Boat Launching
A two-lane boat launch is located at the south parking lot along Doolittle Drive. There is no fee. Boats mark the channel to deeper water. Be alert to marked and unmarked hazards throughout the bay. Motorized boats and hovercraft are not allowed in marshland areas. Motorized vessels are restricted during certain hours of the year due to bird migration and nesting in the marshes. The Tidewater Boating Center features a boathouse, canoe/kayak launching facility, and trailhead.

Tidewater Boating Center
The Oakland Strokes operates this boathouse complex and mentors youngsters in competitive rowing. The Park District and other organizations provide experiences with boating and water safety, sea kayaking, canoeing, and other water-related recreational programs for area youth and the general public. Amenities at the site include Bay Trail access, picnicking sites, and fishing.

Ours to Explore, Enjoy and Protect
Please enjoy Regional Parks safely and help protect and preserve the parklands by following all park rules and regulations.

Safety
• Stay on trails. Shortcuts are dangerous and damage natural resources.
• Bring plenty of water to prevent dehydration.
• Be prepared for sudden changes in weather conditions.
• Keep parks clean. Pick up what you leave. Inform someone where you are going and when you will return.
• Save our 24/7 Dispatch Center number on your cell phone: Emergency 510-881-1121. Non-emergency 510-881-1833.

Rules
• Dogs must be leashed in parking lots, within 200 feet of any trail or park entrance, in picnic areas, developed areas, and as posted. Dogs must be under voice control at all times. Clean up after your pet; bag it, bin it.
• Bicycles are permitted on designated trails only. Bicyclists stay to the right side of trail and ring or call bell on trails. Shortcuts are dangerous and damage natural resources.
• Bicyclists use helmets at all times. Clean up after your pet: bag it, bin it.
• Motorcrafts are restricted during certain times of the year. A moving permit is required for those 16 years and older when fishing.
• Buoys mark the channel to deeper water. Be alert to marked and unmarked hazards throughout the bay. Motorized boats and hovercraft are not allowed in marshland areas. Motorized vessels are restricted during certain hours of the year due to bird migration and nesting in the marshes.
• The project was a cooperative effort of the Park District and other organizations, all in partnership with Save San Francisco Bay Association, the Sierra Club, Golden Gate Audubon Society, the U.S. Army Corps of Engineers, and San Francisco Bay Regional Water Quality Board, all in partnership with Save San Francisco Bay Association, the Sierra Club, and Citizens for Alameda’s Last Marshlands.

Boat Launching
A two-lane boat launch is located at the south parking lot along Doolittle Drive. There is no fee. Boats mark the channel to deeper water. Be alert to marked and unmarked hazards throughout the bay. Motorized boats and hovercraft are not allowed in marshland areas. Motorized vessels are restricted during certain hours of the year due to bird migration and nesting in the marshes. The Tidewater Boating Center features a boathouse, canoe/kayak launching facility, and trailhead.

Tidewater Boating Center
The Oakland Strokes operates this boathouse complex and mentors youngsters in competitive rowing. The Park District and other organizations provide experiences with boating and water safety, sea kayaking, canoeing, and other water-related recreational programs for area youth and the general public. Amenities at the site include Bay Trail access, picnicking sites, and fishing.

Ours to Explore, Enjoy and Protect
Please enjoy Regional Parks safely and help protect and preserve the parklands by following all park rules and regulations.

Safety
• Stay on trails. Shortcuts are dangerous and damage natural resources.
• Bring plenty of water to prevent dehydration.
• Be prepared for sudden changes in weather conditions.
• Keep parks clean. Pick up what you leave. Inform someone where you are going and when you will return.
• Save our 24/7 Dispatch Center number on your cell phone: Emergency 510-881-1121. Non-emergency 510-881-1833.

Rules
• Dogs must be leashed in parking lots, within 200 feet of any trail or park entrance, in picnic areas, developed areas, and as posted. Dogs must be under voice control at all times. Clean up after your pet; bag it, bin it.
• Bicycles are permitted on designated trails only. Bicyclists stay to the right side of trail and ring or call bell on trails. Shortcuts are dangerous and damage natural resources.
• Bicyclists use helmets at all times. Clean up after your pet: bag it, bin it.
• Motorcrafts are restricted during certain times of the year. A moving permit is required for those 16 years and older when fishing.
• Buoys mark the channel to deeper water. Be alert to marked and unmarked hazards throughout the bay. Motorized boats and hovercraft are not allowed in marshland areas. Motorized vessels are restricted during certain hours of the year due to bird migration and nesting in the marshes.
• The project was a cooperative effort of the Park District and other organizations, all in partnership with Save San Francisco Bay Association, the Sierra Club, Golden Gate Audubon Society, the U.S. Army Corps of Engineers, and San Francisco Bay Regional Water Quality Board, all in partnership with Save San Francisco Bay Association, the Sierra Club, and Citizens for Alameda’s Last Marshlands.

Wetlands Restoration
In 1998 one of the East Bay’s most significant wetlands restoration projects was completed at Martin Luther King Jr. Regional Shoreline, which restored tidal flow to 71 acres of tidal and seasonal wetlands that had been filled in the mid 1980s. The project was a cooperative effort of the Park District, the Port of Oakland, the Golden Gate Audubon Society, the U.S. Army Corps of Engineers, and San Francisco Bay Regional Water Quality Board, all in partnership with Save San Francisco Bay Association, the Sierra Club, and Citizens for Alameda’s Last Marshlands.

The project resulted in reclamation of native plants and the return of many species of birds. Thousands of migrating birds have returned to the marsh annually to rest and feed, and for some species such as avocets, terns, egrets, burrowing owl, and the endangered Ridgway’s rail, to live at the marsh year-round.

School and volunteer groups utilize the restored marsh for teaching opportunities and community projects. Students learn about wetlands ecosystems, and conservation efforts. Persons or groups wishing to volunteer can contact the park supervisor at (510) 544-3164.

Visitor Center
The Visitor Center at Crab Cove at (510) 544-3187. Interpretive programs can contact the Doug Sidenberg Wetlands Program.

Martin Luther King Jr. Regional Shoreline
Main Entrance
Doolittle Dr. and Swan Way, Oakland
MLK,Jr. Shoreline Center
7250 Doolittle Dr., Oakland
Tidewater Boating Center
4675 Tidewater Ave., Oakland
Regional Parks Membership
Receive free day-use parking, swimming, dog pass, and more. 510-544-2120
Regionalparksfoundation.org

Regional Parks Foundation Ours to Explore, Enjoy and Protect
Martin Luther King Jr.
Regional Shoreline

Year Opened: 1979  Acres: 749

Highlights: Hiking, birdwatching, picnicking, fishing, boat launch, Tidewater Boating Center.

Did You Know: Formerly known as San Leandro Bay Regional Shoreline, this shoreline park was renamed in 1992 by a unanimous vote of the Park District Board of Directors in honor of the late civil rights leader, Dr. Martin Luther King, Jr.

Fees: None

Did You Know:
Formerly known as San Leandro Bay Regional Shoreline, this shoreline park was renamed in 1992 by a unanimous vote of the Park District Board of Directors in honor of the late civil rights leader, Dr. Martin Luther King, Jr.

Highlights:
Hiking, birdwatching, picnicking, fishing, boat launch, Tidewater Boating Center.

Fees:
None

Access in the park includes parking, curb cuts, paved trails, fishing access, restrooms, drinking fountains, and a marsh overlook platform.

MLK JR. REGIONAL SHORELINE

- ADA Accessible
- Paved Trail: Hiker, Biker
- Mileage Between Points
- Parking (# Spaces)
- Restroom
- Drinking Water
- Information Panel
- Emergency Phone
- Picnic Area
- Reserve Picnic Area
- Boat Launch
- Fishing Dock
- Playground
- Marsh Area
- Bus Stop

- AC Transit #73, #98

Shoreline Center

Arrowhead Marsh

San Leandro Bay

San Francisco Bay Trail

TIDEWATER STAGING AREA

DOUGLITTLE STAGING AREA

DAMON SLUGH STAGING AREA

GARRETTSON POINT STAGING AREA

SAN LEANDRO CREEK STAGING AREA

AC Transit 

PARK ENTRANCE

PENDLETON WAY STAGING AREA

WATERWAY STAGING AREA

SAN FRANCISCO BAY TRAIL

Walk-in Only

Kayak/Boat Launch & boat trailer spaces

Kayak/Canoe Launch

TIDEWATER BOATING CENTER

San Leandro Creek Trail West

San Leandro Creek Trail East

Airport

Channel