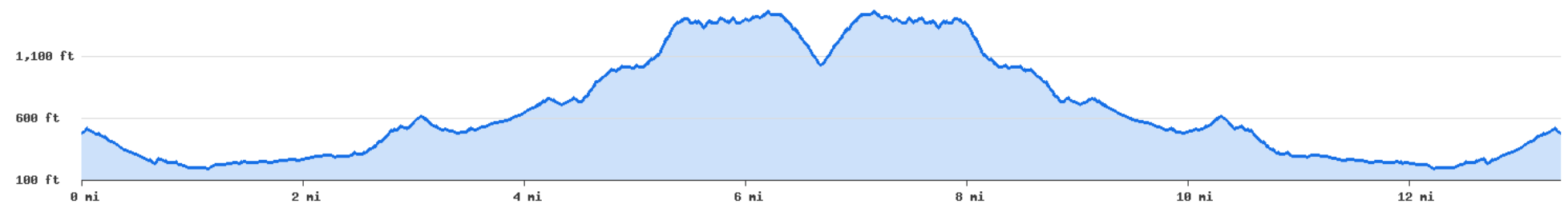
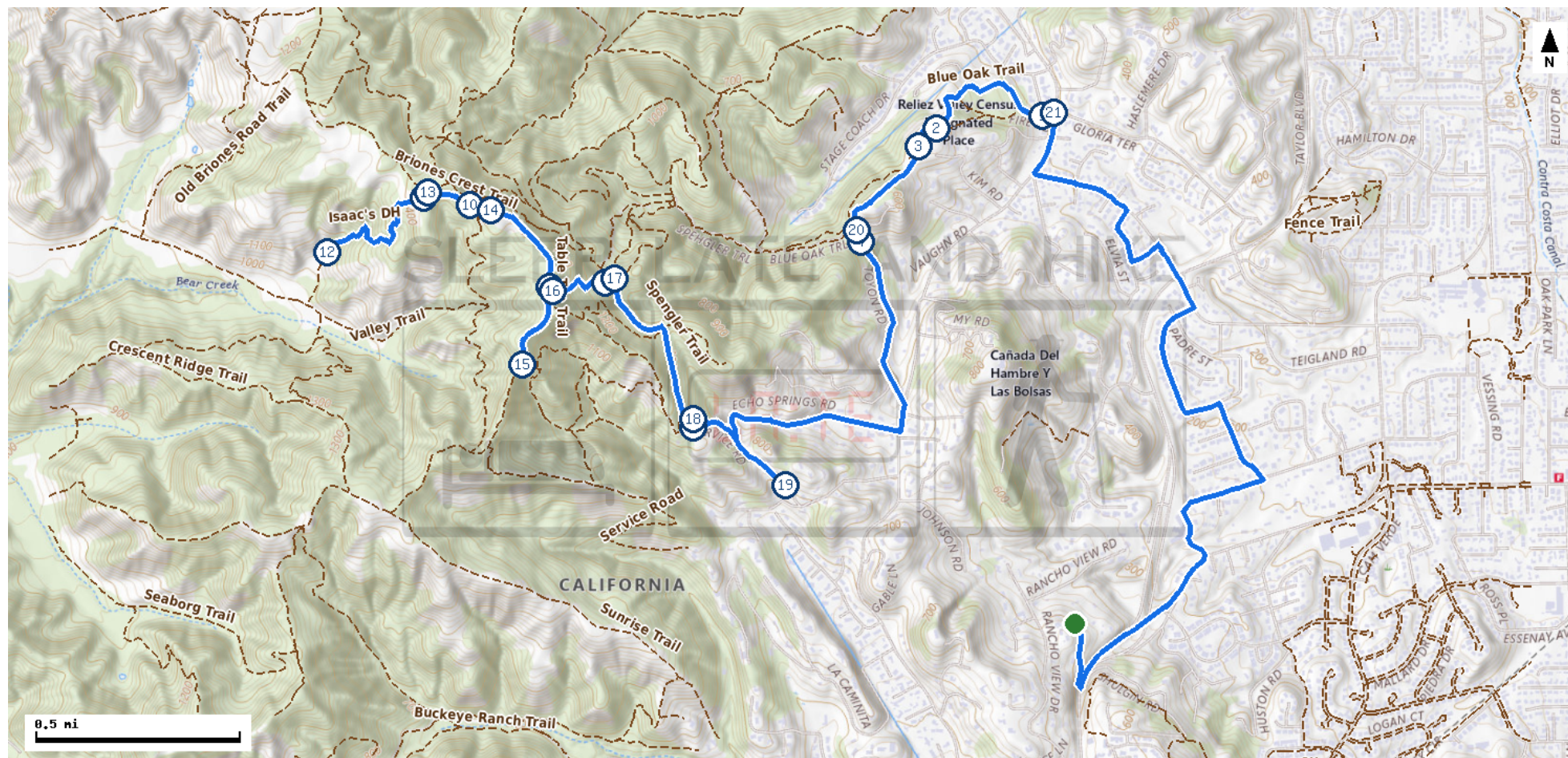


Briones: Lafayette Ridge (demo)

1540 Rancho View Dr, Lafayette, CA 94549-2232, United States

www.sleepateandhike.com

Distance 13.44 mi	Elevation gain 1,238 ft	Est. time 6.8 hr	Difficulty Moderate	Route type Out & back	Trailhead GPS 37.92137, -122.10032
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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/briones-lafayette-ridge-demo/> · 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 2.4 mi		
1	2.4 mi ETA 1 hr 11 min	Continue onto Blue Oak Trail - Next junction in 0.4 mi	12	6.7 mi ETA 3 hr 29 min Turn around and go back the way you came on Isaac's DH - Next junction in 0.4 mi
2	2.8 mi ETA 1 hr 25 min	Bear right onto an unnamed trail - Next junction in 400 ft	13	7.1 mi ETA 3 hr 44 min Turn right onto Briones Crest Trail - Next junction in 0.2 mi
3	2.9 mi ETA 1 hr 28 min	Continue onto Blue Oak Trail - Next junction in 0.3 mi	14	7.3 mi ETA 3 hr 49 min Continue onto Table Top Trail - Next junction in 0.5 mi
4	3.2 mi ETA 1 hr 37 min	Continue onto an unnamed trail - Next junction in 1.1 mi	15	7.7 mi ETA 4 hr 3 min Turn around and go back the way you came on Table Top Trail - Next junction in 0.3 mi
5	4.3 mi ETA 2 hr 15 min	Turn around and go back the way you came - Next junction in 0.3 mi	16	8.0 mi ETA 4 hr 11 min Turn left onto an unnamed trail - Next junction in 0.2 mi
6	4.7 mi ETA 2 hr 26 min	Turn right onto Spengler Trail - Next junction in 0.5 mi	17	8.2 mi ETA 4 hr 15 min Continue onto Spengler Trail - Next junction in 0.5 mi
7	5.2 mi ETA 2 hr 45 min	Bear right onto an unnamed trail - Next junction in 0.2 mi	18	8.7 mi ETA 4 hr 30 min Bear right onto an unnamed trail - Next junction in 0.3 mi
8	5.4 mi ETA 2 hr 51 min	Turn left onto Table Top Trail - Next junction in 0.2 mi	19	9.0 mi ETA 4 hr 38 min Turn around and go back the way you came - Next junction in 1.2 mi
9	5.6 mi ETA 2 hr 58 min	Turn around and go back the way you came on Table Top Trail - Next junction in 0.5 mi	20	10.2 mi ETA 5 hr 11 min Continue onto Blue Oak Trail - Next junction in 0.8 mi
10	6.2 mi ETA 3 hr 16 min	Continue onto Briones Crest Trail - Next junction in 0.1 mi	21	11.0 mi ETA 5 hr 32 min Turn right onto an unnamed trail - 2.4 mi to the end
11	6.3 mi ETA 3 hr 20 min	Turn right onto Isaac's DH - Next junction in 0.4 mi	End	13.4 mi ETA 6 hr 48 min Arrive back at the start