



The Bay Area Ridge Trail Tracker

Once you've completed one segment of the Bay Area Ridge Trail, we hope you will try others. With this Trail Tracker giving you an overview of the trail, you're on your way.

At first you'll get acquainted with the segments close to your home. But once you've completed those, we think you'll be ready to hit the trail in unfamiliar areas. With more than 310 trail miles already completed in nine Bay Area counties, the Bay Area Ridge Trail is well suited to satisfy a wide range of outdoor desires, and is eager to provide you with a totally new perspective on how the Bay Area fits together.

As an enthusiast of the Bay Area Ridge Trail, you'll want a copy of the 3rd Edition of *The Official Guide to the Bay Area Ridge Trail*, written by Jean Rusmore, published in 2008 by Wilderness Press, and available through your local bookstore. You'll receive a gift copy if you become a new member of the Bay Area Ridge Trail Council at the \$125 level or higher. Visit www.ridgetrail.org to join online.

The gaps indicated on the Trail Tracker add up to about 250 miles. As the gaps are closed, the Trail Tracker will be modified and available for you to download from the Bay Area Ridge Trail Council's website.

Please note that the mileage on the Trail Tracker is calculated for hikers. Thus, for those segments on which equestrians and bicyclists follow other routes, the mileage will differ.

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	TRAIL MILES*	MY MILES	DATE	NOTES
NORTH BAY				
Marin Headlands—Golden Gate Bridge to Tennessee Valley ⁽¹⁾ Starts at Coastal Trail trailhead, at NW side of Golden Gate Bridge	4.6			Trailhead for bicyclists and equestrians begins on Bunker Road at junction of Coastal and Rodeo Valley Trails. Bicyclists can use Conzelman Rd. up from Golden Gate Bridge, down Coastal Trail, across Bunker Rd., west on Rodeo Trail to Bobcat Trail, and then up to meet equestrians and hikers at 5 Corners.
Marin Headlands—Tennessee Valley to Shoreline Highway ⁽¹⁾ From Miwok Trail trailhead to Shoreline Highway	3.8			
Mt. Tamalpais State Park ⁽¹⁾ From Shoreline Highway to Pantoll Ranger Station	5.4			Portion of Miwok Trail west of Dias Ridge Trail presently closed to bicyclists .
Mt. Tamalpais State Park and GGNRA ⁽¹⁾ From Pantoll Ranger Station to Bolinas-Fairfax Road	6.4			Equestrians use California Riding & Hiking Trail between Pan Toll and Rock Spring. (For equestrian directions beyond this point, phone Marin Horse Council at (415) 259-5783.) Bicyclists can use Pan Toll Rd. and W. Ridgecrest Blvd. to Bolinas-Fairfax Rd. Danger! Traffic!
GGNRA and Samuel P. Taylor State Park ⁽¹⁾ From Bolinas-Fairfax Road to State Park entrance	12.8			Wheelchair users have access to three-and-a-half-mile, paved trail just inside entrance of Samuel P. Taylor State Park.
Samuel P. Taylor State Park to Loma Alta Open Space Preserve ⁽¹⁾ From State Park entrance to Sir Francis Drake Blvd.	10.6			
Loma Alta Open Space Preserve to Lucas Valley Open Space Preserve ⁽¹⁾ From Sir Francis Drake Blvd. to Lucas Valley Road	3.7			
Lucas Valley Open Space Preserve ⁽¹⁾ From Lucas Valley Road to Buck's Bypass	3.7 (+3.7)			
GAP				
Indian Tree Open Space Preserve to O'Hair Park ⁽¹⁾ An Indian Tree out-and-back from Vineyard Road, then north to O'Hair Park	6 (+3)			Bicyclists not allowed on Big Trees, Verissimo Hills, Stafford Lakes, and Little Mountain Trails. Can use interim route of Indian Tree F.R., Rebelo Rd., Vineyard Rd., and Sutro Ave.
Mt. Burdell Open Space Preserve ⁽¹⁾ From O'Hair Park entrance on Sutro Avenue to Mt. Burdell Peak	4.5 (+4.5)			Bicyclists not permitted on Dwarf Oak Trail. Can use interim route on San Marin Dr., San Andreas Dr., and the San Andreas F.R. to meet equestrians and hikers at junction of Dwarf Oak Trail.
GAP				
Helen Putnam Regional and McNear Parks to Petaluma Adobe Park ⁽¹⁾ From Chileno Valley Road to Casa Grande/Adobe Roads	5.9 (+1.2)			Equestrians okay in Helen Putnam Regional Park but not on road continuing over to Petaluma Adobe Park.
GAP				
Jack London State Historic Park ⁽¹⁾ From Sonoma Mountain Trail to Hayfields/Cowan Meadows Trails junction	3.7 (+8)			
GAP				
Annadel State Park ⁽¹⁾ From Spring Lake Park to Annadel Park's East Gate at Lawndale Road	8.6			
GAP				
Hood Mountain Regional Park and Open Space Preserve ⁽¹⁾ From Pythian Road staging area to Upper Johnson /Summit Trails junction	4.8 (+4.8)			











Bicyclists not permitted on all or part of this segment










Equestrians not permitted on all or part of this segment





Wheelchair accessibility on part of this segment

* NOTE: The addition miles in parentheses usually result from the trail dead-ending at a gap, thus forcing an out-and-back trip.

	TRAIL MILES*	MY MILES	DATE	NOTES
NORTH BAY, CONTINUED				
GAP				
Sugarloaf Ridge State Park ⁽¹⁾ From Visitor Center to Bald Mountain Summit	2.7 (+2.7)			
GAP				
Yountville Cross Road ⁽¹⁾ From Locust Ave. and Highway 29 to Yountville Cross Rd. and Silverado Trail	7.5			 Equestrians are permitted on part of route.
GAP				
Skyline Wilderness Park and Napa Solano Ridge Trail ⁽¹⁾ From Skyline Wilderness Park Entrance to south boundary	5.7 (+4.4)			
GAP				
Rockville Hills Community Park ⁽¹⁾ From North Entrance to Green Valley Road	3.5			 Equestrians not permitted.
GAP				
Lynch Canyon Open Space ⁽¹⁾ From Lynch Road to SW corner of Lynch Canyon Open Space	3 (+3)			
GAP				
Hiddenbrooke Trail ⁽¹⁾ From McGary Road to trail's southern terminus	2.5 (+2.5)			Open to equestrians but not recommended until its anticipated connection to Valley-Swett Ranch in 2001.
GAP				
Vallejo-Benicia Buffer ⁽¹⁾ From Blue Rock Springs Park to Rose Drive	5.4 (+5)			 Equestrians only permitted on Vallejo Benicia Buffer Trail that runs between Rose Drive to point just south of Georgia St. Staging area located at Rose Drive Trailhead.
GAP				
Vallejo-Benicia Waterfront ⁽¹⁾ East from Benicia State Recreation Area to intersection of E. H St. and E. 5th St. Then west from Benicia State Recreation Area to Carquinez Overlook	7			  Equestrians and wheelchair users end segment at east boundary of Benicia State Recreation Area.
EAST BAY				
Al Zampa Bridge across Carquinez Strait ⁽¹⁾ From Carquinez Park to San Pablo Avenue	1.6			 Equestrians not permitted.
GAP				
Martinez City Streets to Carquinez Strait Regional Shoreline ⁽¹⁾ From George M. Miller, Jr. Bridge to Martinez Regional Shoreline and East Staging Area	2.0			 Equestrians not permitted.
Carquinez Strait Regional Shoreline to John Muir National Historic Site ⁽¹⁾ From East Staging Area to John Muir Visitor Center	3.0			
Mt. Wanda From John Muir Visitor Center to Mt. Wanda Summit ⁽¹⁾	1.0 (+1.0)			
Crockett Hills Regional Park ⁽¹⁾ From Crockett Ranch Staging Area to trail's end at Highway 4	4.5 (+4.5)			
GAP				

	TRAIL MILES*	MY MILES	DATE		NOTES
EAST BAY, CONTINUED					
Pinole Watershed ⁽²⁾ From intersection of Alhambra Valley Road and Bear Creek Road to Sobrante Ridge Regional Preserve	7.5 (+7.5)				Bicyclists not permitted.
Sobrante Ridge Regional Preserve ⁽¹⁾ Loop from Parking Area at end of Coach Drive via Sobrante Ridge Trail, Conestoga Way and Carriage Drive back to end of Coach Drive	1.8 (+1.0)				Bicyclists gain access from Coach Drive but only allowed on 1.2 miles on Ridge Trail from Pinole Watershed gate to Sobrante Ridge Loop.
GAP					
Kennedy Grove to Tilden Regional Park ⁽¹⁾⁽²⁾ From Kennedy Grove to Inspiration Point	4.4			 	Bicyclists not permitted on EBMUD's 9-mile Eagle's Nest Trail in middle of segment. Wheelchair users begin at Inspiration Point and travel out-and-back along Nimitz Way.
Tilden Regional Park to Redwood Regional Park ⁽¹⁾ From Inspiration Point to Skyline Gate	9.3				Bicyclists permitted only on 2.2-mile portion from Inspiration Point to intersection of Seaview and Lupine Trails in Tilden Park, and on .2-mile East Ridge Trail section of Ridge Trail in Redwood Regional Park.
Redwood and Anthony Chabot Regional Parks ⁽¹⁾ From Skyline Gate to Bort Meadow	8.3				
Anthony Chabot Regional Park ⁽¹⁾ From Bort Meadow to Chabot Staging Area	6.1				Equestrian/hiker route follows Willow View Trail to Chabot Staging Area. Bicyclist route follows Brandon Trail to Proctor Staging Area.
East Bay Municipal Utility District Lands to Independent School ⁽¹⁾⁽²⁾ From Chabot Staging Area and Cull Canyon Regional Recreation Area to Independent School	8.4			 	Bicyclists not permitted. Equestrians not permitted beyond southern boundary of Cull Canyon Regional Recreation Area.
Independent School to Five Canyons ⁽¹⁾ From Independent School through Don Castro Regional Recreation Area to Five Canyons	4.7 (+4.7)				Equestrians begin at Ridgetop Picnic Area in Don Castro Regional Recreation Area and ride through Five Canyons Regional Open Space.
GAP					
Mission Peak Regional Preserve and Ed. R. Levin County Park ⁽¹⁾ From Ohlone College to Sandy Wool Lake	10.4				Equestrians begin at Warm Springs Staging Area.
GAP					
SOUTH BAY					
Alum Rock Park and Boccardo Trail Corridor ⁽¹⁾ From Alum Rock's West Entrance to end of Boccardo Creek Trail and to end of North Rim Trail	3 (+3)				Wheelchair users on Creek Trail only.
GAP					
Joseph D. Grant County Park ⁽¹⁾ From Edwards Trail Gate on Mt. Hamilton Road to Dutch Flat Trail at SW boundary	5.6 (+5.6)				
GAP					
Coyote Lake Harvey-Bear Ranch County Park ⁽¹⁾ From Harvey Bear Ranch entrance to Mendoza Ranch entrance	4.6 (+2.6)				
GAP					
Mt. Madonna County Park ⁽¹⁾ From Spring Lake entrance to Old Mt. Madonna Road	3.1				Bicyclists not permitted.

	TRAIL MILES*	MY MILES	DATE		NOTES
SOUTH BAY , CONTINUED					
GAP					
Penitencia Creek Trail From Noble Ave. to Mayberry Rd.	2.9				
GAP					
Coyote Creek Parkway North ⁽¹⁾ From Stone Gate Park to Metcalf City Park	8.1				Equestrians not permitted. Wheelchair users on most of trail.
Coyote Creek Parkway South ⁽¹⁾ From Metcalf County Park to Burnett Ranger Station	7.7				Wheelchair users have total access.
GAP					
Santa Teresa County Park and Los Alamitos/Calero Creek Trail ⁽¹⁾ From Pueblo Group Picnic Area to Coyote Peak and also to McKean Rd.	5.3 (+1)				Wheelchair users park on McKean Rd., and travel along the paved Los Alamitos/Calero Creek Trail
Almaden Quicksilver County Park ⁽¹⁾ From Mockingbird Trail Entrance to Hicks Rd.	4.5				
Sierra Azul Open Space Preserve ⁽¹⁾ From Hicks Road to Lexington Reservoir.	11.8				
GAP					
Sanborn County Park and Castle Rock State Park ⁽¹⁾ From Sunnyvale Mountain Picnic Area to Saratoga Gap	4.5				Bicyclists not permitted.
PENINSULA					
Saratoga Gap Open Space Preserve to Skyline Ridge Open Space Preserve ⁽¹⁾ From Saratoga Gap to Horseshoe Lake	7.8				Wheelchair users park in handicapped parking area near Horseshoe Lake and gain access to trail adjacent to lake.
Skyline Ridge and Russian Ridge Open Space Preserves ⁽¹⁾ From Horseshoe Lake to Rapley Ranch Road	4.8				Wheelchair users park next to Alpine Pond from where there is access to route around pond.
GAP					
Windy Hill Open Space Preserve ⁽¹⁾ From Upper Razorback Ridge to Spring Ridge	3.2				Bicyclists only permitted on .4-mile Fenceline Trail leading up to picnic area from Windy Hill's northern entrance.
GAP					
Wunderlich County Park to Huddart County Park ⁽¹⁾ From Wunderlich West Gate to Purisima Creek trailhead	5.8				Bicyclists not permitted.
Purisima Creek Redwoods Open Space Preserve ⁽¹⁾ From Purisima Creek trailhead to Preserve's North Entrance	5.7				Wheelchair users use parking lot near Redwood Trail and then travel to nearby picnic area. Bicyclists advised to start by riding down steep Harkins Ridge Trail and then up Purisima Creek Trail.
GAP					

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PENINSULA, CONTINUED					
Fifield-Cahill Trail in San Francisco Watershed ⁽¹⁾ From the Quarry Gate to Portola Gate	10 (+3)				To hike entire Fifield-Cahill Trail, hikers sign up for shuttle event at website of San Francisco Public Utility Commission (www.sfwater.org). If no shuttle event scheduled on website, e-mail Bay Area Ridge Trail Council office (info@ridgetrail.org) and ask to be informed of any upcoming events covering entire trail. Bicyclists and equestrians also sign up at SFPUC website to ride entire trail but shuttling not required. Wheelchair users make arrangements to access flat area of Fifield-Cahill Trail by phoning SFPUC at (650) 652-3209.
GGNRA—Milagra Ridge and Sweeney Ridge ⁽¹⁾ From parking area near Milagra Ridge Gate to Portola Gate of San Francisco Watershed	4.2 (+4.2)			 	Bicyclists and equestrians not permitted beyond junction of Mori Ridge and Sweeney Ridge Trails. Equestrians begin from private Park Pacific Stables to reach Sweeney Ridge Trail.
GAP					
Mussel Rock to Fort Funston ⁽¹⁾ From Mussel Rock via Daly City streets to intersection of Skyline Drive and John Muir Drive	5.8				Although beach not part of Bay Area Ridge Trail, hikers may choose to avoid Daly City streets by walking at low tide along beach from Mussel Rock to point where stairs ascend to Fort Funston near Hang Glider Viewing Deck.
SAN FRANCISCO					
Fort Funston to Stern Grove ⁽¹⁾ From Hang-Glider Viewing Deck to Wawona Street at @21st Avenue	3.2				Wheelchair users use parking lot near Redwood Trail to gain access to nearby picnic area.
Stern Grove to the Presidio ⁽¹⁾ From Wawona Street at 21st Avenue to Arguello Gate	7.0				
San Francisco Presidio ⁽¹⁾ From Arguello Gate to the Golden Gate Bridge Plaza	2.7				
Golden Gate Bridge ⁽¹⁾ From Golden Gate Bridge Plaza to Coastal Trail trailhead, located at NW side of bridge	2.0				

¹ For map and information, refer to *The Official Guide to the Bay Area Ridge Trail* by Jean Rusmore (Wilderness Press, 3rd Edition, 2008), available through your local bookstore.

² Part or all of this segment runs through East Bay MUD land and therefore requires EBMUD permit. For more information and to obtain permit, visit www.ebmud.com.