

**PROVISIONAL COURSE MAPS**  
**1/2 MARATHON = YELLOW**  
**10K = RED**  
**5K = BLUE**

### LEGEND

- Hikers, Horses & Bicycles
- Ivan Dickson Trail
- American Discovery Trail
- Hikers and Horses
- Hikers Only
- Mileage Between Points
- Dead End Trail; Private Property Ahead
- Paved Road
- Creek
- Parking
- Equestrian Parking
- Restrooms
- Drinking Water
- Horse Water
- Information
- Picnic
- Reservable Picnic
- Reservable Group Camping
- Pond
- Gate, No Access

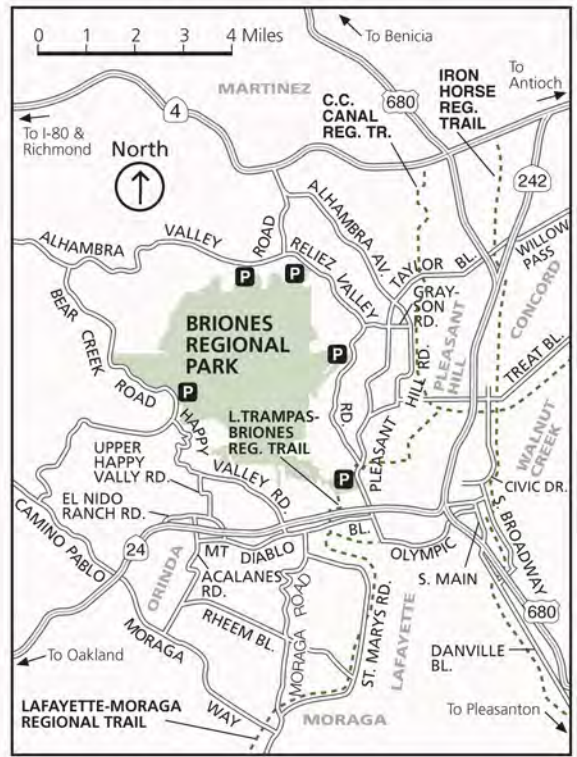
North ↑

0 1/4 1/2 3/4 1 Mile

Contour interval 40 feet  
 Mileages Courtesy Hal McDonald

**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.**

**MEMBERSHIPS**  
 The Regional Parks Foundation offers memberships to park users. For info call (510) 544-2203.



Las Trampas-to-Briones Regional Trail. See Central Contra Costa Regional Trails map for detail.