



2026

TrailLink Unlimited 

Guides



Freeway Trail
California



Freeway Trail

California

The Freeway Trail, as its name implies, parallels the San Diego Freeway (Interstate 405) on its brief route through Irvine. With



east of Jeffrey Road can only be accessed via a brief detour on the Jeffrey Open Space Trail. Just be sure to continue east on the north side of I-405 instead of crossing the trail bridge.

The Freeway Trail, as its name implies, parallels the San Diego Freeway (Interstate 405) on its brief route through Irvine. With power lines overhead and neighborhoods blocked by sound walls to the immediate north, the trail won't win any awards for beauty.

Why use this trail then? It's simple: for the connections. At its western end, the trail meets the [San Diego Creek Trail](#), the spine of Irvine's extensive trail network. Near its midpoint, the trail connects to the meandering [Woodbridge Trail](#), while farther east, the trail meets the [Jeffrey Open Space Trail](#), which heads both north and south. Take it south via the trail bridge over I-405 to reach even more trails in the city's system.

Trail users should note that the Freeway Trail's segment



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Freeway Trail

California

States: California

Counties: Orange

Length: 3.7miles

Trail end points: San Diego Creek Trail at I-405
to Sand Canyon Ave. and Alton Pkwy.

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible

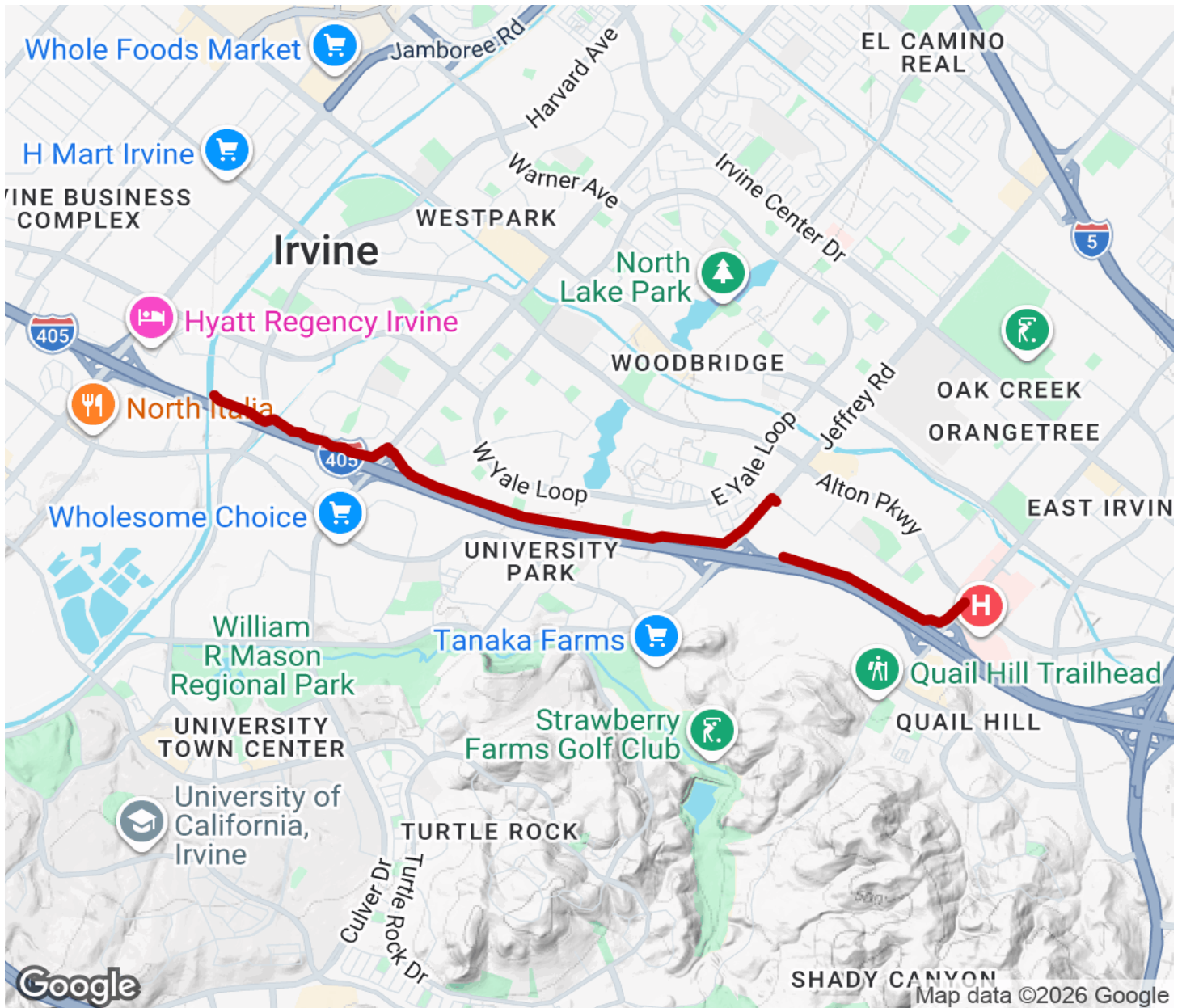
Parking & Trail Access

As the Freeway Trail is primarily a connector trail, there are no dedicated parking lots or public parks nearby. Consider parking at one of the trailheads for the many connecting trails to access the Freeway Trail.



Freeway Trail

California



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com