



2024

TrailLink Unlimited



Guides



**San Francisco
Bay Trail**
California



San Francisco Bay Trail

California

Overview The San Francisco Bay Trail is a colossal effort to create a 500-mile multiuse trail encircling its namesake bay. Along its



Overview

The San Francisco Bay Trail is a colossal effort to create a 500-mile multiuse trail encircling its namesake bay. Along its course, the trail links 47 cities through 9 counties, providing numerous connections to local employment hubs, transit, parks and open spaces, and schools and other civic centers. More than 300 miles of trail are open, consisting of off-road trails with a mix of surface types, as well as stretches of bike lanes and sidewalks. As of now, gaps big and small separate the open portions.

About the Route

The San Francisco Bay Trail network is incredibly diverse,

with the peaceful stretches through the Don Edwards San Francisco Bay National Wildlife Refuge and China Camp State Park seemingly worlds away from the trail that bustles through the Port of Oakland or alongside the active Union Pacific Railroad freight and Amtrak's Capitol Corridor passenger lines in Bayview and Pinole. Plane spotters will appreciate the sections that offer panoramic views of both San Francisco International Airport and Oakland International Airport, while sports enthusiasts will enjoy easy access to AT&T Park, O.co Coliseum, Oracle Arena, and the former Candlestick Park site.

An urban highlight includes the rail-trail stretch of the trail on the Embarcadero in San Francisco. Here, the trail follows the path of the old State Belt Railroad, which transferred cargo from ships to main-line railroads and cars onto ferries for trips across the bay. The area is always crowded with tourists and locals out to enjoy walking, running, and biking along the bay and green space areas of the city. Serious cyclists will want to use the bike lanes on the adjacent street.

Another urban destination is Oakland's Jack London Square, which is easily accessed from the trail. Trail users can catch the ferry to San Francisco here, have a bite to eat, enjoy the historical statues and murals, or simply admire the views. From here, trail users can also use on-street bike lanes to connect to Middle Harbor Shoreline Park and Portview Park, perfect for family outings.

The system features a handful of bridges over San Francisco Bay and its offshoots, providing perhaps the best opportunity to take in the sweeping water views. Short trails through the Golden Gate National Recreation Area on opposite shores lead up to the world-famous Golden Gate Bridge, which offers separated bicycle and pedestrian paths between San Francisco and Marin County. A 2-mile stretch called the Golden Gate Promenade is especially popular. Paralleling a sandy beach, the trail connects the city's Marina District to the Golden Gate Bridge pedestrian and bicycle access. The



San Francisco Bay Trail

California

States: California

Counties: Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Santa Clara, Solano, Sonoma

Length: 300.7miles

Trail end points: Hartle Ct (Napa) to Zanker Rd. (San Jose)

Trail surfaces: Asphalt, Boardwalk, Concrete, Crushed Stone, Dirt, Gravel

Trail category: Rail-Trail

Trail activities: Bike, Inline

Parking & Trail Access

The San Francisco Bay Trail encircles the entirety of the Bay Area with extreme endpoints at Hartle Ct (Napa) and Zanker Rd. (San Jose).

Parking is available at:

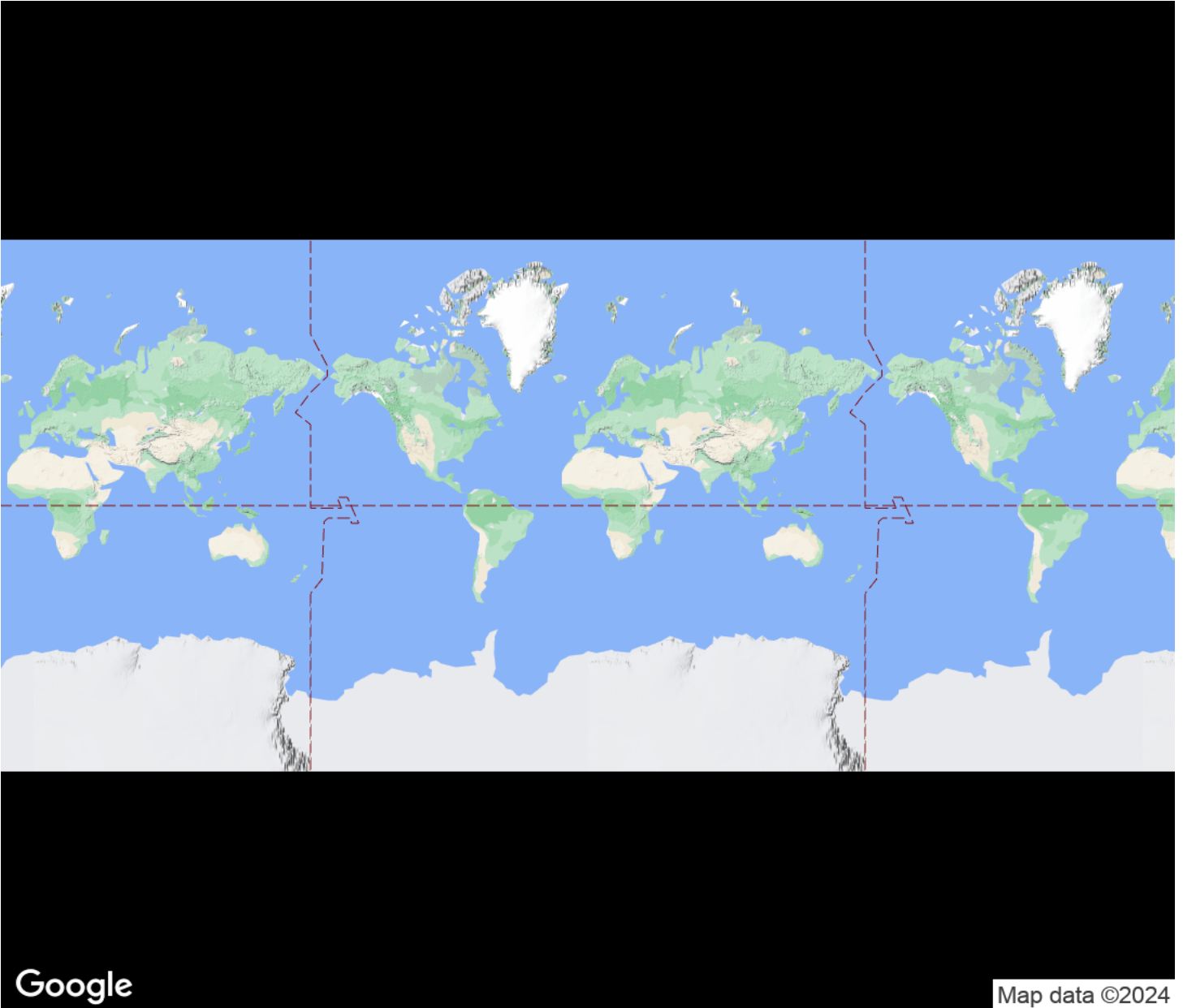
- Fort Point National Historic Site, 999 Marine Dr (San Francisco)
- Berkely Marina, 235 University Ave (Berkely)
- Alviso Marina County Park, 1195 Hope St (Alviso)

There are a plethora of options for parking, Please see [TrailLink Map](#) for all parking options and detailed directions.



San Francisco Bay Trail

California



Google

Map data ©2024



Trailhead



Restroom



Parking



Water Fountain



Tunnel