



East Bay Trails: Hiking Trails in Alameda and Contra Costa Counties

David Weintraub

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The only guide dedicated entirely to hiking San Francisco's East Bay has been revised and updated, and features 3 new trips in Contra Costa County. Includes 56 trips for hiking, bicycling, and horseback riding on oak-studded hills, grassy ridges, rocky peaks, forested valleys, and salt-marsh shoreline. East Bay Trails is the most complete and up-to-date trail guide for Alameda and Contra Costa Counties. While the route descriptions pertain to hiking most of all, other outdoor enthusiasts-fitness walkers, joggers, equestrians, and bicyclists-will also find them useful.

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