

# An Oasis in Antioch

Year opened: 1968    Acres: 779

**Highlights:** Swimming, boating (no gasoline engines), fishing, numerous picnic areas (many reservable), lawn areas, hiking, biking, and horseback riding, access to the 15+-mile-long Delta de Anza Trail, which extends from Oakley to Concord.

**Did you know?** Contra Loma was first opened on an emergency basis to help alleviate social unrest in the 60s.

**Fees—Parking:** \$5/vehicle, \$4/trailer, \$25/bus. Dog fee: \$2/dog/day. Pool access: \$3/person, \$2 ages 1-15, 62+, & disabled. Boat inspection: \$7/trailer boat; \$4 float tube, inflatable, paddleboard. Boat launch: \$5/trailer; \$3/cartop, inflatable; \$2/wind-surf & paddleboard. Daily fishing access: \$5/day. Picnic reservations: see [www.ebparks.org](http://www.ebparks.org).

**WATERSPORTS AT CONTRA LOMA** Year-round fishing, windsurfing, and boating are the special attractions at this Contra Costa County oasis. The reservoir is open all year for these activities and more. The swim lagoon, staffed with lifeguards in the summer, has a sandy beach with changing rooms and a refreshment stand. Nearby are shady picnic areas on an expansive green lawn, accessible to the disabled.

All windsurfers must shower a minimum of two minutes prior to entering the reservoir, and wear at least a short wetsuit. Persons using float tubes must wear waders or other wetsuit material to eliminate body contact with the water in the reservoir.

## SAVING PICNIC TABLES

Multiple first-come, first-served tables cannot be saved by a single person. One person is required per table to save non-reservable picnic tables.

## ALCOHOL IS NOT PERMITTED ANYWHERE IN THE PARK

POLICE, FIRE, MEDICAL EMERGENCY.....9-1-1  
PICNIC RESERVATIONS..... 1-888-327-2757, option 2  
PARK OFFICE..... 1-888-327-2757, option 3, ext. 4518

People using sea kayaks that self bail must shower prior to entering the reservoir and wear at least a short wet suit. Other dry-type kayaks are permissible with the only restriction being no rollovers or other activities that cause body contact with the water. Visitors may launch their own boats. Private boaters may use electric motors, but not gasoline engines. Maximum allowable boat length is 20 feet. Coast Guard approved personal flotation devices are required for each person.

**HISTORY** Beneath the waters of the Contra Loma Reservoir lie mortar rocks, a reminder that this place was loved and cared for by Julpun people. The Julpun, who spoke the Bay Miwok language, knew and understood the landscape, plants, and animals intimately, including the grizzly bears, mountain lions, elk, antelope, and wolves with whom they shared this place.

The Julpun world was upended on April 3, 1776, when members of the Juan Bautista de Anza expedition passed through their lands. In March 1806, three Julpuns went with their Volvon neighbors to Mission San Francisco. With their choice to live as they had becoming increasingly constrained, from 1807 to 1827, the remaining Julpun went to Mission San Jose.

After the mission was secularized in 1836, some Julpun returned to their homeland, but under Mexican, then early American, governance, ranching soon became the norm, with native people the earliest labor force, along with working in the coal mines in 1860-1906 in the adjoining Black Diamond Mines Regional Preserve.

Today's Bay Miwoks work to protect ancestral places and heritage. The area's ranching heritage lives on in nearby valleys and hill lands. The bears, elk, antelope, and wolves are now gone, but coyotes, grey foxes, mule deer, and other smaller mammals are still common.

The Contra Loma reservoir is the wintering ground for many migratory waterfowl, and mourning doves and quail claim the hills as a permanent home.

By agreement, the waters of Contra Loma's 80-acre reservoir are maintained by the Contra Costa Water District. The surrounding lands, owned by the U.S. Bureau of Reclamation, are managed by the East Bay Regional Park District.



1200 Frederickson Lane, Antioch, CA 94509

### To Reach Contra Loma:

**From Highway 4 in Antioch,** exit on Lone Tree Way and proceed to Golf Course Road. Turn right on Golf Course Road and right again on Frederickson Lane. Proceed to the park entrance.

**Public Transit:** Tri Delta Transit #380 (weekdays) and #394 (weekends) operate from Pittsburg/Bay Point BART to James Donlon Blvd, and Contra Loma Blvd. A short walk east on James Donlon Blvd, will bring you to Antioch Community Park and Contra Loma Regional Park. Tri Delta Transit routes are subject to change. Call to confirm schedule: 5-1-1 or (925) 754-4040.

### WATERCRAFT INSPECTION:

Watercraft must pass mandatory inspection to prevent the introduction of invasive mussels into local lakes and reservoirs. To pass inspection, watercraft and accessories must be **ABSOLUTELY** clean and dry.



East Bay Regional Park District

2950 Peralta Oaks Court,  
Oakland, CA 94605-0381  
1-888-327-2757 (1-888-EBPARKS) (TRS 711)  
[www.ebparks.org](http://www.ebparks.org) Reprint 2023/7  
© 2021 East Bay Regional Park District

# Contra Loma Regional Park

Pittsburg, Antioch, Oakley, Brentwood

East Bay Regional Park District





## WELCOME!

Please enjoy the Regional Parks safely, and help protect and preserve the parklands by complying with park rules and regulations.

### SAFETY and ETIQUETTE

- Stay on trails. Taking shortcuts can be dangerous and causes erosion.
- Wading and/or swimming in undesignated areas may be dangerous and may harm the watershed.
- Carry and drink plenty of water. Dehydration is a leading cause of injuries on the trail.
- Be prepared for sudden changes in weather conditions.
- Trails can be slippery, rocky and steep. Proceed carefully at your own risk.
- Feeding or approaching wildlife is dangerous and illegal.
- Bicycles are permitted on designated trails only. Horses have the right-of-way on trails.
- Keep the parks beautiful. Pack out what you pack in.

### RULES

- Dogs are not allowed in the reservoir. Dogs must be leashed 200 feet from any trail or park entrance. Dogs must be leashed in parking lots, picnic areas, developed areas such as lawns and play fields, and on some trails. They must be under voice control at all times.
- Swimming, wading, and other water contact activities are prohibited in the reservoir.
- Alcoholic beverages are not permitted in Contra Loma Regional Park.
- Drones are prohibited.
- Smoking is prohibited.
- State law requires that all bicyclists under age 18 wear an approved helmet while riding on trails and roadways. All bicyclists and equestrians are strongly encouraged to wear helmets at all times.

Visitors are responsible for knowing and complying with park rules (Ordinance 38).

See [www.ebparcs.org/rules](http://www.ebparcs.org/rules).

## CONTRA LOMA REGIONAL PARK

- Hikers, Horses & Bicycles
- Trail On Paved Surface
- American Discovery Trail/  
Mokelumne Coast-to-Crest Trail
- .28 Mileage Between Points
- Paved Road
- Creek

- |                     |                        |
|---------------------|------------------------|
| Parking             | Volleyball Court       |
| Equestrian Staging  | Fishing Permit Machine |
| Boat Launch         | Phone                  |
| Restrooms           | Information            |
| Drinking Water      | Picnic                 |
| Swim Lagoon         | View Point             |
| Changing Rooms      | Horse Water            |
| Food Concession     | Pond                   |
| Disabled Accessible | Gate                   |
| Horsehoes           | Fence                  |

