

Don Castro Regional Recreation Area – Five Canyons Open Space

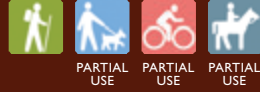
Whispering Creek Trail/Chabot-Garin Trail/Shady Canyon Trail/Chabot-Garin Trail/Ridgetop Trail Loop

Length: 5-mile loop Elevation Gain: 807 feet

Location: Hayward

GPS Coordinates: 37.691546,-122.054784

Intensity: Moderate



Park Features: Don Castro features a lake, fishing, and lagoon swimming, as well as picnic areas and shaded, gentle hiking trails around the lakeshore. Five Canyons Open Space has over 300 acres of open space and is much steeper, but the hard climbs are worth it for the park's ridgeline views. A portion of the hike follows the Bay Area Ridge Trail.

Trail Highlights: This trail takes you through two park areas, each very different from the other. The route offers varied terrain, including a walk along an old reservoir as well as a climb up a ridge that provides stunning views of the Bay Area. The hike back to Don Castro winds along a shaded creek, a welcome respite from the sunny ridge.

Trail Directions: From the Don Castro main parking lot, head towards the entrance and the kiosk. Continue past the kiosk, following the sidewalk across the bridge until you come to the Whispering Creek Trail on your left. Follow Whispering Creek Trail along the lake for .4 miles. At the fork, keep left and continue for .24 miles following the shoreline. At the next signpost, keep right and follow signs for Chabot-to-Garin Regional Trail. At the bridge, keep straight; do not cross. Continue until you come to a paved road; turn left, following the Chabot-Garin Regional Trail. At the Private Property sign, make a right to continue on Chabot-Garin Regional Trail. This path will take you to Five Canyons Parkway. Make a right and cross safely at the first crosswalk. Turn right, then walk about 50 feet.

Enter Five Canyons on your left, following signs for Chabot-to-Garin Regional Trail. After .5 miles, cross through the cattle gate and make a left onto the paved fire road. Keep to the shoulder and climb for .31 miles. At the top, the paved road becomes gravel. Cross through the cattle gate and continue for .54 miles, then make a right onto Shady Canyon Trail. At the next intersection, turn right to stay on Shady Canyon Trail. Cross through the cattle gate and continue to the right. At the sign for Deer Canyon Trail, make a right again to stay on Shady Canyon Trail. Head straight, crossing Canyon Terrace Drive safely. Continue for about 400 feet, then cross Boulder Canyon Drive and follow the paved trail through Ridge Trail Park. After exiting the park, make a sharp left to continue to follow Shady Canyon Trail. Once you reach the sidewalk, turn left. Continue until you reach the "fire trail" gate, then head left down Chabot-Garin Regional Trail. Turn left at the private property sign. After about 200 feet, make a right, following signs for Chabot-Garin Regional Trail. Cross the bridge to your right, then head left to follow Ridgetop Trail. At the next fork, keep right to continue on Ridgetop. Come to a gate, cross through it, then head left to return to the parking lot.



Health Tip:

Whether you're going for a power walk, playing an outdoor game, or just enjoying a sunny day, take care when the temperature rises and use commonsense precautions to prevent heart-related illnesses.



Driving Directions: From I-580 East from San Leandro, take the Grove Way exit in Castro Valley; right at the exit onto Grove Way; left on Center Street; left on Kelly; and left on Woodroe to the park entrance.

From I-580 West take the Castro Valley exit and continue west on E. Castro Valley Blvd. to Grove Way; left on Grove; left on Center; left on Kelly; and left on Woodroe to the park entrance.

Park Hours: 8am-10pm (varies seasonally).

Fees: May – Sept. only. Parking \$5 on weekends and holidays. \$4/trailer. \$25/bus. Dogs: \$2/dog (Guide/service dogs free). Beach Access: \$3/adult, \$2/children & seniors.

Website: www.ebparcs.org/parks/don_castro