



Marin Headlands: Golden Gate Bridge to Tennessee Valley

Marin County

From: the Golden Gate Bridge in Sausalito

To: Tennessee Valley in Mill Valley



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Length: 5.2 miles one-way for hikers, 4.7 miles one-way for equestrians (from Gerbode Valley Trailhead), 7.7 miles one way for mountain bikers; car shuttle possible.

Elevation Gain/Loss: 740 feet/805 feet one-way for hikers, 830 feet/680 feet one-way for equestrians, 1,170 feet/1,190 feet one-way or mountain bikers

Accessibility: Hikers, equestrians, and mountain bikers

This dramatic trip takes you from the landmark Golden Gate Bridge into the hills of the Marin Headlands. Hikers climb through coastal chaparral and open grassland to the ridges above Sausalito and descend into the wide Tennessee Valley. Bicyclists ascend Conzelman Road with its breathtaking views and ride down into and out of scenic Rodeo Valley before dropping into Tennessee Valley, and equestrians begin in Rodeo Valley. You'll have spectacular views of San Francisco Bay, the Marin Headlands, and the Pacific Ocean. Come prepared for wind and fog.

This trail description is excerpted from the 2019 Guidebook. For details on all trails, trailheads and more [buy the book](#) from Wilderness Press.

For more resources to plan your trip, visit our [Trail Tools](#) page.

LINK to buy book: <https://advkeen.co/BayAreaRidgeTrail>

LINK to Trail Tools: <https://ridgetrail.org/trail-tools/>

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