

Martin Luther King Jr. Regional Shoreline

Arrowhead Marsh/San Leandro Creek Trail West to MLK Grove Parking

Length: 2.02-mile loop

Location: Oakland

Intensity: Easy



Park Features: The restoration projects at MLK Jr. Regional Shoreline helps support a bustling ecosystem only a minute's drive away from Oakland International Airport; if you are lucky you can catch a glimpse of bat rays or leopard sharks showing their fins near San Leandro Creek. The shoreline features large grassy areas with picnic tables and restrooms adjacent to the New Marsh and the coastal breeze provides a great getaway to beat the heat. Arrowhead Marsh has the largest population of California clapper rails by density in the Bay Area; there is a good chance you will see one at the Arrowhead Marsh observation deck during high tide.

Trail Highlights: The observation tower next to the Arrowhead Marsh parking lot provides a vantage point for surveying the marshlands right in the heart of the park; use the viewing station to zoom in and get intimate with the marsh wildlife. This loop is an entirely paved multi-use trail, so bring the whole family! As with all EBRPD lands, dogs are not allowed in the marsh areas and must be on leash throughout the shoreline park. This short loop features several water fountains along the way and many observation benches looking out into the marshlands so you can stay relaxed and hydrated on your trip.

Trail Directions: Upon entering the shoreline park, make a left to park at the Martin Luther King Jr. Grove and head north along the Arrowhead Marsh Trail parallel to the water; do not follow the paved vehicle road to one of the other staging areas out in the park. Take the Arrowhead Marsh Trail out to the observation deck and cross the small bridge before turning right onto San Leandro Creek Trail West. Walk along San Leandro Creek Trail West until you reach the right turn that will take you back to the Arrowhead Marsh Trail and complete the loop.

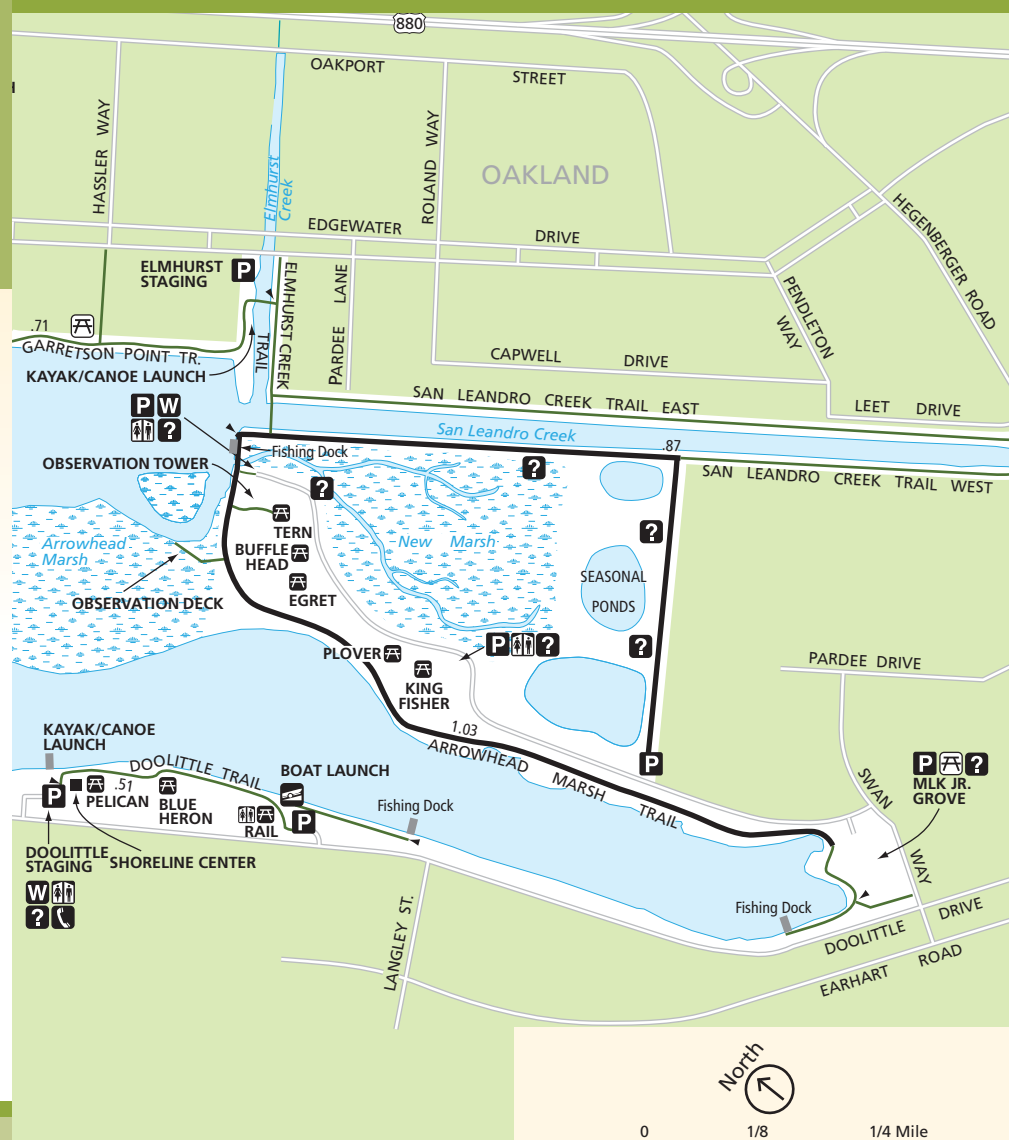
Driving Directions: From I-880 south: Take exit 36 for Hegenberger and turn right onto Hegenberger Rd.; follow Hegenberger before making a right onto Pardee Dr. and then a left to Swan Way; take a final right off Swan to enter the park.

From I-880 north: Take exit 35 for 98th Ave. toward Oakland Airport; turn right on Airport Access Rd.; slight left to stay on Airport Access Rd./Pardee Dr.; left onto Swan Way, then right off Swan to enter the park.

Park Hours: 8 a.m. to dusk (varies seasonally)

Fees: None.

Website: www.ebparks.org/parks/martinlking



— Featured Trail—Paved
Hiker, Horse, Bike
— Hiker, Horse, Bicycle Paved Trail
— Mileage Between Points

P Parking
W Drinking Water
♿ Restrooms
? Information
♿ Reservable Picnic
♿ Picnic

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 to enjoy yourself and others more.