

## Coyote Hills Regional Park

<b>Location</b>	Patterson Ranch Road and Muskrat Trail, Fremont
<b>GPS</b>	37.551296,-122.085640
<b>Phone</b>	(888-327-2757), option 3, extension 4519
<b>Miles</b>	3.8-Mile Loop
<b>Elevation Gain</b>	416 ft.
<b>Trails</b>	Bayview/Red Hill/Soaproot/Bayview
<b>Hours/Curfew</b>	8 a.m. to Sunset; varies seasonally
<b>Fees</b>	\$5 parking; \$2 dog
<b>Website</b>	ebparks.org/parks/coyote_hills

**MODERATE HIKE**



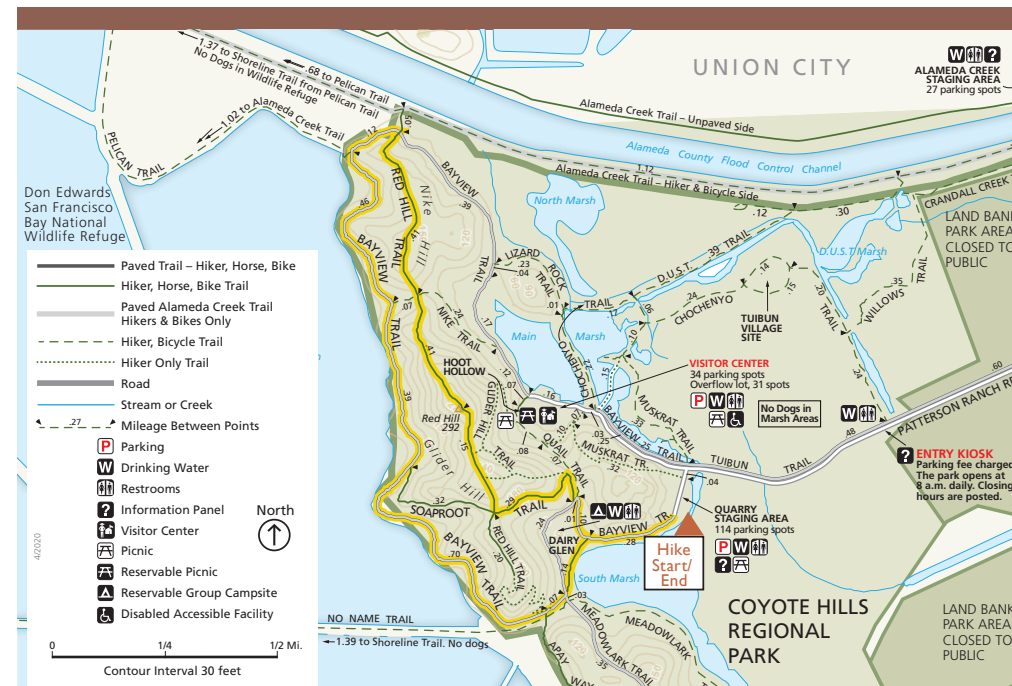
Photo: David Desanovic

**Park Features:** Coyote Hills offers rich environmental education. At the Visitor Center, learn about Ohlone Peoples - past and present, marsh ecology, salt production, bio-sonar research, Monarch lifecycles, and more! Other features include picnic areas, group camps, the Alameda Creek Trail, the marsh boardwalk, wildlife refuge, and salt evaporation ponds. Coyote Hills is a haven for cyclists, joggers, walkers, and birdwatchers.

**Trail Highlights:** The Bayview Trail is mostly paved and offers astounding views of the National Wildlife Refuge, salt evaporation ponds of the San Francisco Bay, shoreline birds, and the water. This hike is in full sun with little shade, but the Bayview Trail has a wonderful breeze before you make your climb and limber up for several steep inclines (7) and declines (5) that Red Hill Trail has to offer. The rock formations and views from the top of Red Hill make it all worthwhile.

Enjoy a snack or break and 360-degree views at the hilltop picnic areas on Red Hill before you head back on the Soaproot Trail to make your way back to Bayview Trail to complete the loop.

**Trail Directions:** Begin at Quarry Staging Area off Patterson Ranch Road. Follow the Bay View Trail west for about .28 miles until you reach the Dairy Glen group campsite. Stay left before the campground on the loose gravel Meadowlark-to-Bayview Trail for .14 miles (with the South marsh at left). At the intersection with No Name Trail and Apay Way, continue straight towards the Bay View Trail. The gravel path will continue to No Name Trail, veer to the right on the paved trail to stay on Bay View Trail. Follow Bay View along the water until you reach Red Hill Trail about 2.1 miles into your hike. When you come to the observation platform and viewing area on the Bay View Trail, follow it to the right around the bend. Red



**Health Tip**  
**Researchers at Iowa State University found that just 12 minutes of walking can boost your mood, resulting in an increase in joviality, vigor, attentiveness, and self-confidence.**

Hill will be ahead where you will make a sharp right to start your climb. There is a trail post sign for the Red Hill Trail to guide you. Follow the Red Hill Trail for about .9 miles until you reach your last decline. At the bottom of the hill, take a left onto Soaproot Trail and follow it back to the Bay View Trail. At the bottom of Soaproot make your way back towards the Dairy Glen group campsite. Walk towards the campsite and veer to the left which takes you back to the paved Bay View Trail, and another .28 miles back to the staging area to complete the loop.

**Driving Directions:** Coyote Hills Regional Park is located at 8000 Patterson Ranch Road, Fremont, CA 94555. The closest BART station is the Union City BART station. The park's main entrance is at the west end of Patterson Ranch Road/Commerce Drive in Fremont. From I-880, take Highway 84 west, exit at Paseo Padre Parkway, turn right, and drive north about one mile. Turn left on Patterson Ranch Road. This is the park's entrance road and will take you to the Quarry Staging Area, picnic areas and visitor center.



Photo: Jerry Wang