PRESIDIO TRAILS

GOLDEN GATE PROMENADE/BAY TRAIL
Length: 2.1 miles (3.4 km)

JUAN BAUTISTA DE AZA NATIONAL HISTORIC TRAIL
Length: 2.5 miles (4.0 km)

BATTERIES TO BLUFFS TRAIL
Length: 0.6 miles (0.9 km)

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

CALIFORNIA COASTAL TRAIL
Length: 3.1 miles (5.0 km)

TENNESSEE HOLLOW TRAIL
Length: 2.6 miles (4.1 km)

MOUNTAIN LAKE TRAIL
Length: 2.6 miles (4.1 km)

PRESIDIO PROMENADE
Length: 2.1 miles (3.4 km)

ANZA ESPLANADE
Length: 0.8 miles (1.3 km)

ECOLOGY TRAIL
Length: 0.8 miles (1.3 km)

LOVERS' LANE
Length: 0.8 miles (1.3 km)

PARK TRAIL
Length: 1.7 miles (2.8 km)

The Presidio's extensive hiking and biking trail network features more than 24 miles of trails, 15 miles of bike pathways, and eight 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.

Create your own park experience or try one of these three routes.

For complete information about the Presidio trails network, as well as accessibility and volunteer opportunities, visit www.presidio.gov.

EASY WATERFRONT STROLL
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: 134
Approximate Walking Time: 40 minutes
Approximate Biking Time: 12 minutes

MODERATE 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 Spine, Inspiration Point Overlook, National Cemetery Overlook, historic forest

Trails: Ecology Trail, Bay Area Ridge Trail, Presidio Promenade, Park Trail
Estimated Calories Burned: 201
Approximate Walking Time: 60 minutes

DIFFICULT PRESIDIO IMMERSION
Pedestrians Only
Distance: 6.4 miles
Highlights: Andy Goldsworthy's Willow Line and Spine, El Presidio, 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