

# BAY AREA RIDGE TRAIL COUNCIL

## 20TH ANNUAL

# Ridge to Bridge





#### Read this before you start!

- *Please* check in at every rest stop/water station, and record the time *legibly*.
- Tricky spots are numbered **\( \Delta\)** 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 she/he is responsible for ensuring that everyone is accounted for.
- If you must leave during the event, you must let the guide or sweep know, and call or text the event coordinator, Emily Bauska, at (503) 438-0325.

Sunrise: around 6:15 AM

Sunset: around 8:00 PM

Dark: around 8:40 PM

www.sunrisesunset.com

MILES to End

DIRECTIONS

ELEVATION In Feet

Route follows Bold trail names

#### 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.
- **A** 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 the 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 50 yards west for a view of the National Cemetery and the Golden Gate. Several 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 the easy grade trail to the right, 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 as the easy grade trail rejoins us, 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.

## Thanks to our Sponsors!







TRAILS





Gu Energy Labs Hipcamp



Updated February 24, 2016

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

- 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 descends along a series of historic gun emplacements, then crosses them via a new bridge, passing between the defenses and the Presidio bluffs. Enjoy the views of the Golden Gate and Pt. Bonita.
- 8.1 Approaching the bridge, turn left on the busy bike path that goes under the roadway.
- **A** Be alert for bicyclists and stick to the beige walking path on the left edge of the pavement from here to the east sidewalk.
- 8.0 Once past the bridge you come to a Y angle right on the path up to the vista point. The vista point is a last place to rest, people watch, enjoy the view, and read about the history of the bridge. 50 yards to the left are a big orange **gift shop** and **restrooms**. (The next restrooms are 1.8 miles ahead).
- 7.9 The path you ascended turns west and ends at a congested T-intersection. Here turn right (north) onto the **east sidewalk** of the Golden Gate Bridge.
- On the bridge be alert for tourists, photographers, groups, bridge workers, joggers, and stray bicyclists. Walk single-file or two abreast. Step out of the flow of foot traffic to stop and look over the bridge railing. The paths around the towers give a welcome respite from traffic noise.
- 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.

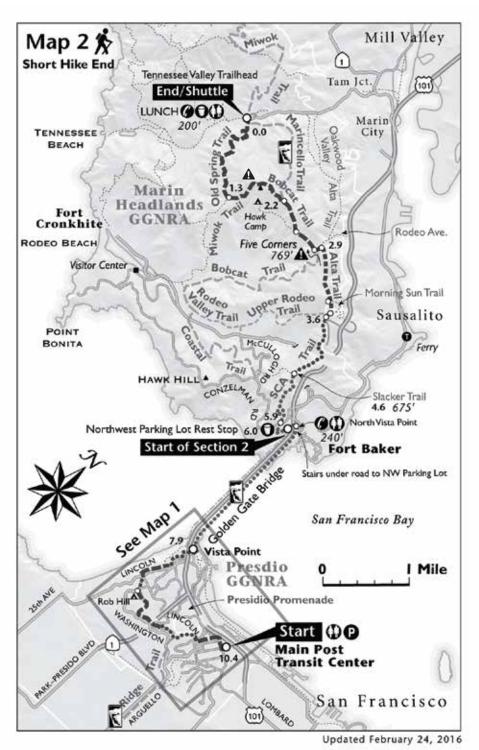
  CONTINUES ON OTHER SIDE

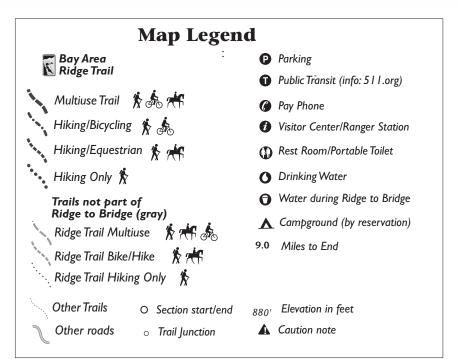


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Maps we publish:

- •The Walker's Map of San Francisco
- •Trails of the Coastside & Northern Peninsula
- •Trails of Northeast Marin County
- Trails of Mt. Tamalpais, Muir Woods & Marin Headlands





Event Coordinators (Cell Phones)

Emily Bauska (503) 438-0325 Tracy Corbin (415) 722-6592 Eileen Morris (415) 828-5142

Emergency: 911

Park Agencies along our route: 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

2/29/16

#### **Elevation Profile**



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

### Section 2 of 10-Mile Hike (6.0 Miles)

Starts at Northwest Parking Lot of Golden Gate Bridge

- 6.0 At the west corner of the Northewest parking lot, ascend the SCA Trail\* (old Coastal Trail) through a grove of pines and out into the flowery coastal scrub. \*(The trail was built by the Student Conservation Association).
- **▲** Be alert for poison oak alongside the first 2 switchbacks.
- Trail, which ascends via many switchbacks through coastal scrub and grasslands, with city and bay views. High up the hill, the trail passes several verdant springs. Hang onto your hat as you near the ridgetop!
- 4.6 At a windy T-junction, the Slacker Trail (old Coastal 675' *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).
- 3.6 The SCA Trail crosses the Upper Rodeo Trail (the Ridge Trail's equestrian route) then ends at a second service road. Go a few steps right 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 goes toward Marin City and Oakwood Valley); nor left down the Bobcat Trail (the Ridge Trail bike route south 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 a saddle, the Ridge Trail continues straight on 900' Marincello Trail, but we branch left up the **Bobcat Trail**, which ascends steeply then eases near the top of the ridge. On clear days, views extend south across the Headlands to San Francisco, north to Dias Ridge and Mt. Tamalpais, and across to the East Bay.
- 2.0 Turn right at a 4-way junction, onto the **Miwok** 1041 Trail. The fire road dips around the north side of the ridge (detouring around the fenced, white FAA aircraft beacon), and makes a short ascent before descending west steeply 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 Near the bottom, turn right on **Old Springs Trail**, 630' which bridges a big wet patch of bunch grass, then gradually descends into Tennessee Valley, with birds-eye views of two historic ranches.
- 0.1 A sign saying "Whoa!" signals your arrival at Miwok Stables. Continuing, 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 200 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 the check-in table volunteers.

When the shuttle drops you off at the **Presidio Transit** Center, please sign out for the last time at our table and pick up your socks before heading home.

If you are full of energy or need refreshments, the Transit Cafe will be open until 6 PM, and the bowling alley snack bar on Moraga at Montgomery is open until 2 AM.

GGNRA re-named several trails in 2014. The old names are in parentheses. You may see a mix of old and new trail signs.

www.ridgetrail.org Flyer updated 3/11/16