

Vargas Plateau Regional Park

Location	Fremont
GPS	37.574509, -121.932775
Phone	1-888-327-2757, option 3, extension 4568
Miles	7-Mile Round Trip
Elevation Gain	1,280 feet
Trails	Golden Eagle/Deer Gulch/ Cliff Trail
Hours/ Curfew	8 a.m. to sunset Varies Seasonally
Fees	None
Website	ebparks.org/parks/vargas-plateau

CHALLENGING HIKE



Trail Directions: From the staging area, begin on the Golden Eagle Trail. In about three-quarters of a mile, turn left onto Deer Gulch Trail. At the next intersection, continue straight onto the Cliff Trail. Follow this trail to the bottom of the park until you reach the gate. Retrace your steps back up to the staging area. Please note: as an alternate return route, you may choose to turn left and head uphill on Morrison Canyon Rd. It is closed to vehicle traffic and also leads to the staging area.

Driving Directions: From I-680 in Fremont, exit at Vargas Road and go north. Drive about 1.6 miles to Morrison Canyon Road and turn right (you can't turn left; that section of Morrison Canyon Road is closed to vehicle traffic). The staging area is about 0.4 miles ahead on the left.

Park Features: Vargas Plateau towers over a thousand feet above the bay and distant cities below. You may see hawks and golden eagles soaring overhead, and perhaps deer or a bobcat in the hills. There is a restroom at the staging area, along with two accessible parking spaces. Bring plenty of water as it is not always available.

Trail Highlights: This route is an out and back with lots of steep up and down. With nearly a thousand feet of elevation gain and loss, the trail drops down to the edge of the city at the foot of the hills. Up high, the plateau offers spectacular views of the surrounding region. The terrain is mostly open and exposed.

Health Tip

Exercise strengthens breathing muscles.



Jen H.

