



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

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MILES to End	DIRECTIONS Route follows Bold trail names	ELEVATION In Feet
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Section 1 (4.3 miles) – 24.7-mile hike start

Starts on West Ridgecrest Blvd. at McKenna Trailhead

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|------|--|--------|
| 24.7 | From the McKenna trailhead in Mt. Tamalpais State Park, start south along West Ridgecrest Blvd., traversing across a steep ravine. | 1,720' |
| ▲ | <i>Be alert for cars, motorcycles, and bicyclists.</i> | |
| 24.6 | Exiting the ravine, angle right on single-track Bolinas Ridge Trail (formerly Coastal/Bob Cook Trail). | |
| 23.7 | Cross Willow Camp Fire Road. | 1,595' |
| 22.0 | Join the Matt Davis Trail , which enters on right. Stay left and traverse south through meadow then shady forest. | 1,560' |
| ▲ | <i>The right branch of Matt Davis Trail descends west to Stinson Beach.</i> | |
| 20.4 | 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) – 20.4-mile hike start

Starts at Pantoll Ranger Station and Panoramic Hwy.

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|------|--|--------|
| 20.4 | 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' |
| 19.4 | Rejoin Deer Park Fire Road . Please check in at our "Cardiac Hill" rest stop (snacks, water, and toilets). | 1,400' |
| 19.3 | 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' |
| 17.0 | Turn left on Heather Cutoff which descends via many switchbacks. | 490' |
| 15.7 | 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' |
| 15.5 | 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. | |
| 14.7 | Turn right on Miwok Trail , which climbs south from bay forest up into open coastal scrub and grassland. | 115' |
| 13.0 | Atop Dias Ridge , turn left on Dias Ridge Trail for 0.1 mile, east to the next junction (continue on top of next page). | 729' |

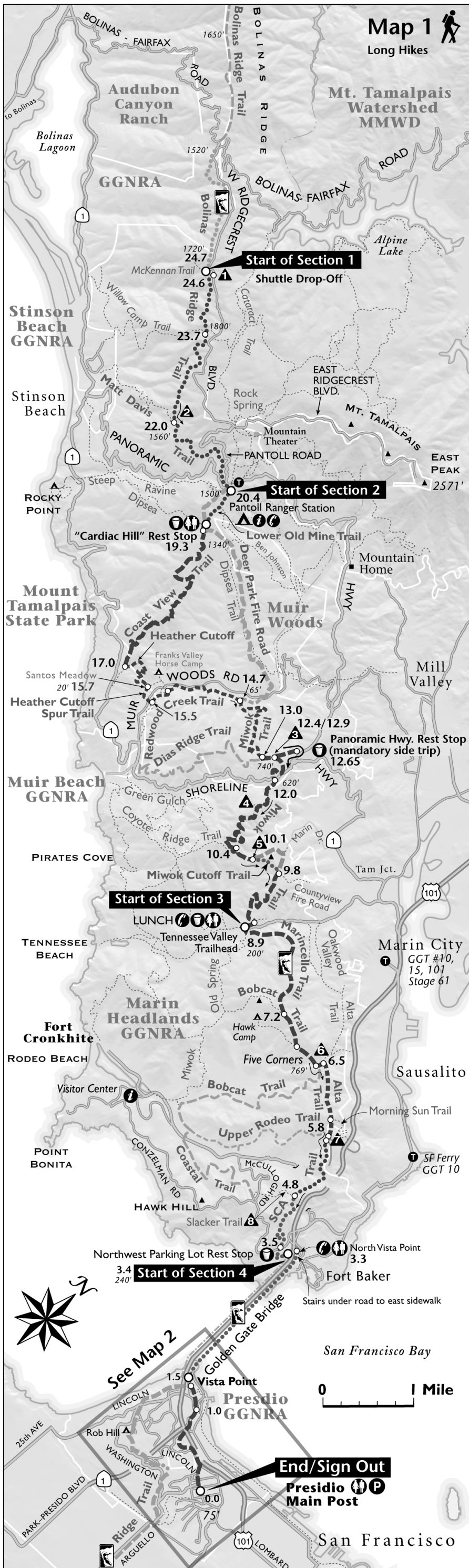
Map Legend

Bay Area Ridge Trail	Parking
Multi-Use	Public Transit (for reference only)
Hiking/Equestrian	Pay Phone
Hike/Bike	Visitor Center/Ranger Station
Hiking-only	Rest Room or Portable Toilet
Bicycle Alternate	Drinking Water
Equestrian Alternate	Ridge to Bridge Rest Stop (checkpoint, toilets, water, snacks)
Other Trail	Campground (by reservation)
Road	25.7 Miles to End
Section start/end	880' Elevation in feet
Trail Junction	Caution note



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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)



Updated April 19, 2017

Section 2 (Continued)

- 12.9 Where the Miwok Trail turns right, stay straight (northeast) on Dias Ridge Trail 0.25 mile. (This is a mandatory detour for 2017).
- 12.65 Arrive at **Panoramic Hwy Rest Stop**. Check in here! Drink up! Then retrace your steps to the Miwok Trail junction.
- 12.4 Hikers turn south (left) on **Miwok Trail** ▲
- 12.0 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.
- 10.4 Pass Coyote Ridge Trail fire road, stay left (east) 930' on **Miwok Trail** fire road.
- 10.1 Hikers angle right on unsigned, single-track **Miwok Cutoff Trail**.
▲ (The main Ridge Trail route stays left on Miwok Trail fire road, which makes a long descent then climbs briefly behind yonder summit).
- 9.8 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.
- 9.0 Stay right at unsigned junction with Rhubarb Trail (left) just before crossing a small creek.
- 8.9 Tennessee Valley Trailhead is a rest stop/lunch. 200' Check in here! Find lunch, picnic tables, toilets and water.

Section 3 (5.2 Miles)

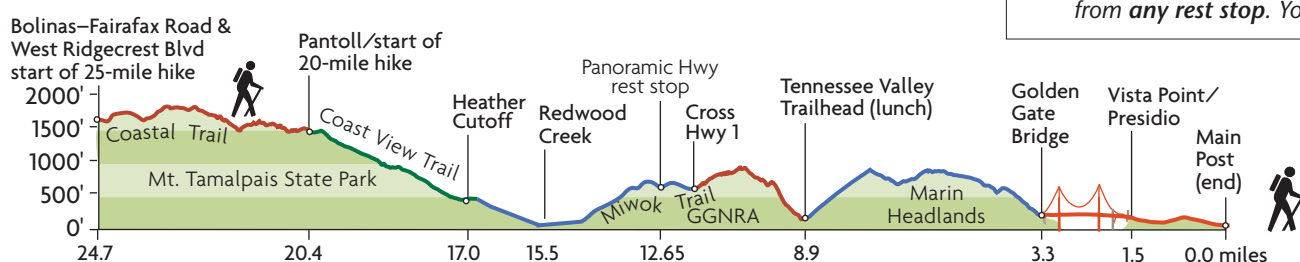
Starts at Tennessee Valley Trailhead

- 8.9 Start from SE corner of parking lot up wide, 200' graded **Marincello Trail** (which was built in the 1960s as an entrance to the citizen-defeated Marincello subdivision).
- 7.2 At the crest, the **Bobcat Trail** enters from the right. See the 900' Golden Gate Bridge ahead! Descend straight ahead (south) on the **Bobcat Trail**. Soon pass a side road to Hawk Camp on right, and a grassy saddle with power lines overhead.
- 6.5 Zigzag at the tricky "**Five Corners**" junction — turn left 769' (east) then right (south) up Alta Trail.
▲ Don't stray straight (south) down Bobcat Trail, nor left (north) on Rodeo Road, which dead-ends at U.S. 101 with side trails to Marin City and Oakwood Valley. In a eucalyptus grove, pass the Morning Sun Trail (left).
- 5.8 Alta Trail ends at a white metal gate to private 840' Wolfback Ridge Road. A sign says: "HIKERS TURN RIGHT."
▲ Turn sharp right uphill a few steps on a service road, then left on the footpath. Cross the Upper Rodeo Trail (the Ridge Trail's equestrian route) and continue straight south on the **SCA Trail** (named for the Student Conservation Association, who built it).
- 4.8 At a "T" junction, turn left down the **SCA Trail** (the old 675' Marin Gate/Coastal Trail) which switchbacks south through grasslands towards the Golden Gate Bridge.
▲ Don't go right up the Slacker Trail (old Coastal Trail), which climbs west over Slacker Hill to McCullough Rd.
- 3.5 Cross Conzelman Road & continue down **SCA Trail**.
- 3.3 One final switchback brings you to the **Northwest Parking Lot** of the Golden Gate Bridge! Check in at the **rest stop**, which has water and snacks. 240'

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Elevation Profile—Long Hikes to Presidio



Section 4 (3.8 Miles)

Starts at North end of Golden Gate Bridge



- 3.4 At the SE corner of the NW Parking Lot, go down the stairs, 200' under U.S. 101, and back upstairs to **North Vista Point**. Turn left. Find restrooms across the parking lot (a side trip—use crosswalk).
- 3.3 Opposite the restrooms, turn left down the stairs or ramp to the **east sidewalk of the Golden Gate Bridge**.
▲ *Golden Gate Bridge safety: Be alert for pedestrians, photographers, and tourists! And bikes (just at the south end). Don't walk more than 2 abreast. Look over your shoulder when passing, to be sure you're not stepping into harm's way. Take your time and have fun!*
- 1.5 At the south end of the Golden Gate Bridge, we leave the Ridge Trail. Take the first left after the pillars, following the beige path (parallel to the bike path), past the vista point and down.
- 1.4 Turn sharp right on **Presidio Promenade** bike path. Follow beige hiking path on left shoulder. Continue east past trail to Fort Point, a new overlook, and parking lot.
- 1.2 Stay on the bike path, parallel to Lincoln Blvd. Cross Long Ave. and Crissy Field Blvd. (staying high along Lincoln Blvd.)
The **Presidio Promenade** goes under Doyle Drive/US 101 then leaves Lincoln Blvd. You pass a Park Police horse corral and historic 1914-era stables.
- 0.7 Cross McDowell Rd. (look both ways) and follow the bike path east back to Lincoln Blvd.
- 0.5 Continue on **Lincoln Blvd. sidewalk** along a temporary construction fence. The Presidio National Cemetery is on your right, and Doyle Drive is underfoot! (New trails will someday be built over the tunnels).
- 0.3 As Sheridan Ave. angles right, stay left and descend the **bike path** along the Doyle Drive fence.
- 0.1 Come around end of Montgomery Barracks and follow path along **Lincoln Blvd.** 2 blocks.
- 0.0 Turn left to back side of **Presidio Transit Center**. Please **sign out for the last time**, and pick up your T-shirt before heading home! Congratulations! You made it!

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.



Updated February 10, 2017

<p>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</p>	<p>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</p>
<p>Park Agencies along our route: Mt. Tamalpais State Park, Pan Toll Ranger Station: (415) 388-2070/ (415) 388-2952/ (415) 388-3215</p>	<p>Emergency: 911</p>

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.