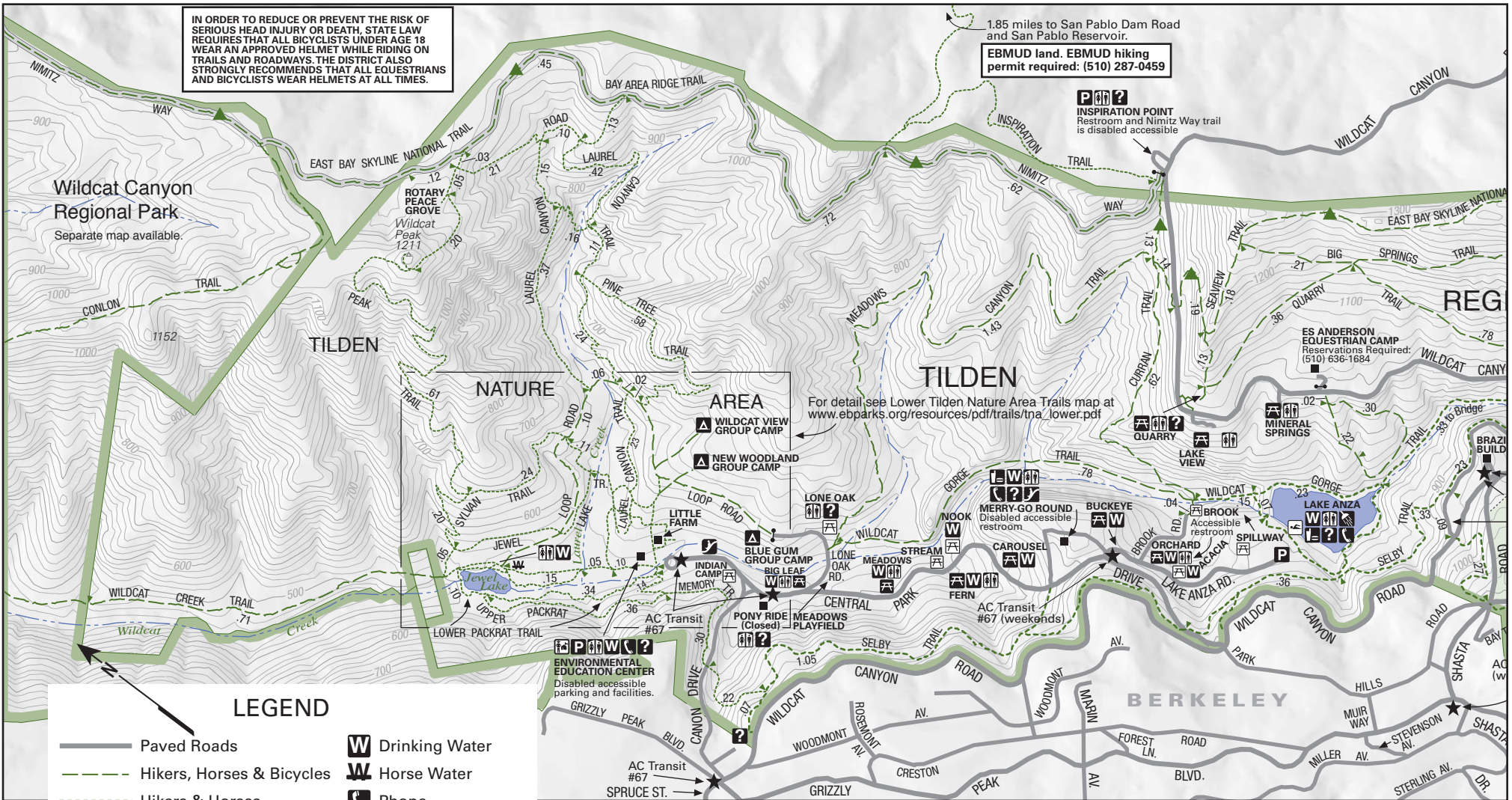


IN ORDER TO REDUCE OR PREVENT THE RISK OF SERIOUS HEAD INJURY OR DEATH, STATE LAW REQUIRES THAT ALL BICYCLISTS UNDER AGE 18 WEAR AN APPROVED HELMET WHILE RIDING ON TRAILS AND ROADWAYS. THE DISTRICT ALSO STRONGLY RECOMMENDS THAT ALL EQUESTRIANS AND BICYCLISTS WEAR HELMETS AT ALL TIMES.

EBMUD land. EBMUD hiking permit required: (510) 287-0459



Wildcat Canyon Regional Park
Separate map available.

For detail see Lower Tilden Nature Area Trails map at www.ebparks.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
- 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 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

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

POLICE, FIRE, MEDICAL EMERGENCY 9-1-1
EBRPD Headquarters (510) 562-PARK
Botanic Garden 841-8732
Brazil 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.ebparks.org

	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 Paralta Oaks Court, P.O. Box 5381
 Oakland, CA 94605-0381 | (510) 562-PARK
<http://www.ebparks.org>