

## Martin Luther King Jr. Regional Shoreline

Location	Oakland
GPS	37.7421885, -122.2166316
Phone	1-888-327-2757, Option 3, Extension 4541
Miles	4 miles
Elevation Gain	19 ft
Trails	Doolittle Trail/ Arrowhead Marsh Trail
Hours	8 a.m. to 9 p.m.; varies seasonally
Fees	None
Park Webpage	<a href="http://ebparks.org/parks/martin-luther-king">ebparks.org/parks/martin-luther-king</a>
Average Grade	Mostly Gentle

### EASY HIKE



lush tidal marshes, where egrets and herons wade gracefully in search of food. The breeze carries the scent of saltwater and the rhythmic calls of shorebirds. An Observation Tower invites quiet reflection, offering views of the bay's calm waters and the distant city skyline. Bicyclists and walkers share the paths, weaving through native grasses and wildflowers, with peaceful moments around every corner.

**Trail Directions:** From Doolittle Staging Area North, walk toward Shoreline Center to gain access to Doolittle Trail. The trail name changes to Arrowhead Marsh Trail; follow it to Arrowhead Marsh observation tower. Retrace steps back to the parking lot.

**Accessibility:** The Martin Luther King Jr. Regional Shoreline offers accessible trails designed for ease of use. The pathways are firm, level, and typically 4 feet wide or more, ensuring smooth travel for wheelchair users and those with mobility devices. Accessible parking is available at key trailheads, with nearby restrooms that include features like grab bars and adequate space for maneuvering. Scenic spots, including waterside views and picnic areas, are accessible, offering both enjoyment and comfort for all visitors. Some trails may require travel on firm dirt or grass.

### Address:

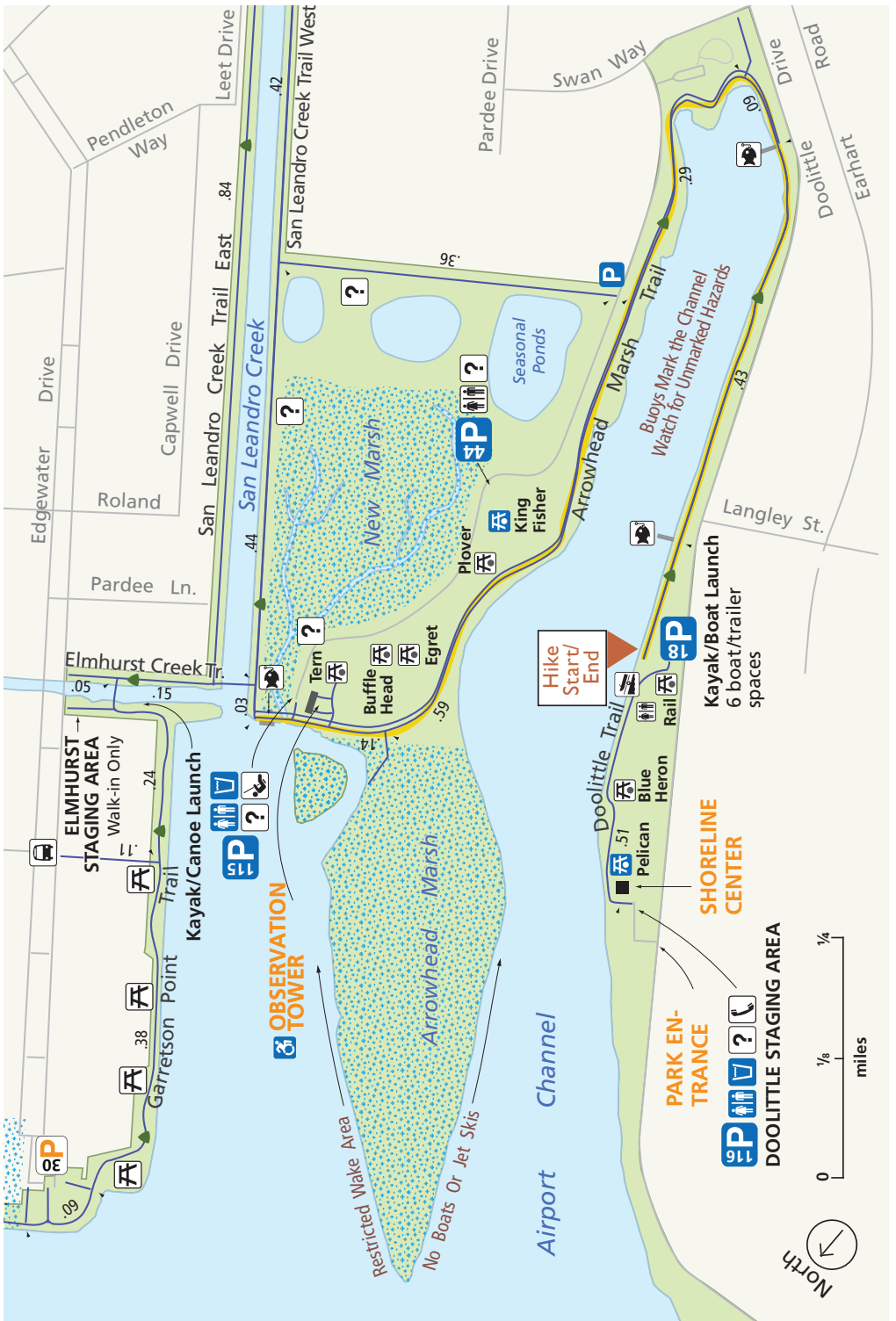
MLK, Jr. Shoreline Center  
7250 Doolittle Dr., Oakland, CA 94621

**Park Features:** At the Martin Luther King Jr. Regional Shoreline, the blend of nature and recreation creates a rich tapestry of experiences. There is Arrowhead Marsh, most likely created by a dam breach at Lake Chabot carrying sediment down San Leandro Creek. This created an arrowhead shape giving the marsh its name. Stroll along the wooden boardwalk taking in this vital wetland habitat for endangered species, like the Ridgway's rail, commonly known as California clapper rail. The park features picnic areas shaded by trees, perfect for a peaceful lunch. For the more active, kayak launches and fishing piers provide direct access to the bay's waters. Birdwatchers flock to the observation platforms, binoculars in hand, scanning the skies and marshes for glimpses of rare species.

**Trail Highlights:** Tucked along the San Leandro Bay, the Martin Luther King Jr. Regional Shoreline is a haven for wildlife and nature lovers alike. Wander through



Kevin Fox



## Point Pinole Regional Shoreline

Location	Richmond
GPS	37.9796959, -122.3650319
Phone	1-888-327-2757, Option 3, Extension 4551
Miles	3.6 miles
Elevation Gain	57 ft
Trails	Bay Trail/Spur Trail/ China Clipper Spur Trail/ Cordgrass Jetty Trail/Bay Trail
Hours	8 a.m. to 7 p.m.; varies seasonally
Fees	\$5 per vehicle
Park Webpage	<a href="http://ebparks.org/parks/point-pinole">ebparks.org/parks/point-pinole</a>
Average Grade	Mostly Gentle
Surface	Hard, Moderately Firm

EASY HIKE



the water's edge, and perhaps a glimpse of a coyote or deer in the distance. Various birds of prey, including bald eagles, can be spotted as well. The trails wind through diverse landscapes—wetlands, meadows, and dense woodlands—each offering its own surprises. Near Dotson Family Marsh, the expansive views of San Pablo Bay open up, inviting one to pause. Here, the salt air mixes with the scent of marsh grasses, and the rhythm of the tides connects trailgoers to a timeless cycle. Every step reveals a new facet of this thriving natural sanctuary.

**Trail Directions:** From the Dotson Family Marsh Staging Area, take the Bay Trail over Rheem Creek Bridge, following it through the Dotson Family Marsh. Turn around at Pinole Point Trail (Eucalyptus Grove). Follow the Bay Trail back, take a right on to the (dirt) China Clipper Spur Trail at the Observation Area, and then take a left on Cordgrass Jetty Trail. The trail narrows to less than 4' width in some areas and is not level. Retrace steps back to the parking lot.

**Accessibility:** Explore the Bay Trail at Dotson Family Marsh and Spur Trail, offering a 3-mile journey. The trail is generally 4 feet wide with a gentle grade and firm terrain. Note: The gravel surface might be uneven in spots, especially in wet conditions, and the spur trail to the jetty narrows with a cross slope. Accessibility may be limited in certain areas.

**Driving Directions:** Dotson Family Staging Area: From I-580 take the Richmond Parkway for approximately 3.75 miles. Turn left on to Goodrick Ave. The entrance is at the end of Goodrick Ave., approximately .25 miles.

From I-80 take the Richmond Parkway and go west towards the Bay. Cross San Pablo Avenue and continue on the Richmond Parkway. Turn right on to Goodrick Ave., the entrance is at the end of Goodrick Ave. Mileage from I-80 to the park entrance is approximately 3.75 miles.

**Park Features:** At Point Pinole Regional Shoreline, the path is as stunning as the destination. This 2,432-acre park, bordering the busy cities of Pinole, Richmond, and San Pablo, unfolds with trails through breezy meadows, aromatic eucalyptus woods, and along San Pablo Bay's bluffs and beaches. The scenery is expansive, with views of Mt. Tamalpais, the Marin shoreline, and the bustling bay.

In 2017, the Dotson Family Marsh was restored, adapting to rising seas and honoring the Dotson family's legacy of protecting Richmond's shoreline from development.

**Trail Highlights:** At Point Pinole Regional Shoreline, nature takes the lead. Wander along the trails and encounter the gentle rustle of coastal breezes through eucalyptus groves, the persistent calls of shorebirds by



## Robert W. Crown Memorial State Beach

Location	Alameda
GPS	37.7691919, -122.2781775
Phone	1-888-327-2757, Option 3, Extension 4522
Miles	1.1 miles
Elevation Gain	7 ft
Trails	McKay sidewalk to Bay Trail
Hours	5 a.m. to 10 p.m.
Fees	\$5 per vehicle
Park Webpage	<a href="http://ebparks.org/parks/crown-beach">ebparks.org/parks/crown-beach</a>
Average Grade	Gentle
Surface	Hard

EASY HIKE



**Trail Highlights:** The Bay Trail at Robert W. Crown Memorial State Beach in Alameda is a natural treasure, offering a blend of urban and coastal environments. On the walk, notice the smooth, paved path that stretches for miles, perfect for walkers, joggers, and cyclists alike. On one side, the shimmering waters of San Francisco Bay offer stunning views, while on the other, native plants like coastal sagebrush and coyote bush provide habitats for local wildlife. Watch for shorebirds—sandpipers, willets, and herons are frequent visitors, often seen wading in the shallows or darting along the tide line. Interpretive panels along the way provide fascinating insights into the estuary's delicate ecosystem, from its tidal flows to the role it plays as a nursery for marine life. There are also picnic tables strategically placed for trailgoers to pause and enjoy a meal, perhaps while watching windsurfers dance across the waves.

**Trail Directions:** From the McKay Avenue entrance, head straight to the shoreline. Turn left onto the Bay Trail following the shoreline at Freshwater Lagoon. Turn left, walk to the end of Freshwater Lagoon, then retrace steps back to Bay Trail. Turn left, walk toward the bathhouse. At the bathhouse retrace the path and return to the Visitor Center to learn about the park's history and marine life.

**Accessibility:** Robert W. Crown Memorial State Beach offers several ADA-accessible features. The paved Bay Trail runs along the shoreline, providing a smooth, level surface for wheelchair users and those with mobility devices. Accessible parking is available near major trailheads, with designated spaces close to restrooms equipped with grab bars and sufficient maneuvering space. The park also offers a beach wheelchair, which can be reserved in advance. Picnic areas have accessible tables with firm, stable surfaces, and the Visitor Center is fully accessible, offering exhibits and programs for all.

**Address:**  
1252 McKay Ave., Alameda, CA 94501

**Park Features:** Robert W. Crown Memorial State Beach offers 2.5 miles of shoreline access with something for everyone. Bay views are everywhere, with birds and airplanes filling the skies, and sunsets making a memorable atmosphere anytime of the year. Crown Beach is a kiteboarder's and windsurfer's paradise, with concessionaire service available to help beginners get started. With paved trails along the shoreline, picnic tables for eating, and benches to enjoy the views along the way. View bay creatures up close in the 800-gallon aquarium system at the Doug Siden Visitor Center at Crab Cove with exhibits for all ages and interests. Many programs and events (many free of charge) for visitors to learn about the estuary and surrounding wildlife are held. A beach wheelchair is available to those who need assistance. Visitor Center hours vary seasonally, check the website for more information or call (510) 544-3187.



## San Pablo Bay Regional Shoreline Trail

Location	Pinole
GPS	38.012056, -122.296528
Phone	1-888-327-2757, Option 3, Extension 4551
Miles	3.26 miles
Elevation Gain	115 ft
Trails	San Francisco Bay Trail out and back
Hours	5 a.m. to 10 p.m.
Fees	None
Park Webpage	<a href="http://ebparks.org/trails/interpark/san-pablo-bay">ebparks.org/trails/interpark/san-pablo-bay</a>
Average Grade	Gentle/Mostly Gentle
Surface	Hard

EASY HIKE



Shores Drive parking area, where visitors can choose to continue on the San Francisco Bay Trail or return to Bayfront Park.

**Trail Directions:** From Bayfront Park, out and back on San Francisco Bay Trail

### Health Tip

You can prevent sunburn, poison oak, and insect bites by wearing long sleeves, pants, a hat, and sunscreen.

**Accessibility:** A 1,100-Foot bridge offers more paved Bay Trail mobility access at Bayfront Park and creates a stunning clifftop walkway with panoramic views of San Pablo Bay. Take a moment to observe the mudflats below—home to a variety of shorebirds, which can often be spotted foraging for food. This trail is a cherished spot for locals who enjoy jogging and walking their dogs, offering a peaceful retreat with nature's beauty on full display. The trail features both level areas and steep inclines. While these inclines can be challenging, they are navigable with a motorized wheelchair, providing access to this remarkable landscape.

### Address:

Bayfront Park, 1 Tennent Ave, Pinole, CA 94564

**Park Features:** The San Pablo Bay Regional Shoreline Trail closed a critical gap in the San Francisco Bay Trail, and will eventually connect the cities of Richmond, San Pablo, Pinole, Hercules, and Rodeo. The completed San Pablo Bay Trail will span 10 miles from Point Pinole Regional Shoreline in Richmond to Lone Tree Point in the Town of Rodeo. The trail is paved and can be enjoyed by bicyclers, runners, and hikers of all abilities.

**Trail Highlights:** From Bayfront Park the trail crosses over the 1,100-foot bridge that was completed in 2018, connecting with two existing sections of the San Francisco Bay Trail. From the bridge, visitors get a bird's eye view over the tidal marsh where herons, egrets, and other shorebirds can be observed searching for food. The trail continues with stunning panoramic views of the bay stretching from San Rafael to Vallejo. The trail ends in the shade of tall oak trees at the Pinole



Calli Godley



Cal Geology



## Shadow Cliffs Regional Park

Location	Pleasanton
GPS	37.6694482, -121.8416072
Phone	1-888-327-2757, Option 3, Extension 4557
Miles	1.92 miles
Elevation Gain	98 ft
Trails	Interpretive Pavilion (Information Panel)/unnamed trail/seasonal trail/South Arroyo Trail/seasonal trail/North Arroyo Trail/Levee Trail/unnamed trail
Hours	6 a.m. to 9 p.m.; varies seasonally
Fees	\$5 per vehicle
Park Webpage	<a href="http://ebparks.org/parks/shadow-cliffs">ebparks.org/parks/shadow-cliffs</a>
Average Grade	Gentle/Steep
Surface	Firm/Moderately Firm

EASY HIKE



**Trail Highlights:** Shadow Cliffs Regional Recreation Area's hiking trails reveal a tapestry of natural beauty. Wander through oak woodlands, encounter vibrant wildflowers in spring, and enjoy serene lake views. The trails offer a peaceful escape, perfect for birdwatching and nature photography. Each path invites one to become immersed in the tranquility and splendor of this rejuvenated landscape.

**Trail Directions:** Starting at the Interpretive Pavilion near the front of the park, walk up the gravel trail. Keep going straight and head over the bridge. Follow the trail up the hill. It will loop down the hill to the left and become South Arroyo Trail, then loop back to the bridge. After the bridge, go right on North Arroyo Trail, staying right at all intersections to arrive at the Island Pond. Follow the loop up the hill to Levee Trail and back to the Information Panel.

**Accessibility:** Shadow Cliffs offers a partially accessible hike. It has some cross-slope and loose gravel, and seasonal changes might challenge some mobility devices. Shadow Cliffs provides wheelchair-accessible parking, trails, picnic tables, and restrooms. The bathhouse is wheelchair-friendly, too.

Free beach wheelchairs are available on a first-come, first-served basis (seasonal, during regularly-staffed swim season). Call the lifeguards at (925) 484-1986 to use one. Staff will bring the chair to the beach, provide a brief orientation, and arrange a return time.

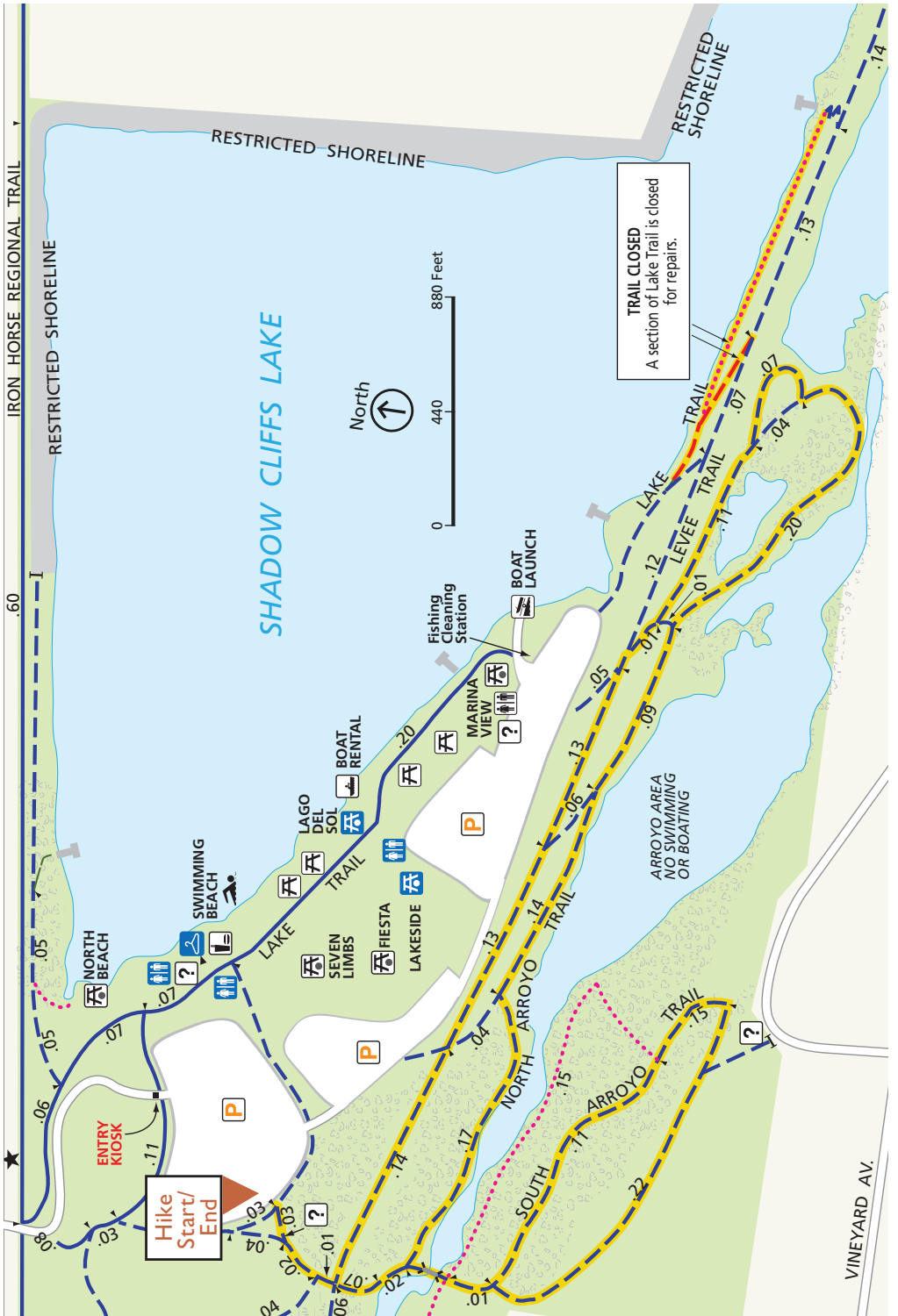
The Interpretive Pavilion has a paved ramp and nearby accessible parking. The Lake Trail is a flat, paved path with easy access from the parking lots.

### Address:

2500 Stanley Blvd., Pleasanton, CA 94566

**Park Features:** Shadow Cliffs Regional Recreation Area, a gem nestled in the heart of the Tri-Valley, offers a tranquil escape from the hustle and bustle of daily life. Originally a gravel quarry, this serene park has been transformed into a vibrant oasis where nature and recreation harmoniously coexist.

Surrounding the lake, discover a network of trails that wind through the diverse landscape. These paths invite hikers, cyclists, and bird watchers to explore the area's natural beauty. The park's rich flora and fauna provide ample opportunities for nature observation, with wildflowers blooming in vibrant hues during the spring and various bird species calling the park home year round.



## Sycamore Valley Open Space Regional Preserve

Location	Danville
GPS	37.7950229, -121.9318314
Phone	1-888-327-2757, Option 3, Extension 4560
Miles	3 miles
Elevation Gain	700 ft
Trails	Starting at Northview Court — Harvest Trail/Haymaker Trail out and back
Hours	5 a.m. to 10 p.m.
Fees	None
Park Webpage	<a href="http://ebparks.org/parks/sycamore-valley">ebparks.org/parks/sycamore-valley</a>
Average Grade	Mostly Gentle/Steep
Surface	Moderately Firm/Very Soft

EASY HIKE



**Trail Highlights:** Traverse the Oak Savannah Trail, winding through majestic stands of oak trees adorned with lichen and moss. Follow the Creek Trail, tracing the gentle flow of water through verdant meadows alive with the songs of birds. Ascend the Ridge Trail for panoramic vistas that stretch to the horizon, offering glimpses of the diverse ecosystems thriving within this pristine landscape.

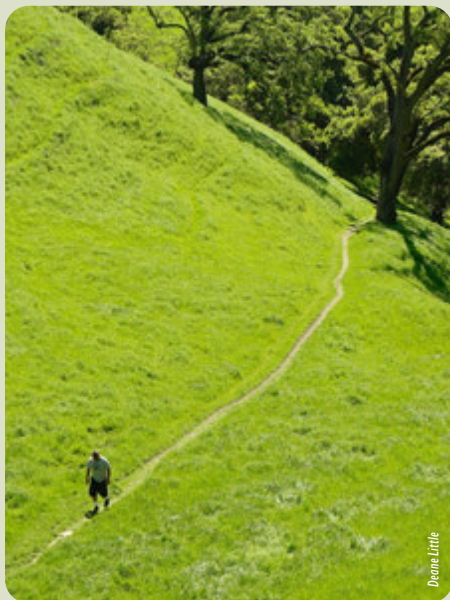
**Trail Directions:** Out and back hike. From Northview Court start at the park gate, head uphill on fire road at first intersection, left on Harvest Trail, then right at Harvest Trail, and right at Haymaker Trail. Open the gate, walk to the bridge, turn around and follow the path back to the parking lot.

### Driving Directions:

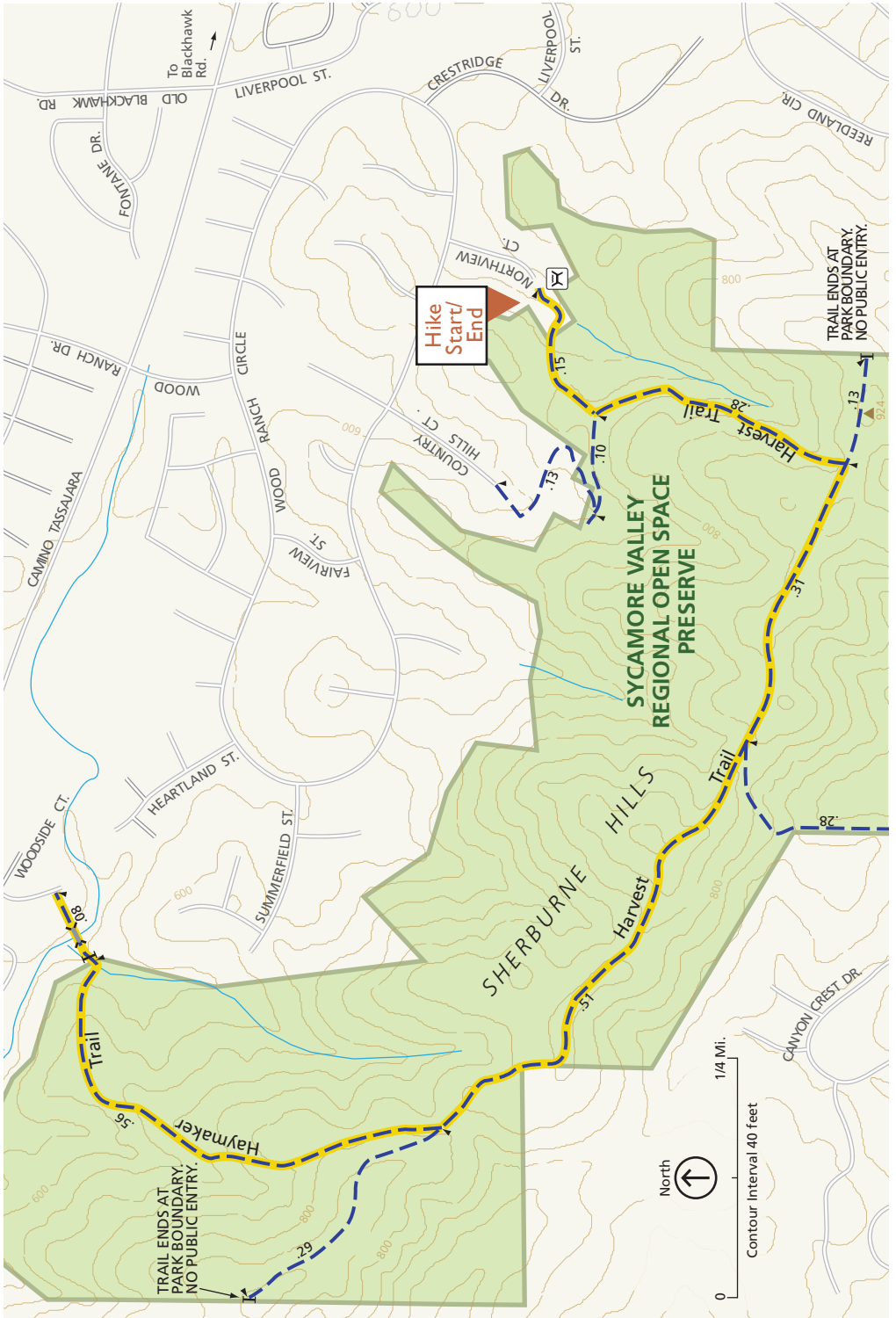
Northview Court, Danville, CA 94506

From Highway 680: Take the exit for Crow Canyon Road toward San Ramon. Head east on Crow Canyon Road. Turn left onto Camino Tassajara. Continue on Camino Tassajara for several miles. Turn right onto Blackhawk Road. Turn left onto Northview Drive. Make a left onto Northview Court.

**Park Features:** Sycamore Valley Open Space Regional Preserve spans across two significant ridges. Here, amidst the gentle rise and fall of hills and valleys, the preserve unfolds its natural tapestry. Elevations gracefully fluctuate between approximately 600 and 1,000 feet, offering a spectrum of ecological niches and habitats. The rhythmic sway of the land, sculpted by time and the elements, provides a canvas upon which biodiversity thrives. From the lower reaches where sycamores whisper in the breeze to the higher vantage points where vistas unfurl, this preserve embodies the harmonious interplay between land and life. It is a sanctuary where nature's rhythms dictate the pace, inviting exploration and contemplation amidst its serene expanses.



Deane Little



## Temescal Regional Recreation Area

Location	Oakland
GPS	37.8479358, -122.2334773
Phone	1-888-327-2757, Option 3, Extension 4561
Miles	1.71 miles
Elevation Gain	112 ft
Trails	North Parking/Dam Trail/ East Shore Trail/West Shore Trail/ Oak Bay Trail/West Shore Trail/ East Shore Trail/Dam Trail/ North Parking
Hours	5 a.m. to 10 p.m.
Fees	\$5 per vehicle (April through October)
Park Webpage	<a href="http://ebparks.org/parks/temescal">ebparks.org/parks/temescal</a>
Average Grade	Mostly Gentle/Steep
Surface	Firm/Soft

EASY HIKE



**Trail Highlights:** Wander along the shores of Lake Temescal, with opportunities to spot animals like the secretive river otter, the graceful green heron, and even fish swimming beneath the water. Ascend the hillsides on the upper trail for panoramic views of the East Bay hills. With each step, discover the diverse ecosystems thriving within this small park tucked into the big city inviting both exploration and contemplation.

**Trail Directions:** Starting at the North Entrance, walk past the restrooms toward the lake. Take a left onto Dam Trail, right onto East Shore Trail. Follow the paved path to the park office/bathrooms.

Turn right to cross the creek, then take a left onto the paved path. Turn right onto Oak Bay Trail and head up the steep hill. Continue to the stairs, turn right onto West Shore Trail. Follow this trail along Lake Temescal until you go across the Footbridge, cross the creek, turn left toward the lake, and follow the path around the south end of the lake. Take the East Shore Trail, left onto Dam Trail to return to the parking lot.

### Address:

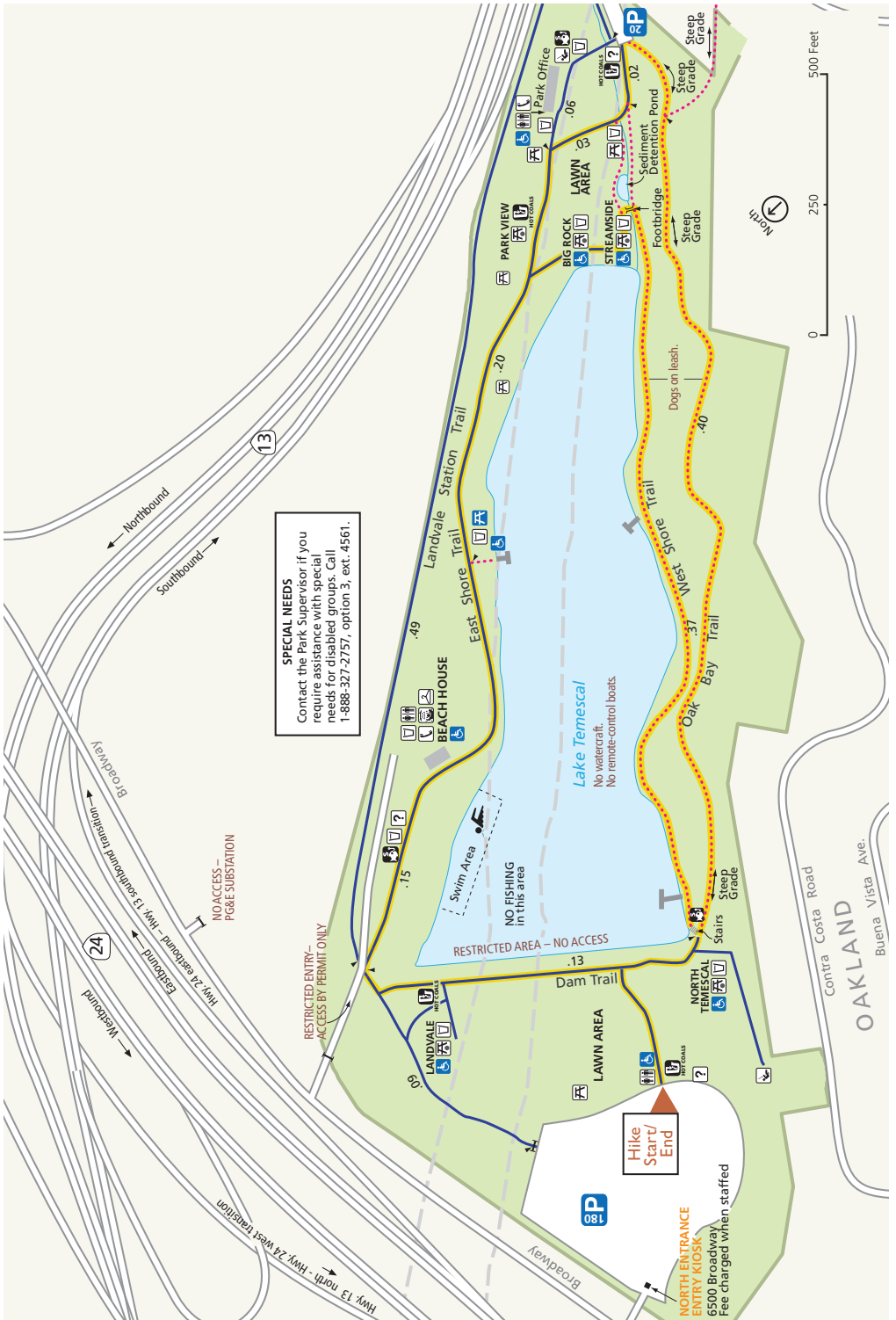
North Entrance  
6500 Broadway, Oakland, CA 94618

**Park Features:** Temescal Regional Recreation Area is a haven of natural beauty and recreational opportunities, with a storied past including earthquake faults, railroads, and bohemian artists. Encompassing over 48 acres, this urban oasis beckons visitors with its diverse array of park features.

At the heart of the park lies Lake Temescal, its tranquil waters reflecting the surrounding hills. With its peaceful setting and abundance of natural beauty, Temescal Regional Recreation Area offers a welcome retreat for all who seek solace and adventure amidst the urban landscape.



Tyler Clark



**SPECIAL NEEDS**  
 Contact the Park Supervisor if you require assistance with special needs for disabled groups. Call 1-888-327-2757, option 3, ext. 4561.

**NORTH ENTRANCE ENTRY KIOSK**  
 6500 Broadway  
 Fee charged when staffed

**Hike Start/End**

**RESTRICTED AREA - NO ACCESS**

**NO FISHING**  
 in this area

**No watercraft.**  
 No remote-control boats.

Dogs on leash.

NO ACCESS - PG&E SUBSTATION

RESTRICTED ENTRY - ACCESS BY PERMIT ONLY

Northbound  
 Southbound

Westbound  
 Eastbound

