

**June 13 2023 Easy Hike - Tilden Regional Park, Selby and Wildcat Gorge Trails**  
**Modified June 6, 2023**

**Note:** The hike description previously published has been modified to eliminate some parts of the trail that we deemed inappropriate as the result of our pre-hike. Trail washouts are now eliminated, and the route shortened to a true easy hike.

**Hike Description:** This is a 3-mile out and back hike with 300 feet of elevation gain. The hike starts at 10:00am at the Island picnic area near the Brazil Building. We go briefly down a small hill past the Island picnic tables to begin the Selby trail. At the Lake Anza spillway, we cut over to the Wildcat Gorge trail, which is mostly wooded. We head down to the Lone Oak area of Tilden Nature Area, stop for a break before turning around and heading back to Lake Anza. There is one tricky spot along the lake that may require poles for some. We end back at the Island picnic area.

**Bring:** Hiking boots, trekking poles, water

**Directions to trailhead:** Take Highway 24 past Orinda exiting at Fish Ranch Road just before the Caldecott tunnels. Go up Fish Ranch and turn right onto Grizzly Peak Boulevard. In 1.4 miles, just past the Steam Trains complex, turn right onto South Park Drive. In another 1.4 miles angle left at the Botanic Gardens. In ¼ miles, the trailhead is at the Island picnic area just past the Brazil building. There is plenty of parking space along with rest rooms.

Note: Do not take the Hwy 24 Orinda exit, to drive Camino Pablo to Wildcat Canyon Road. That road is currently closed from Camino Pablo to Inspiration Point.

**Optional Rideshare:** Meet at the “movie theater parking garage” in Walnut Creek, enter either on California Ave or Locust Street (between Olympic and Mount Diablo). Park on the third floor and meet in the middle. Departure will be 9:20, which should allow adequate time to get to the trailhead by 10:00.

**Optional Lunch:** Europa Hofbrau, 62 Moraga Way, in downtown Orinda following the hike.

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