





# Ridge to Bridge

Saturday, April 22, 2017



## Read this before you start!

- **Please** check in at every 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 – 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](http://www.sunrisesunset.com)

MILES to End	DIRECTIONS Route follows Bold trail names	ELEVATION In Feet
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### Section 1 (4.3 miles)—start of 15.8-mile hike to Tennessee Valley

Starts on West Ridgecrest Blvd. at McKenna Trailhead

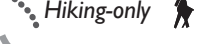
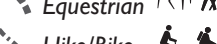
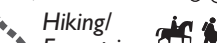
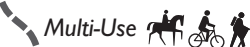
- |      |  |        |
|------|--|--------|
| 15.8 | From the McKenna trailhead in Mt. Tamalpais State Park, start south along West Ridgecrest Blvd., traversing across a steep ravine. | 1,720' |
| ▲    | Be alert for cars, motorcycles, and bicyclists.  |        |
| 15.7 | Exiting the ravine, angle right on single-track Bolinas Ridge Trail (formerly Coastal/Bob Cook Trail).                             |        |
| 14.8 | Cross Willow Camp Fire Road.   | 1,595' |
| 13.1 | Join the Matt Davis Trail, which enters on right. Stay left and traverse south through meadow then shady forest.                   | 1,560' |
| +2   | The right branch of Matt Davis Trail descends west to Stinson Beach.   |        |
| ▲    | Carefully cross Panoramic Hwy to Pantoll Ranger Station. Our rest stop and toilets are still 1 mile ahead.                         | 1,500' |

### Section 2 (11.5 Miles)—start of 11.5-mile Tennessee Valley hike

Starts at Pantoll Ranger Station and Panoramic Hwy.

- |      |  |        |
|------|--|--------|
| 11.5 | From Pantoll, follow paved Deer Park Fire Road (old Coastal Fire Road) south. Near ranger station/work yard, turn left along the Lower Old Mine Trail (a wheelchair-accessible trail)  | 1,500' |
| 10.5 | Rejoin Deer Park Fire Road. Please check in at our "Cardiac Hill" rest stop (snacks, water, and toilets).  | 1,400' |
| 10.4 | Just ahead, Deer Park Fire Road and the Ridge Trail turn left. But we go straight on the Coast View Trail, a multiuse, single-track trail, which descends toward the coast.  | 1,340' |
| 8.1  | Turn left on Heather Cutoff which descends via many switchbacks.   | 490'   |
| 6.8  | At Santos Meadow, ignore the sign pointing left; follow a faint path right, across the meadow. Aim for the footbridge visible past Muir Beach Volunteer Fire Dept.'s funky picnic area. Cross Redwood Creek on the footbridge and turn left up the driveway to the road. | 50'    |
| 6.6  | Across Muir Woods Road, go up Heather Cutoff Spur Trail to junction; stay left (upstream) on Redwood Creek Trail.  |        |
|      | At next 3 junctions, stay right on Redwood Creek Trail. We cross Redwood Creek twice on footbridges.   |        |
| 5.8  | Turn right on Miwok Trail, which climbs south from bay forest up into open coastal scrub and grassland.  | 115'   |
| 4.1  | Atop Dias Ridge, turn left (east) on Dias Ridge Trail. (continues on top of next page)   | 729'   |

## Map Legend



**P** Parking

**T** Public Transit (for reference only)

**☎** Pay Phone

**🏠** Visitor Center/Ranger Station

**🚻** Rest Room or Portable Toilet

**🚰** Drinking Water

**📍** Ridge to Bridge Rest Stop (checkpoint, toilets, water, snacks)

**▲** Campground (by reservation)

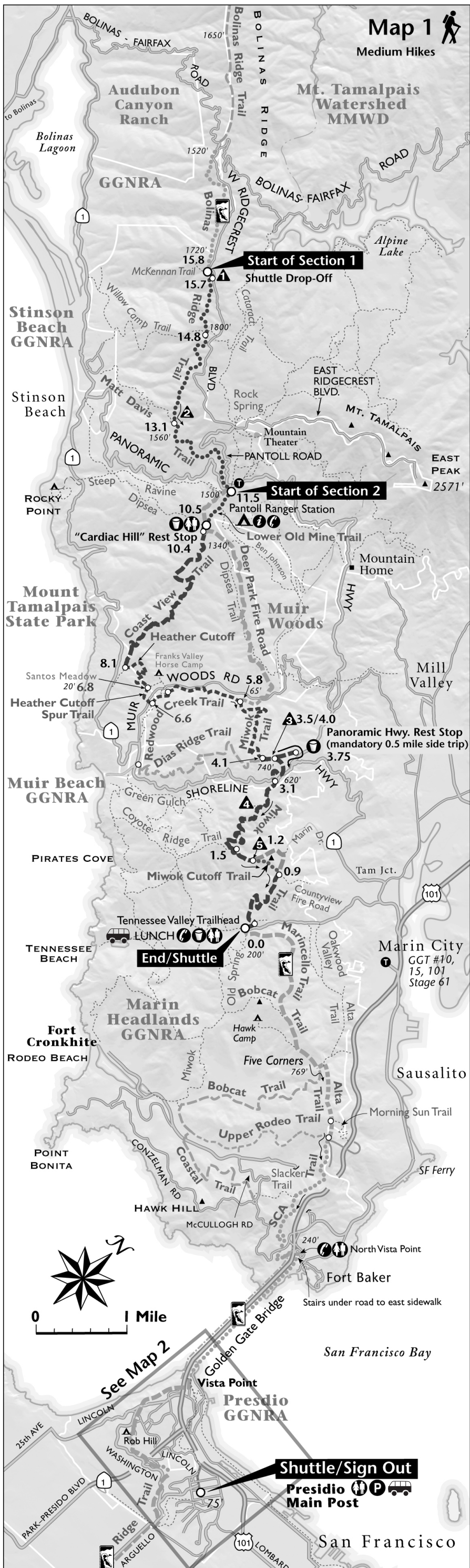
25.7 Miles to End

880' Elevation in feet

**▲** Caution note

○ Section start/end

○ Trail Junction



**Shuttle/Sign Out**  
**Presidio** **MP**  
**Main Post**

Updated April 19, 2017



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- The Walker's Map of San Francisco (with Angel Island, Marin Headlands & San Bruno Mtn.)
- 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)

**Section 2 (continued)**

- 4.0 Where the Miwok Trail turns right, stay straight (northeast) on **▲** Dias Ridge Trail 0.25 mile. (This is a mandatory detour for 2017).
- 3.75 Arrive at **Panoramic Hwy Rest Stop**. Check in here! Drink up! Then retrace your steps to the Miwok Trail junction.
- 3.5 Hikers turn south (left) on **Miwok Trail**. **▲**
- 3.1 Cross Shoreline Hwy/Hwy. 1 (closed due to a slide)) then 620' a roadside path. Continue south up Miwok Trail fire road through a eucalyptus grove and below the east shoulder of Coyote Ridge.
- ▲** Ignore a narrow trail up the first ridge on your right.
- 1.5 Pass Coyote Ridge Trail fire road, stay left (east) 930' on Miwok Trail fire road.
- ▲** Hikers angle right on single-track Miwok Cutoff Trail.
- +5 (The main Ridge Trail route stays left on Miwok Trail fire road, which makes a long descent then climbs briefly behind yonder summit).
- 0.9 Rejoin Miwok Trail at a junction with Countyview Fire Road. Stay right on Miwok Trail, which soon becomes a single-track trail as it descends southwest to Tennessee Valley.
- 0.1 Stay right at unsigned junction with Rhubarb Trail (left) just before crossing a small creek.
- 0.0 Tennessee Valley Trailhead is the end of your hike. 200' Congratulations- you made it! Check in here! Here you'll find lunch, water, picnic tables, and toilets.



Updated February 10, 2017

**Shuttle to Presidio**

From Tennessee Valley Trailhead

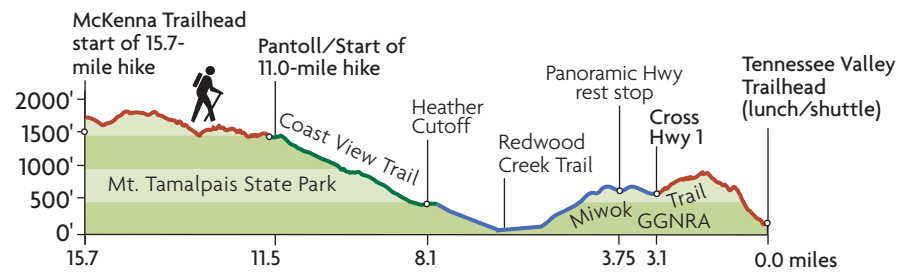
**After lunch, catch a shuttle bus back to the Presidio.** Departure times will be posted, or ask the check-in table volunteers.

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 T-shirt** before heading home.

If you need refreshments, the Transit Cafe will be open until 6 PM, and the bowling alley snack bar at Moraga & Montgomery stays open until 2 AM!

GGNRA and MTSP re-named several trails in 2014. In the directions, old names are in parentheses. You may see a mix of old and new trail signs.

**Elevation Profile-Medium Hikes to Tennessee Valley**



**Thanks to our Sponsors!**



**Event Coordinators (Cell Phones)**

- Emily Bauska (503) 438-0325
- Tracy Corbin (415) 722-6592
- Eileen Morris (415) 828-514
- SAG Vehicle (John) (415) 497-1230

**Samuel P. Taylor State Park:**

- (415) 488-9897
- 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
- Muir Woods (415) 388-2596

**Park Agencies along our route:**

**Mt. Tamalpais State Park, Pan Toll Ranger Station:**

- (415) 388-2070/
- (415) 388-2952/
- (415) 388-3215

**Emergency: 911**

2/10/17

If you are **absolutely unable** to finish, volunteers will transport you from **any rest stop**. You may have to wait until the rest stop closes.

Flyer updated 4/18/17