

## Hayward Regional Shoreline

<b>Location</b>	Hayward	<b>EASY HIKE</b>
<b>GPS</b>	37.646807,-122.145577	
<b>Phone</b>	1-888-327-2757, option 3, extension 4531	
<b>Miles</b>	3.1 miles	
<b>Elevation Gain</b>	26 feet	
<b>Trails</b>	Cogswell Marsh Loop	
<b>Hours</b>	5 a.m. to 10 p.m. (West Winton Ave. parking closes at 5 p.m.)	
<b>Fees</b>	None	  
<b>Website</b>	ebparks.org/parks/hayward	

**Park Features:** Hayward Regional Shoreline contains over a thousand acres of marshlands and seasonal wetlands. The park's levees, originally built for salt evaporation ponds, now provide visitors with long, flat paths along the bay that are perfect for biking, hiking, or jogging. You can fish from the levee but must have a license. Although there is no shade in the park, the cool bay air is refreshing and makes this park a wonderful spot at almost any time of year.

**Trail Highlights:** This is a great place for bird watching, spotting native plants and wildflowers, and observing everything from hawks to waterfowl, jackrabbits to ground squirrels. You will enjoy wonderful views of the bay on this hike.

**Accessibility:** The parking lot has two accessible parking spaces, including one van accessible. One accessible pit toilet is located at the staging area. There are few benches on this hike and it is in full sun

but you will enjoy cool breezes from the shoreline. The average grade of this hike is level, and the surface is firm, packed dirt and gravel. All sections of trail on the Cogswell Marsh Loop are more than 6 feet wide. All footbridges are accessible for folks using various types of mobility devices or strollers. A few sections of the Bay Trail are overgrown in the middle, creating a bit of a cross slope. Folks using mobility devices can straddle either side of these parts to avoid the raised sections of grasses on the trail.

**Trail Directions:** From the Parking lot take the San Francisco Bay Trail to the left to Cogswell Marsh. Stay to the left and head to the marsh boardwalk bridge. Once over the bridge, go left and follow the loop around Cogswell Marsh. This will lead you back to the boardwalk bridge. Retrace your steps to the parking lot.

Note: There are few signs or trail makers on this hike.

**Driving Directions:** Take I-880 (Nimitz Freeway) north from Fremont or south from Oakland to Hayward. Exit the freeway at West Winton Avenue and follow West Winton westwards toward the bay to the staging area.



## Kennedy Grove Regional Recreation Area

<b>Location</b>	El Sobrante
<b>GPS</b>	37.947282370220755, -122.26626010180844
<b>Phone</b>	1-888-327-2757, option 3, extension 4534
<b>Miles</b>	1.5 miles
<b>Elevation Gain</b>	226 feet
<b>Trails</b>	Laurel Loop/Kennedy Creek/Oak
<b>Hours</b>	8 a.m. to Sunset Varies Seasonally
<b>Fees</b>	\$5/vehicle (see website for details)
<b>Website</b>	ebparks.org/parks/ kennedy-grove

**EASY HIKE**



**PARTIAL**

**Park Features:** Kennedy Grove is a small but diverse park at the base of San Pablo Dam, full of recreation opportunities from picnicking to family gatherings to hiking and more. The large and centrally-located turf meadow is a perfect place to toss a Frisbee, play a game of tag, or kick around a soccer ball, and is surrounded by picnic areas and towering eucalyptus trees. A native plant garden is a fragrant and colorful highlight to the park, and hiking trails can be accessed to explore and enjoy views of San Pablo Reservoir.



Marc Crumpler

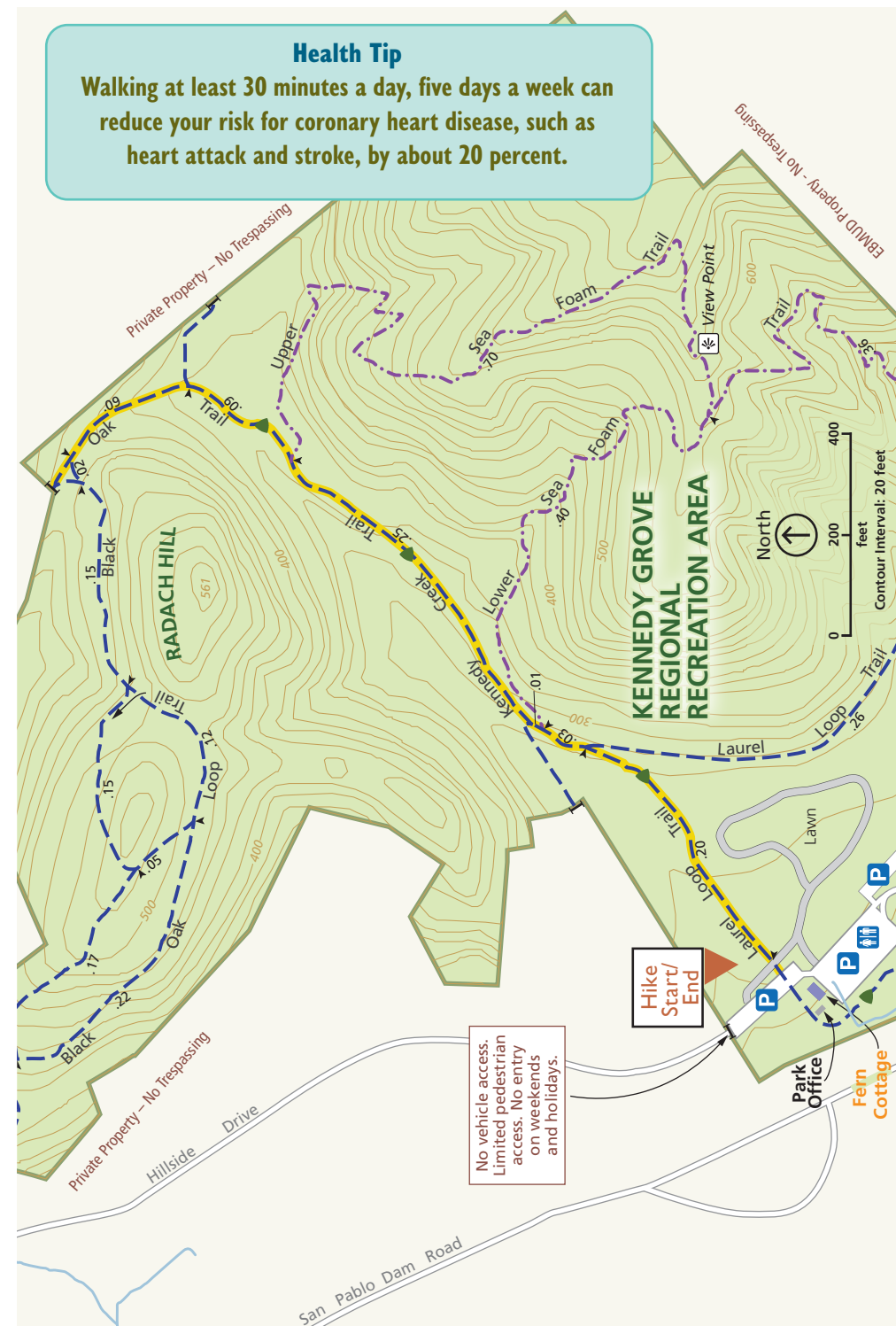
**Trail Highlights:** This hike is an easy out-and-back with a very gradual incline. You may extend it by taking any of the trails that branch off from the main route. Most of the hike is in the shade of an oak/bay woodland. It follows Kennedy Creek before emerging into an open shrubland habitat. These trails are also part of the Bay Area Ridge Trail system.

**Trail Directions:** Drive through the entry kiosk to the main parking lot. Begin at the Laurel Loop trailhead. You will pass through a eucalyptus grove. At the clearing with several large logs placed around the perimeter, continue forward on the Kennedy Creek Trail. Stay on the lower trail here. It will begin to climb up Radach Hill and take you into more exposed and open territory. Continue onto the Oak Trail until you reach a gate that says Regional Park Boundary Line at .76 miles. Retrace your steps back to the parking lot.

**Driving Directions:** From I-80 east, take the San Pablo Dam Road exit (Exit 18) and turn right. Proceed through El Sobrante on San Pablo Dam Road to the park entrance on the left, about 0.25 mile south of the intersection with Castro Ranch Road.

From I-80 west, take exit 19A for El Portal Drive. Turn left onto El Portal Drive. Turn left onto San Pablo Dam Road and continue to the park entrance on the left, about 0.25 mile south of the intersection with Castro Ranch Road.

From the Oakland/Orinda/Walnut Creek area: Take Highway 24 to the Orinda exit and turn north on Camino Pablo, which becomes San Pablo Dam Road. Proceed north on San Pablo Dam Road, past the San Pablo Reservoir Recreation Area entrance, for about one mile to the Kennedy Grove entrance.



## McLaughlin Eastshore State Park

<b>Location</b>	Berkeley
<b>GPS</b>	37.864772539896, -122.3054254810765
<b>Phone</b>	1-888-327-2757, Option 3, Extension 4528
<b>Miles</b>	1 mile
<b>Elevation Gain</b>	13 feet
<b>Trails</b>	At Brickyard Cove
<b>Hours</b>	5 a.m. to 10 p.m.
<b>Fees</b>	None
<b>Website</b>	<a href="http://ebparks.org/parks/mclaughlin-eastshore">ebparks.org/parks/mclaughlin-eastshore</a>

**EASY HIKE**



**Park Features:** The park extends 8.5 miles along the East Bay shoreline from the Bay Bridge to Richmond. It includes 1,833 acres of uplands and tidelands along the waterfronts of Oakland, Emeryville, Berkeley, Albany, and Richmond. Brickyard Cove is part of McLaughlin Eastshore State Park, which is managed by the Park District.

**Trail Highlights:** Vistas across the bay provide ample locations to enjoy a picnic lunch at one of the many picnic tables or get some tasty food from the restaurant in the front parking lot. Brickyard Cove along the Berkeley shoreline provides access for walking, biking, and nature viewing and includes new parking, bike racks, picnic tables, restrooms, water fountains, interpretive signage, walking paths, and a connection to the San Francisco Bay Trail.

**Trail Directions:** With the information panels and the restrooms in front of you, follow the trail to your right where you will transition from pavement to hard-pack gravel. Stay on the trail and follow along the shoreline (walking south) then loop back at the end of the cove and follow the trail back until you see a fork. Go right toward Interstate 80, which will take you back to the parking lot.

**Accessibility:** There are three accessible parking spaces, including two van-accessible, located in the parking lot. The staging area has four accessible restrooms, one accessible water fountain and a dog fountain. Eight picnic tables are adjacent to the restrooms and mobility devices can access the table ends. This trail is in full sun but has wonderful breezes from the Berkeley shoreline. The average grade of this hike is level, and the surface is hard to firm, composed of paved, packed dirt and gravel. The overall trail is more than 6 feet wide.

**Driving Directions:** From Oakland/Fremont: Once on 580 W, use the 2nd from the right lane to take exit 9 for Powell St toward Emeryville, turn left onto Powell St, right onto W Frontage Rd.

From Richmond: Get on 580 E, Take I-80 W to University Ave. in Berkeley. Take Exit 11, turn left onto University Ave., turn right to W Frontage Road.



## McLAUGHLIN EASTSHORE STATE PARK



## Miller/Knox Regional Shoreline

Location	Richmond
GPS	37.910229566660675, -122.38762694306924
Phone	1-888-327-2757, Option 3, Extension 4538, 4544
Miles	1.8 miles
Elevation Gain	39 feet
Trails	Ferry Point Path/S.F. Bay Trail/ Ferry Point Loop
Hours	5 a.m. to 10 p.m. unless otherwise posted or permitted
Fees	None
Website	ebparks.org/parks/miller-knox

EASY HIKE



**Park Features:** A hidden gem of a shoreline park, Miller/Knox has a bit of something for everyone — a secluded cove with a swimming beach, an historic railway and fishing pier, peaks to climb, wide-sweeping bay views to admire, a lagoon for wildlife, and abundant picnic areas. The park is home to a wealth of local history, including a model railroad museum. Visitors can also visit the park via the San Francisco Bay Water Trail, with designated water craft landing and launch sites at Keller Beach and Ferry Point.

**Trail Highlights:** This loop takes you past an historic ferry terminus and public fishing pier, along the beautiful Richmond shoreline, and back around Miller/Knox Lagoon. Strolling along the San Francisco Bay, you can see across the water views of Marin and San Francisco. Many seabirds and waterfowl can be spotted at different points on this loop. Panoramic bay views and numerous tranquil picnic areas make for a relaxing respite from bustling city life.



**Accessibility:** There are three accessible parking spaces at Ferry Point Pier parking lot, and four accessible restrooms, in addition to other accessible restrooms and parking located within Miller/Knox. Mobility devices can access the table ends of the many picnic tables and benches along this route, in reservable and non-reservable sites. The hike is in full sun, but there are nice shoreline breezes on your stroll. The average grade of this hike is level, and the surface is paved, with some packed gravel and dirt portions. Trails are more than 6 feet wide.

**Trail Directions:** From Ferry Point parking area, head west toward the fishing pier along the Ferry Point paved path. At the fishing pier you will see the gravel path on your right. Follow the gravel path along the shoreline until you reach the paved Ferry Point Loop Trail 0.2 miles. Follow the loop around the pond. On your way back toward the pier, when you reach the gravel path intersection, head left on the paved path back to the Ferry Point parking area.

**Driving Directions:** From I-580 West in Richmond, exit at Canal Boulevard. Turn left (south) at the light onto Canal Boulevard and proceed for about 0.1 miles. Turn right onto Cutting Boulevard and proceed about 0.5 miles to the end. Turn left onto South Garrard Boulevard and continue south through the tunnel. After the tunnel, South Garrard Boulevard becomes Dornan Drive. The park entrance is the last one on the left side of the road.



## Waterbird Regional Preserve

Location	Martinez
GPS	38.02550618525878, -122.09841236529715
Phone	1-888-327-2757, Option 3, Extension 4566
Miles	1.5 miles
Elevation Gain	164 feet
Trails	Meadowlark Ridge Loop
Hours	8 a.m. to Sunset Varies Seasonally
Fees	None
Website	ebparks.org/parks/waterbird

EASY HIKE



**Park Features:** Waterbird Regional Preserve is a 198-acre area comprised of a wetland and the associated uplands to the east. The focal point of the preserve is the rich and diverse Al McNabney Marsh, of which the East Bay Regional Park District owns 46 acres in the southern end, and Mountain View Sanitary District owns 69 acres in the northern end.

**Trail Highlights:** Many species of birds use the marsh. Some of the more commonly seen include the American coot, mallard, green-winged teal, black-necked stilt, bufflehead, Canada goose, cinnamon teal, and white pelican. Other common birds seen at the preserve include the barn swallow, black phoebe, Brewer's blackbird, cliff swallow, European starling, Say's phoebe, house finch, and house sparrow. More rarely, a lucky park visitor may see the white-tailed kite, northern harrier, golden eagle, osprey, or peregrine falcon.

Do not forget to take in the spectacular view of the Carquinez Strait.

**Trail Directions:** From the parking lot walk towards trailhead signs and a large gate. Follow the Meadowlark Ridge Loop to the next gate, stay to your right, and follow the trail along the base of the hill toward a cattle watering trough. Here the trail will loop towards your left and take you up to the base of the ridge. Follow the trail up the hill and enjoy the view as you walk the ridge back towards the parking lot. You will go past the small gate and backtrack to the parking lot.

**Driving Directions:** From Fremont: Take I-680 N past Concord and Highway 4. About two miles before the Benicia-Martinez Bridge, take the Marina Vista/Waterfront Road exit. At the end of the off-ramp turn right onto Waterfront Road, drive about ¼ mile, turn right onto Waterbird Way, and watch for the right turn into the preserve.

From Oakland: Take Highway 24 E through the Caldecott Tunnel and drive to Walnut Creek. In Walnut Creek, drive north on I-680, past Concord and Highway 4. About two miles before the Benicia-Martinez Bridge, take the Marina Vista/Waterfront Road exit. At the end of the off-ramp turn right onto Waterfront Road, drive about ¼ mile, turn right onto Waterbird Way, and watch for the right turn into the preserve.



## Wildcat Canyon Regional Park

Location	Richmond
GPS	37.95205600369913, -122.31845181385758
Phone	1-888-327-2757, Option 3, Extension 3092
Miles	1
Elevation Gain	184
Trails	Wildcat Creek/North Richmond Bay Trails
Hours	5 a.m. to 10 p.m. Varies Seasonally
Fees	None
Website	<a href="http://ebparks.org/parks/wildcat-canyon">ebparks.org/parks/wildcat-canyon</a>

**EASY HIKE**



**Park Features:** Wildcat Canyon Regional Park encompasses 2,789 acres along the Wildcat Creek watershed and the surrounding hills and ridges. The park extends from the Tilden Nature Area above the Berkeley hills in the south to historic Alvarado Park at the north end in Richmond. It includes a significant portion of the paved Nimitz Way extending from Inspiration Point in Tilden Regional Park.

**Trail Highlights:** From scenic views to picturesque trees, you'll be treated to a wonderful experience. The hills are lined with eucalyptus trees, and you'll see a variety of native plants and wildflowers. You can easily spend the day here and enjoy a picnic by the creek or seek shade under the cool canopy of redwoods and other trees.

**Health Tip**  
Exercise strengthens breathing muscles.

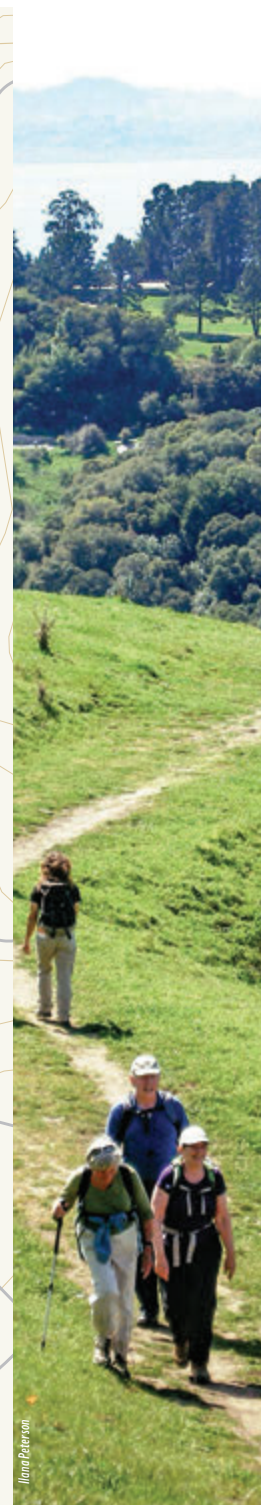
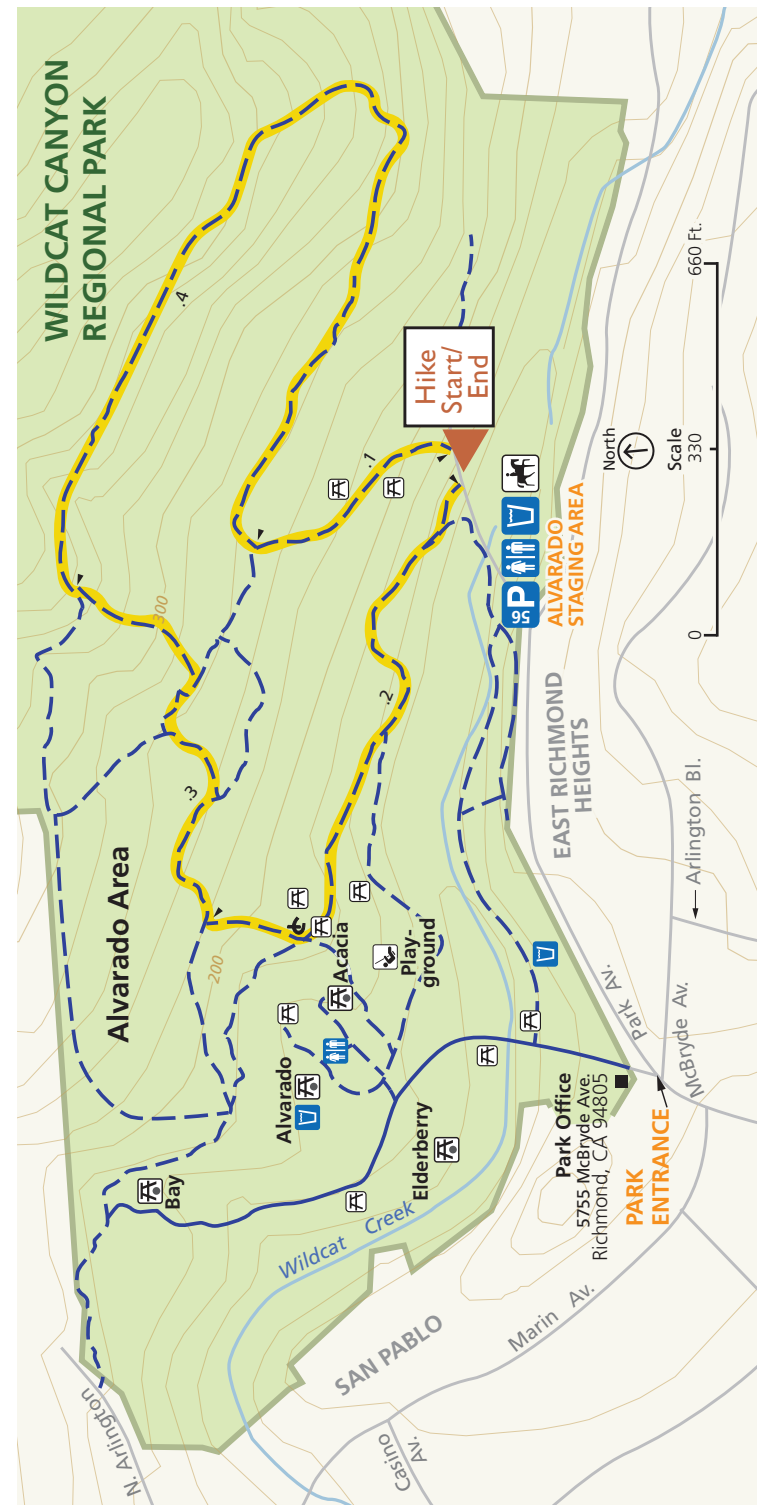
**Trail Directions:** From the Alvarado Staging Area parking lot, walk downhill to the last parking space, an accessible parking spot. The trail starts directly behind the accessible sign. Head up the hill, and turn right at the fork. At next fork, go left, deeper into the eucalyptus trees. This will lead you up the hill. Stay straight on the path. At the next fork stay left and you will start to see the park boundary and a few homes. Walk downhill to a small grassy open field, turn left at middle of the field and head back into tree line. At the fork turn right (short walk downhill). Turn right on the fire road and after a short distance, turn left at the fork. You are entering the picnic areas of Alvarado Park. At fork, turn left (before pavement). Once at the next fire road, stay left and make the very next right downhill to the creek. Stay left at the stairs. Go straight at the small fence to reach the parking lot. There are no signs or trail names on this hike.



Chris Tolomei

**Driving Directions:** From I-80 W in Pinole, exit McBryde Ave. Turn left onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.

From I-80 E in El Cerrito, exit toward Solano Ave. Keep left at the fork, turn left at the bottom of the off ramp onto Amador St. Merge onto Amador St., then turn right onto McBryde Ave. Continue onto Park Ave. Make a slight left onto Wildcat Canyon Pkwy. Park at the far end of the parking lot.



Ilana Peterson