FIND YOUR ADVENTURE

Birding the Bay Trail
Along the Pacific Flyway, the Bay Trail is the place to view an array of migrating and resident shorebirds. Check out these bird-worthy spots:
- Palo Alto Baylands
- Coyote Hills Regional Park, Fremont
- American Canyon Bay Trail
- Hamilton Bay Trail, Novato

Fun for Kids
Kids big and small will love these creative playgrounds along the Bay:
- Ryder Park, San Mateo
- Marina Park, San Leandro
- Adventure Playground, Berkeley
- Bay Area Discovery Museum, Sausalito

Shoreline Walks
Discover even more along the Bay edge by foot. These areas are great for a stroll:
- Geoffrey Miller Trail, Martinez
- Martin Luther King Jr. Regional Shoreline, Oakland
- Orchard Family Farm, Richmond
- Glen Cove Waterfront Park, Vallejo

Expand What You Know
Shoreline environmental education centers and museums inspire people to deepen their knowledge about the Bay:
- OurOdyssey, San Mateo
- Aviso Environmental Education Center, San Jose
- Hayward Shoreline Interpretive Center, Hayward
- Crab Cove Visitor Center, Alameda

Shoreline Picnic and Barbecue Spots
Pack a lunch for a perfect park day with plenty of bayside open space for the whole family to enjoy:
- Ossy Park, San Francisco
- Robert W. Crown Memorial State Beach, Alameda
- Miller/Knox Regional Shoreline, Richmond
- Middle Harbor Shoreline Park, Oakland
- China Camp State Park, San Rafael

Scenic Viewpoints
Venture to these areas for rewarding vistas:
- Fort Baker, Sausalito
- Middle Harbor Shoreline Park, Oakland
- César Chávez Park, Berkeley
- Tiburon Rail Trail, Tiburon

The Best Bike Rides
Explore familiar sites as well as places off the beaten path:
- San Francisco Ferry Building to Sausalito Ferry
- boat ride back to SF
- Coyote Landing to Sunnyvale Baylands Park
- San Leandro Marina to Hayward Regional Shoreline
- Miller Knob to Richmond Sausalito Bridge to China Camp State Park and back
- Mill Valley—Sausalito Pathway

Bay Trail Audio Tours
Want to learn about history, ecology, restoration and general fun facts while walking the Bay Trail? There’s an app for that! Download Vizzit Places from the App Store or Google Play, then choose from 13 audio tours around the region. Some examples include:
- Flying High at a Historic Airfield in Novato
- Richmond Home Front Heroes—Rosie the Riveter
- Bencic by the Bay
- Many more...

Dog Parks
Be sure to check with the city, town, county, or park district that the trail segment runs through before bringing your dog—restrictions vary along the Bay Trail. These are some certified dog-friendly parks:
- Bayside Park, Burlingame
- Point Isabel Regional Shoreline, Richmond
- Bayfront Park, Mill Valley
- Mission Bay Parks, San Francisco

LOOKING FOR MORE?
This map is a companion piece to the Bay Trail Map Set—25 cards containing detailed maps and text on individual segments of the complete Bay Trail. This map set can be purchased at local stores, or via the Bay Trail website: baytrail.org

THANK YOU
The San Francisco Bay Trail is a visionary plan for a 500-mile walking and bicycling path that will one day encircle the entire San Francisco Bay. If you have ever cycled across the Golden Gate Bridge, skated around Bay Farm Island, or walked in the Palo Alto Baylands, you have experienced the Bay Trail.

Like the Bay Area itself, the trail provides a varied experience, from the bustling, historic waterfronts of Richmond, San Francisco, and Oakland, to remote natural areas like the Don Edwards and San Pablo Bay National Wildlife Refuges. Over 350 miles of trail are in place today, providing scenic recreation and adventure by foot or by wheel.

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EXPLORE