

# A Double Trail

*Year opened:* 1973      *Miles long:* 12/12.4 miles  
*Highlights:* The trail is adjacent to Alameda Creek and provides access to Quarry Lakes Regional Recreation Area, Coyote Hills Regional Park, and Don Edwards S.F. Bay National Wildlife Refuge.  
*Did you know?* Shinn Pond, the first gravel pit in California, provided gravel to build the UC Berkeley stadium – 75 rail carloads for the first order!

**THE TRAIL TODAY** Alameda Creek Regional Trails follow the banks of Alameda Creek from the mouth of Niles Canyon westward to SF Bay – 11 miles on the southern, paved side, and 12.4 miles on the northern, unpaved side. The trail on the south bank provides access to Coyote Hills Regional Park. Making the run west from Niles Canyon along the south-side trail through an additional 3.5-mile loop trail in Coyote Hills and back again qualifies in distance for marathon runs. The trail is accessible from several roadways in the Fremont, Union City, and Hayward areas.

The paved, south-side trail is popular with bicyclists, hikers, joggers, and runners. Class 1 & 2 ebikes are allowed on this trail, but not at Coyote Hills or Quarry Lakes.

The unpaved north-side trail is designed for horseback riding. There is no direct access to Coyote Hills Regional Park from the north-side trail. PLEASE RESPECT PRIVATE PROPERTY of households along the trail. Bicyclists under age 18 must wear an approved helmet, and all other bicyclists and all equestrians are strongly encouraged to wear a helmet. Riders should call out or sound a warning when overtaking other trail users.

**HISTORY** The Ohlone-speaking Tuibun tribe thrived for many generations in the place now known as the Fremont Plain. Some Tuibun married nearby Causens (also known as Patlans), a tribe or single village in the present-day Sunol Valley.

POLICE, FIRE, MEDICAL EMERGENCY ..... 9-1-1  
 PARK POLICE (evenings/weekends)..... (510) 881-1833  
 ALAMEDA CREEK TRAIL OFFICE..... (510) 544-3137  
 QUARRY LAKES REGIONAL REC. AREA OFFICE  
 ..... 1-888-327-2757, option 1, ext. 4552

The arrival of the Spanish Fages expedition in 1772 signaled a time of great disruption for the Tuibun and their neighbors. In 1775 a Spanish survey party noted “paths everywhere crossing the [Alameda Creek] estuary, most of them heading into the mountains.” In 1776 the de Anza expedition passed through on its way to establish Mission Dolores in San Francisco, mapping the nearby Coyote Hills before they left. By 1803 and 1804 the Tuibun entered nearby Mission San Jose de Guadalupe, which was dedicated in 1797. In 1846 under Mexican governance of Alta California, a Secularization Order liquidated mission lands. Although the Spanish had promised to return these lands to Native people, by 1858 they became part of public domain, with the Tuibun and their neighbors working as laborers on large Mexican land grants, including the 17,000-acre Rancho Arroyo de la Alameda granted to Jose de Jesus Vallejo, who built a flour mill near the mouth of Niles Canyon. The mill and the importance of the canyon as a transportation route led to growth of Niles in the 1850s, after California became a state.

Agriculture supported the now fast-growing population. Early roads led to landings where small ships loaded grain and other foodstuffs for transport to market. Completion of the transcontinental Central Pacific Railroad through Niles Canyon in 1869, and the Western Pacific in 1906, expanded the shipment of goods.

Movie-making briefly came to the Niles District during World War I with the Essanay production studio, featuring Charlie Chaplin, Gilbert M. “Broncho Billy” Anderson, the first film-hero cowboy, and others.

Quarrying for gravel began early, with gravel taken from today’s Quarry Lakes Regional Recreation Area used in the construction of the transcontinental railroad. Directly west of Quarry Lake’s entrance gate, you can see a small segment of Alameda Creek enveloped in the type of streamside vegetation that once existed along the entire watershed, Alameda County’s largest. At nearby Coyote Hills Regional Park you can participate in programs with and about area Ohlones. Phone (510) 544-3220 or visit [www.ebparks.org](http://www.ebparks.org) to learn more about these programs, including an opportunity to visit a more than 2,000-year-old Tuibun village site.

## WELCOME!

Please enjoy the Regional Parks safely, and help protect and preserve the parklands by complying with park rules and regulations.

### SAFETY and ETIQUETTE

- Stay on trails. Taking shortcuts can be dangerous and causes erosion.
- Wading and /or swimming in undesignated areas may be dangerous and may harm the watershed.
- Carry and drink plenty of water. Dehydration is a leading cause of injuries on the trail.
- Be prepared for sudden changes in weather conditions.
- Trails can be slippery, rocky and steep. Proceed carefully at your own risk.
- Feeding or approaching wildlife is dangerous and illegal.
- Bicycles are permitted on designated trails only. Horses have the right-of-way on trails.
- Keep the parks beautiful. Pack out what you pack in.

### RULES

- Dogs must be leashed 200 feet from any trail or park entrance. Dogs must be leashed in parking lots, picnic areas, developed areas such as lawns and play fields, and on some trails. They must be under voice control at all times.
- Dogs must be leashed (six-foot maximum) and under control at all times on the SOUTH SIDE (paved) trail.
- Dogs may be off leash but must remain under voice control and within sight at all times on the NORTH SIDE (unpaved) trail (including Shinn Pond).
- Dog owners are responsible for picking up and properly disposing of their dog waste.
- Bicycles must yield to pedestrians. Speed limit is 15 mph.
- HORSES must stay on the NORTH SIDE (unpaved side) of the trail and on designated trails at all times.

Visitors are responsible for knowing and complying with park rules (Ordinance 38). See [www.ebparks.org/rules](http://www.ebparks.org/rules).



### East Bay Regional Park District

2950 Peralta Oaks Court,  
 Oakland, CA 94605-0381  
 1-888-327-2757 (TRS 711)  
[www.ebparks.org](http://www.ebparks.org)      Rev. 5/2021

# Alameda Creek

## Regional Trails

Fremont, Union City



East Bay  
 Regional Park District



# ALAMEDA CREEK TRAILS

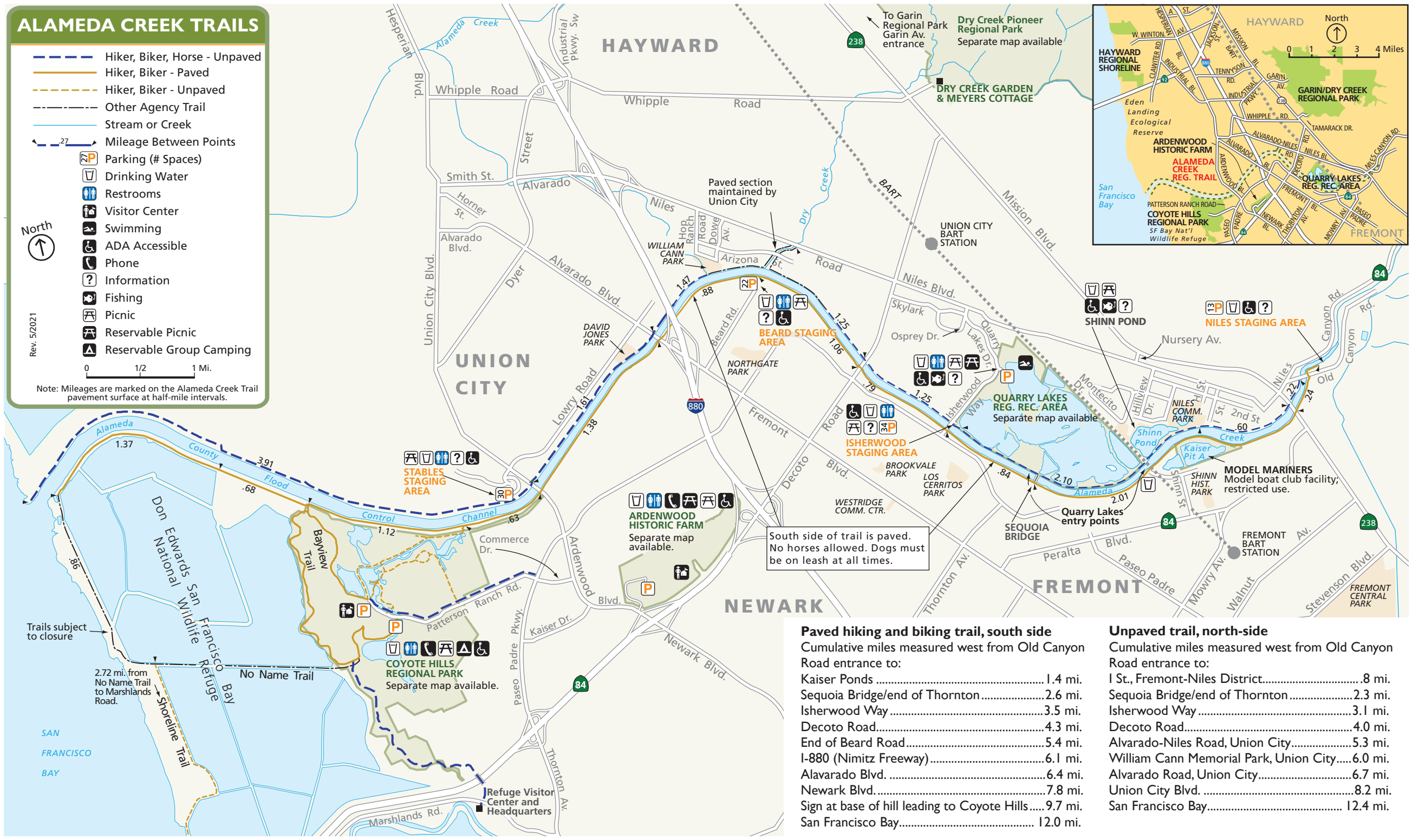
- Hiker, Biker, Horse - Unpaved
- Hiker, Biker - Paved
- Hiker, Biker - Unpaved
- Other Agency Trail
- Stream or Creek
- ↔ Mileage Between Points
- Parking (# Spaces)
- Drinking Water
- Restrooms
- Visitor Center
- Swimming
- ADA Accessible
- Phone
- Information
- Fishing
- Picnic
- Reservable Picnic
- Reservable Group Camping



Rev. 5/2021

0 1/2 1 Mi.

Note: Mileages are marked on the Alameda Creek Trail pavement surface at half-mile intervals.



South side of trail is paved. No horses allowed. Dogs must be on leash at all times.

### Paved hiking and biking trail, south side

Cumulative miles measured west from Old Canyon Road entrance to:

Kaiser Ponds .....	1.4 mi.
Sequoia Bridge/end of Thornton .....	2.6 mi.
Isherwood Way .....	3.5 mi.
Decoto Road .....	4.3 mi.
End of Beard Road .....	5.4 mi.
I-880 (Nimitz Freeway) .....	6.1 mi.
Alvarado Blvd. ....	6.4 mi.
Newark Blvd. ....	7.8 mi.
Sign at base of hill leading to Coyote Hills .....	9.7 mi.
San Francisco Bay .....	12.0 mi.

### Unpaved trail, north-side

Cumulative miles measured west from Old Canyon Road entrance to:

I St., Fremont-Niles District .....	.8 mi.
Sequoia Bridge/end of Thornton .....	2.3 mi.
Isherwood Way .....	3.1 mi.
Decoto Road .....	4.0 mi.
Alvarado-Niles Road, Union City .....	5.3 mi.
William Cann Memorial Park, Union City .....	6.0 mi.
Alvarado Road, Union City .....	6.7 mi.
Union City Blvd. ....	8.2 mi.
San Francisco Bay .....	12.4 mi.

Trails subject to closure  
2.72 mi. from No Name Trail to Marshlands Road.