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

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

**PRESIDIO TRAIL NETWORK**

- **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**: 45
    - **Approximate Walking Time**: 40 minutes
    - **Approximate Biking Time**: 12 minutes

- **Moderate Loop**
  - **Mean 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, historic forest
    - **Trails**: Ecology Trail, Bay Area Ridge Trail, Presidio Promenade, Park Trail
    - **Estimated Calories Burned**: 200
    - **Estimated Walking Time**: 60 minutes

- **Difficult Loop**
  - **Presidio Immersion**
    - Pedestrians Only
    - Distance: 6.4 miles
    - **Highlights**: Andy Goldsworthy’s Wood Line and Spire, El Pulido 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
    - **Estimated Walking Time**: 100 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

**ACCESSIBLE LOOP**

**Presidio Trail Network**

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**Learn More**

www.presidio.gov/trails