

Tilden Regional Park

Nimitz Way/Curran/Meadows Canyon/Wildcat Gorge Trails

Length: 3.1-mile round trip

Location: Berkeley

Intensity: Easy to Moderate



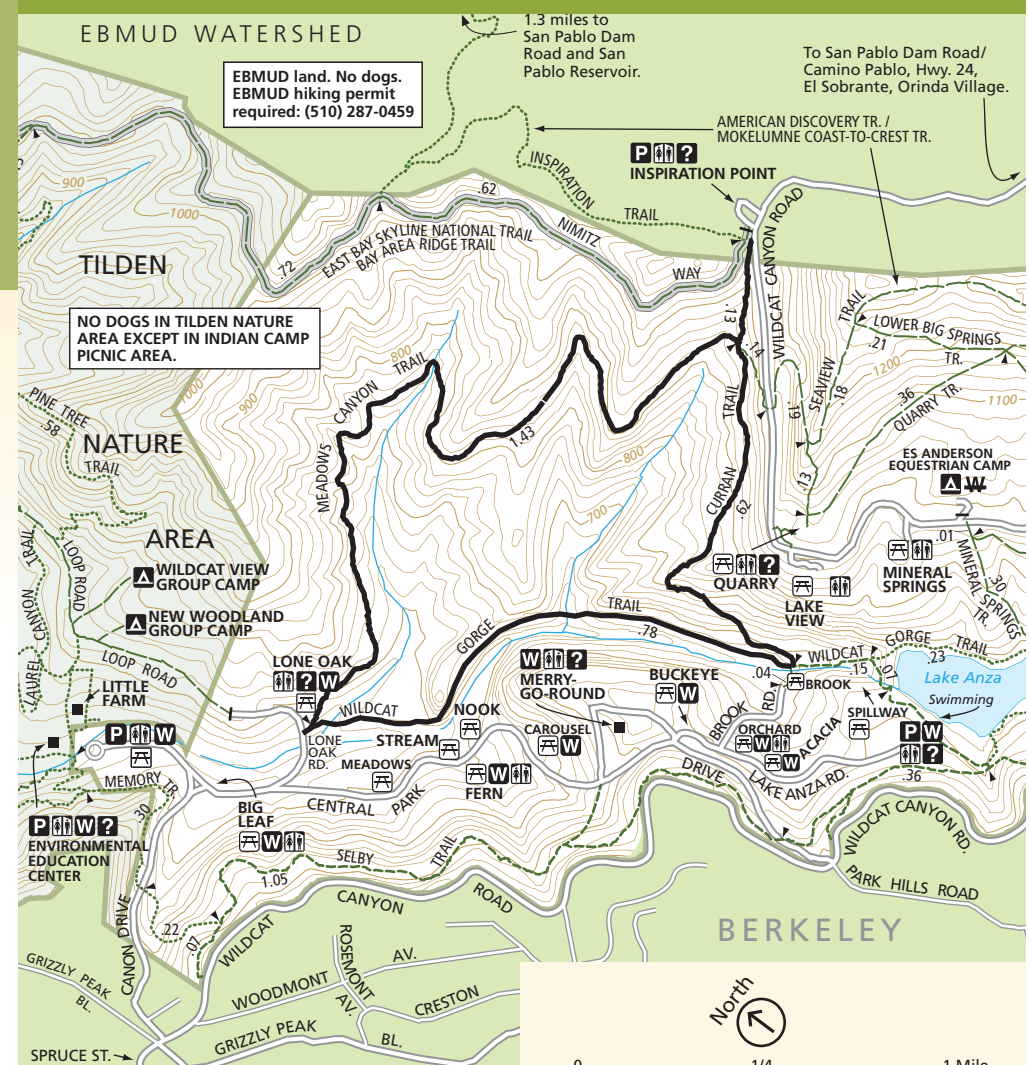
Park Features: Tilden was one of three original Regional Parks open to the public in 1936 and stands today as a testament to the District's commitment to preservation forever. Attractions in the park include the Environmental Education Center, Little Farm, Merry-Go-Round, Lake Anza swim beach, the Tilden Park Golf Course, and the Steam Train. Within Tilden is the Regional Parks Botanic Garden, renowned for its vast collection of California native plants.

Trail Highlights: Gradual decline through forest and meadows on a rolling path along a picturesque stream. This route contains the intersection of four "famous" trails: the American Discovery Trail, East Bay Skyline National Trail, Mokelumne Coast to Crest Trail, and Bay Area Ridge Trail; an interpretive panel at the start of the route gives more detail on the trails' histories and locations. Wildcat Gorge Trail is one of the most scenic trails in the Bay Area and the creek itself is designated a resource protection area to enhance the habitat for rainbow trout and California newts.

Trail Directions: From Inspiration Point, walk through the gates and take an immediate left onto Curran Trail. Follow the short, steep downgrade and then veer right onto Meadows Canyon Trail for a gradual, pleasant descent. Meadows Canyon Trail ends at a parking area with water fountain and restrooms; make a left onto Wildcat Gorge Trail. Follow Wildcat Gorge Trail along the creek through beautiful woodlands for about ¾ mile; Curran Trail is on the left for a moderately steep climb back to parking lot with benches and views along the way.

Driving Directions: From Hwy. 24 west: Exit in Orinda at Camino Pablo Rd./Moraga Way; head north on Camino Pablo for approximately 2 ½ miles; go left on Wildcat Canyon Rd.—there is a traffic light at this intersection; continue up Wildcat Canyon Rd. for approximately 2 miles to the Inspiration Point parking lot—on the right.

From I-80: Take the exit for Albany/Buchanan St. and turn left onto Cleveland Ave.; stay on Buchanan and continue straight as Buchanan becomes Marin Ave.; continue on Marin through the traffic circle and up the hill before turning right on Grizzly Peak Blvd.; turn left on Shasta Rd. and go into the park's Shasta gate; make a slight right onto Wildcat Canyon Rd. and park in the lot for Inspiration Point.



- Featured Trail--Hiker, Horse, Bike
- Hiker, Horse, Bicycle Trail
- Hiker, Horse Trail
- Hiker Only Trail
- Mileage Between Points

- Parking
- Drinking Water
- Restrooms
- Information
- Res. Camp
- Picnic
- Horse Water
- Gate

Park Hours: 5 a.m. to 10 p.m.

Fees: None

Website: www.ebparcs.org/parks/tilden