



Mussel Rock to Lake Merced

the Peninsula

From: Mussel Rock in Daly City

To: John Muir Drive in San Francisco



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Length: 4.5 miles one-way; car shuttle possible.

Elevation Gain/Loss: 360 feet/475 feet one-way

Accessibility: Hikers, equestrians, and bicyclists

Take in impressive coastal views above Mussel Rock and then travel north on Daly City's residential and commercial streets to the south end of San Francisco's Lake Merced. The exposed route offers little shade and can be breezy and foggy.

This trail description is excerpted from the 2019 Guidebook. For details on all trails, trailheads and more [buy the book](#) from Wilderness Press.

For more resources to plan your trip, visit our [Trail Tools](#) page.

LINK to buy book: <https://advkeen.co/BayAreaRidgeTrail>

LINK to Trail Tools: <https://ridgetrail.org/trail-tools/>

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