

2.25 miles along S.F. Bay Trail from San Lorenzo Creek bridge to San Leandro Marina.

**ACTIVITIES**

Activities at Hayward Regional Shoreline include hiking, bicycling, jogging, birdwatching, picnicking, and fishing. Horseback riding is not allowed.

**Fishing** is allowed from the levees, except in the marsh areas. A California State Fishing License is required for those age 16 and over.

**Picnicking** is permitted, but there are no picnic tables in the park. Benches are located along the trail.

**Dogs are not allowed** south of West Winton Avenue to protect nesting and feeding wildlife.

Please remember during your hike or bicycle ride that shoreline areas provide nesting habitat and feeding grounds for wildlife. In order to minimize human intrusion, please remain on the trail and observe specially signed restricted areas.

IN ORDER TO REDUCE OR PREVENT THE RISK OF SERIOUS HEAD INJURY OR DEATH, STATE LAW REQUIRES THAT ALL BICYCLISTS UNDER AGE 18 WEAR AN APPROVED HELMET WHILE RIDING ON TRAILS AND ROADWAYS. THE DISTRICT ALSO STRONGLY RECOMMENDS THAT ALL EQUESTRIANS AND BICYCLISTS WEAR HELMETS AT ALL TIMES.

NO DOGS ALLOWED south of W. Winton Avenue and the flood control channel.

**MILEAGE CHART**

From Grant Ave. parking area to:

Bridge at San Lorenzo Creek .....	.37
Bridge at Bockman Channel .....	.74
Bridge at Oro Loma Marsh .....	1.15
Bridge at Sulphur Creek.....	1.44
Hayward's Landing.....	2.25
Cogswell Marsh .....	2.80
Johnson's Landing .....	3.87
Hayward Shoreline Interp. Center .....	5.02

West Winton Ave. parking area to:

Hayward's Landing.....	.57
Cogswell Marsh .....	.37
Johnson's Landing .....	1.44
Hayward Shoreline Interp. Center .....	2.59
Grant Avenue parking area.....	2.74

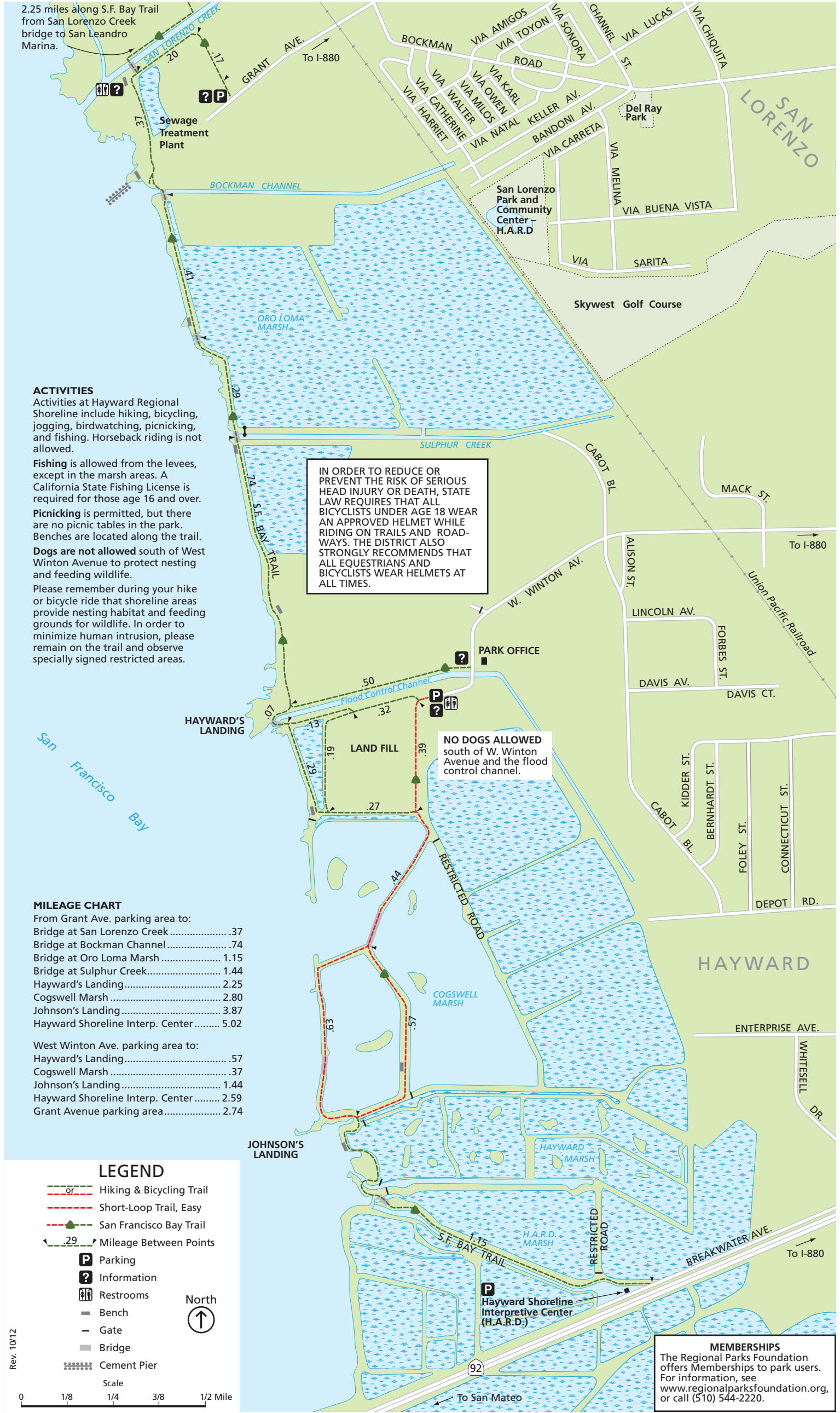
**LEGEND**

- or Hiking & Bicycling Trail
- Short-Loop Trail, Easy
- San Francisco Bay Trail
- Mileage Between Points
- Parking
- Information
- Restrooms
- Bench
- Gate
- Bridge
- Cement Pier



Scale  
0 1/8 1/4 3/8 1/2 Mile

Rev. 10/12



**MEMBERSHIPS**  
The Regional Parks Foundation offers Memberships to park users. For information, see [www.regionalparksfoundation.org](http://www.regionalparksfoundation.org), or call (510) 544-2220.