

# 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	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 <b>Bolinas Ridge Trail</b> (old Coastal Trail, renamed in 2014). 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 trail ends at the McKenna Trail junction. <b>▲</b> Continue on shoulder of West Ridgecrest Blvd. until trail resumes.            | 1,720' |
| 23.5 | Rejoin <b>Bolinas Ridge Trail</b> (old Coastal/Bob Cook Trail).  |        |
| 22.5 | Cross Willow Camp Fire Road.   | 1,595' |
| 20.8 | Join <b>Matt Davis Trail</b> which enters on right. Stay left and traverse south through shady forest. <b>▲</b> The right branch of Matt Davis Trail descends west to Stinson Beach. | 1,560' |
| 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 <b>Deer Park Fire Road</b> (old Coastal Fire Road) south. Near ranger station/work yard, turn left along the <b>Lower Old Mine Trail</b> .  | 1,500' |
| 18.2 | Rejoin <b>Deer Park Fire Road</b> . Please check in at our <b>"Cardiac Hill"</b> rest stop (snacks, water, and toilets).   | 1,400' |
| 18.1 | Just ahead, Deer Park Fire Road and the Ridge Trail turn left. But we go straight on the <b>Coast View Trail</b> , a multiuse, single-track trail which descends toward the coast.   | 1,340' |
| 15.8 | Turn left on <b>Heather Cutoff Trail</b> which descends east with many switchbacks.  | 490'   |
| 14.5 | At Santos Meadow, ignore the sign pointing left; veer right and follow a faint path across the meadow. Aim for a footbridge visible past Muir Beach Volunteer Fire Dept.'s funky picnic area. Cross Redwood Creek on the footbridge and turn left up the driveway to the road. |        |
| 14.3 | Across Muir Woods Road, go up <b>Heather Cutoff Spur Trail</b> to junction; stay left (upstream) on <b>Redwood Creek Trail</b> . At next 3 junctions, stay right on <b>Redwood Creek Trail</b> . Cross Redwood Creek twice on footbridges.                                     |        |
| 13.5 | Turn right on <b>Miwok Trail</b> , which climbs south through coastal scrub and grassland.   | 115'   |
| 11.8 | Atop <b>Dias Ridge</b> , turn left on <b>Dias Ridge Trail</b> . 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

**P** Parking

**T** Public Transit (for reference only)

**☎** Pay Phone

**i** Visitor Center/Ranger Station

**🚻** Rest Room or Portable Toilet

**🚰** Drinking Water

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

**▲** Campground (by reservation)

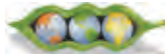
880' Elevation in feet

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 (Olmsted's classic map updated)



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.

620'
- 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 Cutoff 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, picnic tables, and 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 Trail**.  
▲ Don't stray straight (south) down Bobcat Trail, nor left (north) 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 Trail** ends at a white metal gate to private Wolfback Ridge Road. A sign says: “HIKERS TURN RIGHT.”  
▲ Turn sharp right uphill a few steps on a **service road**, then left on the footpath. Cross the Upper Rodeo Trail (the Ridge Trail's equestrian route) and continue straight on the **SCA Trail**,\* south below the ridgetop. (\*named for the Student Conservation Association, who built it).

840'
- 4.8

At a “T” junction, turn left down the **SCA Trail** (old **Marin Gate/Coastal Trail**, renamed 2014) which switchbacks south towards the Golden Gate Bridge.  
▲ Don't go right up the **Slacker Trail** (old Coastal Trail), which climbs west over Slacker Hill to McCullough Rd.

675'
- 3.5

Cross Conzelman Road & continue down **SCA 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'

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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. Take the first left past the **vista point** on a beige path, parallel to the an asphalt bike path. Pause to look back at the Golden Gate.
- 1.4

Turn sharp right on **Presidio Promenade** bike path. Follow beige hiking path on left shoulder. Continue east past trails to Battery East and Fort Point, and parking lot.
- 1.2

Stay on the bike path, parallel to Lincoln Blvd.. Cross Long Ave. and Crissy Field Blvd.  
▲ Don't stray left down Crissy Field Blvd.; we stay high.
- 0.7

The **Presidio Promenade** goes under Doyle Drive/US 101 then leaves Lincoln Blvd. You pass a Park Police horse corral and historic stables
- 0.5

Cross McDowell Rd. (look both ways) and follow the bike path east back to Lincoln Blvd.
- 0.3

Continue on **Lincoln Blvd.** sidewalk along a temporary construction fence. The Presidio National Cemetery is on your right, and Doyle Drive is underfoot! (New trails will be built over the tunnels).
- 0.1

As bike path angles left, stay right and follow the Sheridan Ave. sidewalk.
- 0.0

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 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!

GGNRA and MTSP re-named several trails in 2014. In the directions, you'll see the old names in parentheses. You may encounter a mix of old and new trail signs.



**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