One of the most popular walks and runs on the entire Peninsula is know as The Dish, named after the large old radio telescope used for research in the Stanford foothills and visible from throughout the area.

The mail loop trail is 3.5 miles and the whole paved trail is around 3.9 miles. It’s nice place to walk or run. But if you plan on trekking the Dish with a stroller, note that several sections of trail are quite seep. Visitors can see Stanford camps. On a clear day, visitors can see San Francisco, Oakland, San jose and the East Bay.

No pets, animals, or bicycle are allowed.

There three gated entrances. The piers Gate is located off Alpine Road and has a small parking area. The Gerona, Frenchman’s and Stanford Gates are all located off Junipero Serra Blvd. There is limited parking along Stanford Ave, although you can park at Nixon Elementary on the weekend.

The Dish area is open from sunrise to sunset and the detail open hours can be found in its official web site <https://dish.stanford.edu/>.