

Leona Canyon Open Space Regional Preserve

EASY HIKE

Location	Oakland
GPS	37.775711, -122.145821
Phone	1-888-327-2757, option 3, extension 4538
Miles	2.9-Mile Round Trip
Elevation Gain	466 feet
Trails	Leona Trail
Hours/ Curfew	5 a.m. to 10 p.m.
Fees	None
Website	ebparks.org/parks/leona-canyon



Park Features: Leona Canyon Open Space Regional Preserve is a 290-acre park rich in native habitat. Though small and surrounded by the city, the preserve contains one of the East Bay's most natural riparian corridors. The creek ecosystem is sensitive; people and dogs are not allowed in the creek or on its banks. Please note there are no restrooms at this park. Dogs are allowed under voice control or on leash.

Trail Highlights: This route, an out-and-back hike, runs along Leona Creek and is mostly in the shade. The Leona Trail follows a lush, wooded canyon full of horsetail, blackberry, California buckeye trees, Bay trees and other native plants that line the creek.

The trail starts heading uphill at .6 miles, but is still a relatively easy stroll.

Trail Directions: From the Leona Trailhead staging area, take the Leona Trail. Almost immediately, the trail forks; stay to the right on Leona Trail.

Continue on this trail for about 1.5 miles all the way to the gate at the upper end of the park near the parking lot at Merritt College. Then, follow the trail back down to the staging area where you started.

Driving Directions: From I-580 in Oakland, exit Keller Avenue and turn east toward the hills. Turn left onto Campus Drive and make the first right on Canyon Oaks Drive into the Ridgemont at Skyline housing development. Turn left and continue to the Leona Canyon parking lot. Access is also available at the top of the park at Merritt College. However, the lot charges a fee and may be closed on weekends. AC Transit #54 serves Merritt College weekdays only.

Health Tip

Walking prevents or manages type 2 diabetes. Walking helps insulin work better, lowering blood sugar.

