

# GET OUTSIDE, EXPLORE YOUR PARKS!

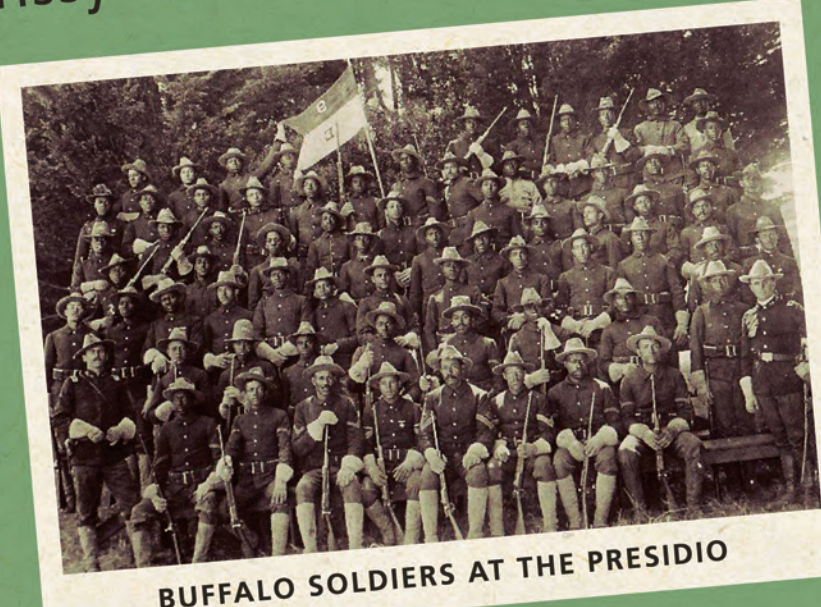
## THE PRESIDIO

**WHAT:** A former military post, the Presidio is now a stunning national park with beaches, forests, historic buildings, and trails.

**GETTING THERE:**

- GOOGLE MAPS: Presidio Transit Center
- PUBLIC TRANSIT: 1 hr 20 min
- CAR: 8 miles = 25 min
- BIKE: 10 miles = 50 min

**TO DO:** Learn about the Buffalo Soldiers. BBQ by the beach. Rent a bike. Walk in the woods. Discover rare birds and native flowers. Go fishing at Crissy Field.



BUFFALO SOLDIERS AT THE PRESIDIO

## LANDS END

**WHAT:** Where the city (and continent) meet the ocean, Lands End is a wild and rocky landscape with history and a bit of mystery.

**GETTING THERE:**

- GOOGLE MAPS: 680 Point Lobos Ave
- PUBLIC TRANSIT: 1 hr 10 min
- CAR: 13.5 miles = 30 min
- BIKE: 10.5 miles = 1 hr 5 min

**TO DO:** Start your visit at the Lands End Lookout Visitor Center. Walk down to the epic ruins of the Sutro Baths. Look for seals, whales, and shipwrecks. Hike along the Coastal Trail.



THE TRAIL TO SUTRO BATHS

## OCEAN BEACH

**WHAT:** It's you, the waves, and sea birds at Ocean Beach – a sandy stretch on the western-most edge of San Francisco, adjacent to Golden Gate Park.

**GETTING THERE:**

- GOOGLE MAPS: Ocean Beach
- PUBLIC TRANSIT: 1 hr 10 min
- CAR: 8 miles = 20 min
- BIKE: 8 miles = 55 min

**TO DO:** Take a stroll. Fly a kite. Check out the surfers. Build a sand castle. Watch out for rip currents and be aware of changing tides and weather conditions.



MORNING TIDES AT OCEAN BEACH

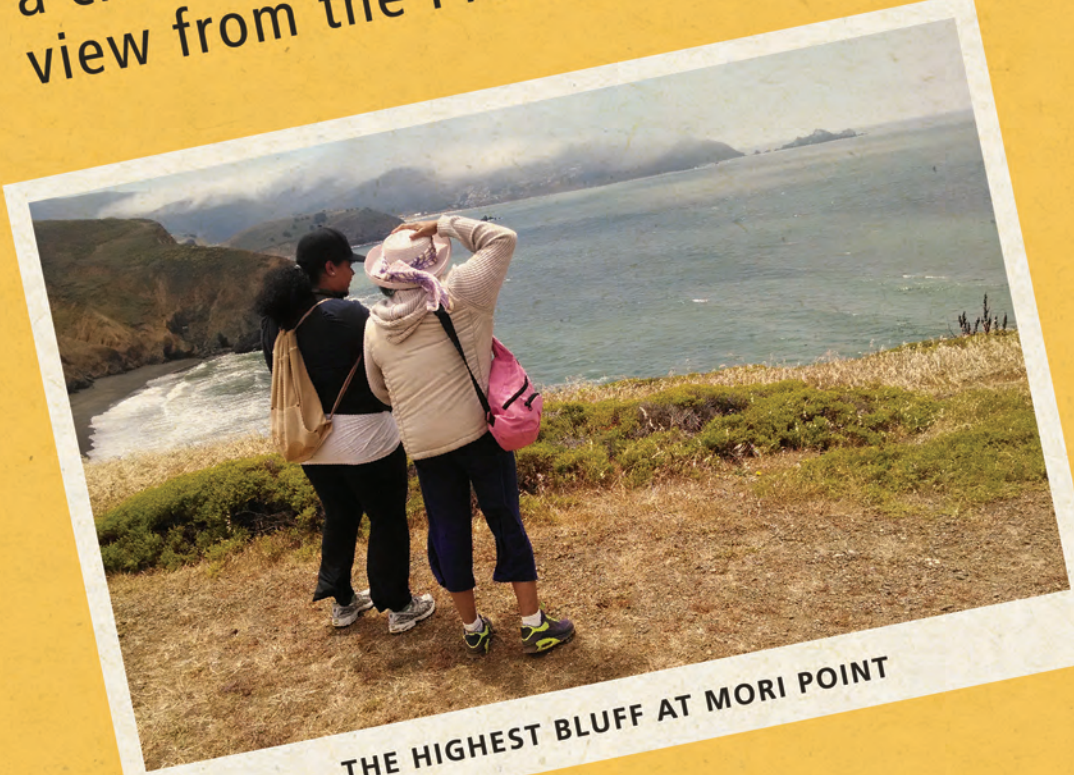
## MORI POINT

**WHAT:** Nature and community come together at Mori Point, an important Ohlone site and home to a variety of native wildlife.

**GETTING THERE:**

- GOOGLE MAPS: Mori Point
- CAR: 13 miles = 20 min

**TO DO:** Walk barefoot on Sharp Park Beach. Catch the beautiful wildflower blooms in the spring. Explore the hillsides with a challenging hike and enjoy the Pacific view from the Promontory.



THE HIGHEST BLUFF AT MORI POINT

## GOLDEN GATE BRIDGE

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**WHAT:** This is San Francisco's iconic and international (orange) landmark. Who doesn't have a soft spot for this beauty?

**GETTING THERE:**

- GOOGLE MAPS: Golden Gate Bridge Pavilion
- PUBLIC TRANSIT: 1 hr
- CAR: 9.5 miles = 30 min
- BIKE: 10.5 miles = 55 min

**TO DO:** Walk or bike across the 1.7 mile bridge. Grab coffee in the Plaza and watch the fog roll in. Learn about the design and engineering of the span in the Bridge Pavilion.



BAYVIEW Y FIRST FRIDAY WALKERS AT THE BRIDGE



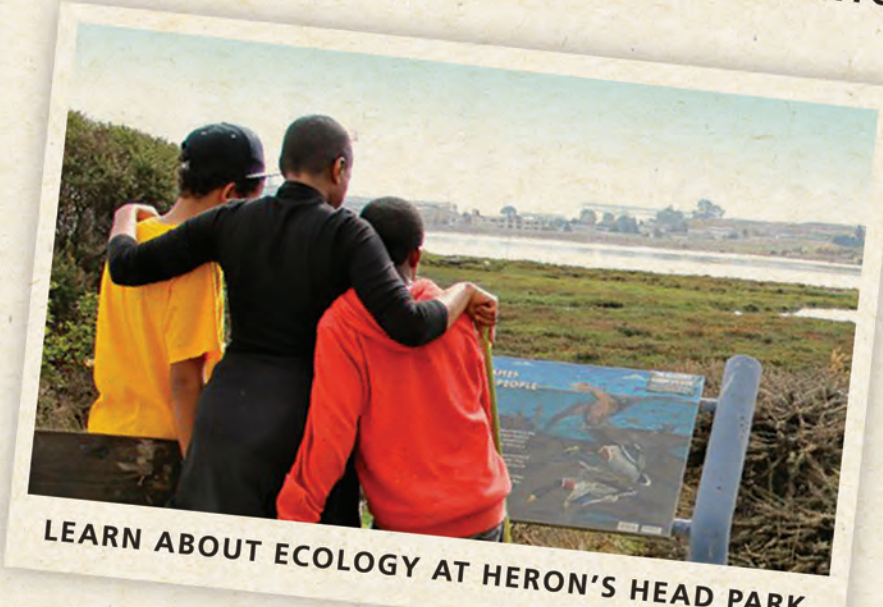
## HERON'S HEAD PARK

**WHAT:** Heron's Head Park encompasses 22 acres of open space thriving wildlife habitat. The wetland attracts more than 100 bird species a year and is a center for ecological education.

**GETTING THERE:**

- WALK: 1 mile = 25 min
- BIKE: 1.5 miles = 10 min

**TO DO:** Walk the trails and take in the fresh Bay air. Go birdwatching with *A Field Guide to 100 Birds of Heron's Head* (free online). Learn about living roofs, rainwater harvesting, and more at the EcoCenter.



LEARN ABOUT ECOLOGY AT HERON'S HEAD PARK

## THE SUNDIAL HILLTOP PARK

**WHAT:** Perched at the highest point of Bayview Hill, Hilltop Park is a neighborhood favorite with its 70-foot sundial and San Francisco's first skatepark.

**GETTING THERE:**

- WALK: 0.5 miles = 13 min
- BIKE: 0.5 miles = 5 min

**TO DO:** Enjoy a picnic with friends and family. Coast down a cement slide. Bring your skateboard and ride to your heart's content.



GET OUT AND PLAY AT HILLTOP PARK

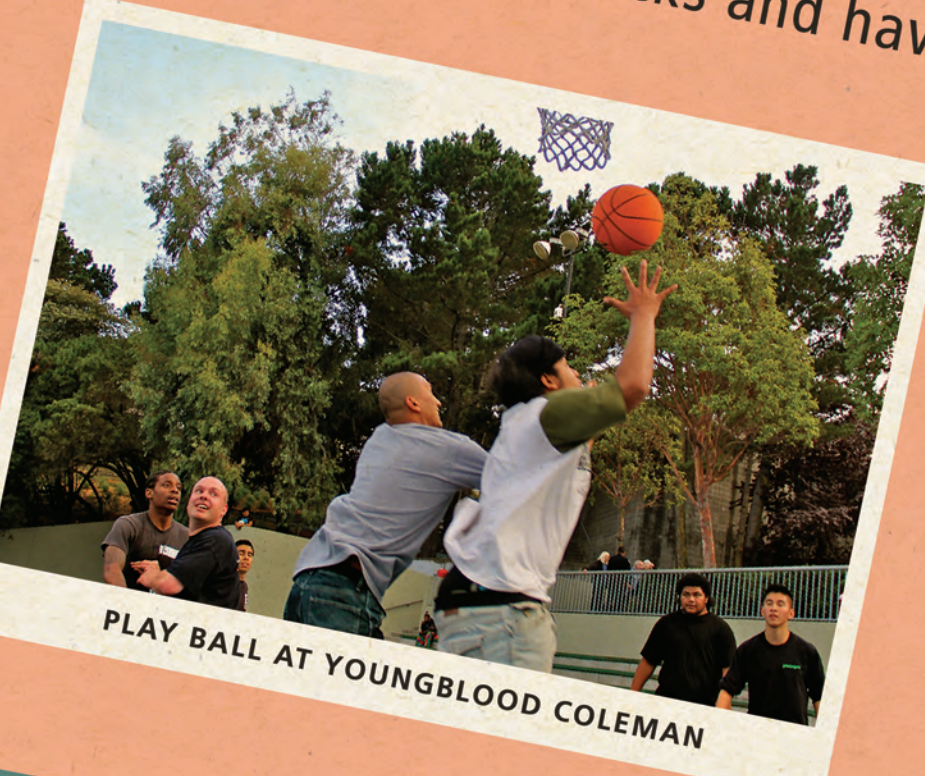
## YOUNGBLOOD COLEMAN PLAYGROUND

**WHAT:** Practice your lay-up, perfect your jump, or run around freestyle at this community park. There's a play area for little ones and programs at the community clubhouse too.

**GETTING THERE:**

- WALK: 0.7 miles = 15 min
- BIKE: 0.7 miles = 5 min

**TO DO:** Play soccer, softball, basketball, and tennis – the fields and courts are even lit up at night. Pack some snacks and have a picnic.



PLAY BALL AT YOUNGBLOOD COLEMAN

Photos courtesy of the Golden Gate National Parks Conservancy, Presidio Trust, and San Francisco Recreation and Parks Department.

Visit [parksconservancy.org/bayviewtrailhead](https://parksconservancy.org/bayviewtrailhead) for more information on these programs and opportunities.

GET INVOLVED

1. Volunteer in the parks! It's fun. It's healthy. It makes a difference. There are plenty of opportunities for individuals and groups – and it's easy to get started.
2. Join Healthy Parks, Healthy People for free, easy, and family-friendly nature walks.
3. Launch a career in the parks with an internship – there are opportunities in every field, from natural resources to maintenance to education.
4. Get trained as a CAP (Camping at the Presidio) leader and bring your community groups camping in the national parks.
5. Enroll your kids in a summer camp or youth program at the Crissy Field Center and YMCA. Scholarships are available!
6. Bring the s'mores, stories, and national park experience right to your neighborhood with the Parks Conservancy's Community Campfire Program.
7. Enjoy free exhibits, family programs, music, and lectures at San Francisco's most historic building, the Presidio Officers' Club.



Presidio Trust

