

Hikes in the Regional Parks

May & June 2025



Wednesday Walks Longer distances, medium-high intensity level.

Saturday & Sunday Strolls Shorter distances, low-medium intensity level.

Wednesday Walks

May 28, 8:30-11:30am

Five Canyon Open Space

Visit this Lesser-known canyon and ridge in the Hayward Hills for beauty and exercise. About 4 miles with about 500 feet of elevation gain. Bring a lunch.

June 11, 9:30-noon

Sibley Volcanic Regional Preserve (East Port Staging Area)

Hike one of the trails highlighted in this year's trail challenge booklet! We will see one of the largest creek restoration areas in the Park District's History. 4+ miles rated moderate hiking, with about 843 feet elevation gain. Sorry, no dogs allowed.

**Scan for
Maps and
Directions**



East Bay
Regional Park District



**Parking fees apply where charged.
No registration; drop-in. For more
information, call (510) 544-3187.**

Saturday Strolls

May 10, 9-11:30am

Robert Crown Memorial Beach (Elsie Roemer Bird Sanctuary)

Walk 3.5 flat miles round trip to Doolittle Pond in M.L.K. Jr. Regional Shoreline. Expect impressive Bay views, wildlife sightings, and interesting history to discover.

