





Saturday, April 27, 2013

Read this before you start!

- **Please** check in at every Ridge to Bridge rest stop/water station; record the time *legibly* and put a ✓ check by your name.
- Tricky spots are numbered ▲ on this sheet. Don't get lost! Read both the map and directions to be sure of the route.
- The **Ridge Trail** route is marked by blue signs like this:  
- Drink plenty of water throughout the day!
- You may set your own pace, or stay with the guides.
- If you must leave during the event, let the guide or sweep person know! You may also try calling the event coordinators' cell phones.
- Your guides will brief you as you ride the bus to the starting point.

Sunrise: around 6:15 AM Sunset: around 8:00 PM Dark: around 8:40 PM

MILES to End	DIRECTIONS Route follows Bold trail names	ELEVATION In Feet
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Section 1 (6.3 miles) – 26-mile hike start

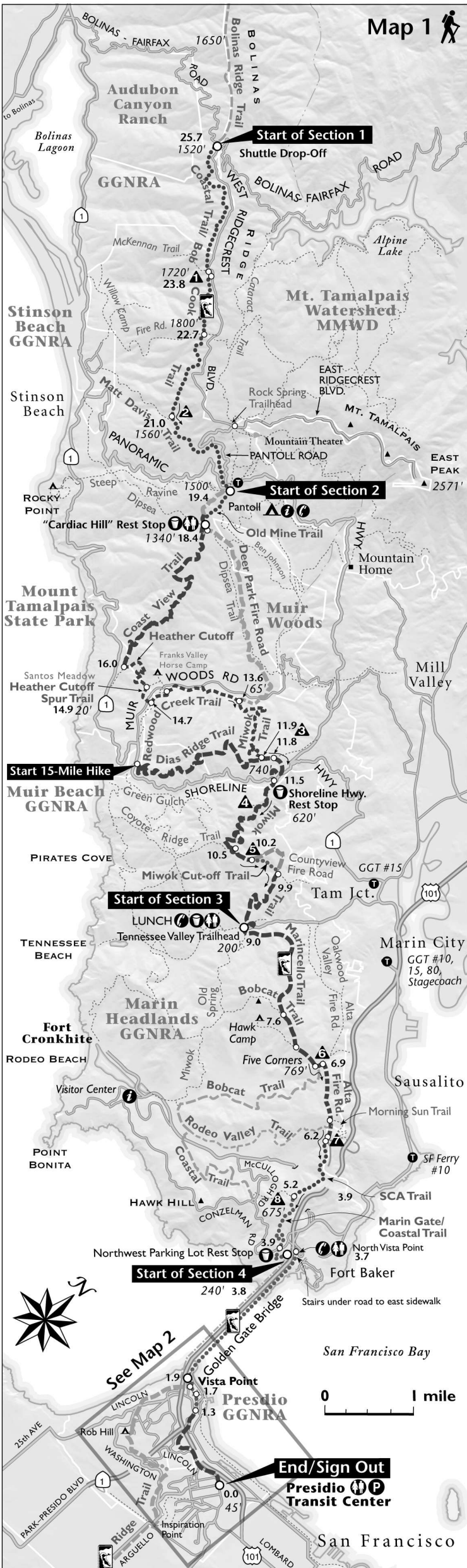
Starts at Bolinas–Fairfax and West Ridgecrest Roads, on Bolinas Ridge

- 25.7 Start south on the Coastal Trail. Dip into a wooded gulch, over a hill, then across a grassy slope. 1,520'
- 23.8 Leave GGNRA and enter Mt. Tamalpais State Park. The Coastal Trail ends at McKennan Trail junction. ▲ Continue on right shoulder of West Ridgecrest Blvd. 1,720'
- 23.7 Angle right on Coastal Trail/Bob Cook Trail.
- 22.7 Cross Willow Camp Fire Road. 1,595'
- 21.0 Matt Davis Trail comes up on right. Angle left (south) on Coastal/Matt Davis Trail. ▲ The Matt Davis Trail descends west to Stinson Beach. 1,560'
- 19.4 Carefully cross Panoramic Hwy to Pantoll Ranger Station. Our rest stop and toilets are 1 mile ahead. 1,500'





















Section 2 (10.4 Miles) – 20-mile hike start

Starts at Pan Toll Ranger Station and Panoramic Hwy.

- 19.4 From Pantoll, follow paved Coastal Fire Road south. Pass junction with Steep Ravine Trail on right. Turn left along the Old Mine Trail. Rejoin Coastal Fire Road; continue straight. 1,500'
- 18.4 **Please check in at our "Cardiac Hill" rest stop** (snacks, water, and toilets). 150 yards ahead, Coastal Fire Road becomes Deer Park Fire Road. As the road (and the Ridge Trail) turns sharply left, we take an alternate route: 1,400'
- 18.3 Go straight on the Coast View Trail, a multiuse, single-track trail which descends easily toward the coast. 1,340'
- 16.0 Turn left on Heather Cutoff Trail which descends east with many switchbacks. 490'
- 14.9 In Santos Meadow, turn right on unsigned Heather Cutoff Spur Trail. Go around the left side of the horse-riding arena, then across a mowed pasture into Muir Beach Volunteer Fire Dept.'s funky picnic area. Cross Redwood Creek on the footbridge and turn left up a driveway. 65'
- 14.7 Across Muir Woods Road, go up Heather Cutoff Spur Trail to junction; stay left (upstream) on Redwood Creek Trail.
- 14.5 At next 3 junctions, stay right on Redwood Creek Trail. You'll cross Redwood Creek twice on footbridges.
- 13.6 Turn right on Miwok Trail, which climbs south through coastal scrub and grassland. 115'
- 11.9 Atop Dias Ridge, turn left on Dias Ridge Trail. Hike 0.1 mile east. 729'



Map Legend

 Bay Area Ridge Trail	 Parking
 Multi-Use	 Public Transit (for reference only)
 Hiking/Equestrian	 Pay Phone
 Hike/Bike	 Visitor Center/Ranger Station
 Hiking-only	 Rest Room or Portable Toilet
 Bicycle Alternate	 Drinking Water
 Equestrian Alternate	 Ridge to Bridge Rest Stop (checkpoint, toilets, water, snacks)
 Other Trail	 Campground (by reservation)
 Road	880' Elevation in feet
 Section start/end	25.7 Miles to End
 Trail Junction	 Caution note



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- The Walker's Map of San Francisco (with Angel Island, Marin Headlands & San Bruno Mtn.)
- Trails of the Coastside & Northern Peninsula (San Bruno Mtn., Sweeney Ridge, Half Moon Bay)
- Trails of Northeast Marin County (China Camp, Big Rock Ridge, Mt. Burdell)

MILES to End **DIRECTIONS**
Route follows **Bold trail names** **ELEVATION**
In Feet

15-Mile Hike Start

Starts at Golden Gate Dairy Stables in Muir Beach, off Hwy 1

14.9 Start east up single-track **Dias Ridge Trail**. (This is the bicycle route of the Ridge Trail—it will eventually link north to the Coast View Trail). Be alert for bicyclists.

The trail climbs past a rock outcrop, through coastal scrub and grassland, then atop Dias Ridge.

11.9 North Miwok Trail, used by the 26- and 20-Mile Hikes, enters on left. Stay straight for 0.1 mile until...

Section 2 (continued)

- 11.8 Hikers turn south (right) on **Miwok Trail**.
▲ If you don't turn right you will end up on Panoramic Hwy.
- 11.4 Cross Shoreline Hwy (Hwy. 1) then roadside path 620' to eucalyptus grove and **rest stop**. **Check in and drink up!** Continue south up **Miwok Trail** fire road below the east shoulder of Coyote Ridge.
▲ Ignore a narrow trail up the first ridge on your right.
- 10.5 Pass Coyote Ridge Trail fire road, stay left (east) 930' on **Miwok Trail** fire road.
- 10.2 Hikers angle right on single-track **Miwok Cut-off Trail**.
▲ (The official Ridge Trail route stays left on Miwok Trail fire road, which has several steep sections ahead).
- 9.9 Rejoin **Miwok Trail** at a junction with Countyview Fire Road. Stay right on **Miwok Trail**, which soon becomes a single-track trail as it descends southwest to Tennessee Valley.
- 9.1 Stay right at unsigned junction with Rhubarb Trail (left) just before crossing a small creek.
- 8.9 Tennessee Valley Trailhead is a **rest stop plus lunch**. **Check in here!** Toilets, water, pay phone, a little shade.

Section 3 (5.2 Miles)

Starts at Tennessee Valley Trailhead

- 8.9 Start from SE corner of parking lot up wide, graded **Marincello Trail** (built in the 1960s as an entrance to the never-built Marincello subdivision). 200'
- 7.6 At the crest, the Bobcat Trail enters from the right, and you can see the Golden Gate Bridge ahead! Descend straight ahead (south) on the **Bobcat Trail**. 900'
Pass a side road to Hawk Camp on right, and a grassy saddle with power lines overhead.
- 6.9 Zigzag at the tricky "Five Corners" junction — 769' turn left (east) then right (south) up **Alta Fire Road**.
▲ Don't stray straight (south) down Bobcat Trail (the Ridge Trail bike route to Fort Cronkhite); nor left on Rodeo Road (dead-ends at U.S. 101 with side trails to Marin City and Oakwood Valley).
In a eucalytus grove, pass the Morning Sun Trail (left).
- 6.2 **Alta Fire Road** ends at a white metal gate to Wolfback Ridge Road. A sign says: "HIKERS TURN RIGHT." 840'
▲ Turn sharp right uphill a few steps on the paved **service road**, then left on the footpath. Cross the Rodeo Valley Trail fire road (the Ridge Trail's equestrian route) and continue straight on the **SCA Trail**,* which contours south below the ridgetop.
(*built by the Student Conservation Association).
- 5.2 SCA trail ends at a "T" junction with a view of the Golden Gate Bridge. Descend left on **Coastal Trail/Marin Gate Trail** towards the bridge. 675'
▲ Don't go right on the Coastal Trail, which climbs west over Slacker Hill and descends west to Fort Cronkhite.
- 3.9 Cross Conzelman Road & continue down Coastal Trail.
- 3.8 One final switchback brings you to the Northwest Parking Lot of the Golden Gate Bridge! 240'
Rest stop with water and snacks. Please check in.

Thanks to our Sponsors!



cavallopoint
the lodge at the golden gate



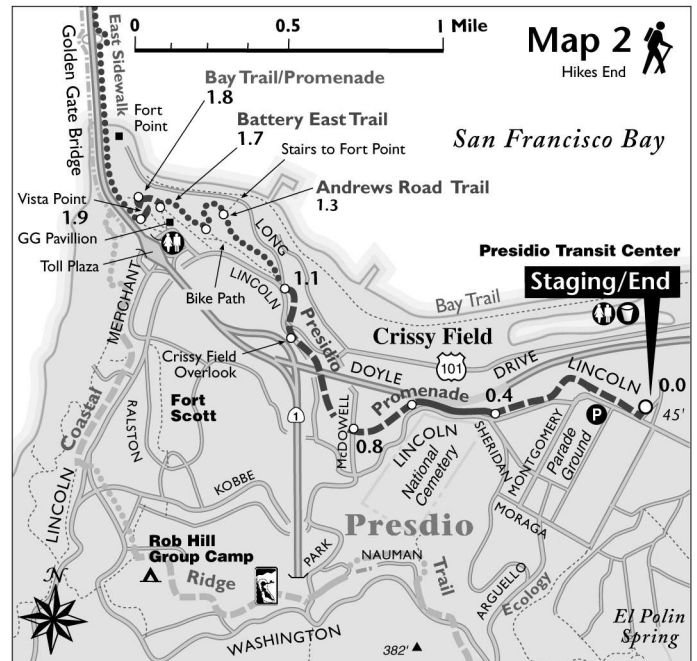
MILES to End **DIRECTIONS**
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In Feet

Section 4 (3.8 Miles)

Starts at North end of Golden Gate Bridge



- 3.8 At the SE corner of the NW Parking Lot, go 200' down the stairs, under U.S. 101, and back upstairs to North Vista Point. Turn left. There are **restrooms** at the center of the parking lot (a side trip—use crosswalk).
- 3.7 Opposite the restrooms, turn left down the stairs or ramp to the **east sidewalk of the Golden Gate Bridge**.
Safety tips: Be alert for **pedestrians, photographers, and tourists!** Bikes too (just at the south end). Don't walk more than 2 abreast. Look over your shoulder when passing, to be sure you're not stepping into harm's way. With that all said, take your time and have fun!
- 1.9 Leaving the Golden Gate Bridge, turn left on the 200' beige pedestrian path (keep the bike path to your left). Descend left past Vista Point (pause here to look back at the Bridge). *If you need restrooms, they are a short side trip south through the Vista Point to the Lower Toll Plaza.*
- 1.8 Turn right on **Bay Trail/Presidio Promenade** bike path.
- 1.7 As the bike path bends right, there's a wide spot. Angle left down **Battery East Trail**, a steep cement driveway. Cross the level picnic area to the far right, duck through a brick tunnel then follow the trail behind Civil War gun emplacements.
- 1.5 At a junction, turn left on **Bay Trail** up over the lip of Battery East then down a winding path.
- 1.3 Stay straight, passing stairs on left descending toward Fort Point, now on **Andrews Road Trail**.
- 1.1 As Andrews Road Trail ends, join the **Presidio Promenade** bike path along Lincoln Blvd. Continue past Crissy Field Overlook (with stellar views of the City and SF Bay) then under Doyle Drive/US 101. The bike path leaves Lincoln Blvd., passes a horse corral and historic stables, crosses McDowell Rd. and climbs back to Lincoln Blvd.
- 0.8 Continue on **Lincoln Blvd.** sidewalk along a temporary construction fence. The Presidio National Cemetery is on your right. After one block, stay left on the **Presidio Promenade bike path** (auto traffic branches right on Sheridan Ave.). Over the fence to your left are US 101/Doyle Drive and good views of the Bay and Crissy Field).
- 0.4 At bottom of Main Parade Ground, stay left on Lincoln Blvd. sidewalk. Continue past the bank.
- 0.0 **Presidio Transit Center is our final stop. Please sign out before heading home!** Congratulations – you made it!
Refreshments are available for purchase at the Transit Center Cafe from 10 to 6.



Updated March 12, 2013

Event Coordinators (Cell Phones)

Tracy Corbin (415) 122-6292
Joel Gartland (650) 814-7892
Janet McBride (510) 778-5513

Golden Gate Nat'l Recreation Area (GGNRA), US Park Police

Emergency: 556-7940
General Info: (415) 331-1540.
North District Ranger Station (415) 331-1422 or 331-3812
Muir Woods (415) 388-2596

Park Agencies along our route:

Samuel P. Taylor State Park:
(415) 488-9897
Mt. Tamalpais State Park, Pan Toll Ranger Station:
388-2070 (or -2952, or -3215)

Emergency: 911

3/6/13

If you are **absolutely unable** to finish, we will transport you from one of the **rest stops**. We have one roving person who will visit the stops (you may have to wait until the rest stop closes).