

# An Oasis in Antioch

**Year opened:** 1968    **Acres:** 779  
**Highlights:** Swimming, boating (no gasoline engines), fishing, numerous picnic areas (many reservable), lawn areas, hiking, biking, and horseback riding, access to the 15+-mile-long Delta de Anza Trail, which extends from Oakley to Concord.  
**Did you know?** Contra Loma was first opened on an emergency basis to help alleviate social unrest in the 60s.

**HISTORY** Native American peoples occupied the land around Contra Loma for thousands of years prior to European settlement. They hunted the wildlife and gathered native plants. Grizzly and brown bears, mountain lions, elk, antelope, and wolves once roamed these hills.

With the arrival of the Spanish and subsequent settlement came large herds of cattle, and the land has been used largely for grazing since that time. Discovery of coal in the 1860s, just two miles south near what is now Black Diamond Mines Regional Preserve, brought settlements of miners and their families. It was a short boom lasting only a few decades.

Today Contra Loma and Black Diamond share a common park boundary connecting hiking and riding trails. While the grizzlies and wolves are long gone, the parklands are now free range for wild creatures.

**SAVING PICNIC TABLES**  
 Multiple first-come, first-served tables cannot be saved by a single person. One person is required per table to save non-reservable picnic tables.

**ALCOHOL IS NOT PERMITTED ANYWHERE IN THE PARK**

**FEES**  
 There is a fee for parking, dogs, swimming, boat inspection and launching, windsurfing, and fishing permits. Call the park for information.

**POLICE, FIRE, MEDICAL EMERGENCY** ..... 9-1-1  
**EBRPD HEADQUARTERS** ..... 1-888-327-2757  
**PICNIC RESERVATIONS** ..... 1-888-327-2757, option 2  
**PARK OFFICE** ..... 1-888-327-2757, option 3, ext. 4518  
**WEB SITE** ..... [www.ebparcs.org](http://www.ebparcs.org)  
**TRS RELAY FOR HEARING IMPAIRED** ..... 711

Among the animals to be seen are coyotes, grey foxes, jack rabbits, ground squirrels, mule deer, raccoons, and skunks.

The reservoir is the wintering ground for many migratory waterfowl, and mourning doves and quail claim the hills as a permanent home.

By agreement, the waters of Contra Loma's 80-acre reservoir are maintained by the Contra Costa Water District. The surrounding lands, owned by the U.S. Bureau of Reclamation, are managed by the East Bay Regional Park District.

**WATERSPORTS AT CONTRA LOMA** Year-round fishing, windsurfing, and boating are the special attractions at this Contra Costa County oasis. The reservoir is open throughout the year for all of these activities and more. The swim lagoon, staffed with lifeguards in the summer, has a sandy beach with changing rooms and a refreshment stand. Nearby are shady picnic areas on an expansive green lawn, accessible to the disabled.

The Contra Costa Water District, which owns the reservoir, requires that all windsurfers shower a minimum of two minutes prior to entering the reservoir, and wear at least a short wetsuit. Persons using float tubes must wear waders or other wetsuit material to eliminate body contact with the water in the reservoir.

People using sea kayaks that self bail must shower prior to entering the reservoir and wear at least a short wet suit. Other dry-type kayaks are permissible with the only restriction being no rollovers or other activities that cause body contact with the water.

Visitors may launch their own boats. Private boaters may use electric motors, but not gasoline engines. Maximum allowable boat length is 20 feet. Coast Guard approved personal flotation devices are required for each person.



The hiking trails of Contra Loma extend into the hills of the adjacent Black Diamond Mines Regional Preserve (background).



**To Reach Contra Loma:**

To reach Contra Loma Regional Park from Highway 4 in Antioch, exit on Lone Tree Way and proceed to Golf Course Road. Turn right on Golf Course Road and right again on Frederickson Lane. Proceed to the park entrance.

Public Transit: Tri Delta Transit #380 (weekdays) and #394 (weekends) operate from Pittsburg/Bay Point BART to James Donlon Blvd. and Contra Loma Blvd. A short walk east on James Donlon Blvd. will bring you to Antioch Community Park and Contra Loma Regional Park. Tri Delta Transit routes are subject to change. Call to confirm schedule: 5-1-1 or (925) 754-4040.

**WATERCRAFT INSPECTION:**

Watercraft must pass mandatory inspection to prevent the introduction of invasive mussels into local lakes and reservoirs. To pass inspection, watercraft and accessories must be ABSOLUTELY clean and dry.

PLEASE LET US KNOW how this map may be improved to help you use this park. Write, email, or call with your suggestions: 2950 Peralta Oaks Court, Oakland, CA 94605; [info@ebparcs.org](mailto:info@ebparcs.org); (510) 544-2210.



**East Bay Regional Park District**

2950 Peralta Oaks Court,  
 P.O. Box 5381  
 Oakland, CA 94605-0381  
 1-888-327-2757 (1-888-EBPARKS)  
[www.ebparcs.org](http://www.ebparcs.org)    Rev. 7/15

# Contra Loma Regional Park

Pittsburg, Antioch, Oakley, Brentwood

East Bay Regional Park District





**WELCOME!**

Please enjoy our Regional Parks safely, and help us protect and preserve your parklands by complying with park rules and regulations.

**SAFETY and ETIQUETTE**

- Stay on trails. Taking shortcuts can be dangerous and causes erosion.
- Wading and/or swimming in undesignated areas may be dangerous and may harm the watershed.
- Carry and drink plenty of water. Dehydration is a leading cause of injuries on the trail.
- Be prepared for sudden changes in weather conditions.
- Trails can be slippery, rocky and steep. Proceed carefully at your own risk.
- Wildlife may be present on the trails at any time. Feeding or approaching wildlife is dangerous and illegal.
- Bicycles are permitted on designated trails only. Horses have the right-of-way on trails.
- Keep the parks beautiful. Pack out what you pack in.

**RULES**

- Dogs are not allowed in the reservoir. Dogs must be leashed 200 feet from any trail or park entrance. Dogs must be leashed in parking lots, picnic areas, developed areas such as lawns and play fields, and on some trails. They must be under voice control at all times.
- Swimming, wading, and other water contact activities are prohibited in the reservoir.
- Alcoholic beverages are not permitted in Contra Loma Regional Park.
- Drones are prohibited.
- Smoking is prohibited, except in overnight campsites.
- State law requires that all bicyclists under age 18 wear an approved helmet while riding on trails and roadways. All bicyclists and equestrians are strongly encouraged to wear helmets at all times.

Visitors are responsible for knowing and complying with park rules, available online at [www.ebparks.org/rules](http://www.ebparks.org/rules).

**LEGEND**

Red trails indicate easy, short-loop trails

- Hikers, Horses & Bicycles
- Trail On Paved Surface
- American Discovery Trail/ Mokelumne Coast-to-Crest Trail
- Mileage Between Points
- Paved Road
- Creek
- Parking
- Equestrian Staging
- Boat Launch
- Restrooms
- Drinking Water
- Swim Lagoon
- Changing Rooms
- Food Concession
- Disabled Accessible
- Horsehoes
- Volleyball Court
- Fishing Permit Machine
- Phone
- Information
- Picnic
- View Point
- Horse Water
- Pond
- Gate
- Fence

Rev. 7/17

