



# TRAIL CENTER

Trail Information and Trail Volunteers for  
Santa Clara, San Mateo, Santa Cruz, Alameda & San Francisco Counties

## Parks for You and Your Dog

revised 3/94 and 5/99

### Introduction

If you are a dog, or a dog's best friend, you have probably spent a lot of time looking for parks and trails in the Bay Area on which to stretch your legs and run around. It's not easy - many park agencies prohibit dogs in order to protect wildlife, or allow dogs only in certain areas. But many parks do allow dogs, both on the Peninsula and in the greater Bay Area, and with a little research you can find them. This list shows the major parks at which dogs are allowed, with phone numbers to call for more information.

We hope you will find this list a useful starting point for your adventures - please let us know how it can be improved. If you wish to print this document, please use this version (6 pages).

Two recent books nicely supplant this Trail Center list. One is *Where to Walk Your Dog in San Francisco and Marin County* (list price: \$11.95). It includes detailed descriptions of several hundred city and regional parks, and discusses the pros and cons of each. Detailed maps will help you get to the parks. There is a companion book: *Where to Walk Your Dog in Santa Clara and San Mateo Counties*, by Cheryl Smith, published by Wilderness Press in Berkeley, copyright 1991 [unfortunately out of print as of 5/99]. These are your best resources for city parks and local parks, of which we list only a few below.

The second book is *The Bay Area Dog Lover's Companion*, by Lyle York and Maria Goodavage, copyright Foghorn Press in San Francisco. It is little more brief in its descriptions, but it covers the entire Bay Area in good detail. Pawprints rate each park or city, and there are decent maps to find the parks (list price: \$13.95). Foghorn Press also publishes *The California Dog Lover's Companion* (2nd ed.) by Maria Goodavage (list price: \$19.95) if you are interested in venturing farther afield with your dog.

You may wish to visit the Bay Area Backcountry, the Peninsula Access for Dogs (PADS) or [DogFriendly.com](http://DogFriendly.com) websites.

### **Basic Dog Regulations:**

- You are responsible for your dog wherever you go, whether your pet is on leash or off leash. Keep your dog under firm control at all times. Prevent your dog from chasing and disturbing wildlife, and from fighting with other animals. You are liable if your pet bites someone.
- Be prepared: always carry a pooper scooper, plastic bag, water, dish, and a leash.
- Fines for allowing misbehavior are expensive, so read regulatory signs carefully. Call the park for further details if you have questions about dog regulations.

*Background:* the park staff of the City of Palo Alto noted in 1986: "Unleashed dogs are a continuous problem in local parks, and have a major impact on wildlife and livestock. The City of Palo Alto, Stanford University, Midpeninsula Regional Open Space District, and Santa Clara and San Mateo Counties all report dog attacks on animals, especially deer. Contrary to popular belief, these attacks are made by pets: almost all the dogs caught or observed during a chase or kill were wearing collars. Size, breed, or temperament at home is no indication as to which dogs will attack other animals: rangers have observed dogs ranging from poodles to German shepherds chasing deer." Other problems, include overturning trashcans, chasing birds, and spooking horses (causing them to throw their riders). For these reasons, bring a leash and use it.

## **Federal Parks and Refuges**

### **Golden Gate National Recreation Area**

General Information: (415) 556-4484; or see the [GGNRA](http://GGNRA) website.

#### **GGNRA Marin Headlands**

- Dogs under voice control or on leash are allowed at Rodeo Beach, Muir Beach, and Four Corners Tract (above Mill Valley).
- Dogs on leash are allowed on many (but not all) trails throughout Headlands - call GGNRA or ask at Visitor Centers for more detailed information and maps.
- Dogs are not allowed at Muir Woods, Audubon Canyon Ranch, or Stinson Beach.

### **GGNRA San Francisco**

- Dogs under voice control or on leash are allowed at Lands End and Fort Miley; at Ocean Beach (except on crowded days, when visitors may be asked to leash their dogs or move to less crowded areas); and at Crissy Field and the Golden Gate Promenade ( must be leashed in parking lot and picnic areas).
- Dogs on leash are allowed at Sutro Heights, Fort Mason, and Baker Beach (voice control OK at north end).
- Dogs are not allowed on the beach at Aquatic Park/ Victorian Park.

### **GGNRA San Mateo County**

Dogs are allowed under voice control or on leash at Thornton Beach, Milagra Ridge, and Sweeney Ridge in the Pacifica area, but not at the Phleger Estate in Woodside.

### **Point Reyes National Seashore**

(415) 633-1092

Leashed dogs are allowed only at designated beaches, and on paved roads. Dogs are not allowed on trails, in campgrounds, or in buildings.

### **Don Edwards San Francisco Bay National Wildlife Refuge**

(510) 792-0222 or the [SFBNWR website](#)

Dogs on leash are allowed only on the Tidelands Trail (adjacent to Visitor Center at east end of Dumbarton Bridge in Newark). Dogs are prohibited at all other areas of the Refuge, including levee trails and fishing piers.

## **California State Parks and Beaches**

For general information, see the [State Parks website](#).  
**California State Parks**

- Dogs are allowed on leash in most State Park picnic areas, parking lots, and similarly developed areas.
- Leashes must be shorter than six feet.
- If you are camping, dogs must stay in vehicles or tents overnight.

- Dogs are not allowed on trails, or away from developed areas, except as noted below.
- Dogs are not allowed at Castle Rock State Park.
- Proof of rabies vaccination required.
- Please clean up after your pet.

### **State Park Beaches**

Leashed dogs are allowed at several local State Beaches:

- Candlestick Point State Recreation Area in San Francisco;
- McNee Ranch State Park (coastal AND inland trails); Montara, Half Moon Bay (except Francis Beach area at end of Kelley Ave.), San Gregorio, Pomponio, Pescadero, and Bean Hollow State Beaches in San Mateo County;
- Twin Lakes, Seabright, Rio del Mar, Manressa, and Palm Beach area of Sunset State Beach in Santa Cruz County;
- Asilomar, Carmel River, Monterey, and Marina State Beaches in Monterey County.

## **County and Regional Parks**

### **San Mateo County Parks**

(650) 363-4020 or the [San Mateo County Parks and Recreation Foundation](#) website.

Dogs are not allowed in any County Park. There was some talk a few years ago of this changing for certain parks on a trial basis, but we haven't heard anything recently.

### **Santa Clara County Parks**

(408) 358-3741 or see the [Santa Clara County Parks](#) website.

Dogs on leash are allowed on trails and/or in picnic areas only at the following parks. Dogs are not allowed in children's play areas.

- Almaden Quicksilver County Park (most trails plus Mockingbird Hill picnic area)
- Anderson Lake County Park
- Calero Reservoir County Park (limited trails)
- Coyote Hellyer Park
- Joseph D. Grant County Park (limited trails)
- Lexington Reservoir (except trail leading to Sierra Azul Preserve)
- Penitencia Creek Park Chain

- Santa Teresa County Park (limited trails)
- Uvas Canyon, Mount Madonna County Parks
- Upper Stevens Creek County Park (upper end of Grizzly Flat Trail only)
- Vasona Lake, Los Gatos Creek Trail County Parks.

Dogs on leash are allowed only in picnic areas at the following parks:

- Alviso Marina
- Coyote Lake County Park (campground, picnic area, launch ramp areas)
- Ed Levin County Park
- Motorcycle Park
- Stevens Creek County Park (Villa Maria picnic area and Coyote Ridge Trail)

### **Midpeninsula Regional Open Space District**

(650) 691-1200 or see the [MROSD](#) website.

Dogs on leash are allowed only in certain portions of the following preserves; must stay on trails. Contact the District for detailed maps and information.

- Pulgas Ridge
- St. Joseph's Hill
- Foothill
- Windy Hill Preserve: Spring Ridge and Anniversary Trails and connecting trails from Willowbrook & Portola Roads.
- Fremont Older Preserve: Seven Springs area, reached via Regnart Road

### **East Bay Regional Parks District**

(510) 531-9300, ext. 2200 or the [EBRPD](#) website

Dogs may be under voice control or on leash in open space and remote, undeveloped parkland areas, and on trails. Leashed dogs are allowed in most parking areas, lawns, concession areas, developed areas, and posted areas. Dogs are not allowed at swimming pools, bathing areas, or designated Nature Areas (i.e northern Tilden Park). Some parks charge an entrance fee for dogs.

**Livermore Area Recreation and Park District**

(415) 373-5700 or the [LARPD](#) website.

Leashed dogs are allowed at all parks.

**Marin County Dept. of Parks, Open Space & Cultural Services**

(415) 499-6387 (recorded info: 499-6060) or [MCOSD](#) website.

Dogs are allowed on leash in all Parks and most Open Space Preserves.

Dogs are allowed on trails (may be off leash on fire roads if extremely well-behaved and under total control of owner). Parks are generally small, but the Preserves cover a wide range of little-known ridgelines in eastern part of the county.

**Marin Municipal Water District (MMWD)**

(415) 459-0888 or [MMWD](#) website.

Leashed dogs are allowed on MMWD trails and service roads. Watershed includes a large area on Mount Tam and hills to the north. (Be aware of the boundary with adjacent Mount Tamaplais State Park, which does not allow dogs).

**Monterey County Parks**

(831) 647-7795 or [Monterey County Parks](#) website.

Leashed dogs are allowed only in parking lots and picnic areas of Jacks Peak, Laguna Seca, Toro, Royal Oaks, San Lorenzo, and San Antonio Lake County Parks. Seven-foot leash and proof of rabies vaccination required. Dogs are not allowed on park trails.

**Santa Cruz County Parks**

(831) 462-8300 or [Santa Cruz County Parks](#) website.

Leashed dogs are allowed at all County Parks, except for Highland Park.

**Solano County Regional Parks**

(707) 648-4600 or [Solano County Regional Parks](#) website.

Leashed dogs are allowed at most parks (carry proof of rabies vaccination).

**Sonoma County Parks**

(707) 527-2041 or the [Sonoma County Homepage](#).

Leashed dogs are allowed at all parks, except Shiloh Park in Windsor (closed because of feral pig problems).

## City Parks

### San Francisco Recreation and Parks Department

(415) 666-7201/7107 or see the [City of San Francisco Recreation and Parks Dept.](#) website.

Leashed dogs are allowed at all parks. Off-Leash Dog Walking Areas are located at the following locations:

- Golden Gate Park:
  - Area bounded by Lincoln Way, King Dr., 2nd and 7th Aves.
  - Northeast corner of park at Stanyan and Grove Sts.
  - Area bounded by King Dr., Middle Dr., 34th and 38th Aves.
  - Fenced dog training area at 38th Av. and Fulton St.
- Buena Vista Park: Buena Vista Ave. West at Central St.
- Mountain Lake Park: east end at 8th Av.
- Stern Grove: north side off Wawona between 21st and 23rd Aves.
- Lake Merced: north side at Lake Merced and Middlefield Av.
- Bernal Heights: entire top section bounded by Bernal Heights Blvd.
- McLaren Park:
  - Top section bounded by Shelley and Mansell Drives;
  - South section reached from 1600 blocks of Sunnydale or Geneva.
- Potrero Hill Mini Park: 22nd St. btwn. Arkansas and Connecticut.
- Dolores Park: 18th St. bewteen Church and Dolores Sts.
- Lafayette Park: Sacramento between Octavia and Gough.
- Corona Heights Plgd. Area at corner of Roosevelt and Museum Ways.
- Alta Plaza: Clay between Scott and Steiner (second terrace only).
- Douglas Playground: at end of 27th St. btwn. fence & Diamond Heights Blvd.

Considerations are underway for additional off-leash areas (see [SF Chronicle](#) article from 5/7/99). This list will be updated once the Parks Commission has made final decisions.

## Selected Peninsula & South Bay Cities

(courtesy, in part, of Peninsula Humane Society, 4/94)

### **Belmont**

(650) 595-7441 or City of [Belmont Parks & Recreation](#) website.  
Twin Pines Park, Water Dog Lake Park

### **Menlo Park**

(650) 858-3470  
Bayfront Park

### **Millbrae**

(650) 259-2360  
Central Park, Constitution Park

### **Palo Alto**

(650) 329-2423 or [PA Parks & Recreation Dept.](#) website.  
Dogs allowed in most all parks except Foothill Park on leash; some parks have dog run areas.

### **San Carlos**

(650) 593-8011 or the [San Carlos Parks and Recreation](#) website.  
Big Canyon Park, Heather Park

### **San Mateo**

(650) 377-4640 or the [San Mateo Parks and Recreation](#) website.  
Bayside-Joinville Park, Beresford Park Central Park, Laurelwood Park

### **San Jose**

(408) 277-4661 or [City of San Jose Dept. of Parks, Recreation and Neighborhood Services](#) website.  
[regulations not known]

**Santa Cruz**

(831) 429-3777 or [Santa Cruz Parks & Recreation](#) website.  
Dogs allowed on leash at all parks.

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**Selected East Bay Cities**

**Berkeley**

(510) 644-6530 or [Berkeley Parks and Waterfront](#) website.  
Dog run in Ohlone Park.

**Oakland**

(510) 531-2205 or the [Oakland Office of Parks, Recreation and Cultural Affairs](#) website.  
Leashed dogs allowed in Joaquin Miller Park but are not allowed in urban, "flatland" parks.