



All Around the Ridge Trail: YOUR INSIDERS GUIDE TO FUN IN 2023

With all the highs and lows of the last few years, we're looking to add a bit more fun to our lives. For trail lovers like us, that means getting out and exploring. And with 400 miles of dedicated Ridge Trail now open, there is more trail to explore than ever before. If you've been a Ridge Trail member for a long time (or even if you haven't) you may be looking for ways to spice up your local trail adventures, too. So we asked some Ridge Trail insiders to share how they add FUN to their adventures, on and off the trail.

The ideas ranged from culinary to cultured, all highlighting spots to explore along the Ridge Trail. Suggestions included turning your bike ride into an art (st)roll with a visit to the Presidio's Goldsworthy *Spire* or a rolling tour of the street murals along

the newly car-free JFK Promenade in Golden Gate Park. Enhance your outing by taking a pause from the trail for a meditative moment by walking one of the many labyrinths around the region. And what's a trail adventure without fueling up at the perfect breakfast spot? One of the cooler things on the list is the legendary pancake breakfast at the West Point Inn on Mt. Tamalpais. History buffs need not despair with a number of cultural and historic sites adjacent to the Ridge Trail, including a visit to the John Muir House off the Hulet Hornbeck trail in Martinez.

The list goes on, but we've got you covered! Turn the page for your Guide to Fun on the Ridge Trail in 2023. This is just a sampler, so check out the full list at: **RidgeTrail.org/2023Fun**



KICK IT UP A NOTCH

Want to kick your adventures up a notch in 2023? Challenge yourself to explore all 400 miles of the Ridge Trail! While 400 sounds like a lot of miles, we have the resources and tools to help guide you. There are hundreds of other "circumnavigators" making their way—or who've already finished their journey—around the Ridge Trail, and you can connect with them to share up-to-date tips and motivation. Register on our new circumnavigation website and join us on the ultimate Ridge Trail adventure at:

RidgeTrail.org/Circumnavigation

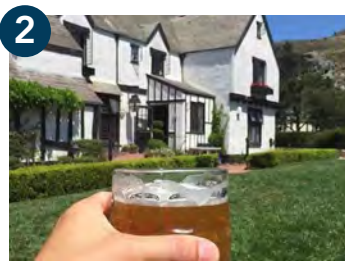


Adventures to Discover Around the Ridge

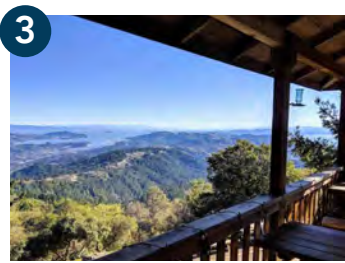
Hidden gems, pre- and post-trail treats, and surprising sites to add to your Ridge Trail adventures in 2023!
Find out more about these excursions and some new additions to the list at RidgeTrail.org/2023Fun



Meditate and take in the stunning ocean views at the Tennessee Point Labyrinth north of Rodeo Beach in Marin



Sip tea or a Guinness and stay the evening at the cozy, English-style Pelican Inn, just above Muir Beach in Marin



Hike or bike to a pancake breakfast at the West Point Inn on Mt. Tamalpais, every 2nd Sunday May–October



Kayak on the Petaluma River then grab some grub downtown at one of the many great options, like The Block



Take in some local literary history and sip wine at Jack London Historic Park and Glen Ellen Wineries in Sonoma



Appreciate public art and iconic views while you grab a bite to eat at the food trucks along the Presidio Tunnel Tops



Challenge your friends to a game of bocce in Golden Gate Park, with a hot cup of Flywheel coffee for the winner!



Ride the dirt bowl and wooden walls at the McLaren Bike Park in San Francisco, great for new riders



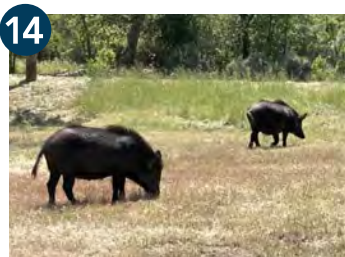
Explore 16 acres of beauty and history at Filoli House & Gardens in Redwood City, near Crystal Springs Reservoir



Get burgers, homemade pie, or “anything you want” at Alice's Restaurant in Woodside, near Windy Hill Open Space



Enjoy 360-degree views from Mt. Umunhum, “Place of the Hummingbird” in the Mutsun language, south of San José



Camp, fish, and catch a glimpse of wild pigs at Joseph D. Grant County Park, east of San José



Make an equine friend on the trail with horse rides, camps and lessons at Ed R. Levin County Park in Milpitas



Take a refreshing dip in a swim lagoon that's filtered and chlorinated at Don Castro Recreation Area in Hayward.



Ride through the redwoods on a miniature steam train at the Redwood Valley Railway in Tilden Park, Berkeley



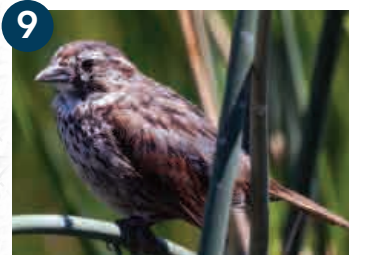
Recuperate from your trail adventures with a soak at Morton's Warm Springs in Sonoma's Valley of the Moon



Rest for the night in a yurt at Bothe-Napa State Park with a glass of wine from Clif Family or Spottswoode Wineries



Watch paragliders soar across the sky at Blue Rock Springs and Channing Circle Parks in Vallejo



Enjoy birdwatching along the Carquinez Strait then kick back with a brew at the Warehouse Cafe in Port Costa



Explore the home of the “father of the National Park Service” at the John Muir Historic House in Martinez

Mark Your Calendar!

EVENTS TO LOOK FORWARD TO IN 2023

Super Stroll & Roll — February 12

Guided hike & ride through San Francisco on Superbowl Sunday

North Marin Ridge Run — February 18

Supported 25K & 50K run to benefit the Ridge Trail

Ridge to Bridge — April 29

Our biggest single-day outing with catered lunch, prizes & tons of fun

Solano Trek & Overnight — Spring

Solano County multi-day hike with catered meals & gear transport

National Trails Day — June 3

Annual day of trail events aimed at advocacy and stewardship

Ridge Trail Challenge — Summer

Self-guided trail challenge to discover your new favorite trail

East Bay Hills Hike & Ride — Labor Day Weekend

Multi-day, supported hiking & equestrian event to benefit local trails

Ridge Trail Service Day — November 4

Biggest Ridge Trail stewardship event of the year, with projects all around the Bay Area

Winter Solstice Hike & Cheer — December

Festive annual event just for Ridge Trail members with a short hike, refreshments & holiday cheer

Very Important Trail (VIT) Outings — All Year Long!

Your passport to visit miles of trails on private, restricted, or not-yet-open properties through guided outings



KEEP THE TRAIL GROWING

As a member of the Ridge Trail community, you helped get us to 400 miles. And your continued support is crucial for tackling the last 150 miles. Every gift to the Ridge Trail makes a big difference to a small organization like ours, since over half of our budget comes from individuals just like you. Keep it growing with a gift today. Thank you!

RidgeTrail.org/Donate

