

Hayward Regional Shoreline

Grant Avenue to Interpretive Center via San Francisco Bay Trail

Length: 9.94 round trip **Elevation Gain:** Approximately 50 ft.

Location: San Lorenzo/Hayward

GPS Coordinates: 37.669627, -122.157556

Intensity: Moderate



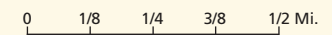
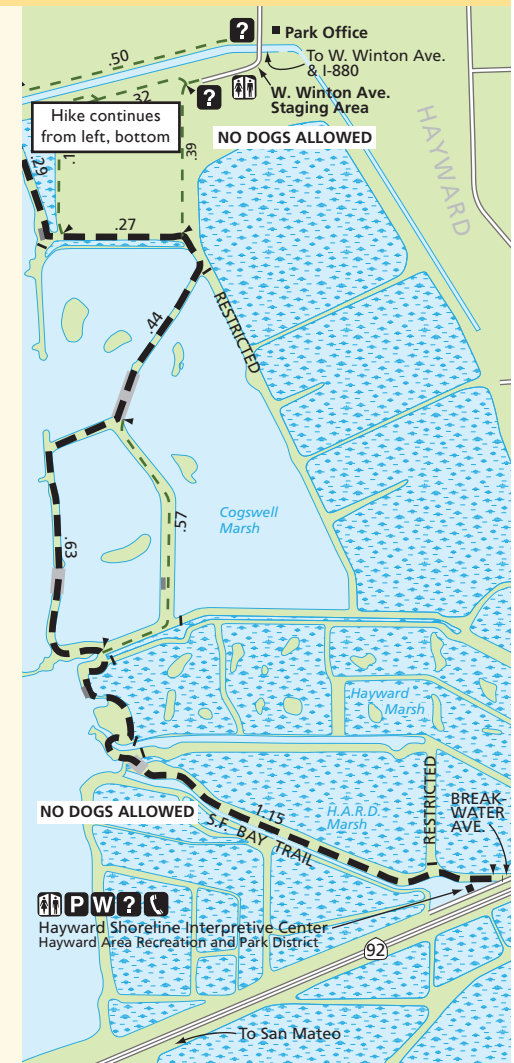
Park Features: Hayward Regional Shoreline consists of 1,811 acres of salt, fresh, and brackish water marshes, seasonal wetlands and public trails. The shoreline includes Hayward, Cogswell, and Oro Loma marshes, all crucial elements of the thriving ecosystem utilized by many species of nesting birds. Activities at the shoreline include hiking, bicycling, jogging, bird-watching, blanket-picnicking and fishing. Fishing is allowed from the levees, except in the marsh areas. A state fishing license is required for those ages 16 and over. Dogs are not allowed south of Winton Avenue to protect nesting and feeding wildlife.

Trail Highlights: The wide, multi-use gravel trail is a popular escape for local residents to exercise outdoors, take in impressive Bay views, or enjoy the simplicity of the peaceful, natural environment. Egrets, avocets, and willets are likely to be spotted, and red tailed hawks may pass overhead. Benches are available at regular intervals. There is no drinking water so bring your own. A restroom is located at the mouth of San Lorenzo Creek, very close to the starting point and along the route. Leashed dogs are allowed on the trail, but not south of W. Winton Avenue Flood Control Channel.

Trail Directions: From the parking lot, head northwest along the trail from Grant Ave, towards San Lorenzo Creek. The trail veers left, then left again, passing the only restroom along this route. Continue straight (southward) for the next 1.81 miles, as you cross bridges, pass benches, and view the Oro Loma Marsh to your left. At the next junction, keep right as the trail bulges west near Hayward Landing. Turn right to continue along the shoreline. The trail then heads inland for .27 miles. Turn right at the next junction to head south again. After .44 miles, keep left to travel alongside the Cogswell Marsh. After Cogswell Marsh, the trail veers right. At the next junction, make a left to continue south. The last 1.15 miles take you on a windy route along Hayward Marsh to the Hayward Shoreline Interpretive Center at Breakwater Ave. Retrace your steps to finish this 9.94-mile challenge.

Driving Directions: From Interstate 880 north, take the Hesperian Boulevard exit. Turn left onto Hesperian Blvd. Turn right onto Grant Ave. Drive 1.8 miles and turn right into the parking lot for Hayward Regional Shoreline.

From Interstate 880 south, take the I-238 exit toward I-580/Stockton/Fresno. Keep right at the fork, and follow signs for Washington Ave. Turn left onto Beatrice St. Take the first right onto Washington Ave. Turn right onto Grant Ave. Drive 1.3 miles, and turn right into the parking lot for Hayward Regional Shoreline.



- — — Featured Trail--Hiker, Bike
- - - Hiker, Bicycle Trail
- ▼ .28 ▼ Mileage Between Points

- P** Parking
- W** Drinking Water
- 🚻** Restrooms
- ?** Information
- ☎** Telephone
- Gate

Park Hours: 5 a.m. to 10 p.m.

Fees: None.

Website: www.ebparks.org/parks/hayward