

Transit to Trails

Car-Free Hiking Adventures in the Bay Area

Many Bay Area parks, beaches, and trails are accessible by public transit. This map gets you started by highlighting some of the possibilities for great car-free outings. Look for more transit-accessible hikes at the transitandtrails.org website. You can visit baynature.org and parkinfo.org for information on Bay Area parks. Keep in mind that routes and schedules are subject to change, so check with 511.org before you go.

Featured Transit-Accessible Hikes

- **Solano: Rockville Hills Regional Park.** Loop trail (hiking and biking) through oak woodland and grasslands, with volcanic rock outcrops. (4 miles / easy)
- **Napa: Skyline Wilderness Park.** Several loop trails for hiking or biking through oak woodland and chaparral to Lake Marie or up to Sugarloaf Peak. (6+ miles / moderate)
- **Sonoma: Overlook Trail.** Partial loop hiking-only trail just outside town of Sonoma (half mile from square) with views of Valley of the Moon. (3 miles / moderate)
- **Sonoma: Joe Rodota & West County Trails.** Two connected level paved trails (biking, running, hiking) from Santa Rosa to Sebastopol to Forestville, with access to Laguna de Santa Rosa Wetlands Preserve for good birding. (14.5 miles/easy)
- **Marin: Point Reyes National Seashore*.** One-way day hike or overnight trip from Five Brooks to Bear Valley Visitor Center, over Inverness Ridge to Wildcat Beach, Glen Camp, and Bear Valley. (12-15 miles / strenuous)
- **Marin: Sausalito to Stinson Beach.** One-way hike (with possible overnight at Hawk or Pantoll campgrounds) from Spencer Bus Pad across Marin Headlands, down to Muir Beach, up Coastal Trail to Mount Tam (Pantoll), down to Stinson Beach. (17.5 miles / strenuous)
- **San Francisco: Embarcadero BART to Ocean Beach.** One-way urban shoreline adventure (on foot or bike), from downtown S.F. through Fisherman's Wharf, the Marina, Crissy Field, and Lands End. (12 miles / moderate)
- **San Mateo: Pacifica to Montara.** One way hike from San Pedro Valley County Park, up and over Montara Mountain, down through McNeely Ranch State Park to Montara State Beach and into town of Montara. (4.5 miles / moderate)
- **Santa Clara: Stevens Creek Trail to Bay Trail*.** Hike or bike from Mountain View Transit Center to Bay at mouth of Stevens Creek, continuing on Bay Trail to Shoreline Park and Palo Alto Baylands for great birding. (up to 11.5 miles / easy)
- **Santa Clara: Almaden Quicksilver County Park.** Several hiking routes through oak woodland and chaparral, including one-way between New Almaden and Mine Hill trailheads. Short walk from bus stop to trailhead at both ends. (5.5+ miles / moderate)
- **Alameda: Fremont to Livermore.** One way, 3-day backpack on Ohlone Wilderness Trail, over rugged terrain in Mission Peak, Sunol, Ohlone, and Del Valle regional parks. EBRPD Permit required. (38.5 miles / strenuous)
- **East Bay: Richmond to Lake Anza.** One-way East Bay hills hike or bike through Wildcat Canyon and Tilden regional parks (9.5 miles / moderate), with possible extension through EBMUD land (permit required) to Orinda BART (additional 5 miles / strenuous).
- **Contra Costa: Mount Diablo*.** One-way, two-day backpack from Walnut Creek's Howe Homestead Park through Shell Ridge Open Space and Diablo Foothills, over Diablo summit, down to Donner Canyon trailhead in Clayton. (18 miles / strenuous)

* See reverse for more thorough trip description.

- Open to public
Limited access — check first
Urbanized area
Other land
Trail
Featured hike
Bus
Ferry
BART
CalTrain
Light rail
Other rail
County line

Operator	Bus Number
AC	Alameda Contra Costa Transit
CC	County Connection (Contra Costa)
DB	Dumbarton Express
FS	Fairfield-Suisun Transit
GG	Golden Gate Transit
MT	Marin Transit
Mu	San Francisco Municipal Transportation
SC	Sonoma County Transit
SMCB	South Mendocino Coast Bus
ST	SamTrans (San Mateo County)
TD	Tri Delta Transit (Contra Costa)
VINE	Napa Valley Transit
VM	Valley of the Moon Commute Club
VT	Vallejo Transit
VTA	Santa Clara Valley Transportation
WestCAT	Western Contra Costa Transit
Wheels	Livermore Amador Valley Transit
WMS	West Marin Stagecoach