

Redwood Regional Park

Canyon Meadow Staging Area to Stream/ Tres Sendas/French/Orchard/Bridle/Stream Trails

Length: 6.57-mile loop

Location: 7867 Redwood Road, Oakland

Intensity: Challenging



Park Features: Redwood Regional Park and the adjacent Roberts Regional Recreation Area feature diverse recreational opportunities including multi-use trails, a lifeguarded pool, archery range, picnic sites, and overnight campgrounds only minutes driving from Oakland. The park contains the largest natural stand of coast redwood in the East Bay; the serenity and beautifully lighted landscapes of these forests are unmatched in the region.

Trail Highlights: Most of this loop is narrow gauge trail for hikers and equestrians only and features several hundred feet of elevation change, making it a uniquely challenging trek through the redwoods. The early portion of the hike features many amenities including picnic sites, water, and restrooms to prepare for the difficult French Trail climbs.

Trail Directions: From the Canyon Meadow Staging Area, head northwest on the Stream Trail along Redwood Creek 1.97 miles and turn left onto Tres Sendas Trail. Stay on Tres Sendas for 0.32 miles and go straight at the first turn off for French Trail; then, go left at the second fork for French. Follow French back across the park for 3.41 miles and turn left downhill onto Orchard Trail toward Redwood Creek for 0.37 miles. Go left at the connection with Bridle Trail for 0.20 miles and take a right at Fern Dell Meadow to take Stream Trail back to the staging area for 0.28 miles.

Driving Directions: From Hwy. 13 north: Take exit 1 for Carson St. toward Redwood Rd. and go straight at the stop sign onto Mountain Blvd.; at the light, make a sharp right onto Redwood Rd. and continue for three miles before turning left into the park.

From Hwy 13 south: Take exit 1 for Redwood Rd. toward Carson St.; turn left onto Redwood Rd. and follow for three miles before turning left into the park.

Park Hours: 5 a.m. to 10 p.m.

Fees: \$5 parking per vehicle and \$2 per dog, April through October, 8 a.m. to 4:30 p.m.; no vehicle or dog fee November through March.

Website: www.ebparks.org/parks/redwood



- Featured Trail--Hiker, Horse, Bike
- - -** Featured Trail--Hiker, Horse
- · - · -** Hiker, Horse, Bicycle Trail
- - - - -** Hiker, Horse Trail
- · · · ·** Hiker Only Trail
- ▽ .28 ▽** Mileage Between Points

- P** Parking
- P** Equestrian Parking
- W** Drinking Water
- W** Restrooms
- ?** Information
- ♫** Swimming Pool
- ⛶** Reserv. Camp
- ⚡** Archery
- ⛶** Picnic
- W** Horse Water
- Gate

Health Tip: Aerobic exercise strengthens your heart and lungs and increases your body's ability to use oxygen. Any activity that makes your heart beat faster and work harder can boost your aerobic fitness. Walking is one of the best aerobics exercises you can do.