

# Temescal Regional Recreation Area

Dam Trail/East Shore Trail/Oak Bay Trail Loop

Length: 1.1-mile loop Elevation Gain: 78 feet

Location: Oakland

GPS Coordinates: 37.847594,-122.232762

Intensity: Easy



**Park Features:** Established in 1936, Temescal is one of the District's three original parks. Exciting historic features include the beautiful stone Beach House, patio and waterfall, which were built in 1940 by Works Progress Administration workers. Temescal features two playgrounds, one on each side of the park; picnic areas located throughout the park. The lake is usually open for swimming from late spring to early fall, and fishing is allowed year-round in designated areas. The lake is stocked with rainbow trout during winter and catfish in summer; it is also home to largemouth bass, red-eared sunfish, and bluegill. This is a perfect park for families with children, and a great spot to have a picnic with friends.

**Trail Highlights:** Lake Temescal is truly an oasis, though located just next to a busy metropolis. When walking along the water's edge, watch for birds like ducks, Canadian geese, cormorants, and kingfishers. In the spring, wild onions, lilies, and other flowers bloom along the west edge of the lake. On the Oak Bay Trail, you'll climb a bit above the lake through some shaded woodland, with a bench at the halfway point that looks out at the hills. Take your time as you walk and appreciate the tranquility of the lake and park.

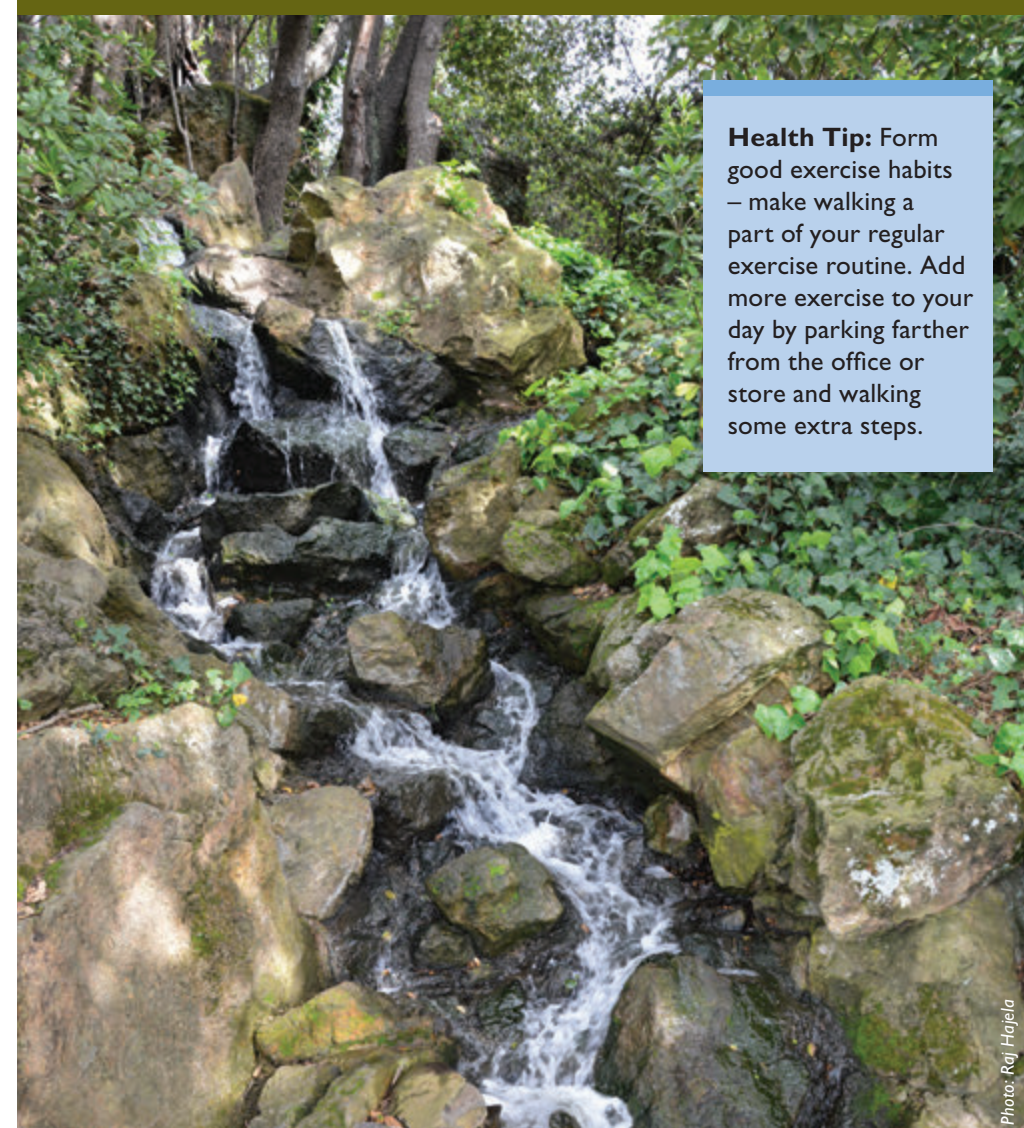
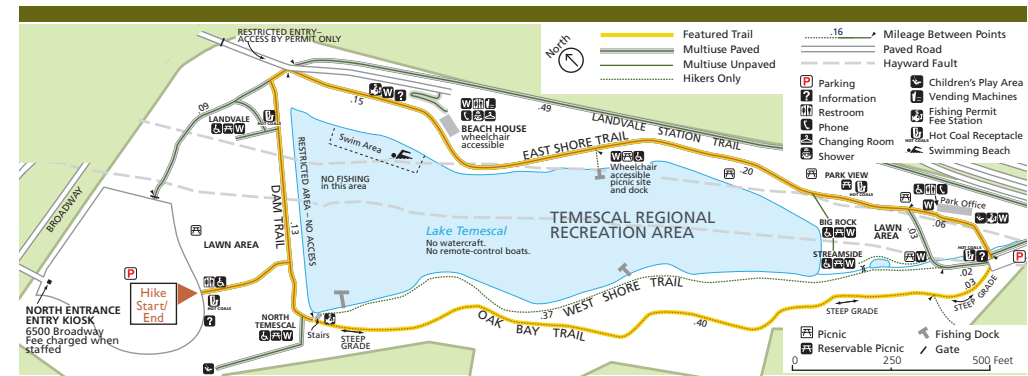
**Trail Directions:** Park in the north entrance parking lot off Broadway Ave. Follow the main path through the lawn area and turn left onto the Dam Trail. After about 500 feet make a right, before the crosswalk, onto the East Shore Trail. Head south along the lake for .41 miles, ending at a grassy lawn with redwoods, next to the south parking lot. Near the beginning of the West Shore Trail look for a dirt path heading through the redwoods that connects to the Oak Bay Trail. Follow this trail for about .4 miles to return to the north playground, picnic areas and parking lot.

**Driving Directions:** From CA-24 E, take the Broadway exit, turn left on Broadway and proceed for about .6 miles to the park's north entrance. From CA-24 W, exit 6, left onto Caldecott Ln, right to stay on Caldecott. Left onto freeway overpass, right at first cross street onto Broadway, left into parking lot.

**Park Hours:** 8am-10pm (unless otherwise posted).

**Fees:** Parking – April through October – \$5/vehicle; Dogs:\$2/dog Guide/service dogs free (when kiosk is attended).

**Website:** [www.ebparks.org/parks/temescal](http://www.ebparks.org/parks/temescal)



**Health Tip:** Form good exercise habits – make walking a part of your regular exercise routine. Add more exercise to your day by parking farther from the office or store and walking some extra steps.

Photo: Raj Hajela