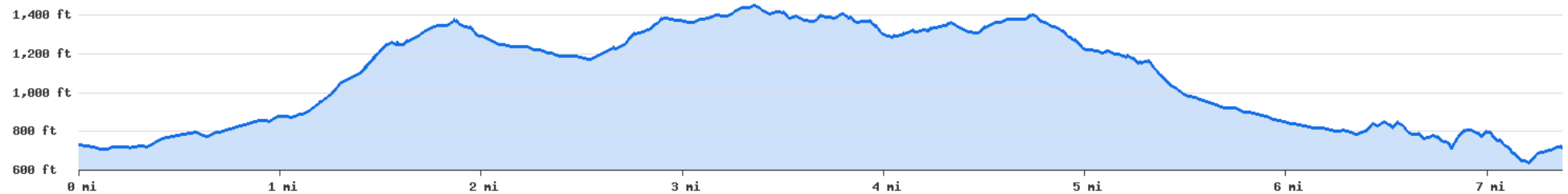


Demo Campground: Sample Camping Trip

www.sleepateandhike.com

Briones Rd, Lafayette, CA 94549, United States

Distance 7.41 mi	Elevation gain 813 ft	Est. time 3.9 hr	Difficulty Easy	Route type Loop	Trailhead GPS 37.92741, -122.15574
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Green = start, red = end, numbered circles = trail junctions (directions on page 2), dashed brown = trails. Map: USGS The National Map; trails © OpenStreetMap contributors.
<https://staging.sleepateandhike.com/eventdescription/demo-campground-sample-camping-trip/> · printed Oct 10, 2026. **Carry a paper map and tell someone your plan.**

Turn-by-turn directions

The numbers are the numbered junctions on the map; the time under each mile is from the start at 1.7 mph uphill, 2.7 mph downhill and 2 mph on the level, plus 20 minutes for breaks. Worked out from the route and OpenStreetMap trail names; trail signs on the ground may differ.

Start	0.0 mi	Start - Next junction in 0.1 mi
1	0.1 mi ETA 0 hr 4 min	Turn right onto Abrigo Valley Trail - Next junction in 1 mi
2	1.1 mi ETA 0 hr 38 min	Continue onto Mott Peak Trail - Next junction in 0.8 mi
3	1.9 mi ETA 1 hr 9 min	Bear left onto Briones Crest Trail - Next junction in 0.6 mi
4	2.6 mi ETA 1 hr 26 min	Continue onto Old Briones Road Trail - Next junction in 0.1 mi
5	2.7 mi ETA 1 hr 31 min	Continue onto Briones Crest Trail - Next junction in 0.8 mi

6	3.5 mi ETA 1 hr 57 min	Continue onto Table Top Trail - Next junction in 0.8 mi
7	4.3 mi ETA 2 hr 23 min	Continue onto Briones Crest Trail - Next junction in 0.9 mi
8	5.2 mi ETA 2 hr 51 min	Continue onto Seaborg Trail - Next junction in 0.9 mi
9	6.2 mi ETA 3 hr 15 min	Turn right onto Bear Creek Trail - Next junction in 1.1 mi
10	7.3 mi ETA 3 hr 49 min	Continue onto an unnamed trail - 490 ft to the end
End	7.4 mi ETA 3 hr 53 min	Arrive back at the start