

15 Shadow Cliffs: Marsh Loop

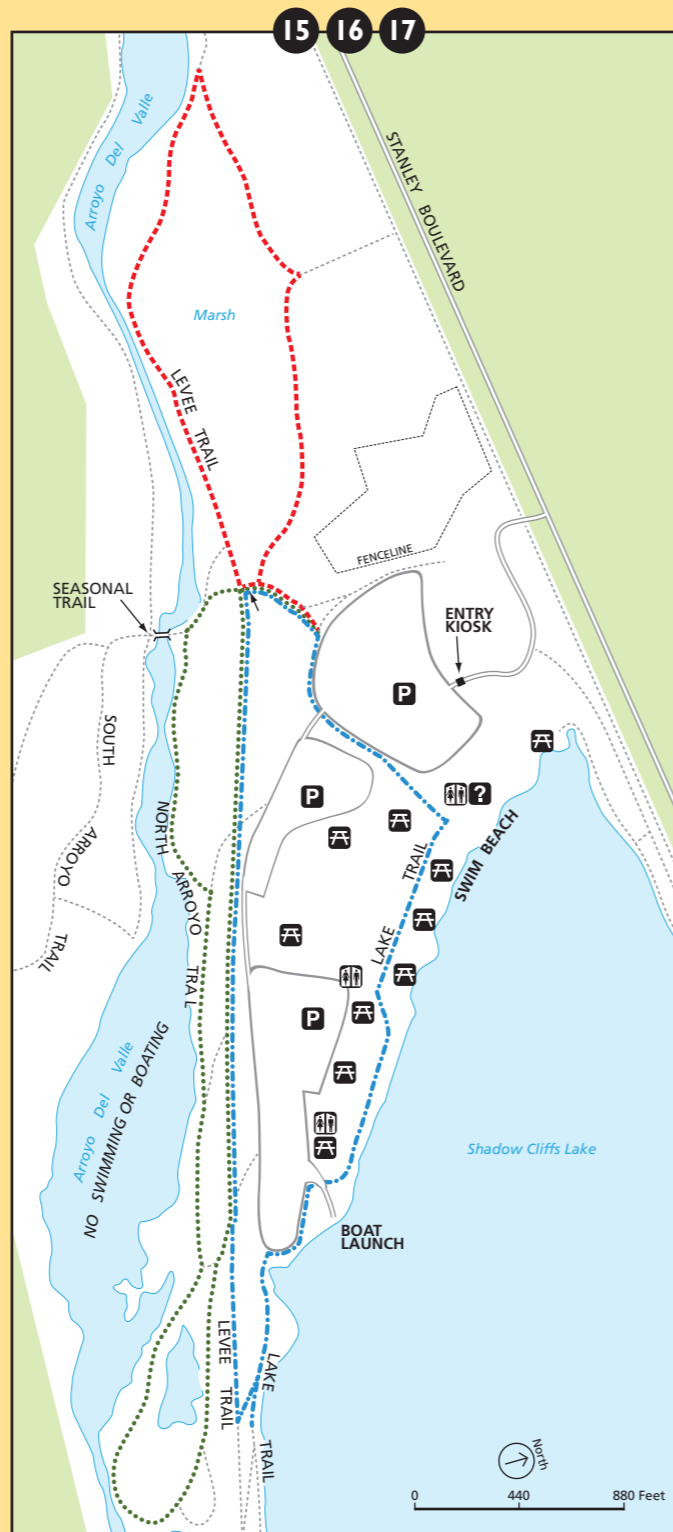
Route: (shown as an orange dashed line)—Start at the west end of the first parking area past the park entry kiosk. Head away from the pavement, take the first right towards the marsh, and follow the trail around the marsh. **Description:** This gentle, rolling levee trail circles a small woodland area with slightly elevated views. This is a great place to see nesting birds and hear their pleasant songs. It follows the Arroyo Del Valle, where many ducks and geese feed and play. **Length:** .71 miles. **Trail type:** fire road. **Trail condition:** good. **Amenities at trailhead:** none. **Amenities on trail:** benches. **Elevation gain:** 53 feet. **Maximum grade:** 5.5%.

16 Shadow Cliffs: Levee/North Arroyo Trail Loop

Route: (shown as a green dotted line)—Start at the west end of the first parking area past the park entry kiosk. Take the first left onto the Levee Trail at the top of the levee. Continue along the Levee Trail until you see a trail drop down to the right near the end of the water. Drop down onto the North Arroyo Trail to return to the start. **Description:** This walk starts out by dropping down to Arroyo area and follows the shoreline where many types of ducks, geese, and birds may be seen. It then circles a very pretty pond with cattails and cottonwoods before returning to the levee trail for views of Shadow Cliffs lake with its kayakers, fisherman, and many types of waterfowl. **Length:** 1.31 miles. **Trail type:** fire road. **Trail condition:** good. **Amenities at trailhead:** none. **Amenities on trail:** benches. **Elevation gain:** 90 feet. **Maximum grade:** 7%.

17 Shadow Cliffs: South Arroyo Trail Loop

Route: (shown as a blue dashed and dotted line)—Start at the west end of the first parking area past the park entry kiosk. Take your first left onto the Levee Trail at the top of the levee and continue east. Soon after walking past the last of the parking lots and fishing docks, you will see a narrow trail on the left. This will take you down to the waterfront, where you follow the paved Lake Trail back to the parking area. **Description:** This trail offers commanding views of the Del Valle Arroyo to the west and Shadow Cliffs lake to the east. As you make your way on the levee trail you loop back past numerous fishing docks, where you can find out what's biting. You then meander along the lakeshore, where many recreational opportunities await. **Length:** 1.2 miles. **Trail type:** fire road and paved. **Trail condition:** good. **Amenities at trailhead:** none. **Amenities on trail:** benches. **Elevation gain:** 60 feet. **Maximum grade:** 11%.



WELCOME!

Please enjoy our Regional Parks safely, and help us protect and preserve your parklands by complying with park rules and regulations.

SAFETY and ETIQUETTE

- Stay on trails. Taking shortcuts can be dangerous and causes erosion.
- Wading and/or swimming in undesignated areas may be dangerous and may harm the watershed.
- Carry and drink plenty of water. Dehydration is a leading cause of injuries on the trail.
- Be prepared for sudden changes in weather conditions.
- Trails can be slippery, rocky and steep. Proceed carefully at your own risk.
- Wildlife may be present on the trails at any time. Feeding or approaching wildlife is dangerous and illegal.
- Bicycles are permitted on designated trails only. Horses have the right-of-way on trails.
- Keep the parks beautiful. Pack out what you pack in.

RULES

Pets must be leashed 200 feet from any trail or park entrance. Pets must be leashed in parking lots, picnic areas, developed areas such as lawns and play fields, and on some trails. They must be under voice control at all times. Visitors are responsible for knowing and complying with park rules (Ordinance 38), online at www.ebparks.org/activities/ord38.



Use your smartphone to access more information about these walks and to learn about other short-loop walks.

<http://www.ebparks.org/activities/hiking/shortloopwalks>

Visit www.ebparks.org/parks/maps for individual park map brochures that show these short loop hikes in greater detail. You can also get map brochures at park entrances and at our administrative headquarters at 2950 Peralta Oaks Court, Oakland, Ca 94605.

East Bay Regional Park District

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Oakland, CA 94605-0381

1-888-EBPARKS www.ebparks.org

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Short-Loop Trails

Easy Paths for Walking or Biking

Southern Region

Oakland, San Leandro, Hayward,
Pleasanton, Sunol



Black-necked stilts and one yellowlegs (at right) at Hayward Regional Shoreline. Photo by Susan Teefy.



Pleasanton Ridge Regional Park. Photo by David Silva.

3 Garin: Jordan Pond Loop

Route: (shown as an orange dashed line)—Begin at the Garin Barn Visitor Center and go south towards Jordan Pond. Take the trail around the pond and back to the parking area. **Description:** This relatively short loop around Jordan Pond takes you past popular picnic and lawn areas. You'll see the Visitor Center, which houses historic artifacts from the ranching and farming history of the Hayward area, and a variety of antique farm equipment on display outside. As you make your way around the lake, you may see squirrels, raptors, and lizards, as well as a variety of wildflowers in the spring and early summer. **Length:** 0.75 miles **Trail type:** natural, fire road and narrow. **Trail condition:** smooth. **Amenities at trailhead:** Visitor Center, restrooms, benches, recycling, information, phone, drinking water, parking, horseshoes, picnic tables. **Amenities on trail:** picnic areas, benches, restrooms, fishing. **Elevation gain:** 50 feet. **Maximum grade:** 8%.

4 Garin: Dry Creek Trail Out-and-Back

Route: (shown as a green dotted line)—Begin at the Garin Barn Visitor Center and go south on Jordan Pond Loop towards Jordan Pond. Turn left onto the paved beginning of the Dry Creek Trail and follow it, bearing left at the first junction, and right at the second to avoid the rougher parts of the trail. Walk until you get to the gate at Meyers Ranch Trail and return. **Description:** This longer walk showcases wildlife, grasslands, and chaparral areas in Garin and Dry Creek Regional Parks. Watch for raptors soaring overhead, lizards and squirrels underfoot, and butterflies in season. Dry Creek Trail is mostly shaded as it courses along the canyon bottom. **Trail type:** natural and paved, fire road and narrow. **Length:** 2.2 miles. **Trail condition:** rustic. **Amenities at trailhead:** Visitor Center, restrooms, benches, recycling, information, phone, drinking water, parking, horseshoes, picnic tables. **Amenities on trail:** picnic areas, benches, fishing. **Elevation gain:** 245 feet. **Maximum grade:** 10%.



A bedraggled western kingbird dries off at Garin Regional Park. Photo by Davor Desancic.

8 Sunol: Indian Joe Nature Trail Loop

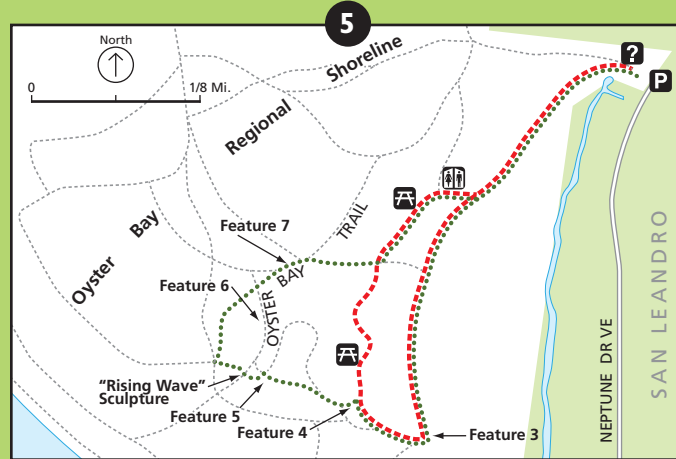
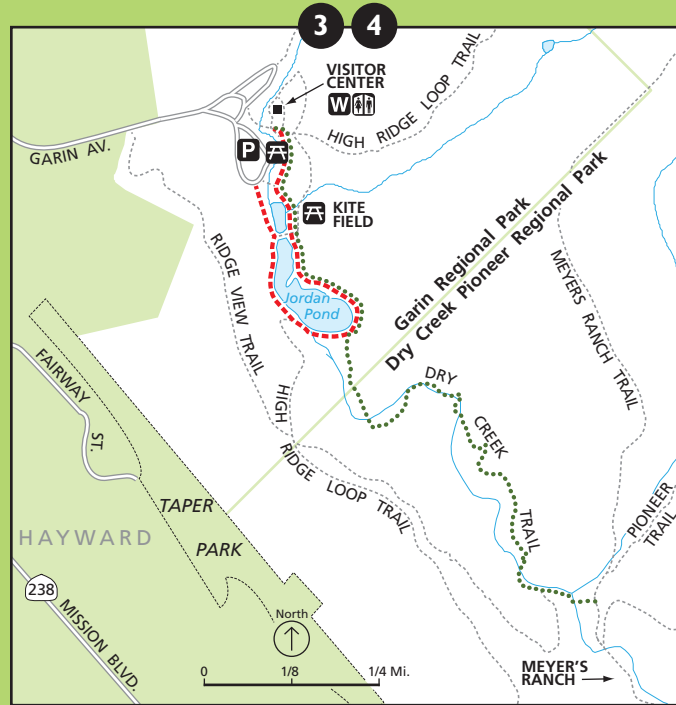
Route: (shown as an orange dashed line)—From the Visitor Center, cross the footbridge and turn right onto Canyon View Trail. Continue past Hayfield Road, cross a usually dry stream bed, and turn left at Indian Joe Creek Trail, the second trail junction past the stream. After a short distance turn left, cross Indian Joe Creek onto the Indian Joe Nature Trail, then turn right onto Canyon View to return to the footbridge. **Description:** A short walk along a cottonwood-bordered stream that gently climbs through a wooded canyon with terrain typical of Bay Area hills. Borrow a booklet from the Visitor Center (open weekends only) to interpret this self-guided nature trail. **Length:** .91 miles. **Trail type:** natural, narrow. **Trail condition:** smooth, with rough sections. **Amenities at trailhead:** parking, Visitor Center (open weekends only), information, restrooms, benches, picnic areas, phone. **Amenities on trail:** bench. **Elevation gain:** 100 feet. **Maximum grade:** 13.5%.

9 Sunol: Shady Glen Trail Loop

Route: (shown as a green dotted line)—From the Visitor Center, cross the footbridge and turn left. Turn right onto Shady Glen Trail and continue to a right turn onto Hayfield Road. Turn right again at Canyon View and return to the footbridge. **Description:** Short, steep grades with narrow switchbacks that reach a grassy upland with sweeping views of Flag Hill and the nearby canyons. Sunol is home to bald and golden eagles, mountain lions, bobcats, deer, and tule elk. **Length:** .98 miles. **Trail type:** natural, narrow. **Trail condition:** smooth, with rough sections. **Amenities at trailhead:** parking, Visitor Center (open weekends only), information, restrooms, benches, picnic areas, phone. **Amenities on trail:** none. **Elevation gain:** 185 feet. **Maximum grade:** 22%.

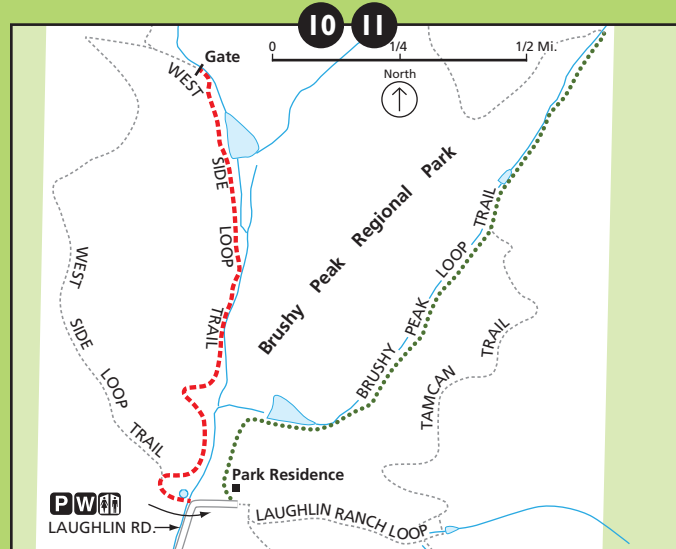
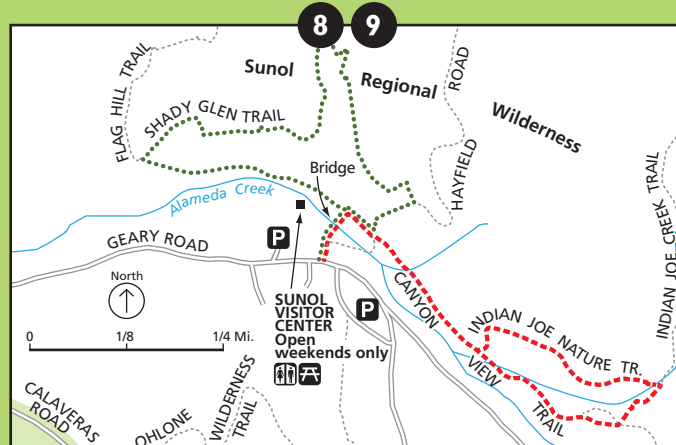
10 Brushy Peak: West Side Out-and-Back

Route: (shown as an orange dotted line)—From the parking area head back across the road (west) to the gate and start up the West Side Loop Trail. Continue until you reach the gate before turning around to complete the full hike. **Description:** Much like its sister hike, the West Side Walk provides hikers with great views of the adjacent valley and surrounding grasslands, as well opportunities to see native birds and ground mammals. Look closely at the various grasses and plant species, and notice how they change depending on their position in the valley and how much water is available. **Length:** 1.8 miles. **Trail type:** natural, fire road. **Trail condition:** smooth. **Amenities at trailhead:** parking, information, restrooms. **Amenities on trail:** none. **Elevation gain:** 140 feet. **Maximum grade:** 8.6%.



5 Oyster Bay: Salt Marsh Loops

Route: Begin at the Neptune Drive parking area and head west, following the paved trail south. Turn right at Feature 3, the "Oyster Bay History" interpretive panel. At Feature 4, the "Native Plants" interpretive panel, turn right for the shorter loop (shown as an orange dashed line), continue until you see the restrooms, turn right, and then left on the path back to the parking area. For the longer loop (shown as a green dotted line) continue past Feature 4 and to the sculpture. Turn right



11 Brushy Peak: East Side Out-and-Back

Route: (shown as a green dotted line)—From the staging area walk to the Brushy Peak Loop trailhead at the left of the residence. Walk until it takes a sharp left-hand bend and goes uphill. This is your turn-around point. **Description:** This walk takes you up high, to great views of the surrounding grasslands and a perfect perch for birdwatching. Red-tailed hawks and golden eagles are common here, as are ground squirrels, owls, reptiles, badgers, and the San Joaquin kit fox. The trailside structural remnants are what's left of farm buildings built by Joseph Laughlin in 1920s and 1930s. **Length:** 2.3 miles. **Trail type:** natural, fire road. **Trail condition:** smooth. **Amenities at trailhead:** parking, information, restrooms. **Amenities on trail:** none. **Elevation gain:** 320 feet. **Maximum grade:** 10.7%.

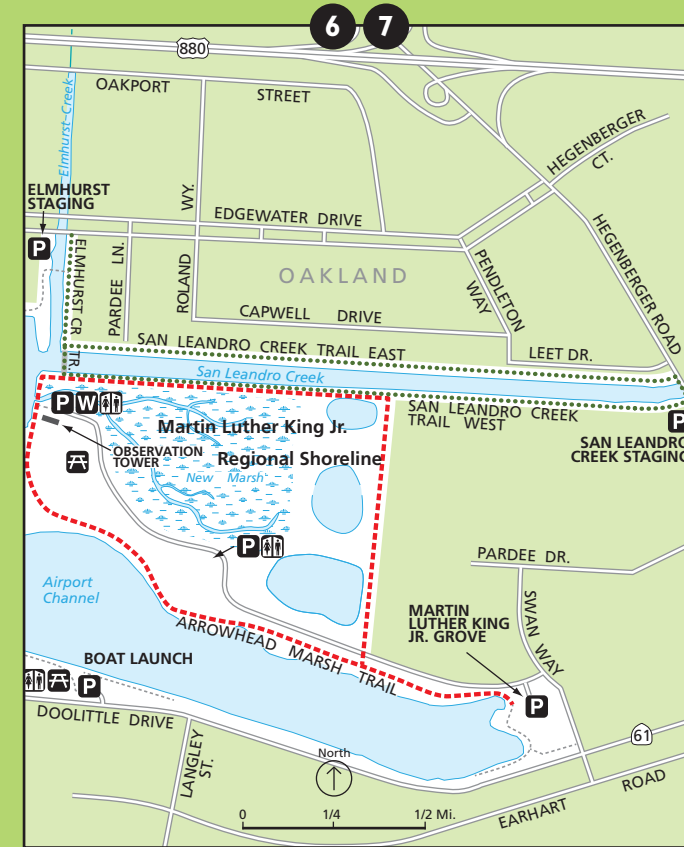
past the sculpture, and right again at the first pathway. Head back to the paved path and go left, back to the parking area. **Description:** On this quick loop you may notice restored marshlands, and are sure to see ground squirrels, several bird species, and butterflies. **Length:** .75 and .97 miles. **Trail type:** paved and dirt. **Trail condition:** fair to good. **Amenities at trailhead:** parking, drinking water, information. **Amenities on trail:** benches, restrooms. **Elevation gain:** 80 and 100 feet. **Maximum grade:** 5% and 7%.

6 MLK Shoreline: New Marsh Loop

Route: (shown as an orange dashed line)—Start at the Martin Luther King Jr. Grove off Swan way and head north along the Arrowhead Marsh Trail. When you reach the observation deck walk towards it and cross the small bridge before turning right onto San Leandro Creek Trail West. Walk along this path until you can see a right turn that will take you back to the Arrowhead Marsh Trail and complete the loop. **Description:** The New Marsh Loop takes you around a portion of Martin Luther King Jr. Regional Shoreline's 71-acre restoration project filled with recolonized native plants and returning bird species. Take note of the attractive picnic and lawn areas, and the observation tower—perfect for birdwatching or a view of the entire park. **Length:** 2.02 miles. **Trail type:** paved. **Trail condition:** good. **Amenities at trailhead:** parking, restrooms, picnic facilities, benches. **Amenities on trail:** benches, information, observation tower. **Elevation gain:** 0 feet. **Maximum grade:** 0%.

7 MLK Shoreline: San Leandro Creek Trail Loop

Route: (shown as a green dotted line)—Start at the Elmhurst Staging Area on Elmhurst Drive and head southwest, towards San Leandro Bay, along the Elmhurst Creek Trail. Turn left at the San Leandro Creek Trail East. Walk this path to Hegenberger Road and take the sidewalk to San Leandro Creek Trail West to head back to Elmhurst Creek Trail and the parking area. **Description:** This flat, paved trail follows San Leandro Creek for about a mile and offers walking options to Arrowhead Marsh and Garretson Point trails. There are many species of migratory waterfowl along the creek for your viewing pleasure, and looking to the west you can see the San Francisco skyline. This loop trail is best done during high tide. **Length:** 1.91 miles. **Trail type:** paved. **Trail condition:** good. **Amenities at trailhead:** parking, restrooms, information, drinking water, wheelchair access. **Amenities on trail:** benches, information, restrooms, picnic areas, observation tower. **Elevation gain:** 0 feet. **Maximum grade:** 0%.



White egrets in the marsh at Martin Luther King Jr. Regional Shoreline. Photo Jerry Ting.

12 Quarry Lakes: Rainbow Lake Loop

Route: (shown as an orange dashed line)—Start at the southernmost end of the parking lot (nearest the lake). Take the California Trail and walk the loop around Rainbow Lake. **Description:** This loop takes you around smaller Rainbow Lake on slightly quieter trails compared to those around Horseshoe Lake. These trails present a perfect place to slow down and view the wildlife in this popular recreation area. Keep an eye out for a variety of birds, ground mammals, and insects. **Length:** 1.3 miles. **Trail type:** natural and paved, fire road. **Trail condition:** smooth. **Amenities at trailhead:** drinking water, benches, restrooms, picnic, recycling, phone, volleyball. **Amenities on trail:** drinking water, restrooms, benches, fishing. **Elevation gain:** 0 feet. **Maximum grade:** 4%.

13 Quarry Lakes: Horseshoe Lake Loop

Route: (shown as a green dotted line)—Begin at the boat ramp and take Old Creek Trail south and make the loop with Horseshoe Lake to your left. Complete your walk on the Western Pacific Trail and return past the swim beach to your starting point. **Description:** This loop is a great introduction to Quarry Lakes and what it has to offer. Enjoy views of the lake with the beautiful hills to the east as a backdrop, and explore the fishing dock and boat launch, swim area, volleyball courts, and picnic areas. **Length:** 2.1 miles. **Trail type:** natural and paved, fire road. **Trail condition:** smooth. **Amenities at trailhead:** drinking water, benches, restrooms, picnic, recycling, phone, volleyball. **Amenities on trail:** drinking water, restrooms, benches, fishing, swimming. **Elevation gain:** 100 feet. **Maximum grade:** 4%.



14 Hayward Shoreline: Cogswell Marsh Loop

Route: (shown in orange)—Go south from the parking area and continue out into Cogswell Marsh. You will soon be walking the head of this "lollipop" loop. Do not turn south when you reach the footbridge at Johnson's Landing. Instead, pass the footbridge and go north to complete the loop and return to the parking area. **Description:** The Cogswell Marsh loop offers an intimate bay experience. Thanks to an ever-present bay breeze and buffer from the city, it's easy to forget that you're at the center of a great megalopolis. Keep an eye out for least terns and be sure to read the information panels that tell the interesting history of this marshland restoration. **Length:** 2.75 miles. **Trail type:** dirt and gravel. **Trail condition:** good. **Amenities at trailhead:** parking, information, restrooms. **Amenities on trail:** information, benches. **Elevation gain:** 0 feet. **Maximum grade:** 0%.

