



# Bay Area Opportunities for Recreation



## TILDEN REGIONAL PARK AND NATURE AREA

This wonderful park is located just a hop, skip and jump away from the Graduate Theological Union. There are plenty of quiet places in Tilden's 2,077 acres to shelter the wildlife and preserve natural beauty. You can also spend time swimming or relaxing at Lake Anza. Tilden was named for Charles Lee Tilden, the first president of the Park District Board of Directors. The park is reached via Canon Drive, Shasta Road, or South Park Drive. All entrances are off Grizzly Peak Boulevard in Berkeley, under 2 miles from JST.

## ROBERT W. CROWN MEMORIAL STATE BEACH

This park in Alameda features 2.5 miles of beach, bordered by and picnic grounds. Located just over 9 miles from the JST, this is favorite local bay area beach get-away, where you can find families friends enjoying barbeques, baseball games, windsurfing, or sand castles! It is an excellent spot to watch the sun set and the the city start to sparkle across the bay.



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## MUIR WOODS

The Muir Woods National Monument preserves the last old growth of coastal redwood forest in the San Francisco Bay Area. The cool moist forest supports a surprising abundance of plant and animal life, from the coast redwood (the tallest type of tree on Earth), to the slimy banana slug, from the amazing Coho salmon to delicate trilliums. There are 1.5 miles of flat paved trails in the park, appropriate for those in wheelchairs, with strollers, or with other mobility limitations. There are also dozens of miles of nearby trails and fire roads, through forests and meadows, along creeks and ridge lines. It is located 10 miles north of the Golden Gate Bridge.

## POINT REYES NATIONAL SEASHORE

Located just an hour's drive from the San Francisco Bay Area, the Seashore is a great escape from a busy city life. Point Reyes National Seashore comprises over 100 square miles, including 32,000 acres of coastal wilderness area. Estuaries, windswept beaches, coastal scrub grasslands, salt and freshwater marshes, as well as coniferous forests create a haven of 80 miles of unspoiled and undeveloped coastline. Abundant recreational opportunities include 147 miles of hiking trails, backcountry campgrounds, and numerous beaches. Kayaking, biking, hiking, beachcombing, and wildlife viewing are just a few of the self-guided activities awaiting your visit.





## REDWOOD REGIONAL PARK

On Redwood Road, just a few miles over the ridge from downtown Oakland, is a hidden redwood forest whose peaceful groves give little evidence of its bustling past. In the mid-1800s, what is now Redwood Regional Park was the scene of extensive logging to supply building materials for San Francisco. The logging era has long since passed, and a stately forest of 150-foot coast redwoods (*Sequoia sempervirens*) has replaced those cut down. Hiking, jogging, and horseback riding are popular on the park's many trails. The East Bay Skyline National Trail traverses Redwood for part of its 31-mile course.

## SIBLEY VOLCANIC REGIONAL PRESERVE

East Bay residents have several volcanoes in their backyard at Sibley Volcanic Regional Preserve. Volcanic dikes, mudflows, lava flows, and other evidence of the extinct volcanoes are visible throughout the park's 660 acres. View Mt. Diablo and the hills of Las Trampas, and beautiful displays of wildflowers in season. An unstaffed visitor center next to the staging area at the park entrance displays illustrations of the park's geology, and carries a supply of park brochures with a self-guided volcanic tour map. Sibley Volcanic Preserve's main entrance is on Skyline Boulevard just east of the intersection with Grizzly Peak Boulevard in the Oakland hills.



## POINT PINOLE REGIONAL SHORELINE

The journey is as scenic as the destination at Point Pinole Regional Shoreline, a 2,315-acre parkland right next to densely populated Pinole, Richmond, and San Pablo. Trails lead through breezy meadows with wildflowers in season, through aromatic eucalyptus woods, or along bluffs and beaches on San Pablo Bay. Visitors can hike, ride their bicycles or horses, or take the park's shuttle bus (fee) for a mile and a half to reach Point Pinole's 1,250-foot fishing pier. There are beautiful views of Mt. Tamalpais, the Marin shoreline, and San Pablo Bay with its sailboat and shipping traffic.

## STINSON BEACH

Stinson Beach is a treasure tucked between the coastal bluffs north of San Francisco. Close to the city, yet it seems like hundreds of miles away. The town itself stretches along a sandy spit and up into the hills to the south of Bolinas Lagoon. The beach, administered by the National Park Service, is on the south end of town, providing white sandy beaches, crashing waves, and picnicking sites for visitors year-round. Lifeguards are on duty May through October. Three and a half miles of sand give plenty of access to swimmers, surfers, and sunbathers. The 51-acre park adjacent to the beach offers more than 100 picnic tables (some with grills-all available on a first come basis). A snack bar is open April through September. The park is open until sunset.



## FOR MORE GENERAL INFORMATION

<http://www.bahiker.com/index.html>

<http://www.ebparks.org>