The remote and beautiful wilderness areas of the Ohlone Wilderness are accessible only through the Ohlone Wilderness Trail. The Ohlone Trail traverses 28 miles of mountains and canyons in southern Alameda County and is open to hikers and equestrians.

The Ohlone Trail passes through the Ohlone Wilderness and three regional parks: Mission Peak Regional Preserve in Fremont, Sunol Regional Wilderness near Pleasanton and south of Sunol, and Del Valle Regional Park near Livermore. It also passes through two watershed areas leased from the San Francisco Water Department.

It is very important to stay on the trail corridor in these leased areas and obey directional signs along the way. Trespassing off-trail into non-leased water department lands may result in citation and may jeopardize future public use of the leased lands.