



Lake Merced to Stern Grove

San Francisco County

From: John Muir Drive

To: Sava Pool in San Francisco



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Length: 4.1 miles one-way; car shuttle possible.

Elevation Gain/Loss: 295 feet/90 feet one-way

Accessibility: Hikers, bicyclists, and wheelchair users

This Ridge Trail segment offers an opportunity to experience the natural side of San Francisco. On a mostly level route, you travel the length of Lake Merced, pass through residential neighborhoods, walk or ride by another freshwater lake in a sunny and protected glen, and visit iconic Stern Grove.

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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