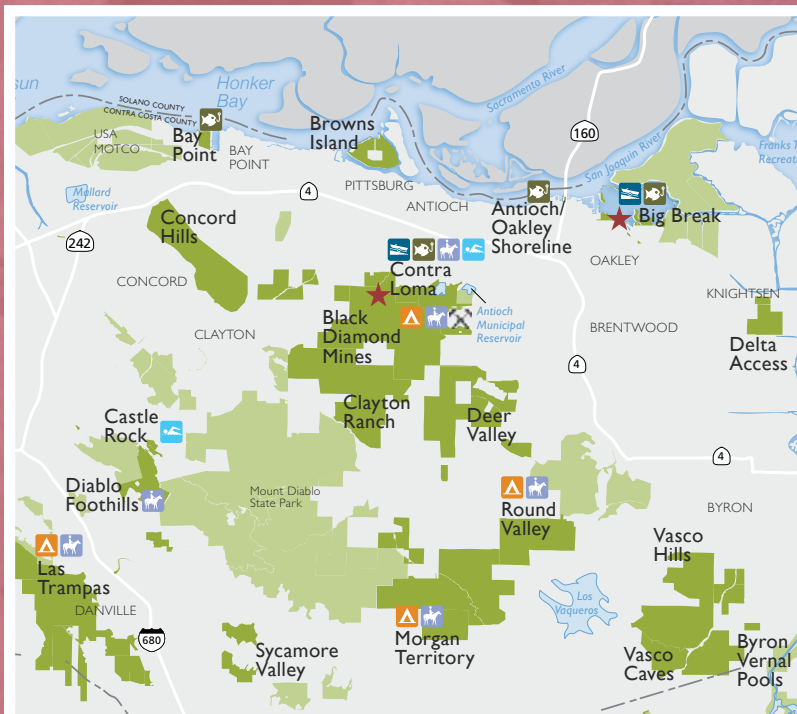


Sycamore Valley Open Space Regional Preserve  
Danville  
*Photographed by Deane Little*

“People ... need to have the opportunity to get out of doors and relax and take the tensions out of themselves by understanding that they are a part of this whole natural ecosystem.” —William Penn Mott

# Northeast Regional Parks

FIND YOUR INSPIRATION ...



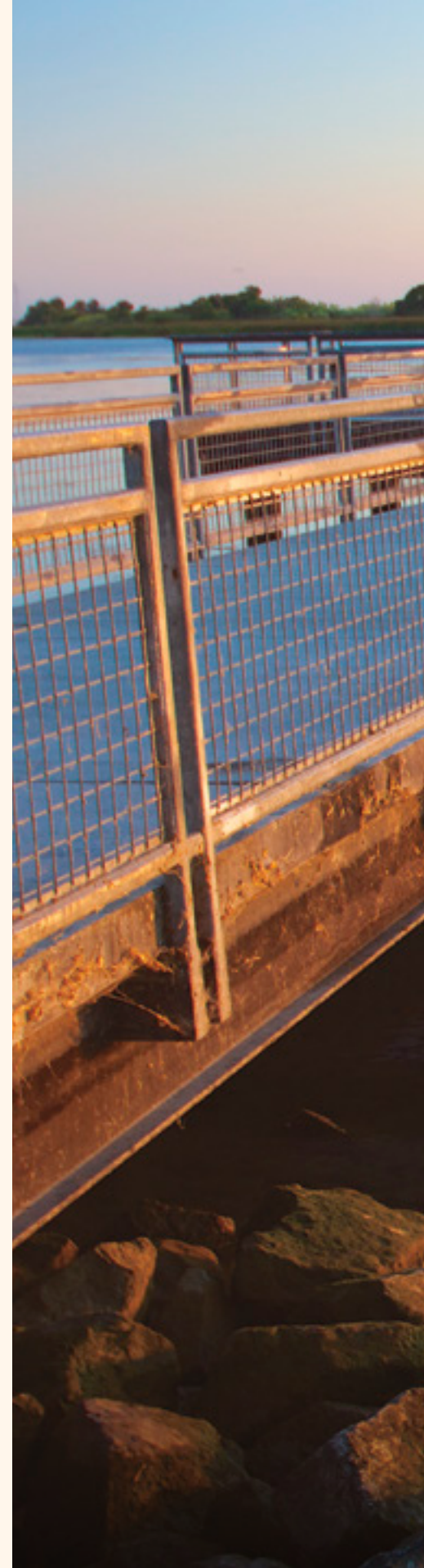
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## Antioch/Oakley Regional Shoreline

Antioch

*Photographed by Robin Mayoff*





Big Break Regional Shoreline  
Oakley  
*Photographed by Robin Mayoff*



Black Diamond Mines Regional Preserve  
Rose Hill Cemetery  
Antioch  
*Photographed by Min Lee*



Black Diamond Mines Regional Preserve  
Hazel-Atlas Mine  
Antioch  
*Photographed by Nick Cavagnaro*



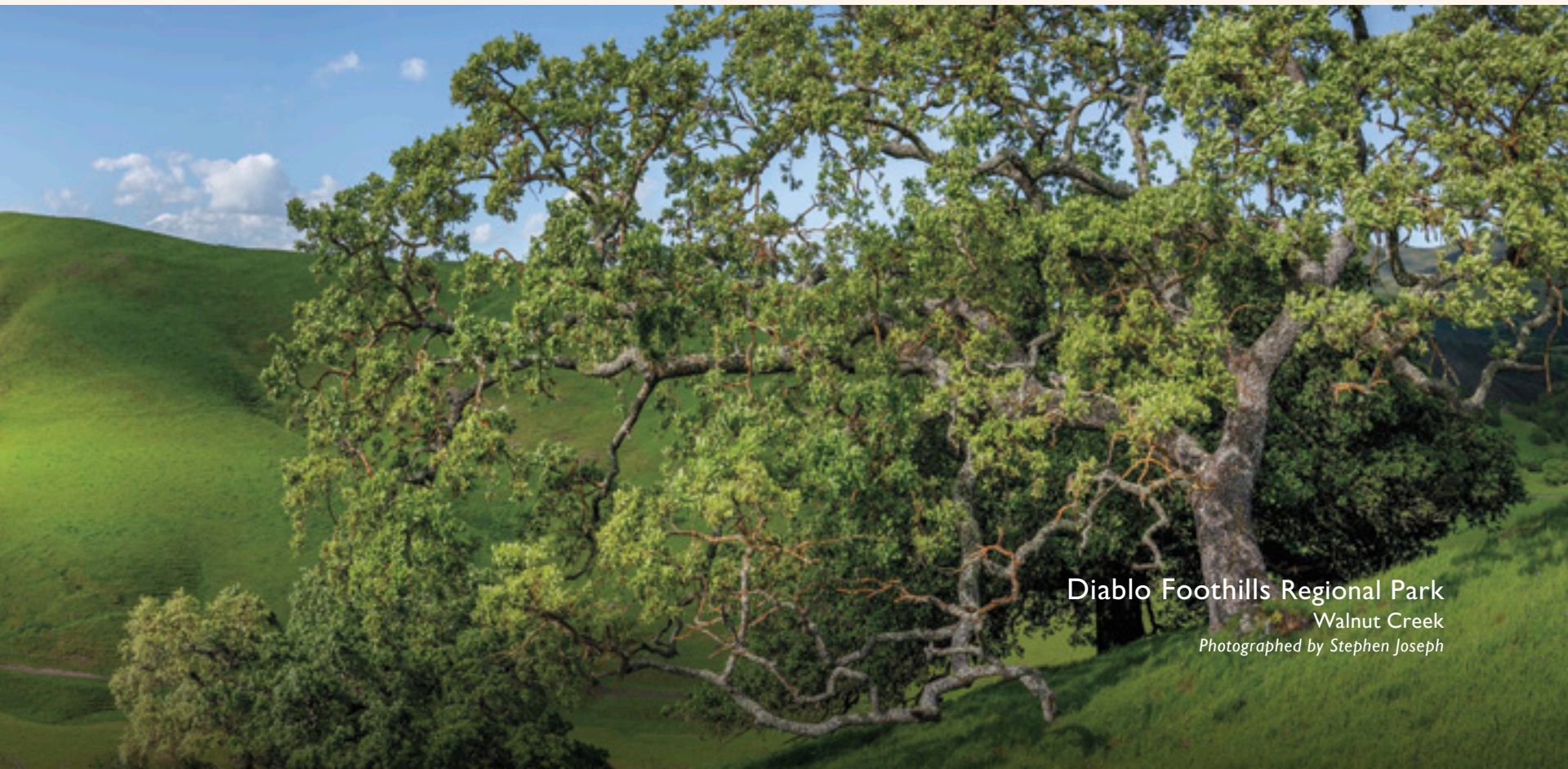
## Concord Hills Regional Park

Concord

*Photographed by Stephen Joseph*







Diablo Foothills Regional Park  
Walnut Creek  
*Photographed by Stephen Joseph*



NE

Las Trampas Wilderness Regional Preserve  
Danville, San Ramon  
*Photographed by Kevin Fox*

NE



Vasco Caves Regional Preserve

Livermore

*Photographed by Stephen Joseph*



## Contra Loma Regional Park

Antioch

*Photographed by Jerry Ting*

NE



Deer Valley Regional Park  
Antioch  
*Photographed by Stephen Joseph*





Clayton Ranch Regional Preserve

Clayton

*Photographed by Stephen Joseph*







Morgan Territory Regional Preserve  
Livermore

*Photographed by Jennifer Vanya*

NE



Round Valley Regional Preserve  
Brentwood  
*Photographed by Marc Crumpler*



## Bay Point Regional Shoreline

Bay Point

*Photographed by Mike Oria*

SW



Quarry Lakes Regional Recreation Area  
Fremont  
*Photographed by Jerry Ting*

“The environment is where we all meet;  
where all have a mutual interest; it is  
the one thing all of us share.”

—Lady Bird Johnson

# Southwest Regional Parks

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SW



Coyote Hills Regional Park  
Fremont  
*Photographed by Kevin Fox*



Ardenwood Historic Farm

Fremont

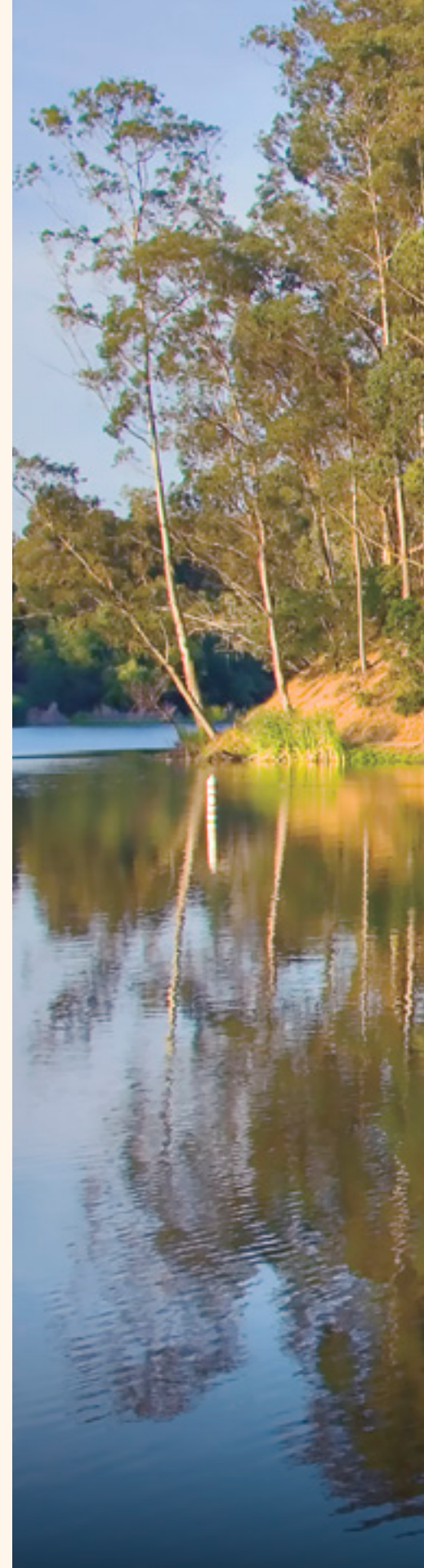
*Photographed by Deane Little*



## Cull Canyon Regional Recreation Area

Castro Valley

*Photographed by Jennifer Vanya*







Don Castro Regional Recreation Area  
Hayward  
*Photographed by Jerry Ting*

SW



Garin Regional Park  
Hayward  
*Photographed by Jerry Ting*



## Dry Creek Pioneer Regional Park

Hayward

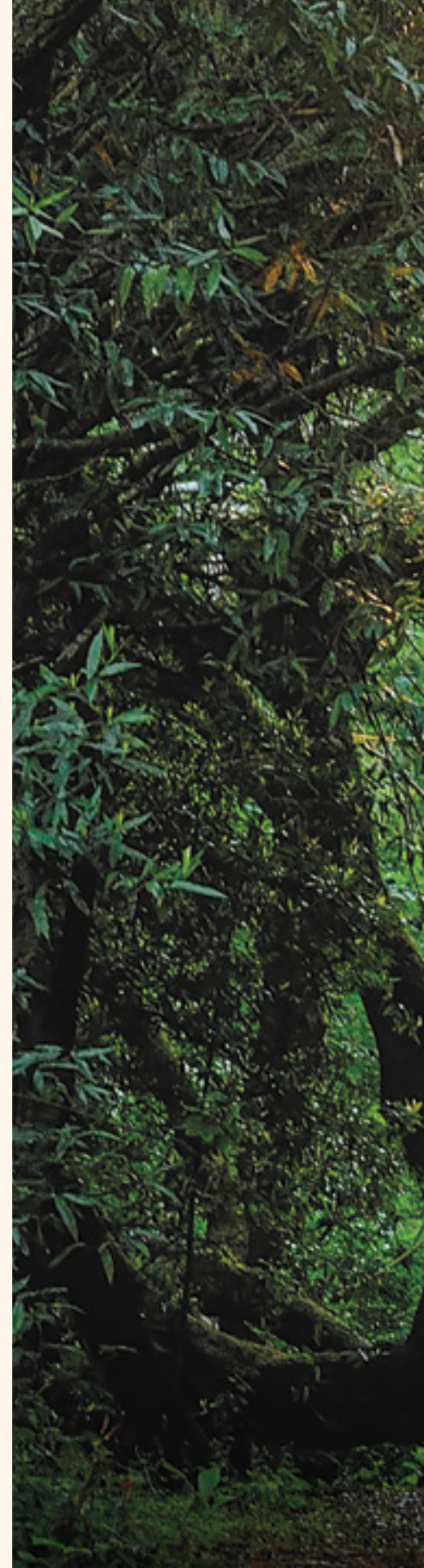
*Photographed by Mona Koh*



## Hayward Regional Shoreline

Hayward

*Photographed by Kenneth Wong*



A photograph of a dense forest. In the foreground, a large, thick tree trunk is visible on the left side. The forest is filled with various shades of green foliage. In the lower center, a small animal, possibly a fox or a dog, is sitting on a path. The lighting is soft, suggesting a shaded forest environment.

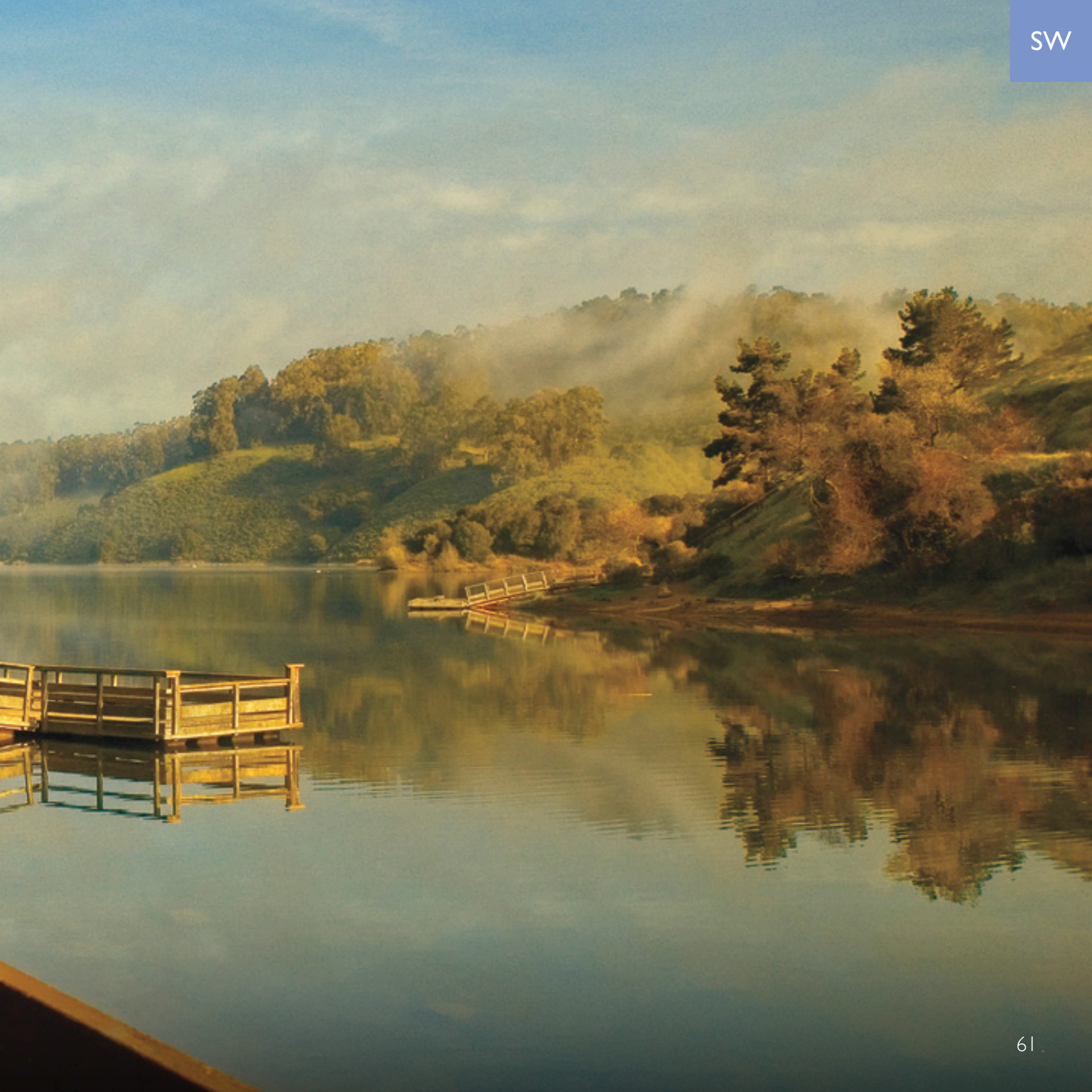
Leona Canyon Open Space Regional Preserve

Oakland

*Photographed by Jerry Ting*

SW

Lake Chabot Regional Park  
Castro Valley  
*Photographed by Allan Mendez*

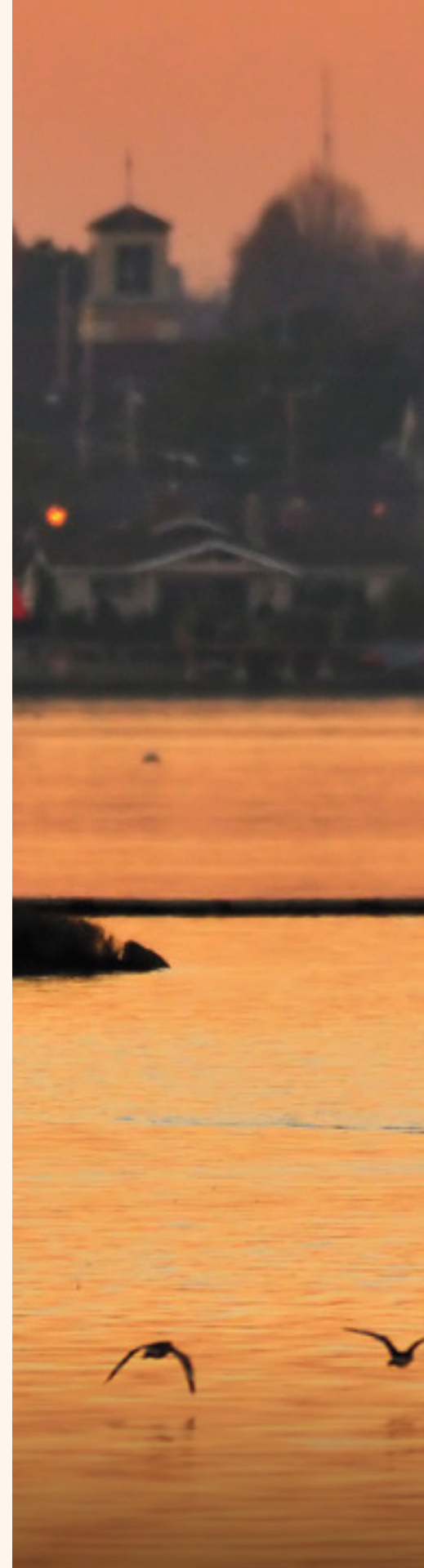




## Anthony Chabot Regional Park

Oakland

*Photographed by Kevin Fox*







Martin Luther King Jr. Regional Shoreline  
Oakland  
*Photographed by Jerry Ting*



Robert W. Crown Memorial State Beach

Alameda

*Photographed by Marc Crumpler*



## Oyster Bay Regional Shoreline

San Leandro

*Photographed by Shelly Lewis*

SE



Vargas Plateau Regional Park

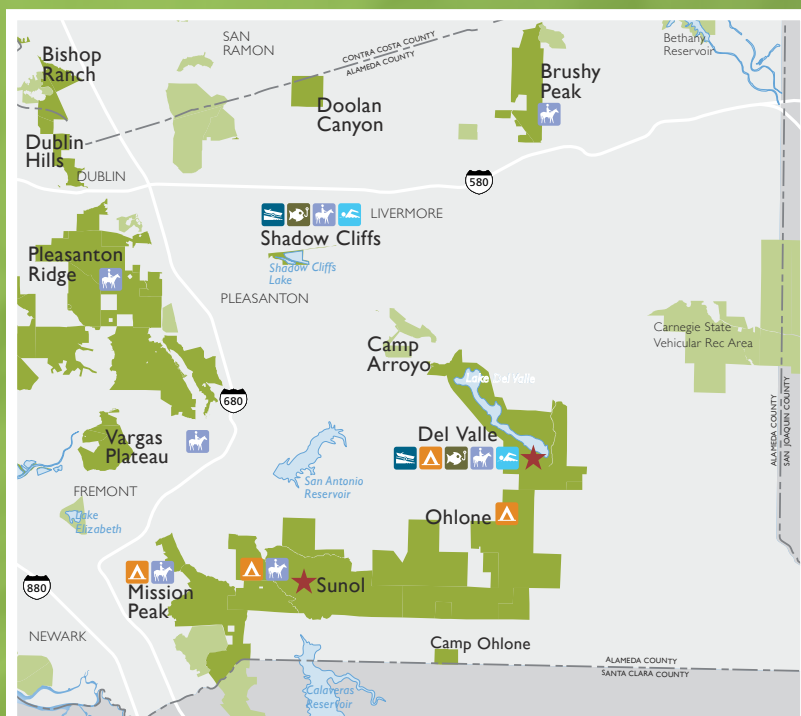
Fremont

*Photographed by Kevin Fox*

“In all things of nature there is something of the marvelous.”  
—Aristotle

# Southeast Regional Parks

FIND YOUR INSPIRATION ...



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SE

Bishop Ranch Open Space Regional Preserve  
San Ramon  
*Photographed by Stephen Joseph*



## Brushy Peak Regional Preserve

Livermore

*Photographed by Stephen Joseph*



## Camp Arroyo

Livermore

*Photographed by East Bay Regional Park District*







Del Valle Regional Park  
Livermore  
*Photographed by Caleb Sweet*

SE



Mission Peak Regional Preserve  
Fremont  
*Photographed by Kevin Fox*



SE



Pleasanton Ridge Regional Park  
Pleasanton  
*Photographed by Jerry Ting*



## Dublin Hills Regional Park

Dublin

*Photographed by Jay Huang*



A man with grey hair and sunglasses, wearing a plaid shirt over a dark t-shirt and blue jeans, stands on a grassy hillside. He is looking out over a vast, rolling landscape of green hills and valleys. The sky is filled with large, dark, dramatic clouds, with some lighter patches near the horizon. The overall scene is a wide, scenic view of a wilderness area.

Sunol Wilderness Regional Preserve  
Sunol  
*Photographed by Stephen Joseph*



Shadow Cliffs Regional Recreation Area  
Pleasanton  
*Photographed by Cali Godley*





## Regional Parks Foundation Celebrating 50 Years

Thanks to a generous donation of land in Pleasanton by the Henry J. Kaiser Sand and Gravel Company in 1969, the Regional Parks Foundation was born. That land donation created Shadow Cliffs Regional Recreation Area, one of the busiest regional urban lake parks in the San Francisco Bay Area. The photo on the left shows two siblings joyfully playing on the Shadow Cliffs beach.

The Regional Parks Foundation supports the East Bay Regional Park District, raising funds to provide universal access, environmental stewardship, education and recreation programs, and the acquisition of parklands.

We believe connections with nature are critical for leading a healthy, balanced life. Every day, we provide resources to ensure underserved populations have equal access to nature through the parks, trails, programs and services in the East Bay Regional Park District. Lives are changed as a result of what we do, and we inspire the next generation of environmental stewards to value and protect open space and the environment.

Our work is made possible because of the generosity of our donors, members and partnership with the East Bay Regional Park District. Thank you for helping us make a meaningful impact, connecting people with nature throughout our beautiful regional parks.

## Acknowledgments

This book, *Healthy Parks Healthy People: East Bay Regional Park District at 85*, is a collaboration among many people who supported its creative development.

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Thanks to Robert Doyle, general manager, and the East Bay Regional Park District board of directors for their continued leadership in managing this beautiful park system and for advancing the vision of preserving parks for generations that the community started more than eight decades ago.

This project was funded in part by the Regional Parks Foundation. Not all regional parks are depicted in this book.

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Jennifer Vanya (pages 47, 54)  
Kenneth Wong (page 58)



Coyote Hills Regional Park  
Fremont  
Photographed by Mona Koh