

# Ridge to Bridge

Saturday, April 25, 2015



## 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, and call the event coordinator at (415) 250-0143.

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 (11 Miles) 40-Mile Ride start

Starts in S.P. Taylor State Park; on Cross-Marin Trail at Swimming Hole Bridge (0.8 mile north of main park entrance)

|      |  |        |
|------|--|--------|
| 40.4 | Ride north (downstream) on <b>Cross-Marin Trail</b> to Jewell Trail junction. Soon leave S. P. Taylor State Park & enter GGNRA.  | 180'   |
| 39.8 | At metal gate, turn left (west) up <b>Jewell Trail</b> , and climb steeply 0.9 mile to...  | 160'   |
| 38.9 | Bolinas Ridge/Jewell Trail junction. Angle left (south) along <b>Bolinas Ridge Trail</b> up main ridge. <b>▲</b> Right fork goes north to Sir Francis Drake Blvd. trailhead. | 800'   |
| 35.5 | Pass Shafter Fire Road junction on left.   | 1,329' |
| 34.4 | Pass Randall Trail junction on right.  | 1,400' |
| 32.9 | Pass McCurdy Trail junction on right.  |        |
| 29.4 | Arrive at <b>Bolinas-Fairfax Road gate</b> Please check in and drink up!   | 1520'  |

### Section 2 (5.5 Miles)

Bolinas Ridge, at junction of Bolinas-Fairfax and West Ridgecrest Roads

|      |   |       |
|------|---|-------|
| 29.4 | Cross Bolinas-Fairfax Road and continue straight on <b>West Ridgecrest Road</b> along scenic Bolinas Ridge.   |       |
| 25.5 | T-intersection at Rock Spring Trailhead – turn right and descend on <b>Pantoll Road</b> .   | 1970' |
| 23.9 | T-intersection at <b>Panoramic Hwy</b> . Cross to Pantoll ranger station. Our rest stop is 1 mile ahead. <b>▲</b> Busy highway with limited sight lines–be patient and cross with care. | 1500' |

### Section 3 (11.7 Miles) – 24-Mile Ride Starts

Starts at Pan Toll Ranger Station and Panoramic Hwy.

|      |   |        |
|------|---|--------|
| 23.9 | From Pantoll, follow paved <b>Deer Park Fire Road</b> (ex Coastal Fire Road) south, past the ranger station/work yard.  | 1,500' |
| 22.9 | At the Dipsea Trail junction is our <b>"Cardiac Hill" Rest Stop</b> . Please check in. There will be toilets, water, and snacks.  |        |
| 22.8 | Angle right on <b>Coast View Trail</b> . Descend 2.3 miles toward the coast on this single-track trail, (The main Ridge Trail goes left here on <b>Deer Park Fire Road</b> ). | 1,340' |
| 20.5 | Pass <b>Heather Cutoff Trail</b> (hiking/horses) on left.   | 490'   |
| 20.3 | Arrive at <b>Highway 1/ Shoreline Hwy</b> . Carefully cross to west side and ride south (left) along Hwy 1 toward Muir Beach. Be alert for cars!                              | 460'   |
| 19.1 | Turn right on 0.1 mile side road to <b>Muir Beach Overlook</b> . Pause to enjoy the view, then return to Hwy 1 and descend toward Muir Beach. Watch your speed!               | 440'   |

#### Event Coordinators (Cell Phones)

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

Golden Gate Nat'l Recreation Area (GGNRA), US Park Police  
Emergency: (415) 556-7940  
General Info: (415) 331-1540  
North District Ranger Station  
(415) 331-1422/(415) 331-3812  
Muir Woods (415) 388-2596

In Case of Emergency: 911  
www.ridgetrail.org

4/18/14

## Map Legend

- Bay Area Ridge Trail
- Bikes On Trail
- Bikes On Road
- Trails not part of Ridge to Bridge ride (gray)

Ridge Trail Multiuse

Ridge Trail Bike/Hike

Ridge Trail Hiking Only
- Other Trails

Other roads
- Parking

Public Transit (info: 511.org)

Pay Phone

Visitor Center/Ranger Station

Rest Room/Portable Toilet

Drinking Water

Ridge to Bridge Rest Stop (checkpoint, toilets, water, snacks)

Campground (by reservation)

Miles to End

Elevation in feet

Caution note
- Section start/end

Trail Junction

Flyer updated 4/7/15

Thanks to our Sponsors!





| MILES      | DIRECTIONS  | ELEVATION |
|------------|---|-----------|
| From Start | Bay Area Ridge Trail follows In Feet<br>Bold Face trail names |           |

Section 3 (continued)

- 18.7

Continue right on Hwy. 1 at bottom of the hill where Muir Woods Road enters on left.

20'
- 18.5

Opposite the Muir Beach (Pacific Way) turnoff, turn left up the **Dias Ridge Trail**, a new, single-track, multiuse segment of Ridge Trail. Long, switchbacking ascent.
- 15.4

High on Dias Ridge, Miwok Trail joins on your left.

740'
- 15.3

Turn south (right) down the single-track **Miwok Trail**.
- 14.9

Cross Shoreline Hwy (Hwy. 1) to eucalyptus grove and **rest stop. Please check in!**

620'
- Now continue south up **Miwok Trail** below the east shoulder of Coyote Ridge.
- 14.0

Pass Coyote Ridge Trail. (stay left on **Miwok Trail**).

900'
- 13.4

Marin Drive jct.; ascend right on **Miwok Trail** road.

600'
- 13.1

At Countyview Fire Rd., stay right on **Miwok Trail** on which you descend north to Tennessee Valley.

650'
- ▲

Please ride cautiously on the single-track—watch for hikers!
- 12.4

Rhubarb Trail junction. Stay right.
- 12.2

Tennessee Valley Trailhead is our lunch stop. **Please check in. Restrooms, water, lunch.**

200'

Section 4 (8.5 miles)

- 12.2

Start south up wide, graded **Marincello Trail**.

200'
- 10.5

At the crest, the **Bobcat Trail** joins from the right. Descend straight. Ahead, pass Hawk Trail (left).

900'
- 9.8

After a saddle is the fabled “Five Corners” junction.

769'
- ▲

Bicyclists stay straight on **Bobcat Trail**. LONG descent.
- 7.8

In the valley, angle left on **Rodeo Valley Trail**.

50'
- 7.6

Detour straight (east) on **Rodeo Valley Trail** at T junction (*Smith Road Trail bridge is closed for trail work*)
- 6.8

T-junction with Upper Rodeo Trail. Turn right across footbridge to McCullough and Bunker Roads.

190'
- 6.7

Right (west) down paved Bunker Road.

190'
- 6.1

At historic Rifle Range (big lawn on left), turn sharp left (east) on our usual route up the **Coastal Trail/Julian Fire Road**. LONG ascent.

150'
- 4.5

Trail ends at McCullogh Road. Go right and halfway around the **rotary**, then east down **Conzelman Road**. *Pause in pullouts for great views of the Golden Gate!*

590'
- 3.4

Just before US 101, turn sharp right to the NW Parking Lot. **You MUST stop and sign in at our rest stop (water & snacks)** before crossing the Golden Gate Bridge.

Section 5 (5.0 Miles)

- 3.4

At the SE corner of the parking lot, start south on the west sidewalk of the Golden Gate Bridge.
- ▲

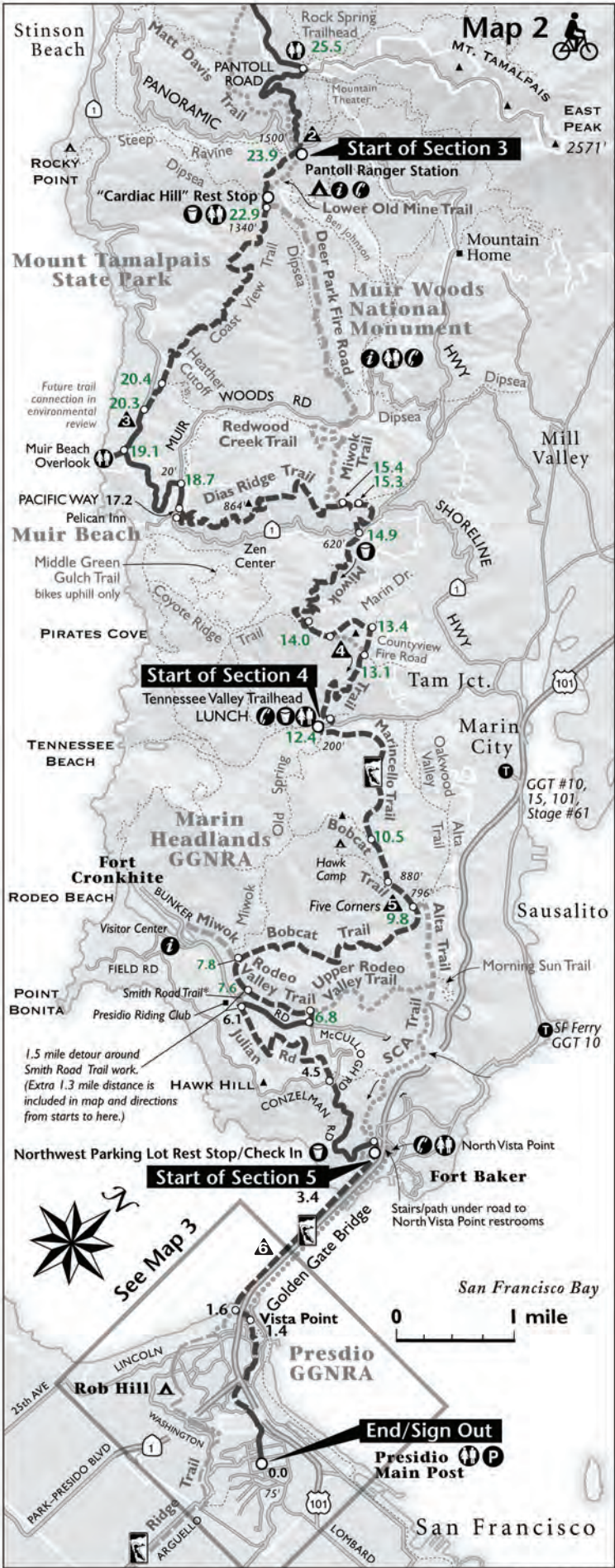
Watch out for bicyclists of all sizes and abilities. Ride defensively and predictably. Obey speed limits. Walk bikes around towers.
- 1.6

At the south end, circle right; keep right at the closed Coastal Trail junction and continue under the bridge.
- 1.5

At the first T-intersection a path branches up to the right. Here stay left on the **Presidio Promenade**. Continue on the main bike path at the next 2-3 junctions. *The second junction on your right leads to restrooms at the lower Toll Plaza (return here when done).*
- 1.0

The **Presidio Promenade** bike path skirts the Battery East Parking Lot, then descends along Lincoln Blvd. Stay right on the bike path past Long Ave., Crissy Field overlook, and the park police horse pens.
- 0.7

At stop sign, look both ways and cross McDowell Blvd.. Continue straight on bike path.



- 0.5

At the top of a rise, the Presidio Promenade bike path ends and joins a sidewalk along Lincoln Blvd. Cyclists carefully cross the road and ride Lincoln Blvd. east past the National Cemetery. [The new Doyle Drive tunnel is underfoot—when both tunnels are finished the bike path will continue over the tunnels].
- 0.3

In 1 block, stay right on Sheridan (Lincoln bike path goes left).
- 0.1

Cross Montgomery Street and continue straight 1 block on Sheridan across the top of the Parade Ground.
- 0.0

**The Main Post Parade Ground is our final stop. Please sign out and pick up your bandana 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.*



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Maps we publish:

- 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 Mt. Tamalpais, Muir Woods & Marin Headlands (Olmsted's classic map updated!)
- Trails of Northeast Marin County (China Camp, Big Rock Ridge, Mt. Burdell)

NOTE: If you are absolutely unable to finish, we will transport you from one of the rest stops (you may have to wait until the rest stop closes).