

Create your own trail adventure or try one of these four recommended routes.

The Presidio's extensive hiking and biking trail network features 24 miles of trails, 25 miles of bikeways, and 10 scenic overlooks and vistas. The Presidio offers both on- and off-road biking opportunities. Trails that are designated as "multi-use" welcome cyclists and pedestrians. For detailed trail information, visit www.presidio.gov/trails.

EASY LOOP

On the Waterfront

Pedestrians and Bicycles

Distance: 2.0 miles

Highlights: Crissy Field, West Bluff Picnic Area, San Francisco Bay, and views of the Golden Gate Bridge, Alcatraz, and Angel Island

Trails: Bay Trail / Golden Gate Promenade

Estimated Calories Burned – Walking: 135

Estimated Calories Burned – Biking: 65

Approximate Walking Time: 40 minutes

Approximate Biking Time: 12 minutes

MODERATE LOOP

Heart of the Park

Pedestrians Only

Distance: 3.0 miles

Highlights: Presidio Officers' Club, Main Parade Ground, El Presidio, Andy Goldsworthy's *Tree Fall* and *Spire*, Inspiration Point Overlook, National Cemetery Overlook, historic forest

Trails: Ecology Trail, Bay Area Ridge Trail, Presidio Promenade, Park Trail

Estimated Calories Burned: 200

Approximate Walking Time: 60 minutes

DIFFICULT LOOP

Presidio Immersion

Pedestrians Only

Distance: 6.4 miles

Highlights: Andy Goldsworthy's *Wood Line* and *Spire*, El Polin Spring, Immigrant Point Overlook, Crissy Field Overlook, and views of the Pacific Ocean, San Francisco Bay, and Golden Gate Bridge

Trails: Lovers' Lane, Mountain Lake Trail, Ecology Trail, Bay Area Ridge Trail, Juan Bautista de Anza National Historic Trail, Presidio Promenade

Estimated Calories Burned: 435

Approximate Walking Time: 130 minutes

ACCESSIBLE LOOP

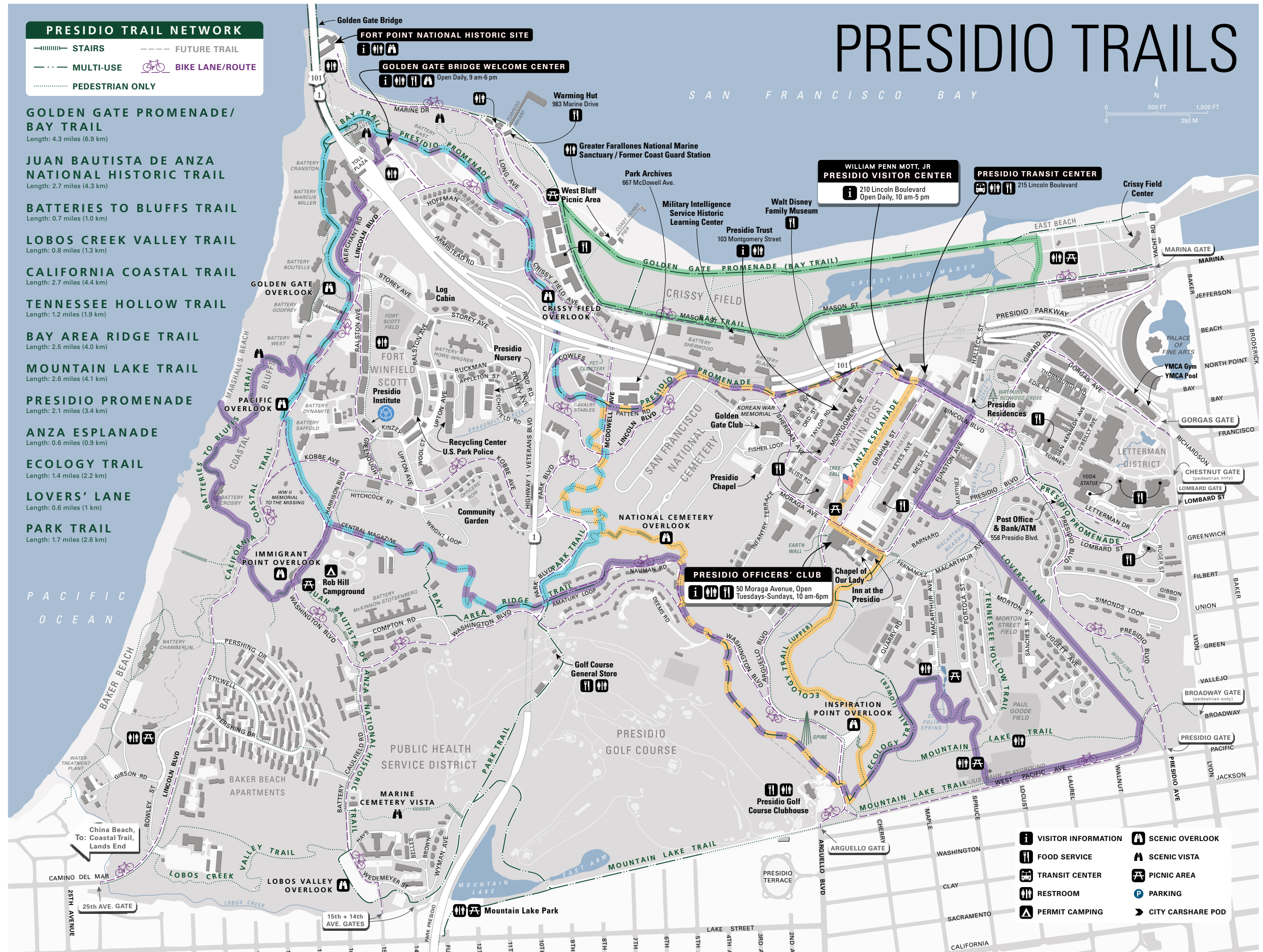
Distance: 2.7 miles

Highlights: Four scenic overlooks; forest, ocean, and bay views

Trails: Park Trail, Coastal Trail, Bay Area Ridge Trail, Juan Bautista de Anza National Historic Trail, Presidio Promenade

LEARN MORE:

www.presidio.gov/trails



PRESIDIO TRAILS

SAN FRANCISCO BAY



PRESIDIO TRAIL NETWORK

- STAIRS
- FUTURE TRAIL
- MULTI-USE
- BIKE LANE/ROUTE
- PEDESTRIAN ONLY

GOLDEN GATE PROMENADE/ BAY TRAIL
Length: 4.3 miles (6.9 km)

JUAN BAUTISTA DE ANZA NATIONAL HISTORIC TRAIL
Length: 2.7 miles (4.3 km)

BATTERIES TO BLUFFS TRAIL
Length: 0.7 miles (1.0 km)

LOBOS CREEK VALLEY TRAIL
Length: 0.8 miles (1.3 km)

CALIFORNIA COASTAL TRAIL
Length: 2.7 miles (4.4 km)

TENNESSEE HOLLOW TRAIL
Length: 1.2 miles (1.9 km)

BAY AREA RIDGE TRAIL
Length: 2.5 miles (4.0 km)

MOUNTAIN LAKE TRAIL
Length: 2.6 miles (4.1 km)

PRESIDIO PROMENADE
Length: 2.1 miles (3.4 km)

ANZA ESPLANADE
Length: 0.6 miles (0.9 km)

ECOLOGY TRAIL
Length: 1.4 miles (2.2 km)

LOVERS' LANE
Length: 0.6 miles (1 km)

PARK TRAIL
Length: 1.7 miles (2.6 km)

- VISITOR INFORMATION
- FOOD SERVICE
- TRANSIT CENTER
- RESTROOM
- PERMIT CAMPING
- SCENIC OVERLOOK
- SCENIC VISTA
- PICNIC AREA
- PARKING
- CITY CARSHARE POD