

Waterbird Regional Preserve

Meadowlark Ridge Loop

Length: 1.75-mile loop **Elevation:** 35 feet

Location: Martinez

GPS: 38.0229386, -122.0936861

Intensity: Easy



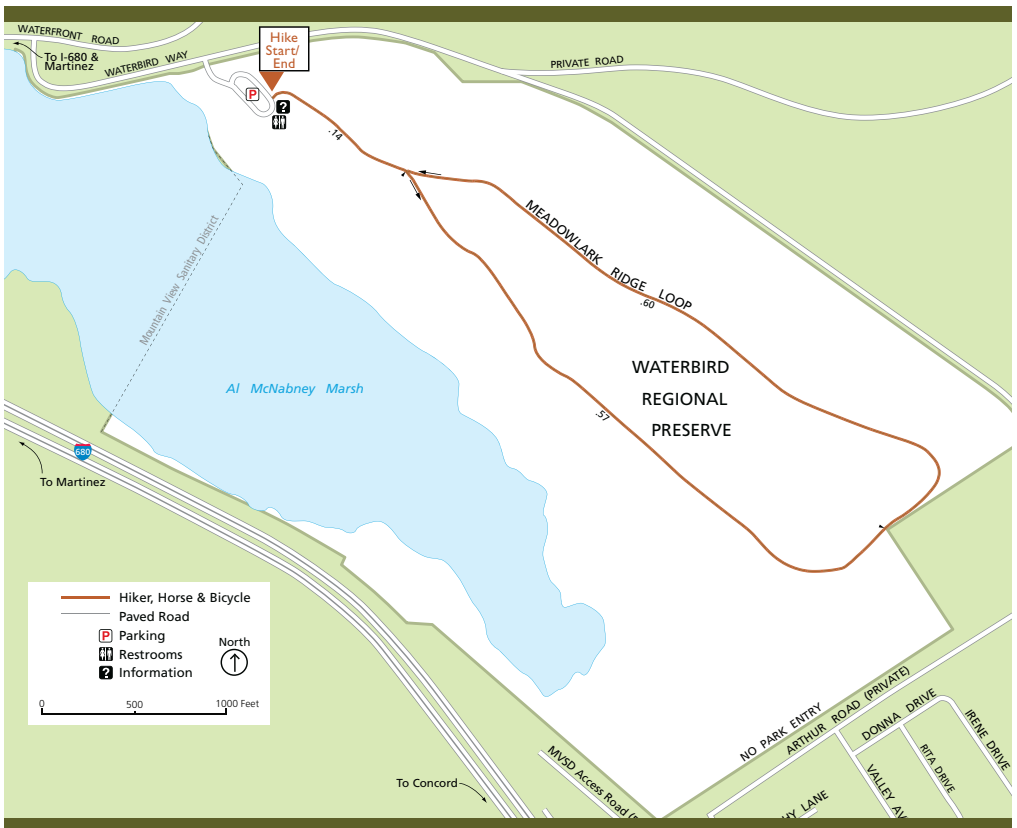
Park Features: This small parkland is a 198-acre parcel that is composed of wetlands and grasslands. The main focal point of the preserve is the Al McNabney Marsh, which supports a diverse range of birdlife. The marsh lies on the Pacific Flyway and seasonally provides an important place of refuge for the migrating birds. It is a great place to see all types of birds from waterfowl to raptors – just remember to bring your binoculars, field guides, and drinking water.

Trails Highlights: This short loop crosses from the parking lot to the grassy trail and leads very gently uphill, where you can look down on the marsh below. From this vantage point you may spot birds and other wildlife below.

Trail Directions: Park at the main parking lot off Waterbird Way and cross through the cattle gate. Through the gate, continue straight onto the Meadowlark Ridge Loop trail. When the trail forks, stay to the right. Remain on the trail as it loops around back toward the parking lot.



Health Tip: Your mind and body are connected – regular exercise can help lift your mood and reduce stress. Positive thinking helps you bounce back from difficult times and enjoy yourself and others more.



Driving Directions:

From Sacramento: Take I-80 west to the Cordelia junction, then drive south on I-680 to Benicia. About two miles after crossing the Benicia-Martinez Bridge, take the Marina Vista/Waterfront Rd. exit from I-680. At the end of the off-ramp, turn right onto Waterfront Rd., go under the freeway, turn right onto Waterbird Way, and watch for the right turn into the Preserve.

From San Jose: Take I-680 north past Concord and Highway 4. About two miles before the Benicia-Martinez Bridge, take the Marina Vista/Waterfront Rd. exit. At the end of the off-ramp turn right onto Waterfront Rd., drive about 1/4 mile, turn right onto Waterbird Way, and watch for the right turn into the Preserve.

From Oakland: Take Highway 24 east through the Caldecott Tunnel and drive to Walnut Creek. In Walnut Creek, drive north on I-680, past Concord and Highway 4. About two miles before the Benicia-Martinez Bridge, take the Marina Vista/Waterfront Rd. exit. At the end of the off-ramp turn right onto Waterfront Rd., drive about 1/4 mile, turn right onto Waterbird Way, and watch for the right turn into the Preserve.

Park Hours: 10am to 5pm

Fees: No Fees

Website: ebparks.org/parks/waterbird