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Teen Treks

By Hannah Li



Hannah Li, a reporter on Express Yourself!(tm) is a high school junior who runs track and tutors. In her free time she enjoys blogging, photography, and cooking.

itself is a great trek into the Oakland hills. Be careful of cars as the roads are narrow and winding! I actually just took a hike up into Redwood Park the other day!"

Meg S. similarly explained her preference of taking exhilarating runs on Grizzly Peak with other teens: "A lot of people think Grizzly is only for cars, but I've had a lot of great hikes up there."

Indeed, many of these trails are less than a ten-minute drive away. I recommend treks to King's Trail off Rancho Laguna Park, strolls around Valle Vista or in the wilderness areas off Bear Creek Road, walks along "the ridge" in Orinda, and runs through the trails in Moraga Commons Park.

San Pablo Reservoir and the East Bay Municipal Water District Recreation Area located between Orinda and El Sobrante is a scenic 1,000-acre park where hiking, biking, jogging, kayaking, picnicking, and fishing are all part of the summer fun. Although dogs aren't allowed in the water or boats, it's a bonus to take your pooch on your outdoor excursion.

Whether you are a serious hiker or a casual stroller, Lamorinda provides a plethora of hiking opportunities for everyone.

Teen Scene is YOUR voice. If you have something to say or have writing skills and want to be part of our Teen Scene team, email our Teen Coach, Cynthia Brian, Cynthia@CynthiaBrian.com.

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The day school lets out, high school students flock to their cars to flee the Lamorinda area as if a natural disaster had forced them to drive through the Caldecott towards Berkeley and Oakland. Admittedly, I was one of those people, yet this summer I've made it a point to enjoy the prospects that Orinda, Lafayette, and Moraga present; specifically, Lamorinda's fabulous hiking venues.

Hiking in itself is a great way to spend time with friends without spending money. We often take for granted the plethora of hiking opportunities that Lamorinda's beautiful rolling hills and safe off-road trails have to offer. While teens nowadays seem glued to their computers 24/7, getting some serotonin in the sunlight can really make up for those hundreds of hours of studying during the school year.

Jessie O., a senior at Miramonte chimed, "I love walking around the Lafayette Reservoir on weekends. It's a great way to exercise and I often run into old friends who also hike there. The park is so pretty and if I'm feeling adventurous I will walk the Rheem Trail."

Many lesser known areas provide quality hiking prospects as well. Senior Simone B. added, "Canyon Road has innumerable off-roading opportunities. Some trails go into Oakland and others loop back into Moraga. The road

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