

Marin Headlands from Tennessee Valley to Shoreline Highway

From: Tennessee Valley

To: Shoreline Highway in Mill Valley

Length: 3.1 miles one-way for hikers, 3.3 miles one-way for multiuse route; car shuttle possible.

Elevation Gain/Loss: 750 feet/280 feet one-way

Accessibility: Hikers, equestrians, and mountain bikers

The trailhead in Tennessee Valley lies at a low divide between Coyote and Wolf Ridges, from which creeks flow east to Richardson Bay and west to the ocean. The Bay Area Ridge Trail route climbs northwest along the Miwok Trail, which ascends steeply toward Coyote Ridge. From here you reach CA 1 on a gentle descent along a fire road. You'll have sweeping views of San Francisco Bay and Mount Tamalpais, see bountiful spring wildflowers, and catch cool ocean breezes. Fog and wind will often accompany you over these coastal hillsides.

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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