



Kennedy Grove Regional Recreation Area to Tilden Regional Park (Inspiration Point)

Contra Costa County

From: Kennedy Grove in El Sobrante

To: Inspiration Point in Orinda



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Length: 5.7 miles one-way (includes 1-mile round-trip on Laurel Loop and Kennedy Grove Trails); car shuttle possible.

Elevation Gain/Loss: 1,045 feet/270 feet one-way

Accessibility: Hikers, equestrians, and mountain bikers. Wheelchair users can access Nimitz Way.

Within three parks and a watershed property, this route passes through diverse landscapes and takes in far-flung views of the Bay Area. It starts in a shady eucalyptus grove, skirts San Pablo Reservoir, climbs a wide watershed trail through grasslands to San Pablo Ridge, and then follows a paved ridgecrest trail to Inspiration Point. This is the beginning of a 46-mile contiguous stretch of the Bay Area Ridge Trail to Garin Regional Park.

This trail description is excerpted from the 2019 Guidebook. For details on all trails, trailheads and more [buy the book](#) from Wilderness Press.

For more resources to plan your trip, visit our [Trail Tools](#) page.

LINK to buy book: <https://advkeen.co/BayAreaRidgeTrail>

LINK to Trail Tools: <https://ridgetrail.org/trail-tools/>

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