

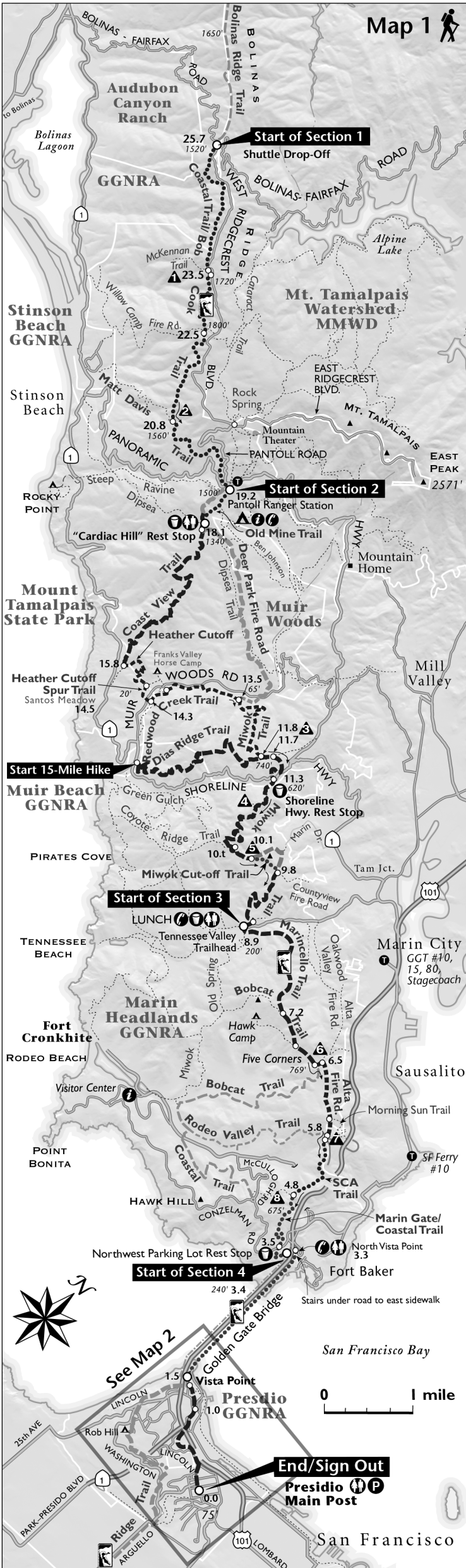


Ridge to Bridge

Saturday, April 26, 2014



Map 1



Read this before you start!

- **Please** check in at every rest stop/water station, and record the time *legibly*.
- 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.
- The sweep is the last person in the group. DO NOT get behind the sweep – s/he is responsible for ensuring that everyone is accounted for.
- If you must leave during the event, you must let the guide or sweep person know! (Also try calling the event coordinators' cell phones).

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

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'
- 23.7 Leave GGNRA and enter Mt. Tamalpais State Park. The Coastal Trail ends at a junction with McKennan Trail. 1,720'
- ▲ Continue on right shoulder of West Ridgecrest Blvd. to Coastal Trail.
- 23.5 Angle right on Coastal (AKA Bob Cook) Trail.
- 22.5 Cross Willow Camp Fire Road. 1,595'
- 20.8 Matt Davis Trail comes up on right. Angle left (south) on Coastal/Matt Davis Trail. 1,560'
- ▲ The Matt Davis Trail descends west to Stinson Beach.
- 19.2 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 Pantoll Ranger Station and Panoramic Hwy.

- 19.2 From Pantoll, follow paved Coastal Fire Road south. Pass junction with Steep Ravine Trail on right. Turn left along the Old Mine Trail. 1,500'
- Rejoin Coastal Fire Road; continue straight. 1,400'
- 18.2 **Please check in at our "Cardiac Hill" rest stop** (snacks, water, and toilets). 150 yards ahead, Coastal Fire Road becomes Deer Park Fire Road.
- 18.1 As Deer Park Fire Road turns left, we leave the Ridge Trail. Go straight on the Coast View Trail, a multi-use, single-track trail which descends toward the coast. 1,340'
- 15.8 Turn left on Heather Cutoff Trail which descends east with many switchbacks. 490'
- 14.5 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'
- 14.3 Across Muir Woods Road, go up Heather Cutoff Spur Trail to junction; stay left (upstream) on Redwood Creek Trail. At next 3 junctions, stay right on Redwood Creek Trail. You'll cross Redwood Creek twice on footbridges.
- 13.5 Turn right on Miwok Trail, which climbs south through coastal scrub and grassland. 115'
- 11.8 Atop Dias Ridge, turn left on Dias Ridge Trail. Hike 0.1 mile east. 729'

Map Legend

- Bay Area Ridge Trail
- Multi-Use
- Hiking/Equestrian
- Hike/Bike
- Hiking-only
- Bicycle Alternate
- Equestrian Alternate
- Other Trail
- Road
- Parking
- Public Transit (for reference only)
- Pay Phone
- Visitor Center/Ranger Station
- Rest Room or Portable Toilet
- Drinking Water
- Ridge to Bridge Rest Stop (checkpoint, toilets, water, snacks)
- Campground (by reservation)
- 880' Elevation in feet
- 25.7 Miles to End
- Section start/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 Northeast Marin County (China Camp, Big Rock Ridge, Mt. Burdell)
- Trails of Mt. Tamalpais, Muir Woods & Marin Headlands
- We are updating the classic Olmsted Map of Mt. Tamalpais! Available Summer 2014!

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... 729'

Section 2 (continued)

- 11.7 Hikers turn south (right) on **Miwok Trail**.
▲ If you don't turn right you will end up on Panoramic Hwy.
- 11.3 Cross Shoreline Hwy (Hwy. 1) then the roadside path to a 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) on **Miwok Trail** fire road. 930'
- 10.2 Hikers angle right on single-track **Miwok Cut-off Trail**.
▲ (The main Ridge Trail route stays left on Miwok Trail fire road, which makes a long descent then climbs briefly behind yonder summit).
- 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/lunch. Check in here!** Toilets, water, pay phone, a little shade. 200'

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 citizen-defeated Marincello subdivision). 200'
- 7.2 At the crest, the Bobcat Trail enters from the right. See the Golden Gate Bridge ahead! Descend straight ahead (south) on the **Bobcat Trail**. Pass a side road to Hawk Camp on right, and a grassy saddle with power lines overhead. 900'
- 6.5 Zigzag at the tricky "Five Corners" junction — turn left (east) then right (south) up **Alta Fire Road**.
▲ Don't stray straight (south) down Bobcat Trail, nor left on Rodeo Road (which 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). 769'
- 5.8 **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).
- 4.8 **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.
- 3.5 Cross Conzelman Road & continue down **Coastal Trail**.
- 3.3 One final switchback brings you to the Northwest Parking Lot of the **Golden Gate Bridge!** Rest stop with water and snacks. Please check in. 240'

Thanks to our Sponsors!



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

Section 4 (3.8 Miles)

Starts at North end of Golden Gate Bridge



- 3.4 At the SE corner of the NW Parking Lot, go 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). 200'
- 3.3 Opposite the restrooms, turn left down the stairs or ramp to the **east sidewalk of the Golden Gate Bridge**.
Golden Gate Bridge safety: Be alert for pedestrians, photographers, and tourists! And bikes (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. Take your time and have fun!
- 1.5 At the south end of the Golden Gate Bridge, we leave the Ridge Trail and join the Presidio Promenade. But first we make a short detour around some trail construction:
Take first left to Vista Point on a beige path alongside an asphalt bike path. Cut right over the Vista Point, and down the stairs on the back side; follow a level path toward the lower toll plaza.
- 1.4 Emerge at **Lower Toll Plaza** (snack bar, bus stop, statues, etc.). Restrooms are a side trip across the busy street. Follow detour signs to left of red Golden Gate Pavilion gift shop. Descend northwest on sloped path.
- 1.4 Turn sharp right on **Presidio Promenade** bike path. Follow beige hiking path on shoulder. Continue east past trails to Battery East and Fort Point, and parking lot.
- 1.2 Stay on bike path parallel to Lincoln Blvd.. Cross Long Ave. and Crissy Field Ave.
▲ Don't stray left down Crissy Field Blvd; we stay high.
- The **Presidio Promenade** goes under Doyle Drive/US 101 then leaves Lincoln Blvd. You pass a Park Police horse corral and historic stables, cross McDowell Rd. (look both ways) and climb back to Lincoln Blvd.
- 0.5 Continue on **Lincoln Blvd.** sidewalk along a temporary construction fence. The Presidio National Cemetery is on your right. In one block, stay right on the Sheridan Ave. sidewalk.
- 0.1 Cross Montgomery and proceed straight 1 block.
- 0.0 **The Main Post Parade Ground is our final stop. Please sign out and pick up your T-shirt before heading home!** Congratulations – you made it!
If you are in need of refreshments, the bowling alley snack bar on Moraga at Montgomery stays open until 2 AM.



Updated April 16, 2014

Event Coordinators (Cell Phones)
Karen Kidwell (415) 250-0143
Tracy Corbin (415) 722-6592
Emily Bauska (503) 438-0325

Samuel P. Taylor State Park:
(415) 488-9897
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/(415) 331-3812
Muir Woods (415) 388-2596

Park Agencies along our route:
Mt. Tamalpais State Park,
Pan Toll Ranger Station:
(415) 388-2070/
(415) 388-2952/
(415) 388-3215

Emergency: 911

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).

4/18/14

Flyer updated 4/18/14