

2.25 miles along S.F. Bay Trail from San Lorenzo Creek bridge to San Leandro Marina.

**ACTIVITIES**

Activities at Hayward Regional Shoreline include hiking, bicycling, jogging, birdwatching, picnicking, and fishing. Horseback riding is not allowed.

Fishing is allowed from the levees, except in the marsh areas. A California State Fishing License is required for those age 16 and over.

Picnicking is permitted, but there are no picnic tables in the park. Benches are located along the trail.

Dogs are not allowed south of West Winton Avenue to protect nesting and feeding wildlife.

Please remember during your hike or bicycle ride that shoreline areas provide nesting habitat and feeding grounds for wildlife. In order to minimize human intrusion, please remain on the trail and observe specially signed restricted areas.

**MILEAGE CHART**

From Grant Ave. parking area to:	
Bridge at San Lorenzo Creek .....	.37
Bridge at Bockman Channel .....	.74
Bridge at Oro Loma Marsh .....	1.15
Bridge at Sulphur Creek.....	1.44
Hayward's Landing.....	2.25
Cogswell Marsh .....	2.80
Johnson's Landing .....	3.87
Hayward Shoreline Interp. Center .....	5.02

West Winton Ave. parking area to:	
Hayward's Landing .....	.57
Cogswell Marsh .....	.37
Johnson's Landing .....	1.44
Hayward Shoreline Interp. Center .....	2.59
Grant Avenue parking area.....	2.74

**LEGEND**

- Hiking & Bicycling Trail
- Mileage Between Points
- Parking
- Information
- Restrooms
- Bench
- Gate
- Bridge
- Cement Pier



Scale

