

Carquinez Strait Regional Shoreline

Location	Crockett and Martinez
GPS	38.03734,-122.18018
Phone	1-888-327-2757, option 3, extension 4514
Miles	3.9-Mile Round Trip
Elevation Gain	315 feet
Trails	George Miller Regional Trail
Hours/ Curfew	5 a.m. to 10 p.m. varies seasonally
Fees	None
Website	ebparks.org/parks/carquinez-strait

EASY HIKE



Trail Directions: Start at the Port Costa Staging Area located at the end of Carquinez Scenic Drive near Crockett. The trail runs nearly two miles to the other end. Turn around at the gate at the end and follow your way back to where you started.

Driving Directions: From I-80 in Crockett, exit at the Pomona St. exit (exit 27), turn left onto Pomona and drive for about 4 miles to the park's Port Costa Staging Area. Note that Pomona becomes Carquinez Scenic drive as you leave Crockett.



Park Features: Carquinez Strait Regional Shoreline consists of several different parkland areas that contain rolling coastal hills, bluffs, and some shoreline access along the Strait. The region serves as a gateway to the river delta region further east. At the Port Costa staging area there is an accessible restroom and one designated accessible parking space. There are no drinking fountains or other facilities; bring plenty of water.

Trail Highlights: The George Miller Regional Trail runs high above the Carquinez Strait, offering great views of the water and environs. The trail is wide and paved, and is ideal for those using mobility devices, bicycles, and strollers. There are a few gentle hills on the route as you traverse mostly open country and mixed woodlands. There are a few benches and picnic tables along the way.

Health Tip
Walking at least 30 minutes a day, five days a week can reduce your risk for coronary heart disease, such as heart attack and stroke, by about 20 percent.

