




BAY AREA RIDGE TRAIL COUNCIL
19TH ANNUAL

Ridge to Bridge

Saturday, April 25, 2015



Read this before you start!

- **Please** check in at every Ridge to Bridge 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 | DIRECTIONS | ELEVATION |
|--------|---------------------------------------|-----------|
| to End | Route follows Bold trail names | In Feet |

Section 1 of 10-Mile Hike (3.8 Miles)

Starts at Transit Center at north (lower) end of Main Post Parade Ground of the Presidio of San Francisco

- 10.4 From the Transit Center, follow the **Presidio Promenade** 1 block west along **Lincoln Blvd.** to Montgomery St.
- 10.3 Turn left up the west side of **Montgomery St.**, along the Parade Ground and the brick Montgomery Barracks. Cross Sheridan.
- 10.1 Right on **Bliss Rd.** 1 block then left on **Infantry Terrace** 100 feet. Turn right and ascend concrete stairs to "Post Chapel." At top of stairs turn left for 100 feet on the chapel driveway, past the wedding patio.
- 10.0 Turn left into the eucalyptus forest on a wide dirt path and after 100 feet or so, turn right at the 4-way junction. This path traverses west above the chapel parking lot, then bends south (left) up the west flank of the ridge.
- ▲ Be alert for poison oak along the side of these trails.
- 9.9 As the path climbs south, several paths enter from the left. Stay straight at the first path; turn left on the second path. This path dips east a short distance then turns south again and climbs the east flank of the ridge. *(The trail up the west flank of this ridge is steeper but goes to roughly the same place).*
- 9.7 At the top of the ridge, turn right on the paved **Cemetery Overlook Trail**. Descend this trail for a view of the National Cemetery markers and the Golden Gate. The low stone walls are carved with lines from a poem by Alistair MacLeish. Return up the paved path, which bends right to a junction with the Ridge Trail.
- 9.6 Turn right (west) on the **Ridge Trail**, which descends through a dense eucalyptus forest then along Amatury Rd.. Cross Park Blvd. and follow the Ridge Trail west.
- 9.1 At junction with easy grade trail, stay straight on main **Ridge Trail**. Our route soon bends right and climbs up over Rob Hill. The trail bends around a reservoir and descends the north side of Rob Hill.
- 9.0 Stay left at 2nd junction with easy grade trail and continue 1 block along **Central Magazine Road**.
- 8.8 Past the entrance to Rob Hill Group Camp, the **Ridge/Anza Trail** angles right on gravel path along **Washington Blvd.** for 2 blocks.
- 8.6 Cross Lincoln Blvd. and enjoy the view from the Pacific Overlook. Turn right (north) on **Ridge/Anza/Coastal Trail** bike path, which parallels Lincoln Blvd..



- 8.3 Pass a side trail to the Golden Gate Overlook (left).

The Ridge Trail curves left, but is blocked off for construction until Fall 2015, so we detour right, down the concrete stairs to the corner of Merchant and Lincoln. Turn left and follow the sidewalk along Merchant Way.

Nearing US 101, turn left behind the toll plaza building. Turn right in 50 yards and cross to the narrow sidewalk through the tunnel under the toll plaza.

Just past the tunnel, the Bridge Pavillion gift shop is straight ahead; restrooms are to your right. Our route goes left. *(The next restrooms are 1.8 miles ahead.)*

- 8.0 Take the main brick path left toward the old gun emplacement, where there are several exhibits on the construction of the bridge. Climb the metal stairs to the vista point.

Descend slightly and turn left (west) up the beige walking path to the Golden Gate Bridge's east sidewalk.

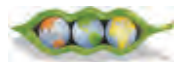
- 7.9 Turn right (north) on the **east sidewalk of the Golden Gate Bridge**.

There are several niches where you can pull out of the flow of traffic to look over the bridge railing at Fort Point, then the water. As the paths go around the towers you get a welcome respite from traffic noise.

- ▲ Be alert for tourists, kids, groups, photographers, and joggers. Bicyclists are supposed to use the west side on weekends but occasionally they stray onto the east sidewalk).

- 6.1 At the north end, turn right up the stairs or ramp up to **North Vista Point**. If you need restrooms, they are at the center of the parking area (watch for cars). Our rest stop is 0.1 mile ahead across the highway.

- 6.0 Turn right (south) along the Vista Point sidewalk a few steps, then descend a steep set of wooden stairs to a **walkway under the bridge**. Climb a 2nd stairway to the **Northwest Parking Lot**. Go left to find our **Rest Stop**. Please sign in here and help yourself to water and snacks.

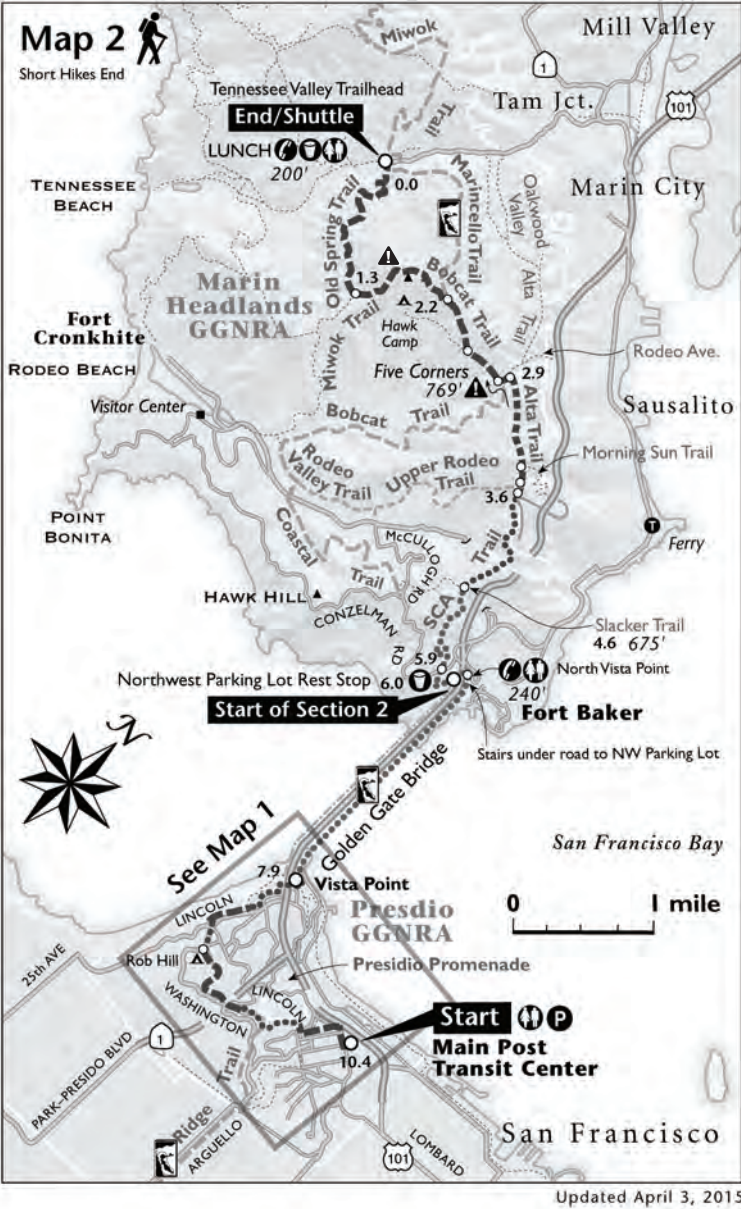


PEASE PRESS CARTOGRAPHY
(415) 387-1437 • www.peasepress.com

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

Flyer updated 4/7/15
8.5 x 14



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

Section 2 of 10-Mile Hike (6.0 Miles) and Start of 6-Mile Hike

Starts at Northwest Parking Lot of Golden Gate Bridge

6.0 At the west corner of the Northwest parking lot, ascend the **SCA Trail*** (*old Coastal Trail, renamed 2014*) through a grove of pines and out into the flowery coastal scrub. **The Student Conservation Association built this trail.*

▲ *Poison oak is one of the coastal scrub plants along this trail. Do not touch! Ask your leader what it looks like.*

5.9 Carefully cross Conzelman Road and continue up the **Coastal Trail**, which ascends via many switchbacks through coastal scrub and grasslands, with marvelous city and bay views. High up the hill, the trail passes several verdant springs.

4.6 At a ridgetop junction, the **Slacker Trail** (ex Coastal Trail) ascends sharp left; we stay right on the **SCA Trail**. It goes along an open ridge, then across a hillside overlooking Rodeo Valley (to the west) beneath fancy houses.

3.6 The **SCA Trail** crosses the **Upper Rodeo Trail** (*old Rodeo Valley Trail, the Ridge Trail's equestrian route*) then ends at a second service road. Turn right here to find a white metal gate off private Wolfback Ridge Road. Turn left at the gate onto **Alta Trail**, again heading north.

In a eucalytus grove, pass the Morning Sun Trail (right). Back in the open, descend through coastal scrub.

2.9 Zigzag at the "Five Corners" junction—turn left 769' (west) then right (north) up the **Bobcat Trail** fire road.

▲ *Don't stray straight (north) down Rodeo Ave (which dead-ends at U.S. 101 with side trails to Marin City and Oakwood Valley); nor left on Bobcat Trail (the Ridge Trail bike route down to Rodeo Valley).*

The **Bobcat Trail** fire road dips through a grassy saddle, then climbs past a side road to Hawk Camp on the left, overlooking Gerbode Valley.

2.2 At junction with Marincello Trail, we leave the 900' official Ridge Trail route to enjoy the fine views from this summit. Stay left on the **Bobcat Trail**, which ascends steeply at first then eases. On clear days one can see south across Gerbode Valley to the Golden Gate, and north across Tennessee Valley to Dias Ridge and Mt. Tam.

2.0 Turn right at a 4-way junction, onto the **Miwok Trail** 1041' Trail. The fire road dips around the north side of the ridge (a tall white FAA aircraft beacon adorns the summit), with a short ascent before descending west steeply down the ridge toward Wolf Ridge and the Pacific."

▲ *The Miwok Trail is steep with a loose, gravel tread. Take small steps! Please use caution and pause to enjoy the view.*

1.3 Turn right on **Old Springs Trail**, which crosses a 630' wet patch of bunch grass, then gradually descends into Tennessee Valley, with birds-eye views of two old ranches.

0.1 A sign saying "Whoa!" signals your arrival at Miwok Stables. Continue on—turn left, but stay to the right of the white fence. Follow the road briefly, then turn left to...

0.0 Arrive at **Tennessee Valley Trailhead. Please sign in here** and find **snacks, water, restrooms, and lunch**. (This is also the lunch spot for the longer hikes and bike rides coming south).

After lunch, catch a **shuttle bus** back to the Presidio. Departure times will be posted, or ask at the check-in table.

On arriving at the Presidio Main Post Parade Ground (near 10.1 on the map), **please sign out at our table and pick up your bandana** before heading home.

If you are full of energy or in need of refreshments, the bowling alley snack bar on Moraga at Montgomery is open until 2 AM.

| | |
|---|--|
| Event Coordinators (Cell Phones) Karen Kidwell (415) 250-0143 Tracy Corbin (415) 722-6592 Emily Bauska (503) 438-0325 | Park Agency Contacts: 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 (415) 331-3812 |
|---|--|

4/18/14

Flyer updated 4/7/15
8.5 x 14

Map Legend

| | |
|--|--------------------------------|
| Bay Area Ridge Trail | Parking |
| Multiuse Trail | Public Transit (info: 511.org) |
| Hiking/Bicycling | Pay Phone |
| Hiking/Equestrian | Visitor Center/Ranger Station |
| Hiking Only | Rest Room/Portable Toilet |
| Trails not part of Ridge to Bridge (gray) | Drinking Water |
| Ridge Trail Multiuse | Water during Ridge to Bridge |
| Ridge Trail Bike/Hike | Campground (by reservation) |
| Ridge Trail Hiking Only | 9.0 Miles to End |
| Other Trails | Section start/end |
| Other roads | Trail Junction |
| | Elevation in feet |
| | Caution note |

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.

Thanks to our Sponsors!

