Del Valle Regional Park
Arroyo Rd. Staging Area to East Shore/Heron Bay/East Shore/Heron Bay/East Shore Trails
Length: 7.8-mile round trip  Elevation Gain: 1,499 ft.
Location: Livermore
GPS Coordinates: 37.619781, -121.752924
Intensity: Challenging

Park Features: Deep in a valley framed by oak-covered hills, with sailboats and sailboards skimming over its waters, Del Valle is like a lakeside resort only 10 miles south of Livermore. 5,000 acre Del Valle Regional Park features two swim beaches, a boat launch, family and group camping (by reservation) and excellent, stocked fishing.

Trail Highlights: This hike around the northern part of the lake is removed from the busy swim beaches in the southern part of the lake; enjoy the wilderness feel and explore a part of Del Valle you may not have seen before. The contrast in scenery from the ridge of East Shore Trail and the lakeside Heron Bay Trail provides a diverse recreational experience. This hike features several steep climbs and descents and is recommended for those with a good level of fitness. There is a drinking fountain but no restrooms at the trailhead. Be sure to carry plenty of water on your hike.

Trail Directions: Start along the trail from the Arroyo Road Staging Area, going up the large hill. Go left to start the East Shore Trail. Continue on East Shore Trail, avoiding four turnoffs for the Heron Bay Trail; take the fifth turn off, turning right onto Heron Bay Trail. Complete the first Heron Bay loop and take a left to connect back with East Shore Trail. Go left at the next turnoff for Heron Bay Trail and complete a small loop back to East Shore Trail again; take East Shore a very short distance and turn left again for the last section of Heron Bay Trail. Make a left at the last intersection with East Shore Trail and follow it back down the large hill and to the staging area.

Driving Directions: From I-580 in Livermore, exit at North Livermore Avenue. Drive south on North Livermore Avenue. Turn right at Portola Avenue, then left on North L Street. North L Street becomes South L Street, then Arroyo Road. Continue on Arroyo Road past the entrance to the US Veterans Administration Hospital and Sycamore Grove Park. The staging area is on the left at the end of Arroyo Road.

Health Tip: Your mind and body are connected – regular exercise can help lift your mood and reduce stress. Positive thinking helps you bounce back from difficult times and enjoy yourself and others more.