



2025

TrailLink Unlimited



Guides



Alameda Creek Regional Trails

California



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Overview

The two sections of the Alameda Creek Regional Trails run for roughly 12 miles each between Niles Canyon in Fremont and San Francisco Bay. The trails connect Bay Area neighborhoods with the region's indigenous and industrial roots and the bay's rich estuary.

About the Route

The Alameda Creek Regional Trails follow and sandwich the Alameda Creek to the Bay. The northern and southern sections allow recreational access to the levees on both sides of Alameda Creek. The southern section, favored by cyclists, is paved until the path enters the intertidal zone, where the surface transitions to gravel. The unpaved

north section is recommended for equestrian users and dog walkers. The trail offers 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, like Shinn Pond and Quarry Lakes; be sure to verify rules for fishing at each location, as some areas may be protected.

The western endpoints of the trails sit at the San Francisco Bay, where 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 along the trail is Coyote Hills Regional Park, 1,266 acres of marshland and rolling hills where visitors come to walk, jog, bicycle, bird-watch, and picnic on the ancestral homeland of the Tuibun Ohlone peoples, who originally settled the area and relied on the creek as a resource.

Continuing east, picnic areas, and benches dot the trail, creating space to take in the surrounding nature and is a haven for birders. 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 approaches the densely populated area of Fremont, the trail features safe walking and biking connections to surrounding neighborhoods and transit.

A little past the midpoint of the trails, the route passes by 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. The eastern endpoint of the trails is in Fremont, where the Niles District pays homage to the first transcontinental railroad that ran through the region beginning in the late 1800s.



Alameda Creek Regional Trails

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States: California

Counties: Alameda

Length: 22.8miles

Trail end points: Niles Staging Area on Old Canyon Rd, 0.2 miles 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 Alameda Creek Regional Trails run between Niles Staging Area on Old Canyon Rd, 0.2 miles from Niles Canyon Rd (Fremont), and San Francisco Bay & Alameda Creek (Fremont).

Parking is available at:

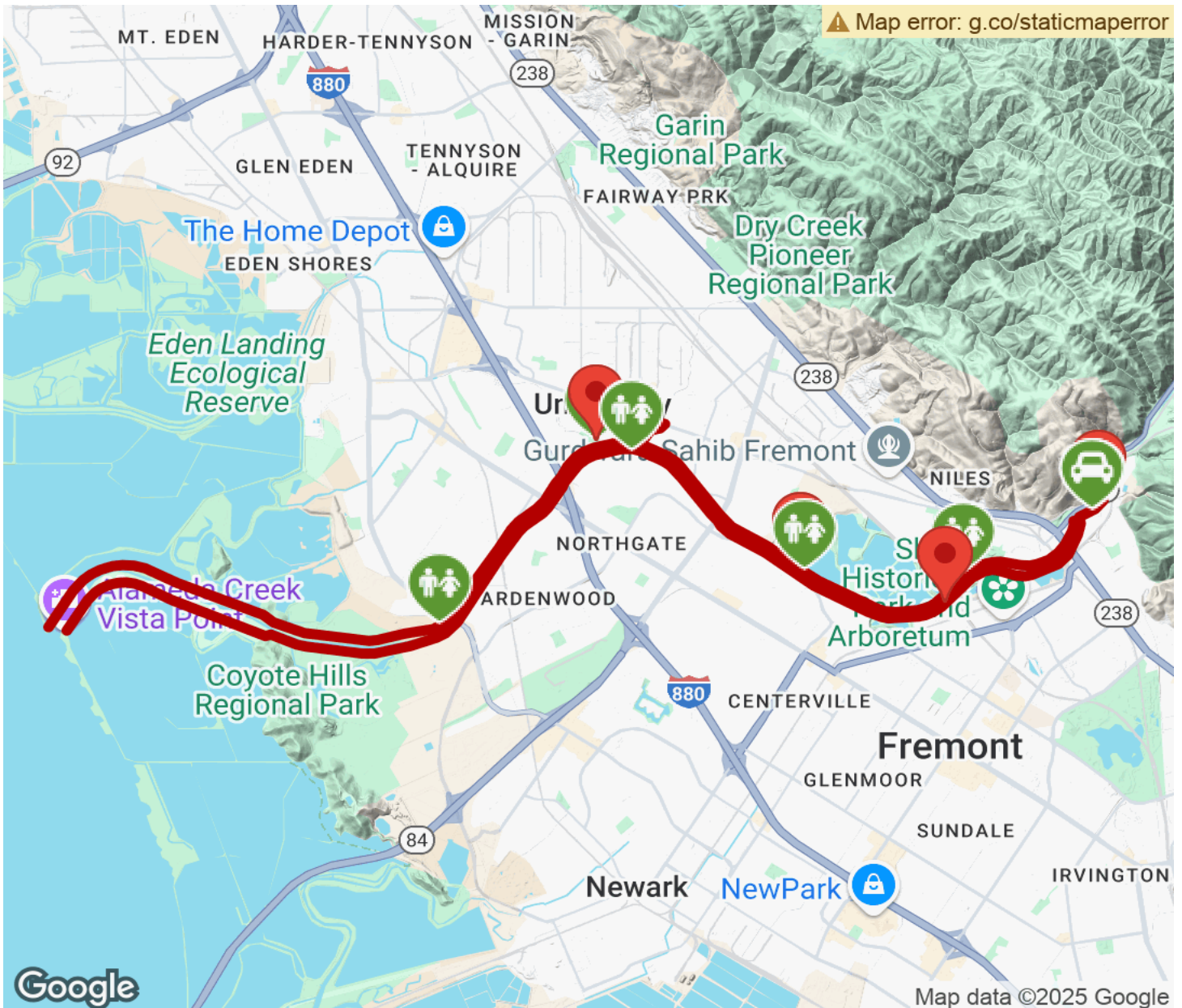
- Niles Staging Area (Fremont)
- Beard Staging Area, Beard Rd (Fremont)
- 35000 Eastin Dr (Union City)

Please see the [TrailLink Map](#) for all parking options and detailed directions.



Alameda Creek Regional Trails

California



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com