



2026

TrailLink Unlimited 

Guides   



**Lafayette-  
Moraga  
Regional Trail**  
*California*



# Lafayette-Moraga Regional Trail

California

*Closure notice: Due to the 2022–2023 storms, a half-mile section of the Lafayette-Moraga Regional Trail from Valle Vista to*



**Closure notice:** Due to the 2022–2023 storms, a half-mile section of the Lafayette-Moraga Regional Trail from Valle Vista to Westchester Street is closed until further notice. Visit the [trail manager website](#) for details.

The Lafayette-Moraga Regional Trail in San Francisco's East Bay suburbs may be unique, as it began as a mule train. Mule trains originally plodded along the corridor from the Berkeley Hills through now populous Moraga Valley to haul redwoods to Sacramento.

The popular 7.7-mile trail (it's fairly busy on weekends) runs slightly upgrade from Lafayette to Moraga. While much of the trail passes through bedroom communities, long stretches are nestled in greenbelts with eye-catching views of nearby ridges whose colors shift from emerald in

the wet winters to buff in the dry summers.

After the 19th-century mule trains disappeared, they were replaced by railroads running steam locomotives until the Oakland, Antioch & Eastern Railway launched an electric interurban rail line in 1913. Becoming the Sacramento Northern Railway in 1920, the railroad hauled passengers and freight between San Francisco/Oakland and Chico. The interurban service ended in 1941.

The corridor remained vacant until local residents Lynn Hiden and Avon Wilson sought an alternative route to their children's schools. These self-described "PTA ladies who were able to persist" involved the cities of Lafayette and Moraga, as well as the East Bay Regional Park District, in the creation of a trail. The first segment opened in 1976 as one of the nation's earliest rail-trails.

Today, bicyclists, walkers, and equestrians share the trail, which starts in Lafayette at the corner of Pleasant Hill Road and Olympic Boulevard and runs mostly southwest along St. Marys Road to the Valle Vista staging area on Canyon Road in Moraga. It's also used by commuters, as it comes within a mile of the Lafayette BART station.

From the starting point, the trail makes a half loop to the northwest to avoid a finger of Las Trampas Ridge. As is common along most of the route, the trail then passes through a partly shady corridor flanked by suburban homes.

After about 3.5 miles, the trail passes picnic grounds and athletic fields at the 68-acre Lafayette Community Park, which is nestled between St. Marys Road and Las Trampas Creek. Remnants of pear and walnut orchards remain along the creek, where tree frogs and newts make their homes. You might catch a quick game of bocce ball being played here.

Leaving Lafayette, the trail goes through areas of open grassland and oak woodland for about 1.5 miles until it arrives



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**States:** California

**Counties:** Contra Costa

Length: 7.7miles

**Trail end points:** Olympic Boulevard Staging Area at Pleasant Hill Rd & Olympic Blvd (Lafayette) to Valle Vista Staging Area on Canyon Rd (Moraga)

**Trail surfaces:** Asphalt,Concrete

**Trail category:** Rail-Trail

**Trail activities:** Bike,Horseback Riding,Inline Skating,Walking,Wheelchair Accessible

## Parking & Trail Access

Parking is available at trailheads at both ends of the Lafayette-Moraga Regional Trail. At the northern end, park at the Olympic Boulevard Staging Area at the intersection of Pleasant Hill Road and Olympic Boulevard in Lafayette. At the southern end, park at the Valle Vista Staging Area on Canyon Road at the southern edge of Moraga.

Visit the [TrailLink map](#) for all options and detailed directions.



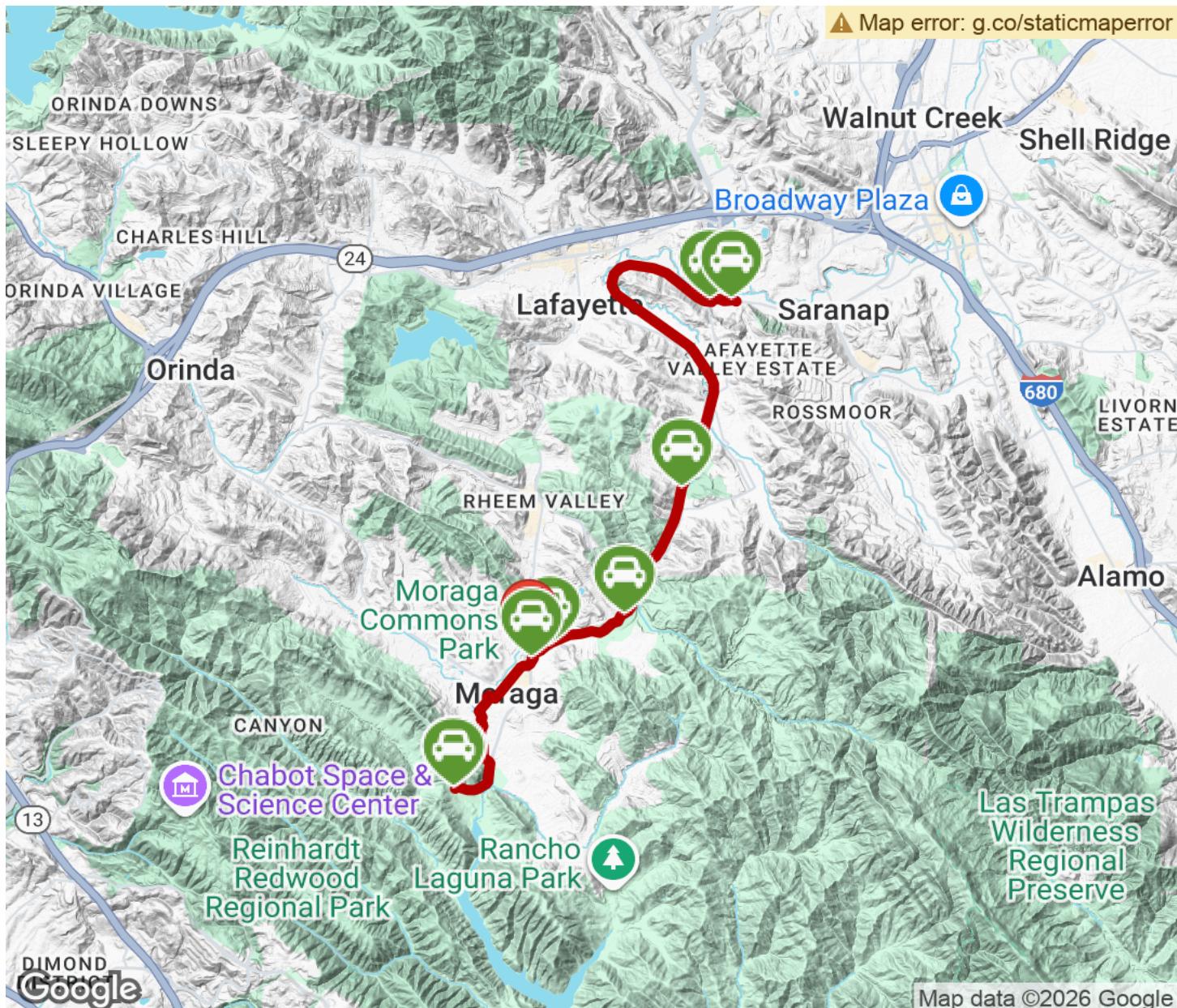
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# Lafayette-Moraga Regional Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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