



# 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 (11 Miles)–Bolinas Ridge (start of 40-Mile Ride)

Starts in S.P. Taylor State Park; on Cross-Marin Trail at Swimming Hole Bridge (0.8 mile north of main park entrance)

40.3	Ride north (downstream) on <b>Cross-Marin Trail</b> . This historic rail trail soon leaves S. P. Taylor State Park & enters GGNRA land.	180'
39.7	At a metal gate, turn left (west) up <b>Jewell Trail</b> , and climb 0.9 mile to...	160'
38.8	At Bolinas Ridge/Jewell Trail junction, angle left (south) along <b>Bolinas Ridge Trail</b> up main ridge. <b>▲</b> Right fork goes north to Sir Francis Drake Blvd. trailhead.	800'
35.4	Pass Shafter Fire Road junction on left.	1,329'
34.3	Pass Randall Trail junction on right.	1,400'
32.8	Pass McCurdy Trail junction on right.	
29.3	Arrive at <b>Bolinas-Fairfax Road gate</b> <b>Please check in and drink up!</b>	1520'

### Section 2 (5.5 Miles)–West Ridgecrest and Pantoll Rds.

28.8	Cross Bolinas-Fairfax Road and continue straight on <b>West Ridgecrest Road</b> along scenic Bolinas Ridge.	1520'
25.4	T-intersection at Rock Spring Trailhead – turn right over a short crest and descend on <b>Pantoll Road</b> .	1970'
23.8	T-intersection at <b>Panoramic Hwy</b> . Cross to Pantoll ranger station. <b>▲</b> Panoramic Highway is busy with limited sight lines–be patient and cross with care. Our restrooms and rest stop are still 1 mile ahead.	1500'

### Section 3 (12.9 Miles)–Pantoll to Tennessee Valley (Start of 24-Mile Ride)

23.8	From Pantoll, follow paved <b>Deer Park Fire Road</b> (ex Coastal Fire Road)south, past the ranger station/work yard.	1,500'
22.8	At the Dipsea Trail junction is our <b>"Cardiac Hill" Rest Stop</b> . <b>Please check in. There will be toilets, water, and snacks.</b>	
22.0	Angle right on <b>Coast View Trail</b> . Descend 2.3 miles toward the coast on this single-track trail, which replaced a rutted old fire road. (The main Ridge Trail goes left from this junction on Deer Park Fire Road).	1,340'
20.4	Pass Heather Cutoff Trail (hiking/horses) on left.	490'
20.2	Arrive at <b>Highway 1/ Shoreline Hwy</b> . Carefully cross to west side and ride south (left) along Hwy 1 toward Muir Beach. <b>▲</b> Be alert for cars!	460'
20.0	Turn right on 0.1 mile side road to <b>Muir Beach Overlook</b> . Pause to enjoy the view, then return to Hwy 1 and descend toward Muir Beach. <i>Watch your speed!</i> (continues on top of next page)	440'

#### Event Coordinators (Cell Phones)

Emily Bauska (503) 438-0325  
Tracy Corbin (415) 722-6592  
Eileen Morris (415) 828-5142  
SAG Vehicle (John) (415) 497-1230

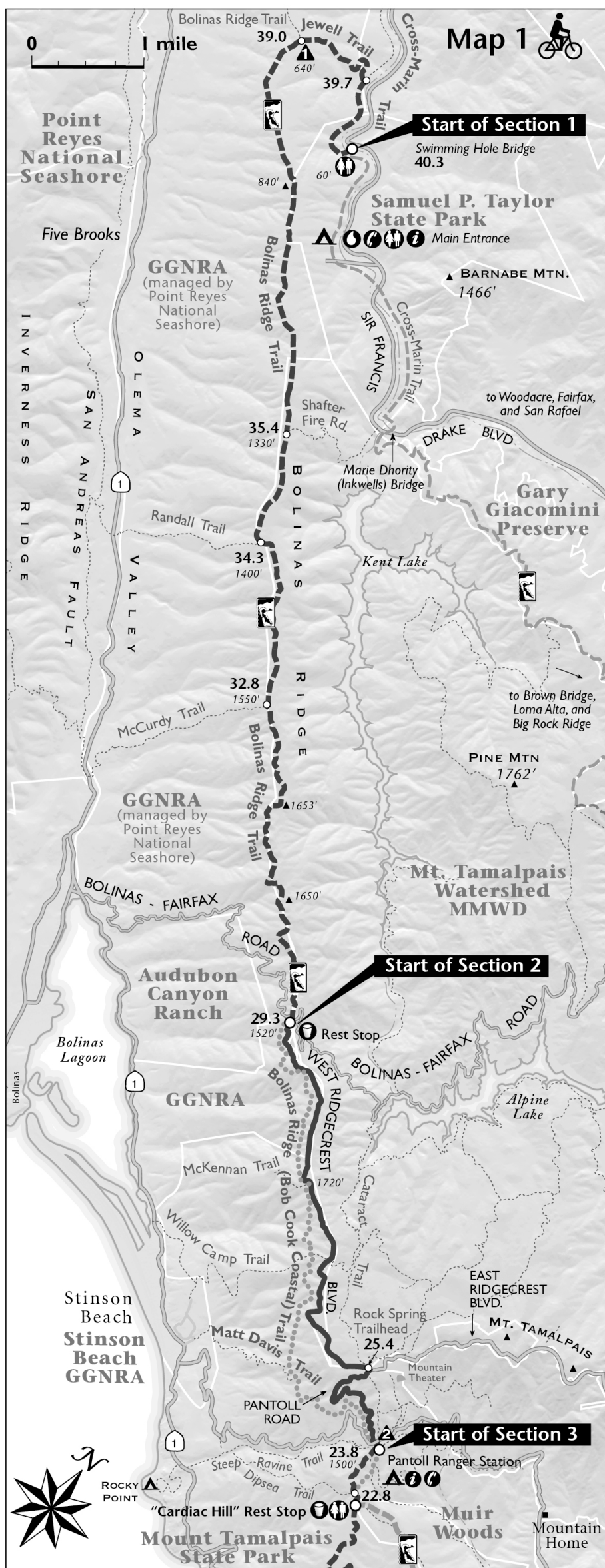
#### Samuel P. Taylor State Park:

(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**  
**Emergency: 911**

#### Park Agencies along our route:

**Mt. Tamalpais State Park (Pantoll Ranger)**  
(415) 388-2070/  
(415) 388-2952/  
(415) 388-3215

## Thanks to our Sponsors!



CONTINUES ON NEXT PAGE

Updated April 18, 2017

## Map Legend

- |  |  |  |  |
|--|--|--|--|
|  | <b>Bay Area Ridge Trail</b>                    |  | Parking  |
|  | Bikes On Trail                                 |  | Public Transit (info: 511.org)                                 |
|  | Bikes On Road                                  |  | Pay Phone  |
|  | Trails not part of Ridge to Bridge ride (gray) |  | Visitor Center/Ranger Station                                  |
|  | Ridge Trail Multiuse                           |  | Rest Room/Portable Toilet                                      |
|  | Ridge Trail Bike/Hike                          |  | Drinking Water   |
|  | Ridge Trail Hiking Only                        |  | Ridge to Bridge Rest Stop (checkpoint, toilets, water, snacks) |
|  | Other Trails                                   |  | Campground (by reservation)                                    |
|  | Other roads                                    |  | 40.7 Miles to End  |
|  | ○ Section start/end                            |  | 880' Elevation in feet   |
|  | ○ Trail Junction                               |  | ▲ Caution note   |

MILES To End	DIRECTIONS Route follows <b>Bold</b> trail names	ELEVATION In Feet
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**Section 3 (continued)**

- 18.6 At the bottom of the long grade, continue right on Hwy. 1 where Muir Woods Road enters on left, for 0.2 mile. 20'
- 18.4 Opposite the Muir Beach turnoff (Pacific Way), turn left up the **Dias Ridge Trail**, a new, single-track, multiuse segment of Ridge Trail. Gear down for a long, switchback ascent, then amble along the ridge.
- 15.3 Miwok Trail enters on your left. 740'
- 15.2 As Miwok Trail goes right, we stay straight on Dias Ridge Trail! ▲
- 14.95 Check in at **Panoramic Hwy Rest Stop** (water/snacks). Now return 0.25 mile back to the nearer Miwok Trail junction.
- 14.7 Turn south (left) down the single-track **Miwok Trail**. ▲
- 14.3 Cross Shoreline Hwy/Hwy. 1 Angle left to eucalyptus grove then south up **Miwok Trail**, below the east flank of Coyote Ridge. 620'
- 12.7 Pass Coyote Ridge Trail. (stay left on **Miwok Trail**). 900'
- 12.1 At Marin Drive jct. ascend right on **Miwok Trail** road. 600'
- 11.8 At Countyview Fire Rd., stay right on **Miwok Trail** on which you descend north to Tennessee Valley. 650'
- ▲ Please ride cautiously on the single-track—watch for hikers!
- 10.8 At the bottom, pass the Rhubarb Trail junction. Stay right.
- 10.7 Tennessee Valley Trailhead is our lunch stop. 200'
- Please check in and enjoy lunch, water, and restrooms.**

**Section 4 (7.3 miles)—Tennessee Valley to Bridge**

- 10.7 Start south up wide, graded **Marincello Trail**. 200'
- 9.2 At the crest, the **Bobcat Trail** joins from the right. Descend straight. Ahead, pass Hawk Trail (left). 900'
- 8.5 After a saddle is the tricky “Five Corners” junction. 769'
- ▲ Bicyclists stay straight on **Bobcat Trail**. LONG descent.
- 6.5 In the valley, angle left on **Rodeo Valley Trail**. 50'
- 6.3 Turn left (south) on **Smith Road Trail** and a wide, new bridge across Rodeo Creek.
- 6.2 Left at T-junction (away from parking lot); Presidio Stables are across the road. Cross to the south side of Bunker Road and ride east 0.1 mile with traffic. 190'
- 6.1 At the historic Rifle Range (big lawn ahead), angle right (east) on the **Julian Fire Road** (old Coastal Trail). Lon, steady ascent with heavy bike traffic. 150'
- 4.5 At McCullogh Road, go straight, halfway around the rotary, then east down **Conzelman Road** (ride with traffic). 590'
- 3.4 Just before US 101, turn sharp right to the NW Parking Lot. You MUST stop and sign in at our rest stop (water & snacks) before crossing the Golden Gate Bridge. 240'

**Section 5 (3.4 Miles)—Bridge to Presidio**

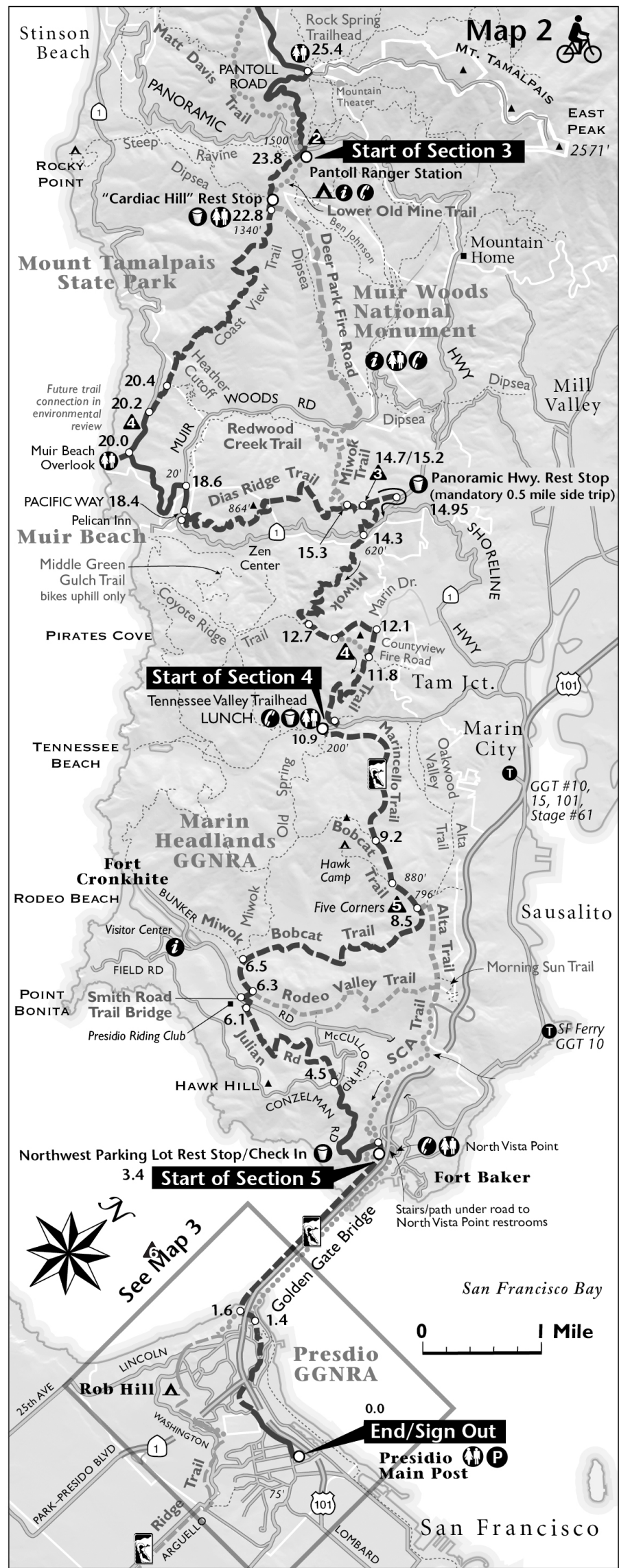
- 3.4 At the SE corner of the parking lot, start south on the west sidewalk of the Golden Gate Bridge. 240'
- ▲ Watch out for bicyclists of all sizes and abilities. Ride defensively and predictably. Obey speed limits. Walk bikes around towers.
- 1.6 At the south end, circle right; keep right at the Coastal Trail junction. We leave the Ridge Trail and continue under the bridge on the **Presidio Promenade**.
- 1.5 At the first Y-intersection ignore the path up to the right; stay left on the **Presidio Promenade**. Continue on the main bike path. The second junction on your right leads to restrooms at the lower Toll Plaza (return here).
- 1.0 The **Presidio Promenade** bike path angles left around a new overlook and the Battery East Parking Lot, then descends along Lincoln Blvd. Stay right on the path past Long Ave., Crissy Field Blvd., Crissy Field overlook, and the National Park police’s horse pens.



Updated February 29, 2016

NOTE: 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



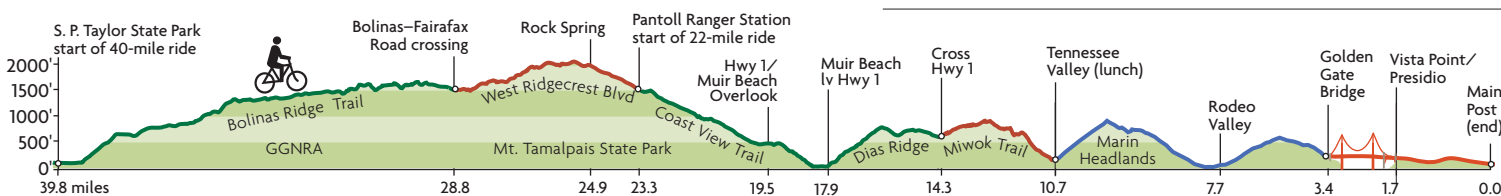
Updated April 18, 2017

- 0.7 At stop sign, look both ways and cross McDowell Blvd.. Continue straight on bike path.
- 0.5 At the top of a rise, the Presidio Promenade bike path ends at Lincoln Blvd. Cyclists carefully cross the road and ride **Lincoln Blvd.** east past the National Cemetery.
- 0.4 In 1 block, cars angle right on Sheridan; bicyclists **angle left on the bike path** along Lincoln Blvd (follows Doyle Drive fence).
- 0.1 Past the Montgomery Barracks, continue straight 2 blocks on **Lincoln Blvd.** along bottom of the Parade Ground.
- 0.0 **Turn left to back side of Presidio Transit Center. Please sign out 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. Old names are in parentheses.

**Elevation Profile**



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