

Martin Luther King Jr. Regional Shoreline

Location	4675 Tidewater Ave., Oakland
GPS	37.761486,-122.223014
Phone	(888-327-2757), option 3, extension 4541
Miles	3.5-Mile Round Trip
Elevation Gain	26 ft.
Trails	Marsh Trail
Hours/ Curfew	8 a.m. to Sunset; varies seasonally
Fees	None
Website	ebparks.org/parks/martinlking

EASY HIKE



Park Features: Decades of restoration projects at MLK Jr. Regional Shoreline have brought this precious marshland's ecosystem back to life. The restoration of native plants has attracted the return of many bird species, including the endangered Ridgway's rail and the burrowing owl. The marshlands also attract thousands of migrating birds annually for resting and feeding. Pack a lunch and relax at one of the shoreline's many grassy areas or picnic areas. Be sure to bring sunblock or wear protective clothing because this park has few shaded areas.

Trail Highlights: All the trails in this shoreline park are paved and suitable for people of any fitness levels. Bikes, strollers, wheelchairs, and skaters are welcome on the Bay Trail. As with all EBRPD lands, dogs are not allowed in the marsh areas. They must be on a leash throughout this park (6-foot maximum). Restrooms and water are located at the Tidewater

Boating Center as well as the Garretson Point Staging Area turn around point.

Trail Directions: Look for the paved Bay Trail to the left of the Tidewater Boating Center parking lot. Follow the trail to the left along the Oakland Estuary. As you cross over East Creek Slough Bridge, stay to the right and you will continue on the Damon Marsh Creek Trail. Stay along the shoreline, and the second bridge you will cross will be over Lion Creek. Stay right. In .5 miles you will reach Garretson Point Staging Area. This is your turn-around point. Restrooms, water, and a picnic area are around the corner of the Garretson Point parking area.

Driving Directions: Exit 880 at High Street in Oakland. Turn onto High Street toward Alameda. Before crossing over High Street Bridge take the last left onto Tidewater Ave. Follow Tidewater Ave. until you reach the Tidewater Boating Center and turn right into the parking area.

