

Kennedy Grove Regional Recreation Area

Location	6531 San Pablo Dam Road, El Sobrante
GPS	37.947224, -122.266083
Phone	(888-327-2757), option 3, extension 4534
Miles	1.9-Mile Round Trip
Elevation Gain	557 ft.
Trails	Laurel Loop/Kennedy Creek/ Upper Sea Foam/Lower Sea Foam/Laurel Loop
Hours/ Curfew	8 a.m. to Sunset; varies seasonally
Fees	\$5 parking, seasonal; \$2 dog
Website	ebparks.org/parks/kennedy

EASY HIKE



Park Features: Kennedy Grove sits at the base of the San Pablo Dam, and its entrance is shaded with large, fragrant eucalyptus trees. This parkland is ideal for hiking, picnicking, day camps, and bird watching. There is a spacious turf meadow, and volleyball and horseshoe equipment may be rented for a minimal fee.

Trail Highlights: Look out on Lower Sea Foam Trail for great views of the San Pablo Dam. Keep an eye out for resident fauna including hummingbirds, hawks, deer, and other species. Portions of this trail are shaded, mostly by groves of coast live oak and bay laurel trees. Restrooms and water are located near the lawn and picnic areas. This short hike is great for views of the dam, has some steep sections, and is not suitable for strollers or wheelchairs. No bikes on Upper and Lower Sea Foam Trails.

Trail Directions: From the parking lot, begin northeast on Laurel Loop Trail to the left of the lawn area. At .20 miles—Laurel Loop Trail makes a sharp right—continue straight onto Kennedy Creek Trail for .26 miles. After another .25 miles, take the upper Sea Foam Trail and climb for .7 miles. When you reach the Lower Sea Foam Trail, stay left to descend for .36 miles. You will end up on the Laurel Loop Trail for .22 miles. Stay left on the Laurel Loop Trail, and you will end the hike in the parking lot.

Driving Directions: From I-80 east, take exit 18 for San Pablo Dam Road. Turn right onto San Pablo Dam Road and continue to the park entrance on your left. 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 your left.

