

Hayward Regional Shoreline

Location	3050 West Winton Ave., Hayward
GPS	37.646807,-122.145577
Phone	(888-327-2757), option 3, extension 4531
Miles	3.1-Mile Round Trip
Elevation Gain	39 ft.
Trails	Cogswell Marsh Loop
Hours/ Curfew	5 a.m. to 10 p.m. (West Winton Ave. Parking closes at 5 p.m.)
Fees	None
Website	ebparks.org/parks/hayward

EASY HIKE



Photo: Michael Short

Park Features: Hayward Regional Shoreline contains over a thousand acres of marshlands and seasonal wetlands. The park's levees, originally built for salt evaporation ponds, now provide visitors with long, flat paths along the bay that are perfect for biking, hiking, or jogging. You can fish from the levee but must have a license. Although the park is unshaded, the cool bay air is refreshing and makes this park a wonderful spot at almost any time of year.

Trail Highlights: With five ponds and 15 islands, it is a great place for bird watching and spotting native plants and wildflowers along the trails. Although this hike is in full sun, you can enjoy the fresh bay breezes, which make it well worth the hike! Please note: Dogs are not allowed past Hayward Landing.

Trail Directions: This trail does not have any markers until you almost complete the loop, so be sure to bring a park map to guide you. From the parking

lot just past the park office, walk through the gate to start on the trail. You will veer to the left at the fork and walk .83 miles to the Cogswell Marsh Loop, which starts after crossing the first footbridge. After you cross the first footbridge, proceed to the right to start by the water and work your way around. You can go either direction to complete the 1.2-mile loop. After completing the loop, walk back over the footbridge and follow the same path back to your starting point. The San Francisco Bay Trail intersects with the Cogswell Marsh Loop; be sure not to branch off from the trail. Stay on the loop, and follow it back to the first footbridge you crossed.

Driving Directions: Take I-880 (Nimitz Freeway) north from Fremont or south from Oakland to Hayward. Exit the freeway at West Winton Avenue and follow West Winton westwards toward the Bay to the staging area until you reach the park.

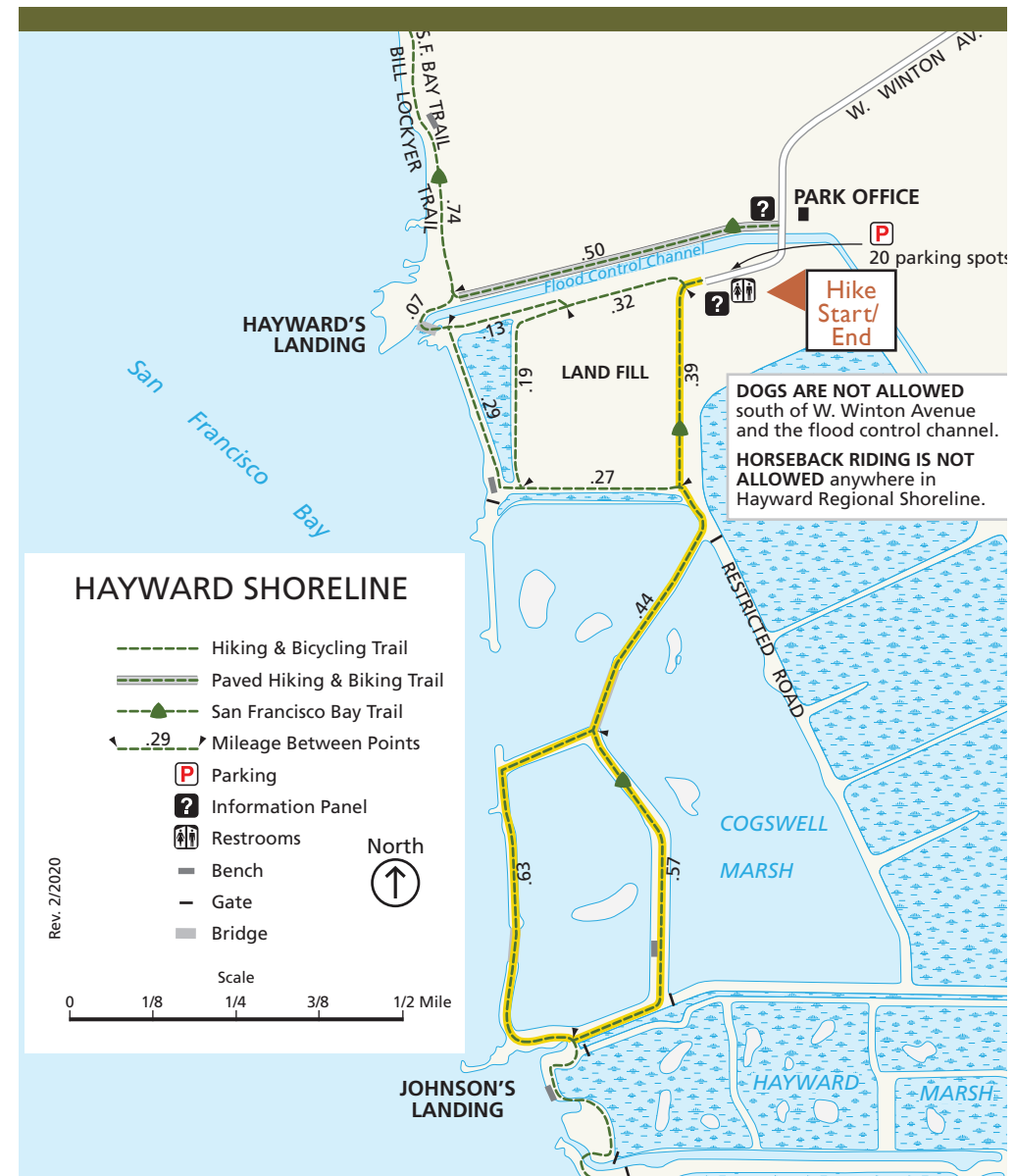


Photo: Michael Short