

Hayward Regional Shoreline

San Lorenzo Creek/San Francisco Bay Trail and return

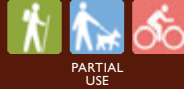
Length: 6.1 miles

Elevation Gain: 55 feet

Location: Hayward

GPS Coordinates: 37.669742, -122.157782

Intensity: Moderate



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. Fishing is allowed at various points along the trail, but only with 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. Please note: Dogs are not allowed on this route past Hayward Landing.

Trail Highlights: This route follows the trail out and back, with a loop at the far end around the landfill and along the flood control channel. With marsh views to the east and the Bay to the west, there is always plenty to marvel at. Birdwatchers especially will appreciate the abundant shorebirds and other wildlife along the way. The trail is flat, making for easy jogging or biking. On a sunny day, the light reflects beautifully on the bay and marsh waters.

Trail Directions: Beginning your walk at the Grant Ave. staging area, follow the trail north for .19 miles to the San Lorenzo Creek channel. Go through the gate and head left to follow the trail along the creek for .19 miles. Make a left onto the Bill Lockyer/San Francisco Bay Trail. Keep straight on this trail for about 2 miles. You will cross three bridges on the way to the Hayward Landing bridge. At the third bridge, continue straight. Cross the bridge at Hayward's Landing (dogs not permitted past this point), then continue straight for .29 mile to begin the loop around the landfill. Make a left and continue east on the gravel road for .27 miles, then turn left and head north for .39 miles. Head right and travel through the parking lot and make the first left onto a paved road that parallels the flood channel. Turn right after .5 miles and head back the way you came. Follow the San Francisco Bay Trail for about 2 miles, then turn right before crossing San Lorenzo Creek. Follow this trail for .19 miles, then turn right again to take the paved trail back to the Grant Ave., staging area.

Driving Directions: From I-880, take the Washington Avenue exit. Head south on Washington Avenue to Grant Avenue, then turn right on Grant Avenue. The staging area is on the right side of the road about 100 yards from the end of Grant Avenue.

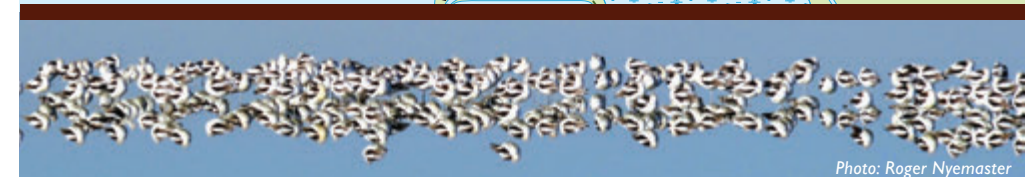


Photo: Roger Nyemaster

Park Hours: 5am-10pm (unless otherwise posted).

Fees: No fee.

Website: www.ebparke.org/parks/hayward