

The Park Next Door

Golden Gate National Recreation Area (GGNRA) is a park that begins where the Pacific Ocean meets San Francisco Bay. Here at the Golden Gate, the park surrounds the narrow entrance to the city's harbor offering a spectacular blend of natural beauty, historic features, and urban development. To the north and south of the Golden Gate, GGNRA follows the Pacific shoreline creating a vast coastal preserve.

The National Park Service invites you to discover GGNRA. Redwood forests, beaches, grassy hillsides, marshes, and rocky shoreline provide a natural retreat from the city. The park is a home for abundant wildlife—hawks, deer, and seabirds are often seen as well as occasional bobcats and whales. For a journey into the past, visit the park's historic ships, forts, and other buildings where the stories of Bay Area agriculture, maritime commerce, wartime defense, recreation, and immigration are presented.

Getting There GGNRA is easy to reach, no unit is more than an hour's drive from San Francisco. A day's trip will provide enough time to visit any area of the park. In San Francisco, the Municipal Railway bus system (MUNI) provides frequent service from downtown to shoreline destinations, especially Aquatic Park, the Cliff House, and Ocean Beach. MUNI also connects to other Bay Area transit systems: Golden Gate Transit (GGT) from Marin County, Bay Area Rapid Transit (BART), and Alameda/Contra Costa Transit (A/C Transit) from the East Bay, and Southern Pacific Railroad and San Mateo Transit (SAM TRANS) from the Peninsula area. Ferries provide transportation to Alcatraz and Angel Island.

Be sure to check with transit agencies about current schedules and routes. Because service changes seasonally, routes indicated on this brochure may become outdated. Bus travel to some GGNRA areas has advantages over using your own vehicle. Warm weather weekends or weekday commuter hours often mean heavy traffic.

Access For specific information about park accessibility for the disabled, contact park areas prior to your visit.

GGNRA in Marin

Marin Headlands Close to San Francisco in distance and time but many moods apart, the Headlands provide a quick departure from urban activity. Windswept ridges, protected valleys, and beaches offer nature's best on the city's doorstep. From the hillsides near the Golden Gate, you can enjoy magnificent views of the San Francisco harbor entrance. The Marin Headlands Visitor Center is open daily from 9:30 a.m. to 4:30 p.m. The Point Bonita Lighthouse area is open seasonally on weekends. Call for current hours. Group and individual campsites are available throughout the headlands. Information and campground reservations: 331-1540.

Various organizations provide education and recreation opportunities in the Marin Headlands as partners of the National Park Service. The Headlands Institute and YMCA Point Bonita Outdoor and Conference Center offer residential environmental education programs and conference facilities. Golden Gate Youth Hostel opens daily at 4:30 p.m. and is open all year. The Marine Mammal Center rescues marine mammals along California's coast and is open daily for public visitation. The Pacific Energy Resources Center offers public education programs and exhibits related to energy use and conservation. At the Miwok Livery, guided ride programs and rider instruction are available. The Headlands Center for the Arts is developing an artist-in-residence program and offers scheduled art events. The Bay Area Discovery Museum is a hands-on museum for children ages 2 to 12 and invites families to touch, explore, play, and discover together.

Muir Woods "This is the best tree-lovers monument that could possibly be found in all the forests of the world," declared conservationist John Muir when describing this grove of majestic coastal redwoods. The tranquility of the forest of towering trees and canyon ferns is accessible to nearly everyone. Follow a gentle trail and enjoy the scenery at your own pace. No picnicking. Parking can be a problem at any time of the year. Open daily 8 a.m. to sunset. Information: 388-1540.

Mt. Tamalpais Area For years this area has been a favorite destination for hikers. No wonder—trails offer a variety of environments from creekside to mountainside, open meadow to forest. Or sit back and take in the view. Mt. Tamalpais State Park Information: 388-2070.

Muir Beach This semi-circular cove offers a chance to relax and enjoy the coastal scenery. Information: 388-2596.

Stinson Beach The beach stretches beneath steep hills rising to Tamalpais with vistas out to sea and up into the hills. Swimming is advised only from late May to mid-September when lifeguards are on duty. Weather: 868-1922. Information: 868-0942.

Olema Valley This pastoral landscape is a hiker's paradise of forested canyons, tree-lined ridges, open grassy slopes, and historic farm buildings. Most trails are long and many are steep, ascending to ridgetops for ocean views. The valley remains undeveloped with few restrooms and picnic tables. Information: 663-1092.

What to Expect The Marin areas of GGNRA offer a vast expanse of wild and open terrain; rolling hills covered with shrubs, grasses, and wildflowers; small coves, large beaches, and rocky coastal cliffs; and forested ridges and redwood valleys. Each bend in the road or turn in the trail offers another vista of San Francisco yet the sight of wildlife is not uncommon. The weather of northern GGNRA varies seasonally, even hourly. Wear clothing you can adjust. Fog and winds are usually heaviest at areas closer to the Golden Gate, especially during the summer. Fall brings the best weather. The ocean is always dangerous and swimming is not advised. Those fishing or walking on the rocky shoreline can be swept off by a sudden large wave or trapped by the incoming tide.

Hiking Trails cross lands owned by many different public agencies. Ranger stations (such as Pan Toll and Marin Headlands) can provide detailed trail information and maps of all trails in the Marin County park areas, including trail connections to Point Reyes National Seashore. Remember to carry drinking water. Many trails are steep. Avoid climbing cliffs; they are prone to landslides and are covered with poison oak.

Dedication After the death of Representative Phillip Burton of San Francisco in 1983, the U.S. Congress dedicated Golden Gate National Recreation Area to his memory. In doing so, the Congress recognized a distinguished leader in conservation and park issues while he was chair of the house Subcommittee of National Parks and Insular Affairs.

Golden Gate National Recreation Area

This map shows Golden Gate National Recreation Area and the status of lands within its authorized boundary. Also shown are neighboring public lands managed by a variety of local and Federal authorities.

Lands within authorized GGNRA boundary
Managed by National Park Service
Managed by other public agencies
Private land
Various private lands within GGNRA's authorized boundary are in the process of acquisition. Check with park headquarters for current status of public lands.

Other areas
Adjacent public area
Urban area
Point Reyes—Farallon Islands National Marine Sanctuary

The Point Reyes-Farallon Islands National Marine Sanctuary has been designated for the national significance of its biological resources. It is managed by the Sanctuary Programs Division of the National Oceanic and Atmospheric Administration in cooperation with the National Park Service.



GGNRA in Marin

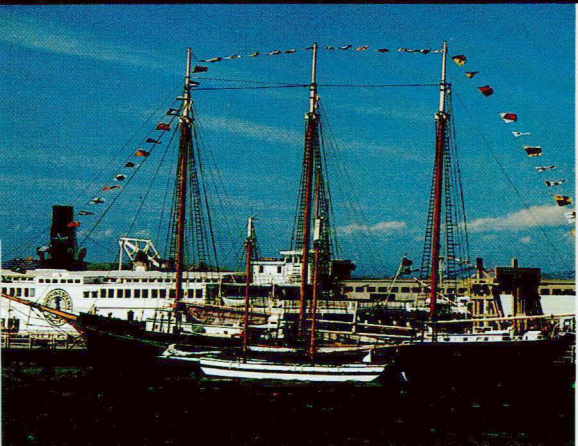


Important Telephone Numbers
National Park Service
Marin Headlands
Golden Gate Energy Center: 332-8200
Golden Gate Hostel: 331-2777
Headlands Institute: 332-5771
Information and Campground Reservations: 331-1540
Marine Mammal Center: 289-7325
Muir Beach: 388-2596
Muir Woods National Monument: 388-2595
Olema Valley: 663-1092
Point Reyes National Seashore: 863-1092
Stinson Beach (Information): 868-0942
(Weather): 868-1922
Tennessee Valley (Guided Horse Rides): 383-8048
(Haypress Campground Reservations): 331-1540
YMCA Point Bonita Outdoor and Conference Center: 331-YMCA
California State Parks
Marin District Headquarters: 456-1286
Angel Island: 435-1915
Mount Tamalpais: 388-2070
Samuel P. Taylor: 488-9897
State Park Camping Reservations: 800-444-7275
Other Land Managers
Audubon Canyon Ranch: 383-1644
Marin Municipal Water District: 924-4600
Zen Center-Green Gulch Farm: 383-3134
Public Transportation
Angel Island State Ferry: 435-2131
Golden Gate Transit (from San Francisco): 332-6600 (from Marin County): 453-2100
MUNI: 673-MUNI

Golden Gate

Golden Gate
National Recreation Area
California

National Park Service
U.S. Department of the Interior



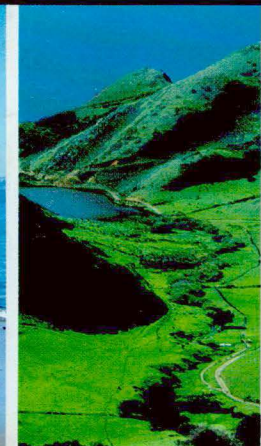
National Maritime Museum



Muir Woods



Crissy Field



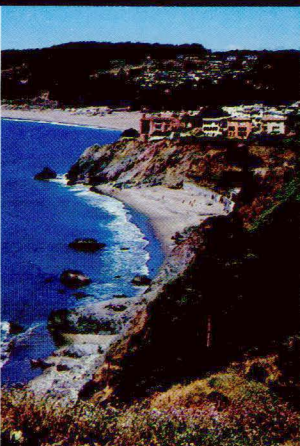
Tennessee Valley



Fort Point



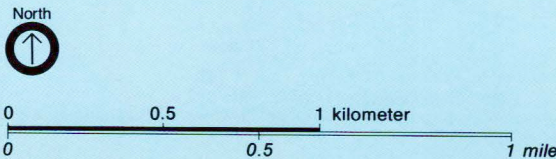
Alcatraz



China Beach

GGNRA in San Francisco

- Green and yellow indicate areas of public access
- Beach
 - Coastal defense battery
 - Trail
 - MUNI bus stop
 - GGT bus stop
 - Ranger station
 - Restrooms
 - Parking
 - Picnic area
 - Interpretive trail
 - Fishing
 - Food service
 - Showers
 - Access for disabled
 - Lighthouse



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The Park in the City

Few urban shorelines contain the diversity of GGNRA, for the park wraps around San Francisco's northern and western edge offering a series of scenic, historic, urban, and natural features. The entrance to the city's harbor at the Golden Gate is one of the most famous views in the park. GGNRA's city shoreline provides a historic as well as scenic perspective of San Francisco: Ships that fostered early immigration and trade, fortifications built to defend

the harbor, and recreation sites for early city residents are all within the park. Today, you'll find places to explore, learn, relax, and play. A concert at the Fort Mason Center, a picnic at Baker Beach, a hike through Lands End—these choices and more are yours.

Getting Around San Francisco's Municipal Railway (MUNI) provides transportation to most park sites. MUNI bus lines, MUNI Metro lines,

and the Hyde Street and Mason Street cable cars provide the most frequent service. MUNI's 18, 28, and 32 buses also connect many shoreline destinations, but service is not as frequent. The bus stops near the park are indicated on the map. Because traffic is sometimes heavy and parking is limited (especially near Aquatic Park and the Cliff House), the convenience of the MUNI System is an option well worth exploring and using.

What to Expect Temperatures along GGNRA's city shoreline can change rapidly. Wind is often strong along the bayfront. Summer fog can blanket the entire shoreline, especially the ocean beaches. The water is cold and usually too rough for swimming. Bring a sweater or light jacket that you can carry easily when it warms up. Fall is the season of sun and warmth.

HEAVY SURF
Pounding surf and rip currents are treacherous. Swimming is not advised.

STEEP CLIFFS
Cliffs along the coastline are likely to crumble and slide. Climbing on them or walking near the edge is dangerous. Keep off!

Important Telephone Numbers

All telephone numbers in San Francisco and Marin County are within Area Code 415.

Transportation
Golden Gate Transit (from San Francisco): 332-8800; (from Marin): 453-2100

MUNI: 673-MUNI

Angel Island State Ferry: 435-2131
Red and White Fleet (reservations to Alcatraz): 546-2700; (information): 546-2882

Emergency

San Police: 556-7940

National Park Service
General Information: 556-0560; TDD: 556-2766;
Park Police Headquarters: 556-5801
Parkcast (weather information for major California parks): 556-6030
Volunteers in Parks: 556-7733

San Francisco Sites
Alcatraz Information: 705-1042 or 556-0560
Aquatic Park: 556-2904
Cliff House Visitor Center: 556-8642
Fort Miley Ranger Station: 556-8371
Fort Point: 556-1693
Hyde Street Pier Historic Ships: 556-6435
Jeremiah O'Brien: 441-3101
National Maritime Museum Library: 556-9870
Presidio Resource Center and Crissy Field: 556-0865

Marin Sites
Marin Headlands Visitor Center: 331-1540
Muir Beach: 388-2596
Muir Woods: 388-2595
Olema Valley and Point Reyes: 663-1092
Stinson Beach (information): 868-0942; (weather): 868-1922
Tennessee Valley: 331-1540

California State Parks
Angel Island: 435-1915
Mount Tamalpais: 338-2070
Samuel P. Taylor: 488-9897

Cooperating Agencies
Fort Mason Center: 441-5705
Golden Gate National Parks Association: 776-0693
Marine Sanctuary Program: 556-3509
San Francisco International Hotel: 771-7277
San Francisco Senior Center: 775-1866

Golden Gate Park
Golden Gate Park is administered by the city of San Francisco and is not affiliated with the National Park Service. Information: 666-7200.

Administration
Golden Gate National Recreation Area is a unit of the National Park System, which consists of more than 360 units representing important examples of our country's natural and cultural inheritance. For answers to questions not addressed in this brochure, write to: Superintendent, Fort Mason, San Francisco, CA 94123.

Alcatraz to Golden Gate Bridge

Some of San Francisco's most famous historical features and park sites are located along this shoreline. The eastern end is most active: San Francisco Maritime National Historical Park and Aquatic Park share visitors with nearby Fisherman's Wharf—a popular tourist destination and boarding location for the Alcatraz Ferry. The rest of this park shoreline—from Aquatic Park to the Golden Gate—is continuous, offering a pleasant walk or bike ride along the 3.5-mile Golden Gate Promenade. Discover some quiet park areas along the way; upper Fort Mason and Crissy Field offer a nice change of pace. At the Golden Gate you can see ship traffic entering and leaving San Francisco Bay. Or for a view of the entire waterfront, visit Alcatraz.

Alcatraz Close to the city, yet off-limits for years as a prison, Alcatraz seems to capture almost everyone's imagination. The National Park Service now offers visitors a chance to explore and learn about the many different aspects of the island. An introductory slide show orients visitors to the island. Programs about the history of the prison as well as the military, cultural, and natural history of Alcatraz are offered daily. A cellhouse audio tour is available for rent. Be advised that there are uphill grades along the route to the cellhouse. A museum, bookstore, and restrooms are on the island. Restrooms and food are available on the ferry. Information: 556-0560 or 705-1042.

Reservations for ferry service to Alcatraz can be made through the Red and White Fleet at least one day in advance for individuals and groups of fewer than 15 people. Fares for round trip ferry service are: \$5.50 for adults; \$4.60 for seniors; \$3 for children, 5 to 11; children under 5, free. Group rates (15 or more people) are: \$5 for adults and \$2.50 for children 5 to 11. Rental of an optional cellhouse audio tour can be included in your reservation, or the tape can be rented on the island. Cost for the audio tour is \$3 for adults and seniors and \$1 for children 11

Baker Beach to Sweeney Ridge

Explore GGNRA's shoreline and enjoy some of the city's finest beaches and most natural landscape. The entire western shore of San Francisco is accessible by car, bus, or on foot, at a variety of points. Scenic vistas along the way include rolling waves at Baker, China, and Ocean beaches and the flower-covered bluffs at Fort Funston in spring and summer. Former military fortifications hidden among trees and behind sand dunes provide protection from the wind for picnickers. Above Ocean Beach, the Cliff House has offered refreshments and spectacular views since 1863. Sutro Baths, however, are now only a nostalgic recollection. Visit the ruins that suggest the elaborate swimming facility that could hold 24,000 people but was lost to fire in 1966. South of Fort Funston is Sweeney Ridge, one of the newest open space areas in the park. Separated from the rest of the park, the area can only be reached by car. Trails lead hikers along ridges overlooking the urban San Francisco peninsula, rolling coastal hills, quiet reservoirs, and the wide expanse of the Pacific Ocean.

Baker Beach This sandy shoreline faces the entrance to the Golden Gate—a scenic backdrop for hiking, fishing, sunbathing. Swimming, however, is dangerous. Behind the beach, Battery Chamberlain points a 95,000-pound cannon

ominously to sea. Rangers provide tours of this 1904 gun emplacement and military museum. Picnic tables, grills, drinking water, and restrooms are available to the public. Hours: April to October—6 a.m. to 10 p.m.; October to April—6 a.m. to 7 p.m. Information: 556-8371.

China Beach A small beach nestled into the steep shoreline, China Beach provides an intimate atmosphere that makes this quiet cover an ideal place for family outings. There is a small picnic area with benches and grills in a grassy area just above the beach. Unpredictable surf conditions can make swimming dangerous. Information: 556-8371.

Lands End This shoreline is a favorite destination for hikers who appreciate the absence of cars and abundance of trees, birds, and vistas. Exploring San Francisco's most natural appearing coastline, the sound of the ocean, the smell of pine and cypress, and the views of coastal scenery quickly replace the city streets you just left. Follow the route of an abandoned turn-of-the-century train that once took people to the Cliff House. This hiking route and a higher path offer a good loop trail. Stay on these main trails, for cliffs here are steep and unstable. On higher terrain, West Fort Miley's numerous defense

batteries provide for interesting exploration. Here picnic tables, grills, and restrooms are available. Ranger station: 556-8371.

The Cliff House Visitor Center The popularity of the Cliff House is easy to understand, for it offers some of the best views of the park, including the entire Marin Coast. Just offshore from the Cliff House are Seal Rocks. These rocks are home base for sea lions and a variety of marine birds. Bring your binoculars, for this is an ideal place to see these marine mammals in their own environment. The visitor center also provides shelter from the wind and fog, giving you an ideal place to rest in gloomy weather. Nearby, the Cliff House provides food and beverages along with a view. Stop by to learn about the elaborate Sutro Baths and the history of this area. Gifts, telephones, and restrooms are available. For a quieter atmosphere and equal views, visit nearby Sutro Heights on a bluff to the east. Information: 556-8642.

Ocean Beach For an exhilarating ocean feeling, this is your beach: The 4-mile sand shoreline is almost always windy and wavy. The ocean shore offers few frills, but it is great for hiking or jogging to the rhythm of the surf. The attractive water is always very dangerous even though it can look calm. Information 556-8371.

Fort Point National Historic Site The great harbor of San Francisco, its narrow entrance, and the U.S. Army's plan for its protection can be seen and felt firsthand at Fort Point. Situated beneath the Golden Gate Bridge, the fort is a classic example of the mid-19th century coastal fortifications built by the U.S. Army Corps of Engineers. Construction, begun in 1853, ended in 1861. This massive fortification symbolizes the commercial and strategic military importance of San Francisco.

The fort was designed to mount 126 huge muzzle-loading cannon and house 500 soldiers under wartime conditions. It served its purpose through the years and was never called upon to fire a shot.

The fort and its muzzleloading cannon were rendered obsolete during the Civil War period with the development of new rifled cannon capable of breaching brick walls. By 1900 the fort's guns and soldiers had been removed, bringing to a close a portion of San Francisco Bay's military history.

Video orientation, guided tours, self-guiding materials, cannon demonstrations, publication sales, exhibits, and restrooms are available. Open daily except January 1, Thanksgiving, and December 25. Hours 10 a.m. to 5 p.m. Information: 556-1693.

Fort Funston In one view, you can see San Francisco's original terrain contrasted with the tremendous changes brought about by humans. A wheelchair-accessible loop trail offers beautiful views with occasional picnic and seating areas. This gentle, short walk provides a comfortable view of coastal scenery, but be prepared for wind and fog. Hang gliders take advantage of the area's high cliffs and strong winds. Enjoy watching their flight, but stay clear of landing and take-off areas. A phone, restrooms, and an environmental education/day camp facility are available. Hours: 6 a.m. to 9 p.m. Information 556-8371.

Sweeney Ridge Sweeping views of the Pacific coastline, the San Francisco Bay, and open lands to the south await visitors to the ridge. On November 4, 1769, an expedition led by Don Gaspar de Portola first saw San Francisco Bay from this point. Today this area is located in the city of Pacifica. The major access to Sweeney Ridge is by car from the west end of Sneath Lane, off Skyline Boulevard, Calif. 35, in San Bruno. From Sneath Lane it is a 1½-mile walk to the Portola Discovery Site. A variety of hiking trails crosses more than 1,000 acres of land. Information 556-8371.