



**LEGEND**

- Multiuse Paved Trail
  - San Francisco Bay Trail
  - Mileage Between Points
  - Paved Road
  - Creek
  - Parking
  - Information
  - Water
  - Restroom
  - Wheelchair Access
  - Phone
  - Picnic
  - Reservable Picnic
  - Boat Launch
  - Marsh
  - Bus Stop
- 0 1/8 1/4 Mi.  
Mileages Courtesy Hal McDonald

**MEMBERSHIPS**  
The Regional Parks Foundation offers memberships to park users. For info see [www.region.parksfoundation.org](http://www.region.parksfoundation.org), or call (510) 544-2203 or 2214.

**IN ORDER TO REDUCE OR PREVENT THE RISK OF SERIOUS HEAD INJURY OR DEATH, STATE LAW REQUIRES THAT ALL BICYCLISTS UNDER AGE 18 WEAR AN APPROVED HELMET WHILE RIDING ON TRAILS AND ROADWAYS. THE DISTRICT ALSO STRONGLY RECOMMENDS THAT ALL EQUESTRIANS AND BICYCLISTS WEAR HELMETS AT ALL TIMES.**

**DISABLED ACCESS** in the park includes parking, curb cuts, paved trails, fishing access, restrooms, drinking fountains, and a marsh overlook platform.

**WETLANDS RESTORATION** In 1998 one of the East Bay's most significant wetlands restoration projects was completed at Martin Luther King Jr. Regional Shoreline, which restored tidal flow to 7 acres of tidal and seasonal wetlands that had been filled in the mid 1980s. The project was a co-operative effort of the Park District, the Port of Oakland, the Golden Gate Audubon Society, the U.S. Army Corps of Engineers, and San Francisco Bay Regional Water Quality Board, all in partnership with Save San Francisco Bay Association, the Sierra Club, and Citizens for Alameda's Last Marshlands. The marsh restoration resulted in recolonization of native plants and the return of many species of birds. Thousands of migrating birds have returned to the marsh

annually to rest and feed, and some species, such as avocets, terns, egrets, and the endangered California clapper rail and burrowing owl, live at the marsh year round. School and volunteer groups utilize the restored marsh for teaching opportunities and community involvement projects. Students from local schools learn about wetlands ecosystems, venture into the marsh in canoes to explore the wetlands, and participate in a wide variety of monitoring and restoration efforts. In addition, volunteers participate in various ongoing restoration and conservation efforts. Persons or groups wishing to volunteer can contact the park supervisor at (510) 562-1373. Teachers interested in field trips for wetlands study or interpretive programs can contact the Crab Cove Visitor Center at (510) 544-3187.