



Look for the Bay Trail sign when out on the trail (photo: Bay Trail Project)

The San Francisco Bay Trail is a visionary plan for a 500-mile walking and bicycling path that will one day allow continuous travel around San Francisco Bay. Over 340 miles of trail are complete in the form of multi-use pathways, levee-top trails, bike lanes, and sidewalks. Eventually, the Bay Trail will link the shoreline of nine

# San Francisco Bay Trail

counties, passing through 47 cities and crossing seven toll bridges. New segments are constantly opening.

The Bay Trail provides scenic recreation for hikers, joggers, bicyclists, skaters, and wheelchair riders. It also offers a setting for wildlife viewing and environmental education which increases public respect, stewardship, and appreciation for the bay.

The Bay Trail has important transportation benefits: it provides a commute alternative for bicyclists and connects to numerous public transportation facilities, including ferry terminals, light-rail lines, bus stops, Caltrain, Amtrak, and BART.

The Bay Trail provides access to commercial and residential neighborhoods; points of historic, natural and cultural interest; recreational areas like beaches, marinas and fishing piers; and over 130

parks totaling more than 57,000 acres of open space.

Implementation of the Bay Trail is coordinated by the San Francisco Bay Trail Project, a nonprofit organization created by the Association of Bay Area Governments and housed at its offices. To carry out its mission, the Bay Trail Project provides grants for trail planning and construction, ensures consistency with the adopted Bay Trail Plan, provides technical assistance, enlists public participation in trail-related activities, and publicizes the Bay Trail and its benefits to the region.

Making the Bay Trail a reality involves a collaborative effort between a wide-variety of public agencies and private organizations. Together, these organizations build, operate, and maintain the various parts of the Bay Trail. Completing the remaining miles of Bay Trail will require the continued efforts of these public and private partnerships. Park bonds, transportation fund-



Point Pinole Regional Shoreline, Richmond (photo: Josh Maddox)

ing measures, private funds, and many other sources all contribute to the Bay Trail vision.

Everyone can help complete the Bay Trail by supporting projects that will build new Bay Trail segments, voting for park bonds and transportation measures that help fund the Bay Trail, and donating to the Bay Trail Project.

## Views from the Bay Trail

Take in views of gleaming bay waters and rediscover San Francisco Bay from a new perspective. Venture to these areas, and so many others, for rewarding vistas:

- Crissy Field, San Francisco
- Middle Harbor Shoreline Park, Oakland
- Cesar Chavez Park, Berkeley
- George Miller Trail, Carquinez Strait
- Tiburon Pathway

## Great Places for Kids

Adventures await kids who love to jump and climb. Kids will love these creative playgrounds along the bay:

- Magic Mountain Playground, Coyote Point Recreation Area, San Mateo
- Ryder Park, San Mateo
- Marina Park, San Leandro
- Adventure Playground, Berkeley
- Pickleweed Park, San Rafael

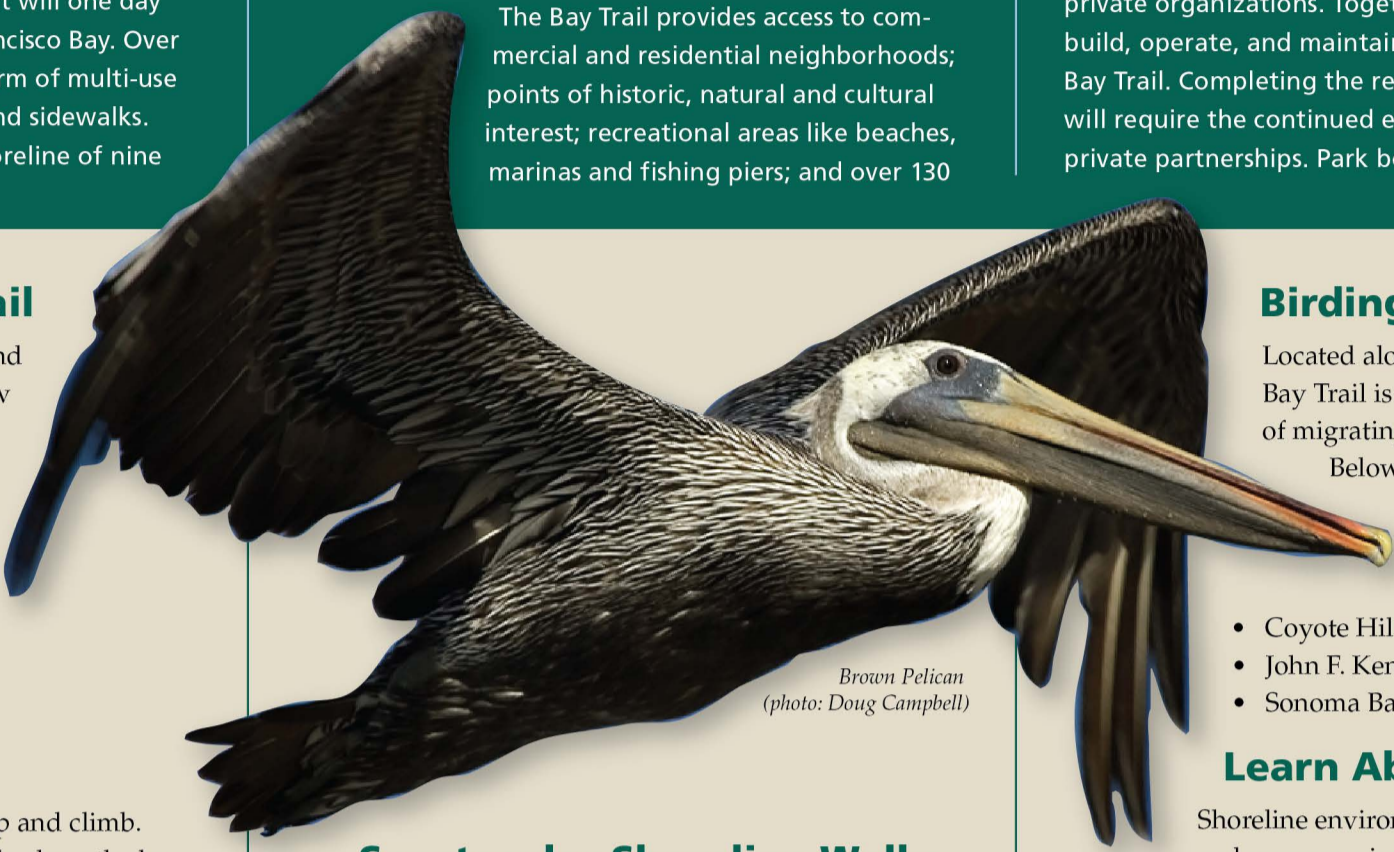
## Exceptional Bike Rides

Ride your bicycle for miles on trails that meander along the bay shoreline. These rides will take you to familiar sites and places off the beaten path:

- San Francisco Ferry Building to Sausalito via the Golden Gate Bridge, ferry back to San Francisco
- Coyote Point Park to Redwood Shores
- San Leandro Marina to Hayward Regional Shoreline
- Point Isabel Regional Shoreline to Lucretia Edwards Park, Richmond
- Mill Valley-Sausalito Pathway



Views of the Bay (photo: Don Weden)



Brown Pelican (photo: Doug Campbell)

## Spectacular Shoreline Walks

There is much to discover along the bay edge. What better way to explore than by foot? Travel at your own pace and enjoy the sights and sounds of San Francisco Bay:

- San Francisco waterfront
- South San Francisco shoreline
- Martin Luther King Jr. Regional Shoreline, Oakland
- Emeryville Waterfront to Berkeley Marina
- Glen Cove Waterfront Park, Vallejo

## Dog Parks

Before inviting Fido on your sojourn, be sure to respect trail regulations regarding dogs. Some parts of the Bay Trail are off-limits to dogs, and most sections require dogs to be on leash. These are some dog-friendly parks:

- Bayside Park, Burlingame
- Point Isabel Regional Shoreline, Richmond
- Bayfront Park, Mill Valley



Golden Gate Promenade at Crissy Field (photo: Will Elder)

## Birding the Bay Trail

Located along the Pacific Flyway, the Bay Trail is the place to view an array of migrating and resident shorebirds.

Below are a few noteworthy spots:

- Palo Alto Baylands
- Presidio of San Francisco
- Coyote Hills Regional Park, Fremont
- John F. Kennedy Memorial Park, Napa
- Sonoma Baylands, Sonoma County

## Learn About the Bay

Shoreline environmental education centers and museums inspire people of all ages to learn about wetland ecology. Visit these centers, and others, along the Bay Trail:

- Redwood Shores Branch Library
- Lucy Evans Baylands Nature Interpretive Center, Palo Alto
- Alviso Environmental Education Center, San Jose
- Hayward Shoreline Interpretive Center, Hayward
- Crab Cove Visitor Center, Alameda

## Shoreline Picnic and Barbecue Spots

Pack a lunch and head out to the trail. These parks are jewels of bayside open space for the whole family to enjoy:

- Crissy Field, San Francisco
- Robert Crown Memorial State Beach, Alameda
- Miller-Knox Regional Shoreline, Richmond
- Cesar Chavez Park, Berkeley
- China Camp State Park, San Rafael



Moffett Bay Trail (photo: Ron Horii)



Aquatic Park, San Francisco (photo: Wilfred J. Jones)



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Association of Bay Area Governments (ABAG)  
www.baytrail.org  
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The San Francisco Bay Trail is a 500-mile shoreline walking and bicycling path that will one day encircle the entire 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. Made up of paved multi-use paths, dirt trails, bike lanes, and sidewalks, the trail passes through urbanized areas like downtown San Francisco as well as remote natural areas like the Don Edwards San Francisco Bay National Wildlife Refuge. With over 340 miles in place, the Bay Trail is a collaborative effort between a wide-variety of public agencies and private organizations. Together, these organizations build, operate, and maintain the various parts of the Bay Trail.



Love for the Bay Trail starts early at Cesar Chavez Park (photo: Bay Trail Project)

# San Francisco Bay Trail



Over 340 miles of adventure by foot or by wheel



The Association of Bay Area Governments (ABAG) is the regional planning agency and council of governments for the nine counties and 101 cities and towns of the San Francisco Bay region, thus making it the perfect home for the San Francisco Bay Trail Project. ABAG's programs work to address regional economic, social, and environmental challenges.



The Metropolitan Transportation Commission (MTC) is the transportation planning, coordinating, and financing agency for the nine-county Bay Area. The Bay Trail serves as the backbone of MTC's Regional Bicycle Network, and MTC provides funding for the development of the San Francisco Bay Trail.



The State Coastal Conservancy is a principal funding source for the development of the Bay Trail. Established in 1976, the Conservancy is a State agency that uses entrepreneurial techniques to protect and improve coastal and Bay Area natural resources and to provide public access to the shore.



Sonoma Baylands (photo: Stephen Joseph)

**Disclaimer:** This map reflects conditions known to its makers at the time of its creation, and reasonable steps have been taken to ensure its accuracy. Changes to the built and natural portions of the trail will occur over time. Neither ABAG nor

the San Francisco Bay Trail Project makes any guarantees about trail conditions or assumes any liability for any injury or damage arising out of, or in connection with, any use of the trail or this map. This map is a companion piece to the

regional Bay Trail maps – a set of 25 cards containing detailed maps and descriptions of individual segments of the Bay Trail. These maps can be purchased at local stores or via the Bay Trail website – [www.baytrail.org](http://www.baytrail.org).

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**San Francisco Bay Trail**

- Paved
- Dirt/Gravel
- On Street
- Planned

**Other Regional Trails**

- Existing
- Planned

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