**Alameda Creek Regional Trail**

**Location**: Fremont

**GPS**: 37.571910,-122.012530

**Phone**: (888-327-2757), option 3, extension 4501

**Miles**: 1.8-Mile Loop

**Elevation Gain**: 43 ft.

**Trails**: Alameda Creek Trail/Sequoia Bridge

**Hours/Curfew**: 5 a.m. to 10 p.m.

**Fees**: None

**Website**: ebparks.org/parks/trails/alameda_creek

**Park Features**: Alameda Creek is Alameda County’s largest creek and is home to a host of birds and other wildlife. Its rushing waters provided a valuable resource for the Ohlone Peoples who first settled in camps and villages along its banks.

**Trail Highlights**: This route is in full sun, with partial shade from trees along the trails, and is a great location for birding. There are benches spaced throughout the route on both the unpaved side, which is packed gravel, and the paved side of the trail, providing rest stops with views of the creek and wildlife.

Isherwood Staging Area has limited parking and there is high usage in the mornings; afternoons tend to be less busy with more parking available. There is one van accessible and one Accessible parking space, in addition to other parking, two accessible portable toilets, and a water fountain at the staging area. The typical width of the trail is 4 ft, the grade is gentle, and it is level with slope no greater than 2 percent. This hike is accessible for people using mobility devices and/or strollers but you can hike the paved side only from Isherwood by crossing the bridge near the staging area first and then heading back.

**Trail Directions**: Begin trip at Isherwood Staging Area in Fremont. Head towards the two portable toilets and stay to the right of them on the unpaved trail. Hike .8 miles to the Sequoia Bridge. There is a small incline before you cross the bridge. Make a right onto the bridge (the bridge is accessible and paved for persons using mobility devices and/or strollers). At the end of the bridge make another right onto the paved side of the Alameda Creek Trail and go until you reach Isherwood Bridge. Make another right onto the sidewalk and cross back over and make your last right back into Isherwood Staging Area to complete the route.

**Driving Directions**: I-880 S: Take exit 21 for Decoto Rd/CA-84 W toward Dumbarton Br. — 0.2 mi. Turn left onto Decoto Rd — 269 ft. Turn right onto Paseo Padre Pkwy — 0.8 mi. Turn left onto Isherwood Way — 459 ft. Turn right — 407 ft.

I-880 N: Take exit 21 for Decoto Rd/CA-84 W toward Dumbarton Bridge. Right on Decoto, then turn right onto Paseo Padre Pkwy. Turn left onto Isherwood Way. Turn right and arrive at Isherwood Staging Area.
Park Features: This park is a verdant oasis between Castro Valley and Hayward. The lagoon and adjacent lake were created in 1964 when the Alameda Flood Control and Water Conservation District dammed up San Lorenzo Creek. There are accessible restrooms and dressing rooms in the swimming area, which is only open to the public during swim season. There are pit toilets throughout the park and an accessible portable toilet by the kiosk. There are six accessible parking spaces, two are van accessible.

Trail Highlights: Whispering Creek Trail and the connecting Ridgetop Trail circle around the swim lagoon and fishing lake on a 1.7-mile loop. The route takes you over a variety of surfaces from paved to compacted dirt, loose dirt, and wood chips. The trail width ranges from 2 to 8 ft as it runs along the shaded banks of the lake. The gentle grade has a few short steep sections. However, single-track areas less than 2 ft wide and loose dirt portions make this trail not accessible for people using mobility devices and/or strollers.

Trail Directions: From the parking lot head back toward the entry kiosk and across the entry bridge, turn left and descend onto the dirt path marked as Whispering Creek Trail to continue along the edge of the lake. The trail leads under shade trees and widens. At .41 miles in, you will approach a fork in the trail; stay to the left of the fork and follow the shoreline for .24 miles.

There is a small wooden boardwalk over a small creek that empties into the lake; during the rainy season it may be muddy.

After crossing the small creek, take either the upper or lower portion of the Whispering Creek Trail. Both will bring you to a bridge crossing with connections to the Chabot-to-Garin and Bay Area Ridge trails. Turn left to cross the bridge, then stay left onto the Ridgetop Trail. Follow for .18 miles, then stay right on the multi-use trail up a small hill. Continue right as the Ridgetop Trail loops around and up. Continue for .21 miles back to the swim lagoon and parking area to complete the loop.

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

From I-580 W, 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 onto Woodroe to the park entrance.
Las Trampas Regional Wilderness Preserve

**Location**: San Ramon

**GPS**: 37.816160, -122.050380

**Phone**: (888-327-2757), option 3, extension 4537

**Miles**: 2.1 Mile Loop

**Elevation Gain**: 331 ft.

**Trails**: Bollinger Creek Loop

**Hours/Curfew**: 8 a.m. to Sunset, varies seasonally

**Fees**: None

**Website**: ebparks.org/parks/las_trampas

**Park Features**: Las Trampas offers 5,778 acres of wilderness and an expanded trail system that allows hikers, bikers, and horseback riders to enjoy its remote and rugged areas. Carry plenty of drinking water for yourself, your dogs, and your horses. Until further notice, there will be no water available at the park. There is also no cell phone reception here.

**Trail Highlights**: There is partial shade through the creek area, which typically runs during the winter and spring. The hike ends in full sun on the dirt hills you hike to complete the loop. There are cattle gate entries for each trailhead at this staging area and you may encounter grazing cattle. Please close the cattle gates when entering and exiting the trails. There are many steep sections on this packed and soft dirt trail. At the beginning of the loop the trail is very narrow in places, less than 2-3 ft wide with poison oak on either side. But once you come out of the creek area and around the bend, the trail widens to over 6 ft with a firmer surface of packed dirt. This trail is not accessible for persons using mobility devices and/or strollers, but the parking lot has accessible parking and two accessible restrooms. There is also a paved trail with a steep incline at the beginning by Bollinger Creek Loop Trail that may be accessible for persons using mobility devices and/or strollers but would be a more moderate or challenging hike for these users. Maximum Grade: 16 percent.

**Trail Directions**: Begin at the Bollinger Staging Area, head towards the restrooms and go to the right of them to the cattle gate. Open the cattle gate and entrance to Bollinger Creek Loop, then take a right (north) and follow it into the park.

**Driving Directions**: From I-680 in San Ramon, take Crow Canyon Road west to Bollinger Canyon Road, turn right (north) and follow it into the park.

**EASY HIKE**

**Health Tip**: Walking tones your leg and abdominal muscles. Walking increases your range of motion, shifting the pressure and weight from your joints to your muscles.
Robert W. Crown Memorial State Beach

**Location**
Alameda

**GPS**
37.76908,-122.278401

**Phone**
(888-327-2757), option 3, extension 4522

**Miles**
4.6-Mile Round Trip

**Elevation Gain**
9 ft.

**Trails**
Shoreline Drive

**Hours/Curfew**
5 a.m. to 10 p.m.

**Fees**
e$ parking, May-September

**Website**
ebparks.org/parks/crown_beach

**Park Features:** The paved Shoreline Trail runs adjacent to San Francisco Bay with sweeping views and sandy beaches. Tides move from high to low twice a day, so every visit may offer a new vista. At Crab Cove parking lot there are four accessible parking spaces, not van accessible, and there are also two reservable picnic sites – Neptune and City View – with wheelchair accessible picnic tables. There are two accessible restrooms at Crown Beach and one accessible restroom at Shoreline Drive at Grand Street. Dogs are not permitted on the beach.

**Trail Highlights:** This is a paved trail for hikers and bikers. Along Shoreline Drive to Park Street intersection, there is a sandy beach portion of the trail and there are several woven fiber mats laid on top of sand for easier access to the beach. This trail is accessible for people using mobility devices and/or strollers. The average trail width is 4+feet, and it is hard asphalt; the typical grade is level.

**Trail Directions:** You will travel out and back along the same trail so you can turn around at any point during your trip. Begin at the park’s McKay Avenue entrance and follow the paved Shoreline Trail past the Visitor Center to the left (south) of your route. Enjoy a small pond, habitat to ducks and dragonflies, on your left. As you round the large oval field, stay to the right. The 8th Street/Otis Drive parking lot will be to your left. Continue on the Shoreline Trail which will take you down to Broadway, ending at the Elsie Roemer Bird Sanctuary, home to the endangered clapper rail and salt marsh harvest mouse. Turn around and retrace your steps to return to the starting point.

**Driving Directions:** From I-880 S, take exit 42 toward Broadway/Alameda. Turn right onto 5th St. Make a slight right to stay on 5th St. Turn left to merge onto CA-260S/CA-61 S/Webster Street Tube. Continue to follow CA-260 S/CA 61 S. then turn right onto Central Ave. Take the first left onto McKay Ave, then turn left into parking lot.

From I-880 N, take exit 41B toward Broadway/Down-town. Merge onto 6th St. Turn left onto Broadway. Take the first left onto 5th St. Turn left to merge onto CA-260 S/CA-61 S/Webster Street Tube. Continue to follow CA-260 S/CA 61 S. Turn right onto Central Ave. Take the first left onto McKay Ave, then turn left into parking lot.

**Health Tip**
Walking stimulates growth of nerve cells in the memory center of the brain.
Shadow Cliffs Regional Recreation Area

**Park Features:** Near downtown Pleasanton, Shadow Cliffs features an 80-acre lake and trails to explore. There is an arroyo with a chain of smaller lakes and ponds. Ample parking is available, including several accessible parking spaces in both the main lots, and at least one van accessible parking space in each. There are a limited number of accessible restrooms near the parking lots. Speak with the kiosk staff when you enter to locate them. Numerous picnic areas can also be found, with Lago Del Sol and Lakeside as reservable accessible picnic areas with a wheelchair accessible picnic table at each.

**Trail Highlights:** Please note, there are no markers for these trails, be sure to pick up a park map before your hike. Trails are paved, packed gravel, or dirt, and are mostly flat with 4+ft width. Near the Arroyo Del Valle you may glimpse or hear hawks, quail, heron, mallards, and other birds since this trail runs along the shoreline.

Parts of this route are accessible for people using mobility devices and/or strollers but as you get to the dirt trail on South Arroyo there are steep sections of the trail that are narrow with tree roots popping up. People using mobility devices may need assistance for these sections, or you can turn back and go on the accessible portions to adapt your route.

**Trail Directions:** For the South Arroyo Trail, go to the first solar panel parking lot where the accessible parking spaces are, until you reach the paved walkway, which starts right by the entry kiosk. Keep straight on this sidewalk until you reach the gravel road. Follow the gravel road and veer left past the Shadow Cliffs Interpretive Pavilion until you reach the first fork. Keep straight at the fork and cross the concrete bridge. Continue straight, take the second left on the main trail where the trail descends and becomes a hard packed dirt surface.

After about 300 feet, turn left and take the narrower trail (where there are tree roots and a bit more uneven footing) to the benches at the edge of Arroyo Del Valle. Turn right from the first bench and then keep straight until you reach the end of the trail alongside the lake. To finish this hike, simply follow the trail back in reverse.

**Driving Directions:** From I-580 in Pleasanton, take the Airway Blvd. exit and turn south, towards Pleasanton. Turn right on Kitty Hawk Rd., which becomes Isabel Ave. Turn left on Stanley Blvd. and proceed up on ramp. At the intersection, turn left on Stanley Blvd. and proceed to the park entrance about 2.2 miles on the left.
Park Features: Temescal is an oasis, located between Highways 24 and 13 in Oakland. This park is popular for walking, fishing, sunbathing, swimming, and picnicking. There are restrooms, drinking water and maps located near the lawns at the North and South entrances. The North entrance has nine accessible parking spaces, two of them are van accessible. There are also four accessible restrooms by the main lawn area. There are numerous picnic sites: North Temescal and Landvale have several wheelchair-accessible picnic tables.

Trail Highlights: This short-loop trail is a sure easy way to feel refreshed in the great outdoors. It runs past the beach, children play areas, picnic sites, and goes around the lake. The route takes you along a narrow trail through the local plant life. It ends at a large lawn area. This trail is paved, with a level grade, and the trail width is 4+ft. Most of this route is fully accessible for people using mobility devices and/or strollers until you reach the stairs. Here you can turn and go back to the starting point at any time. Maximum Grade: 3 percent.

Trail Directions: Begin at the east end of the north parking lot (farthest from the kiosk). Head east on the wide paved trail toward Landvale picnic site. Continue on this trail towards the beach, making a hard right at the fork. As you pass the beach on your right, you are officially on East Shore Trail. The Beach House will be coming up on your left. Continue on the trail and after passing the edge of the lake, make a right before the park office to go around to the other side of the trail. Make a right and head west onto West Shore Trail. After .37 miles walk up the stairs to your right and make a right onto Dam Trail. Travel past the lawn area, then make a left at the end to return to the starting point.

Driving Directions: From Highway 24 West, take the exit toward Tunnel Road. Turn left onto Caldecott Lane and then take your second left to cross over the freeway. Turn right on the far side of the overpass onto Broadway, drive .70 miles, and turn left into the park. From Highway 24 East take the Broadway Exit. Merge onto Keith Ave. Turn left onto Broadway, drive .70 miles and then turn right into the park. From Highway 13 North, follow signs for Hwy 24/Walnut Creek. Keep to the right as you get to the top of the ramp, make a sharp right onto Tunnel Road and drive about 1 mile, turn left into the parking lot.
Tilden Regional Park

Location: Berkeley

GPS: 37.904750, -122.244950

Phone: (888-327-2757), option 3, extension 4562

Miles: 3-Mile Round Trip

Elevation Gain: 217 ft.

Trails: Nimitz Way

Hours/ Curfew: 5 a.m. to 10 p.m.

Fees: None

Website: ebparks.org/parks/tilden

Park Features: Tilden was one of three original Regional Parks open to the public in 1936. Attractions in the park include the Environmental Education Center, Little Farm, Merry-Go-Round, Lake Anza swim beach, the Tilden Park Golf Course, and the Steam Train. Within Tilden is the Regional Parks Botanic Garden, renowned for its vast collection of California native plants.

Trail Highlights: Nimitz Way Trail is an accessible paved trail over 4 ft wide that is perfect for those using mobility devices and/or strollers. Inspiration Point is an asphalt parking lot with easy accessibility from the two accessible parking spaces. There are two accessible restrooms but bring plenty of water because there are no drinking fountains.

The trail is full sun with occasional shade and is mostly flat with just a few steep sections. Along the trail there are 10 benches as well as picnic tables at Inspiration Point Staging Area; one of them is wheelchair accessible.

Trail Directions: Arrive at Inspiration Point Staging area and go to the left, towards the restrooms. Nimitz Way Trail will be straight ahead, with a huge sign designating it. This hike is an out and back of 1.5 miles, for a round trip of 3 miles. You can make it a longer or shorter route. This trail goes all the way to Wildcat Canyon Regional Park and offers scenic views with groves of trees and beautiful open spaces. There are mile markers on your right-hand side to keep track of the mileage. Stay on the trail to avoid poison oak. After 1.5 miles in, turn around and hike back to your starting point to complete the route.

Driving Directions: From Hwy. 24 West: Exit in Orinda at Camino Pablo Rd./Morga Way; head north on Camino Pablo for approximately 2.5 miles; go left on Wildcat Canyon Rd. — there is a traffic light at this intersection; continue up Wildcat Canyon Rd. for approximately 2 miles to the Inspiration Point parking lot — on the right.

From I-80: Take the exit for Albany/Buchanan St. and turn left onto Cleveland Ave.; stay on Buchanan and continue straight as Buchanan becomes Marin Ave.; continue on Marin through the traffic circle and up the hill before turning right on Grizzly Peak Blvd.; turn left on Shasta Rd. and go into the park’s Shasta gate; make a slight right onto Wildcat Canyon Rd. and park in the lot for Inspiration Point.