

Lake Chabot Regional Park

Location	Castro Valley
GPS	37.716074, -122.103307
Phone	1-888-327-2757, option 3, extension 4536
Miles	4.2-Mile Round Trip
Elevation Gain	417 feet
Trails	East Shore/Indian Cove/ McGregor/Ten Hills Trail Loop
Hours/ Curfew	6 a.m. to Sunset varies seasonally
Fees	Fees: \$5 per vehicle; see website for details
Website	ebparks.org/parks/lake-chabot

MODERATE HIKE



route then descends to the lake and follows the shore back to the marina.

Trail Directions: Start at the main parking lot beyond the entrance kiosk. Walk towards the lake and go right at the fish cleaning station just before the restrooms and the Marina Cafe. Pass the Cove picnic area and continue left on the paved East Shore Trail on the other side of the boardwalk. In a half-mile, turn right onto Indian Cove Trail. At the top of the hill, turn left on the McGregor-George Trail and walk along the road past the Public Safety Headquarters. In less than a quarter-mile, make a right on Ten Hills Trail. At the next intersection, make a left onto Cameron Loop Trail. At the bottom of the hill, go left on East Shore Trail. Follow the trail back to Willow picnic area, go right to cross the boardwalk, and arrive back at the marina.

Driving Directions: From I-580 in San Leandro, exit at Fairmont Drive and go east (uphill). Fairmont Drive becomes Lake Chabot Road. The Marina entrance is on the left at the bottom of the hill.

Park Features: Lake Chabot offers more than 20 miles of hiking trails in addition to excellent opportunities for fishing, boating, and picnicking. Many species of native waterfowl and other birds make their home in the various park habitats. The lake itself was created in the 1870s to provide water to East Bay communities; today it still serves as an emergency water supply. Rental boats and boat tours are available at the marina.

Trail Highlights: This route covers areas of the park that are less traveled: the lake's east side and Honker Bay. The first part of the trail is paved until Indian Cove Trail and then becomes a dirt path that winds gradually upward through the woods. The landscape opens up near the top to provide views of the lake. For a short stretch, the trail runs along the road past the District's Public Safety Headquarters, an area once occupied by a Nike Missile site in the 1950s. The





Health Tip
Exercise strengthens breathing muscles.