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.

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.