

Life in LAMORINDA

Dog-Friendly Trails Less Traveled

By Cathy Tyson

With winter behind us, now is a terrific time to be thinking about hikes, especially for Lamorinda residents with dogs. While most residents are familiar with the Lafayette Reservoir, there are a number of hidden gems in the area that are free and easily accessible.

rooms, picnic tables, ample parking, swings and play structures at the Commons, make it a good place to start. Additional water available at the Lafayette Community Center, behind the Burton Valley Fire Station and at Stanley School for those going the entire length. Three-dog limit per

cautions the tall grass and brush make it a "tick festival." She recommends keeping your dog on the trail to avoid infestation. Connector trail is a rough dirt path near electrical towers. Park is available to rent for parties, to reserve call (925) 253-4208.

going the entire length of the trail, best to leave a second car at this other staging area. Although you may be cited, an EBMUD representative said Regional Park patrols usually let hikers off with a warning. Call (800) 866-40-EBMUD for more information.

King Canyon Loop Trail - Moraga

This is a very rarely traveled EBMUD trail. A permit is required; see information on obtaining one in Briones description. There are two choices here, both ok for dogs, the shorter and reasonably well-marked Riche Loop Trail directly adjacent to the staging area, or the 4-1/2 mile King Canyon Loop Trail. This is another two-car hike. The easiest way is to follow Moraga Road past Camino Pablo, where it changes name to Canyon Road. About 3/4 of a mile



Steve Christensen, Alexandra and dog Daisy at Moraga Commons Trail

from Camino Pablo, turn left into the Valle Vista Staging Area. No restrooms, no water, but lots of available parking. Follow the main trail .2 to the fork and go left .2 miles, then you have a choice of staying left for the Rimer Creek Trail, which connects to the Rocky Ridge Trail or continue right, along the water for the King

Canyon Trail. Both Rocky Ridge and King Canyon joint together half a mile from Rancho Laguna Park. There is water, restrooms, kid play areas and a large grassy field at Rancho Laguna Park, located at the end of Camino Pablo, past Sanders Ranch.



Cows, grass and Town of Moraga from Mulholland Ridge

Photo by Cathy Tyson

Mulholland Ridge Trail - Moraga

This is a lovely, quiet trail that runs along the ridge of the 250-acre Mulholland Ridge Open Space Preserve, that is essentially the remains of Donald Drive. There are spectacular views of Orinda and the Gateway development to the west, the town of Moraga, and looking east, Mt. Diablo. Water fountain available from the large green water tank at the top. No restrooms. Dogs can be off-leash at the top. Located near Rheem School. Coming from Moraga, turn left on Donald Drive toward the Hacienda de las Flores, just follow the brown signs and continue till road dead ends. Also accessible from Zander on the Orinda side.

Lafayette-Moraga Regional Trail

This very family-friendly trail is a hit with dogs, bikes and the stroller set. This relatively level, paved path runs from the Moraga Commons at the corner of Moraga Road and St. Mary's Road, to a staging area at Olympic Boulevard and Pleasant Hill Road in Lafayette, around 6 miles, one way. Water, rest-

person, and a leash no longer than six feet required. Dogs may be off-leash in under-developed areas. Dangerous and aggressive dogs not allowed. For more information call 1-888-EBPARKS (1-888-327-2757).

Orinda Oaks Park

This quiet, grassy 12-acre park located on Moraga Way between Ivy Drive and Hall Drive has the best of both worlds, picnic and hiking. Although it's a bit hard to see the entrance,



Orinda Oaks Park sign

there is parking, restrooms, water, barbecues, picnic tables, horseshoe pits, bocce ball court - bring your own equipment, and a large level manicured grass field perfect for Frisbee, flag football or a baseball game. Behind the main area, there is natural open space with a connector trail to Mulholland Ridge. Off-leash dogs ok. Neighbor Joi Shustack

Briones Reservoir - Orinda

This is part of East Bay Municipal Utility District, so a permit is required. Getting a permit is really quite easy. It takes about five minutes to do in person, but is also available on-line at www.ebmud.com. I went to the Orinda Community Center, filled in a very short application form, paid the \$10.00 fee, and was ready to go. The applicant copy of the form is your temporary permit. If going the on-line route, again use your printed copy as your temporary permit. A Trail Use Permit will be mailed within thirty days. Permit holders are allowed to take members of their immediate family plus three additional guests. Heading north of Highway 24 on Camino Pablo, turn right on Bear Creek Road at the signal, stay on this road about a mile, past the electrical facility you'll see the Overlook staging area on the left. Restroom and parking available, but no water, be sure to bring your own, and sunscreen. Dogs on leash are ok only on the Oursan Trail, which is well marked and follows the north side of the reservoir 9.3 miles to the Bear Creek Staging Area. If

Spring Break in Lamorinda

By Sarah Henningsen

It's halfway through spring break and your kids are hyperactive with unused energy. Don't panic! If you aren't one of the families that are away on some exotic vacation, consider these ideas and make the most of what Lamorinda has to offer:

1) The Lafayette Reservoir is both a public service and a community gem that offers the perfect site for family time. The expansive area of 925 acres provides various activities that can take up an entire day. Unlike the reservoir in Moraga, the Lafayette location allows individuals to boat, sail, and fish on the water. Only private boats are allowed on the reservoir but rowboat rentals are also available. If your kids are up for the exercise, try the paved Lakeside Trail or the more hilly and challenging

2) Tadpole fishing is a great opportunity to spend time with your kids. Along with some fishing nets, pack up your family for a fun day in nature. If you're still not

luna park is loud and lively—with dogs. Whether you own a dog or not, simply watching the action at the park is extremely amusing. Upwards of thirty dogs and their owners visit every day for casual social time, talking for some and wrestling for others. From



Lafayette Reservoir

3) Before 9:00am and after 7:00pm, Rancho La-

ready for that puppy the kids are begging for, come early April, the tiny ponds and swampy areas along the Lafayette-Moraga Regional Trail start swimming with tadpoles just waiting to be taken home. You have to keep your eyes open for the ponds since they are relatively small and tucked away. After catching a good share of tadpoles, bring them home and watch as they morph into mini frogs, making the fun experience an educational one too!

labrador puppies to giant mastiffs, the dog park has a mix of many breeds all with colorful personalities. If not for the spectator element, your kids will love going to Rancho Laguna park during the off leash hours; the experience is better than any petting zoo.

Don't let yourself or your family face tortuous boredom—save it for summer when temperatures make you delirious and incapable of anything but laying next to the fan!

Sharp Bicycle

- Road Racing • Road Touring
- Comfort Road • City Bikes
- Womens Specific Designs
- Bike Path • Cruisers
- Mtn. Cross-Country
- All Mountain
- Kids Mountain
- Kids Road
- Little Kids

Over 250 Bikes on Display

Full Service Bike Shop:

- Repairs, Tune-ups
- Biomechanical Fittings
- Re-Fittings
- Re-Furbishing

Major and Minor Brand's from:

- Santa Cuz - Colnago
- Independant Fabrications
- Moots - Calfee - Parlee
- Lemond - Gary Fisher
- Trek Womens Specific
- Ellsworth - Co-Motion

969 Moraga Rd. Lafayette in La Fiesta Square
284-9616 • M-F 10-6, Sat 9-6, Sun 12-5
www.sharpbicycle.com



PILATES, YOGA, RECONDITIONING

CLASSES	WORKSHOPS	SERVICES
Pilates F.I.T. Yoga	Pilates Innovation Intro to Yoga Teen Yoga	One-on-One Training Postural Assessment Pro Shop

Our approach to reconditioning is based on helping clients achieve their goals by integrating Resistance Training, Pilates, and Yoga. Our studio offers a personal and professional environment, perfect for those seeking the knowledge to help themselves understand and implement their full potential.

www.absolutecenter.net

"The Source of Intelligent Fitness"

3658 Mt. Diablo Blvd. Ste 101 Lafayette, CA 94549 [925] 299.9642