

Marsh Creek Regional Trail

Location	Oakley
GPS	37.9909306, -121.6958444
Phone	(888-327-2757), option 3, extension 4540
Miles	14.9-Mile Round Trip
Elevation Gain	147 ft.
Trails	Marsh Creek Regional Trail from East Cypress Road Staging Area (Oakley) to Concord Avenue (Brentwood) and back
Hours/ Curfew	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/trails/marsh_creek

CHALLENGING HIKE



Photo: Marc Cumppler

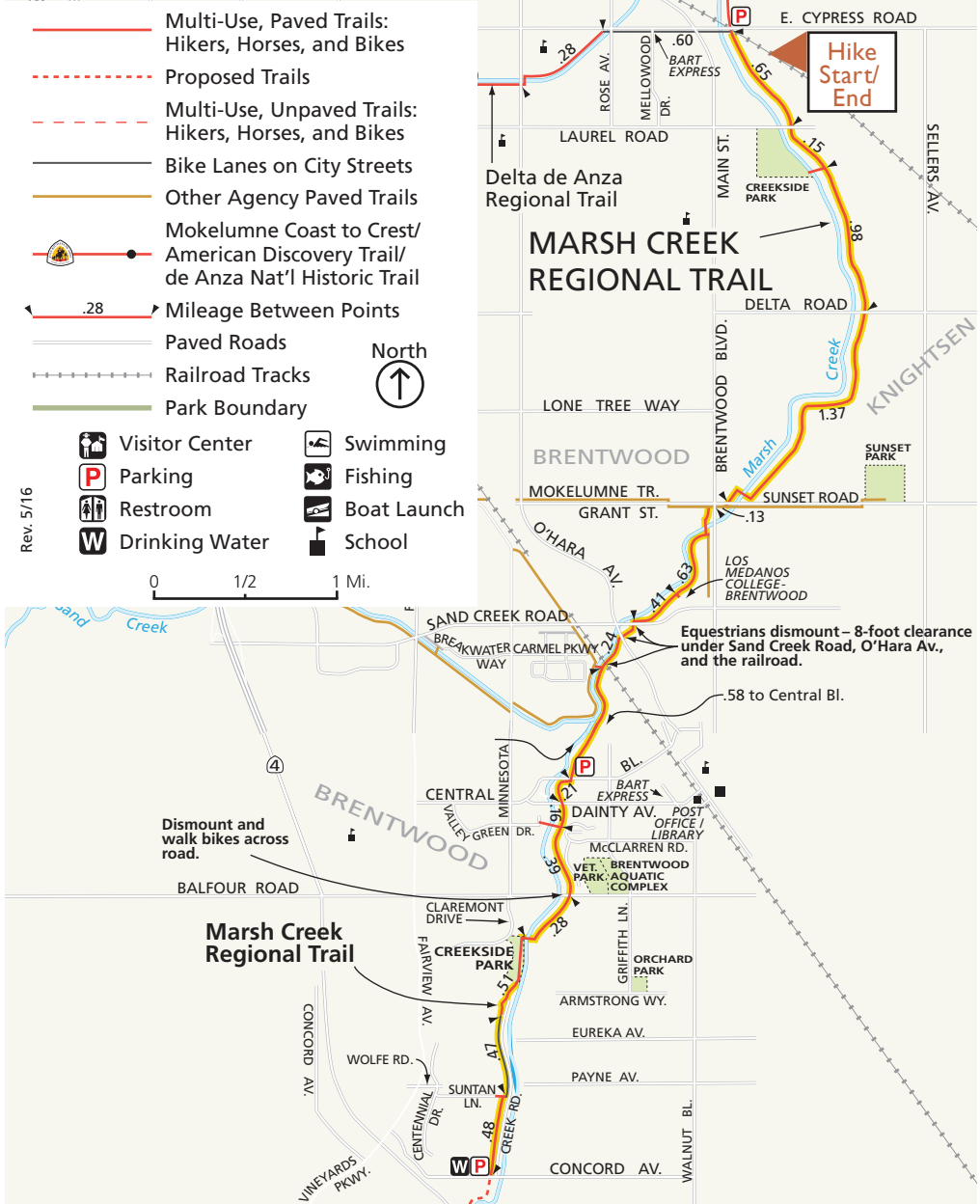
Park Features: Marsh Creek Regional Trail, running alongside Marsh Creek from Oakley to Brentwood, cuts through the historic farmland of East Contra Costa County and offers a reminder of how life in the Bay Area used to be centuries ago.

Trail Highlights: This trail is labeled “challenging” based on length as opposed to elevation gain. Marsh Creek Trail is fully paved and presents no slope difficulties for persons desiring flat ground or using wheelchairs. The first five miles is in full sun, so bring plenty of water. The route from Central Park to Concord Avenue is shaded and offers benches and picnic tables.

Trail Directions: Begin by heading west from the staging area to go over the bridge to Main Street. Use the crosswalk to cross East Cypress Road and head on

to the trail for .65 miles. Safely cross over street roads at Laurel Road and Delta Road and continue down the trail for 2.5 miles. Cross safely at Sunset Road and head right towards Main Street, using the crosswalk to cross Main Street, and continue left along the trail for 1.2 miles. Use the tunnels under Sand Creek Road and O’Hara Avenue to continue, .24 miles. Cross safely over street roads at Central Boulevard and Dainty Avenue, then under Balfour Road. Turn left when you enter Creekside Park and continue south through the park, for .51 miles; turn right onto Creek Road and follow it to Concord Avenue for .41 miles. This is where you can turn around and head back.

Driving Directions: From Highway 4 eastbound, take Laurel Rd. exit and turn left. Turn left onto Main St. Turn right onto E. Cypress Rd. and make a U-turn



when possible to reach the parking lot. From Vasco Rd. Turn right onto Walnut Blvd., then turn right onto CA-4 Marsh Creek Rd. Turn left onto Sellers Ave, then left onto E Cypress Rd. Parking will be on your right.

Health Tip
Brisk walking improves bone density and prevents osteoporosis.