



2024

TrailLink Unlimited



Guides



**Alameda  
Creek  
Regional  
Trails**  
*California*



# Alameda Creek Regional Trails

California

*The popular Alameda Creek Regional Trails run from the mouth of Niles Canyon in Fremont to the San Francisco Bay, connecting Bay*



The popular Alameda Creek Regional Trails run from the mouth of Niles Canyon in Fremont to the San Francisco Bay, connecting Bay Area neighborhoods with the indigenous and industrial roots of the region and the rich estuary of the bay.

Featuring northern and southern sections, each roughly 12 miles long, the trails allow recreational access to the levees on both sides of Alameda Creek. The southern section (12 miles), favored by cyclists, is paved until you enter the intertidal zone where the surface transitions to gravel. The unpaved north side (12.4 miles) is recommended for equestrian users and dog walkers. You'll find access points between the segments at multiple locations along the route. There are also many locations where fishing is permitted in the creek and

surrounding ponds, such as Shinn Pond and Quarry Lakes; be sure to verify rules for fishing at each location, as some areas may be protected.

The easternmost terminus of the trail is in Fremont, where the Niles District pays homage to the first transcontinental railroad that ran through the region beginning in the late 1800s. On the southern segment, accessible parking, restrooms, and a picnic area can be found at the Niles Staging Area, which is dedicated to the brief history of silent movies in the area, which featured stars like Charlie Chaplin. Across the creek, the dog-friendly Niles Community Park is accessible from the northern segment.

As you head west, the trail is dotted with ponds and wildlife as it comes upon the Quarry Lakes Regional Recreation Area, which was formed when gravel was taken for the construction of the western end of the transcontinental railroad. In this densely populated area, the trail also features safe walking and biking connections to the surrounding neighborhoods and transit.

Continuing west, the experience shifts from the wetlands of the Alameda Creek to the San Francisco Bay's intertidal zone. This area between high and low tide is an important habitat for many bird and wildlife species. Picnic areas and benches dot the trail, creating space to take in the surrounding nature and is a haven for birders. Picnic areas and benches dot the trail. In some locations, bike racks are located adjacent to walking paths into the surrounding wetlands. Bird species that may be found along the trail include the pied-billed grebe, the northern shoveler, the great blue heron, the spotted sandpiper, the American coot, and the white pelican.

As the trail enters the San Francisco Bay, the freshwater of Alameda Creek and the saltwater of the Pacific mix, forming an estuary that's home to many native fish and bird species and serves as a natural barrier controlling floods, erosion, pollution, and sediment. The westernmost regional park



# Alameda Creek Regional Trails

California

**States:** California

**Counties:** Alameda

Length: 24.4miles

**Trail end points:** Niles Staging Area on Old Canyon Rd, 0.2 mile from Niles Canyon Rd (Fremont) to San Francisco Bay & Alameda Creek (Fremont)

**Trail surfaces:** Asphalt,Gravel

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike,Inline Skating,Fishing,Wheelchair

## Parking & Trail Access

The San Francisco Bay Area Rapid Transit District (BART) is a heavy-rail public transit system that serves the trail. Visit the [BART website](#) for more information and to use their trip planner tool.

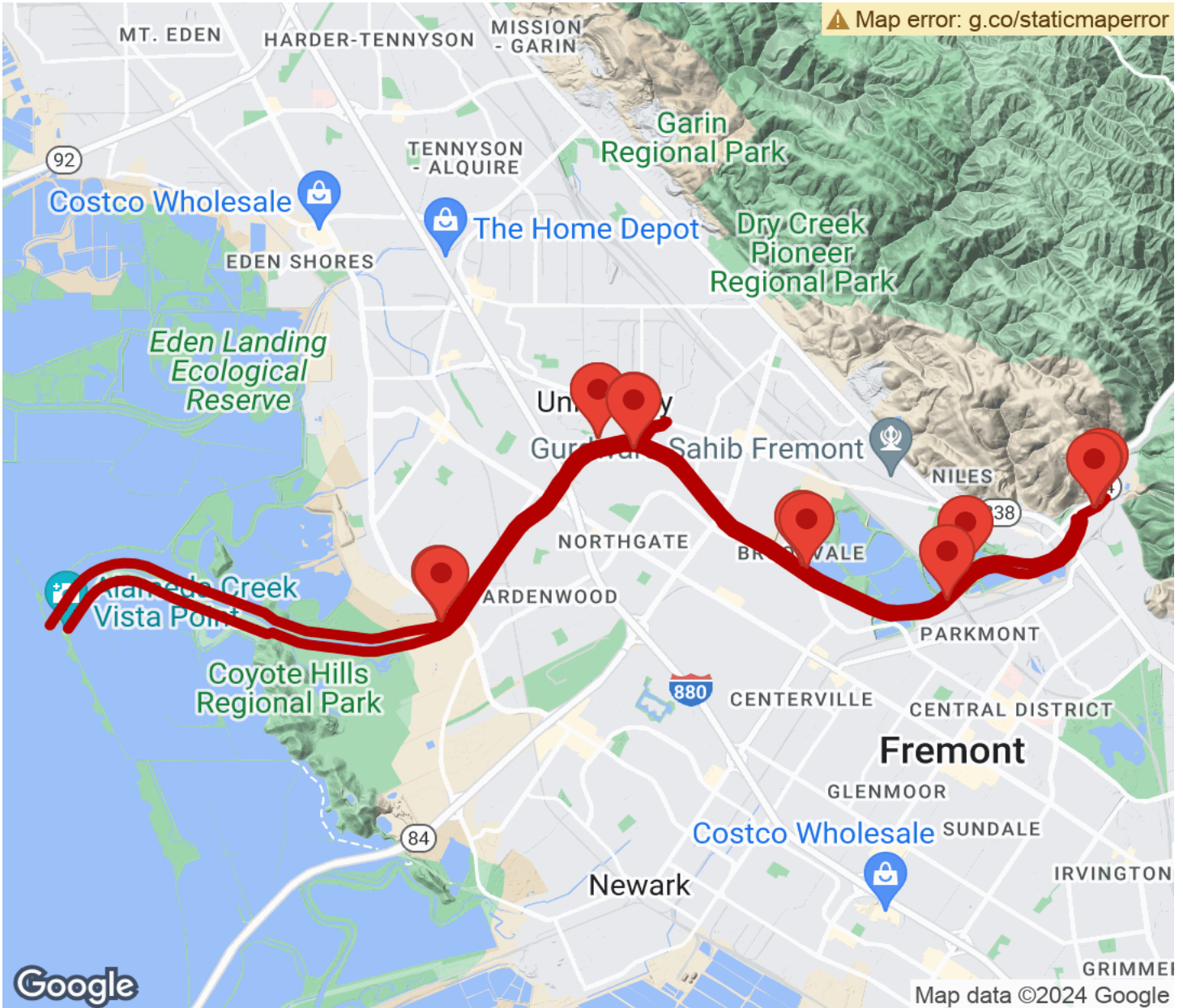
The Alameda-Contra Costa Transit (AC Transit) operates a bus system that provides access to the trail. Visit the [AC Transit website](#) to plan your route.

For those driving, parking is available at its eastern end at the Niles Staging Area on Old Canyon Road in Fremont. Additional parking can be found in Fremont at the Isherwood Staging Area on Isherwood Way and the Beard Staging Area on Beard Road, with parking in Union City available at the Alameda Creek Staging Area on Eastin Drive. All parking locations have at least one accessible parking space. Visit the [TrailLink map](#) for detailed directions.



# Alameda Creek Regional Trails

California



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

**TrailLink.com**