




BAY AREA RIDGE TRAIL COUNCIL
18TH ANNUAL

Ridge to Bridge

Saturday, April 26, 2014



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! (Also try calling the event coordinators' cell phones).

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**.



Updated April 18, 2014

- 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..
- 8.2 The trail bends to follow Merchant Way then ends by a parking lot. Go left down the old road and follow the signs to the Golden Gate Bridge along the Coastal Trail. Climb the stairs up Battery Marcus Miller, go north along the old gun emplacements and up a second set of stairs. Up on top, a wide path goes north toward the bridge.
- 8.1 Junction with paved path to Golden Gate Bridge's west sidewalk. Turn left and follow the beige sidewalk along the busy bike path, under the bridge.
- ▲ Watch out for fast bicyclists on the adjacent bike path!
- 8.0 At Y junction with the **Presidio Promenade** (blocked by a construction fence), turn right up beige walkway to **Vista Point**. The path curves west and climbs to the east sidewalk to the Golden Gate Bridge.
- From the Vista Point or the east sidewalk entrance, you can make a side-trip left down the paths to the lower Toll Plaza and the Golden Gate Pavillion gift shop. The restrooms are just across the road. (The next restrooms are 1.8 miles ahead.) Retrace your steps to rejoin our main route at the start of the east sidewalk (at 7.9).*
- 7.9 Turn right on the **east sidewalk of the Golden Gate Bridge**. First you cross over Fort Point, then over swirling waters. Enjoy the views as you walk, but also be alert for tourists, kids, groups, pedestrians, photographers, and joggers. (Bicyclists use the west side on weekends but occasionally they stray onto the east sidewalk).
- There are several niches where you can pull out of the flow of traffic to look over the bridge railing. As the paths go around the towers you get a welcome respite from traffic noise.*
- 6.1 As you reach dry land, 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.

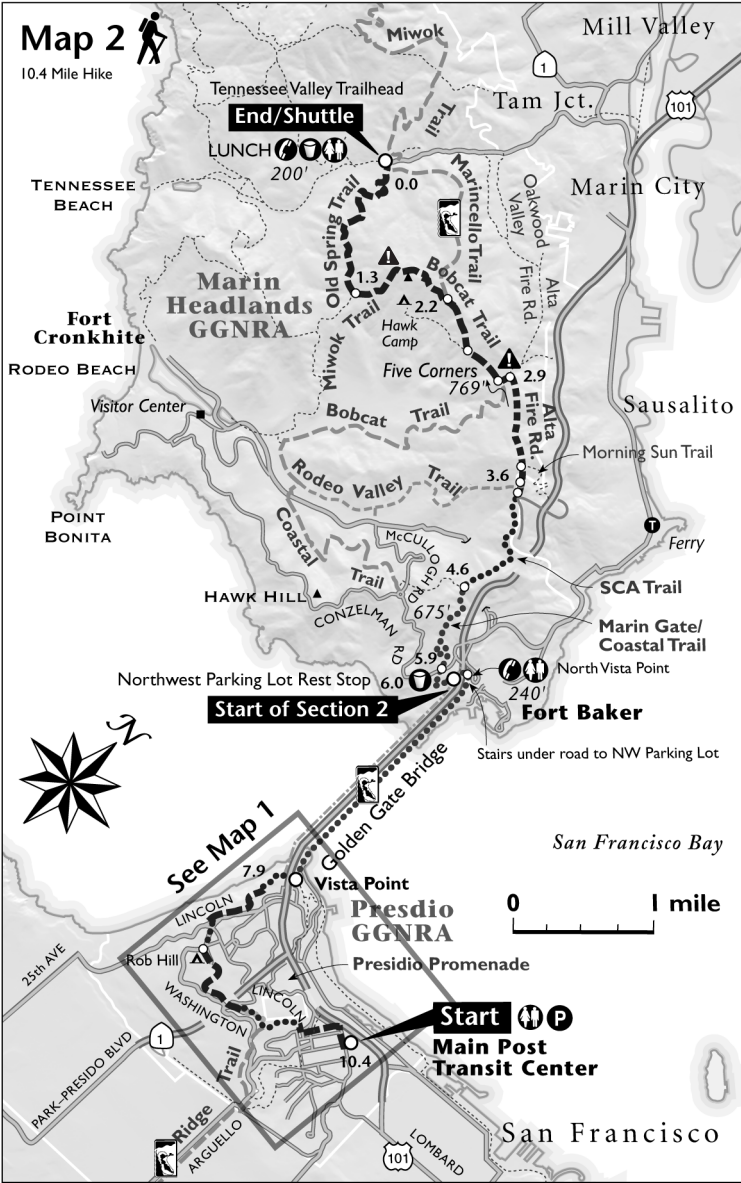


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Maps we publish:

- *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*
- We are updating the classic *Olmsted Map of Mt. Tamalpais!* Available Summer 2014!

Flyer updated 4/18/14
8.5 x 14



Updated April 14, 2014

MILES to End	DIRECTIONS Route follows Bold trail names	ELEVATION In Feet
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**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 **Coastal Trail/Marin Gate Trail** through a grove of pines and out into the flowery coastal scrub.
- ▲ *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 Coastal Trail ascends sharp left; we stay right on the **SCA Trail**.* The single-track trail goes along an open ridge, then a hillside overlooking Rodeo Valley (to the west).
(*The Student Conservation Association built this trail).
- 3.6 The SCA Trail crosses the 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 on Wolfback Ridge Road. Turn left at the gate onto **Alta Fire Road**, 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 Road (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).*

- 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, stay left on 900' the **Bobcat Trail**, which ascends steeply at first then eases. We leave the official Ridge Trail route to enjoy the fine views from this summit. 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 when you enjoy the stunning views.*
- 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 T-shirt**.

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
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4/18/14

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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	880' Elevation in feet
Other roads	Trail Junction	Caution note

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