

Be Prepared

Whether you are going on a long backpack trip in the mountains or a day hike on the Ridge Trail, advanced preparation is important. Of course you will want to bring along something to eat and drink. Any time of year, but particularly in hot weather, be sure to carry plenty of water and remember to stop every 20-30 minutes to take a drink so you don't become dehydrated. A hat, sunscreen and sunglasses should also be on the list even in winter when the sun can still be strong. And don't forget to bring a map and a compass. Some groups require that every member carry a whistle - for emergencies only!

Preparation should also include planning for the hazards of the outdoors. These include poison oak, ticks and wild animals. The weather is usually good in summer but at other times of the year you may encounter rain, wind and cold. You may also encounter horses and cattle - try not to surprise or excite them. If you are on bikes everyone must wear a helmet. Someone in each group should have a simple first aid kit. A cellular phone is also a good idea for keeping in touch and handling emergencies. Road crossings can be dangerous and should be made in small groups, not individually.

Another hazard in the outdoors is getting lost. Since people hike at different speeds, it is difficult to keep a group together on the trail. It is a good idea to have an understanding that everyone will stop and wait for the rest of the group whenever they come to a trail junction or road crossing. The "buddy system", where two or more people stay together and keep an eye on each other, also helps prevent lost hikers. Finally, many units will have a "Tail-end-Charlie" who agrees to stay at the back of the group and catch any stragglers.



Trail Courtesy and Regulations

Remember to be courteous and considerate of others you meet on the trail and in camp. People go to the outdoors to get away from the noise and congestion so try not to bunch up on the trail and create a big commotion. We are fortunate to have so many beautiful natural areas around us - be sure to leave them the way you found them. Carry out all your waste plus any other litter you find. Take only pictures and leave only footprints.

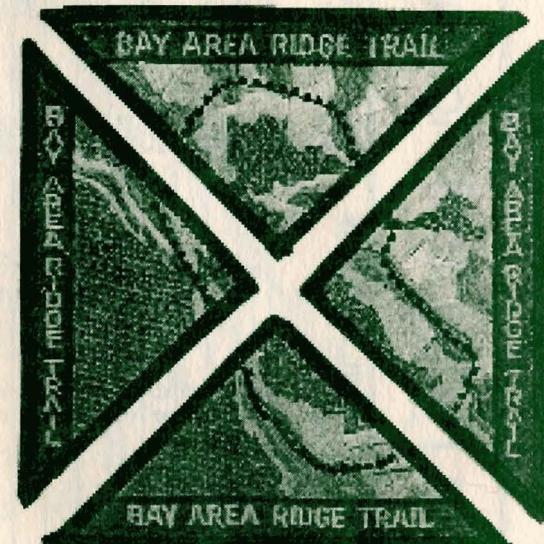
A word about rules and regulations. Scouts require a Trip/Tour Permit for any outing. This is important because it assures that you are covered by BSA insurance. Also each Scout should have a permission-to-treat slip signed by a parent who understands where the youth is going and when he/she is expected to return. Every Park and Open Space District has its own rules covering parking, trail use and camping. Familiarize yourself with these as part of your trip preparation.

The Boy Scout Handbook is an excellent source of information and guidance on many of the topics covered above. It goes into more detail on these items and should be consulted in planning a hike or campout. Also, the introductory section of *The Bay Area Ridge Trail* covers most of these points.

Information on the Ridge Trail

The most complete source of information on the trail is the book *The Bay Area Ridge Trail* by Jean Rusmore published in 1995 by Wilderness Press, 2440 Bancroft Way, Berkeley CA, 94704. It is sold in many book shops and outdoor equipment stores, but it can also be ordered directly from Wilderness Press. Call 800-443-7227 for details. There is a separate chapter on each section of the trail including a map and detailed description of the trail and its surroundings, including camping sites. Maps and descriptions of many of the individual sections of the trail can be purchased from the Bay Area Ridge Trail Council, 26 O'Farrell St., San Francisco, CA, 94108, telephone 415-391-9300. The Council can tell you how you can become a member if you want to support the efforts to close the gaps in the Ridge Trail.

Bay Area Ridge Trail



Santa Clara County
Council
Boy Scouts of America

- Hiking, Mountain Biking and Camping
- Ridgetop adventures around San Francisco Bay
- For school classes, Girl and Boy Scout groups, church youth groups and other youth organizations
- Satisfies Scouting requirements for advancement and merit badges

Bay Area Ridge Trail

Someday the Bay Area Ridge Trail will be a continuous public trail system for hikers, mountain bikers and horseback riders along the ridges circling San Francisco Bay. Today some 35 public trails totaling over 200 miles in length have been designated as part of this system and more sections are being added every year. These trails vary from short, easy walks along the bay and ocean to challenging hikes on some of the highest mountains in the Bay Area. Easy or difficult, all the hikes provide an opportunity to enjoy fabulous views while getting close to the natural world of the parks, watersheds and open space preserves we have in and around our communities.

The Bay Area Ridge Trail Patch

The Bay Area Ridge Trail patch was created by the High Adventure Team of the Santa Clara County Council of the Boy Scouts of America and comes in four segments representing four quadrants of the Bay Area. A segment is earned by hiking or biking a section of the Ridge Trail in each of the quadrants. Elementary school students, Brownies and Cub Scouts must hike/ride at least one mile and high/junior high students, Girl Scouts, and Boy Scouts at least two miles on the trail although most will probably want to explore much further. Alternately, a segment can be earned by performing trail maintenance or construction under supervision of the public land agency responsible for that part of the trail. Youths under 11 years old must work one hour and older youths two hours. An order form which can be completed for patch segments after they have been earned is included. Call the Boy Scout office at 408-280-5088 or the South Bay Scout Shop at 408-279-2086 for additional copies.

The accompanying table gives highlights about each of the sections of the Ridge Trail. It is divided into the four quadrants of the Bay Area that corre-

spond to the four parts of the Bay Area Ridge Trail patch. The table shows the approximate length of each trail section and indicates the difficulty level based on the steepness and length for that section.

Level 1 is the easiest and Level 3 is the most difficult. The table also indicates which sections are partially or totally open to mountain bikes. Additionally it shows where there are public camping facilities nearby the trail.

Completing a hike in each of the four quadrants earns you all four patches for the full 4"x4" Bay Area Ridge Trail "map"!

Planning An Outing on the Trail

In many parks and recreation areas, sections of the Ridge Trail are part of a much larger network of trails that can also be explored in a day's hike. Trail maps of the area where you will be hiking are usually available from the Park, Open Space or Water District where you will be hiking. Often it is possible to make a loop trip so that you come back on a different route instead of retracing your steps. If there is enough adult leadership, it can be fun to divide the Troop, Pack or school class in half, start on the loop in opposite directions and meet in the middle for lunch. Where there are trail heads at opposite ends of the route, cars can be left at both trailheads and keys or drivers exchanged at the meeting point.

Be sure to think about the weather in planning a hike or bike ride. Some trails are more enjoyable in the winter when the days are cooler and there is little chance of fog. Even the time of day can be important since some trails will be cold in the morning and others will be very hot in the afternoon.

There are overnight camping facilities near some of the sections of the Ridge Trail as shown on the accompanying table and described in the book. Many of these campgrounds accept reservations. Some are only open for groups and require advanced permission. Contact the particular Park or Open

Space District for more information. Remember that campgrounds in the Bay Area are very popular so get your reservation in early.

Taking a hike or a bike ride on any section of the Ridge Trail can be an enjoyable experience even without any particular purpose. But a day on the trail can be even more rewarding with some background preparation or goal in mind. For example, you may want to learn more of the history of the trail or the area it passes through. Native Americans inhabited the Bay Area for thousands of years before the first Europeans arrived. Many of the lands now open to the public around the Bay were once part of Mexican rancheros. Others were military posts with fortifications; still others were mining, quarrying and lumbering sites. Relics of these past activities can be found near most sections of the Ridge Trail.

Other possible themes for a trip on the Ridge Trail could be the local plant or animal life. Even some short sections of the trail pass through a variety of ecosystems and plant communities. Likewise a wide variety of geological characteristics typical of the Bay Area can be seen in some of the Ridge Trail sections. Jean Rusmore's book *The Bay Area Ridge Trail* provides a lot of information on these topics and also lists reference books that give more details.

In addition to earning segments of the Ridge Trail patch, trail outings can also be an opportunity to satisfy Scouting requirements for advancement or merit badges such as Hiking, Camping, Botany, or Geology. Trail construction or maintenance work could count for community service or opportunities for Gold Award or Eagle Scout projects.

Look inside for map and list of trails!

Prepared by Bill Long and Paul Wesling
Layout by Jaan Hitt at Wilderness Press
Patch design by Ken Hata and Paul Wesling,
produced by SCCC High Adventure Team





Summary of Bay Area Ridge Trail Routes

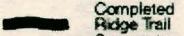
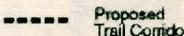
Trail Section	Length miles	Difficulty	Bikes	Camping	Page No.*
West Bay Quadrant					
Fort Funston to Stern Grove	3.2	1	yes		16
Stern Grove to the Presidio	7.0	2	yes		21
Presidio to Golden Gate Bridge	3.0	1			28
Golden Gate Bridge to Tennessee Valley	4.6	2	yes	yes	38
Tennessee Valley to Shoreline Highway	2.8	2	yes		46
Shoreline Highway to Pantoll	5.4	3	yes	yes	50
Pantoll to Bolinas-Fairfax Road	6.4	2	on road		55
Bolinas-Fairfax Road to Samuel P. Taylor State Park	12.8	3	yes	yes	61
Mount Burdell Open Space Preserve	2.6	2	yes	yes	67
North Bay Quadrant					
McNear Park to Petaluma Adobe	5.2	1	yes		73
Annadel State Park	8.5	3	yes	yes	78
Sugarloaf Ridge State Park	2.7	2	yes	yes	83
Skyline Wilderness Park	4.4	3	yes		88
Rockville Hills Community Park	3.0	2	yes		92
Vallejo-Benicia Buffer	4.9	1	yes		93
Vallejo-Benicia Waterfront	7.0	1	yes		103
East Bay Quadrant					
Carquinez Regional Shoreline to John Muir	3.0	1	yes		110
Sobrante Ridge Regional Preserve	2.0	1			---
Kennedy Grove to Tilden Regional Park	4.4	2	partial		116
Tilden to Redwood Regional Park	9.3	2	partial	yes	122
Redwood Regional Park/Anthony Chabot	8.3	3	yes	yes	128
Anthony Chabot Regional Park	6.1	2	partial	yes	135
East Bay MUD to Independent School	8.4	2			140
Mission Peak and Ed Levin County Park	9.7	3	yes		146
Coyote Creek Park (north) Yerba Buena Rd. to Metcalf Park	6.0	1	yes		155
Coyote Creek Park (south) Metcalf Park to Burnett Ave.	7.0	1	yes		---
South Bay Quadrant					
Santa Teresa County Park and Los Alamitos Creek Trail	6.2	2	yes		161
Sanborn-Skyline County Park and Castle State Park	6.0	1		yes	168
Saratoga Gap OSP to Skyline Ridge OSP	7.8	2	yes		173
Skyline Ridge OSP to Russian Ridge OSP	4.8	2			179
Windy Hill OSP	3.5	1		yes	184
Wunderlich County Park to Huddart	6.2	2			189
Purisma Creek Redwoods OSP	5.7	3	yes		193
Sweeney Ridge to Milagra Ridge	4.0	2			197
Mussel Rock to Fort Funston	4.7	1			204

Difficulty; 1=easiest, 3=most difficult

* Page numbers from *The Bay Area Ridge Trail* by Jean Rusmore



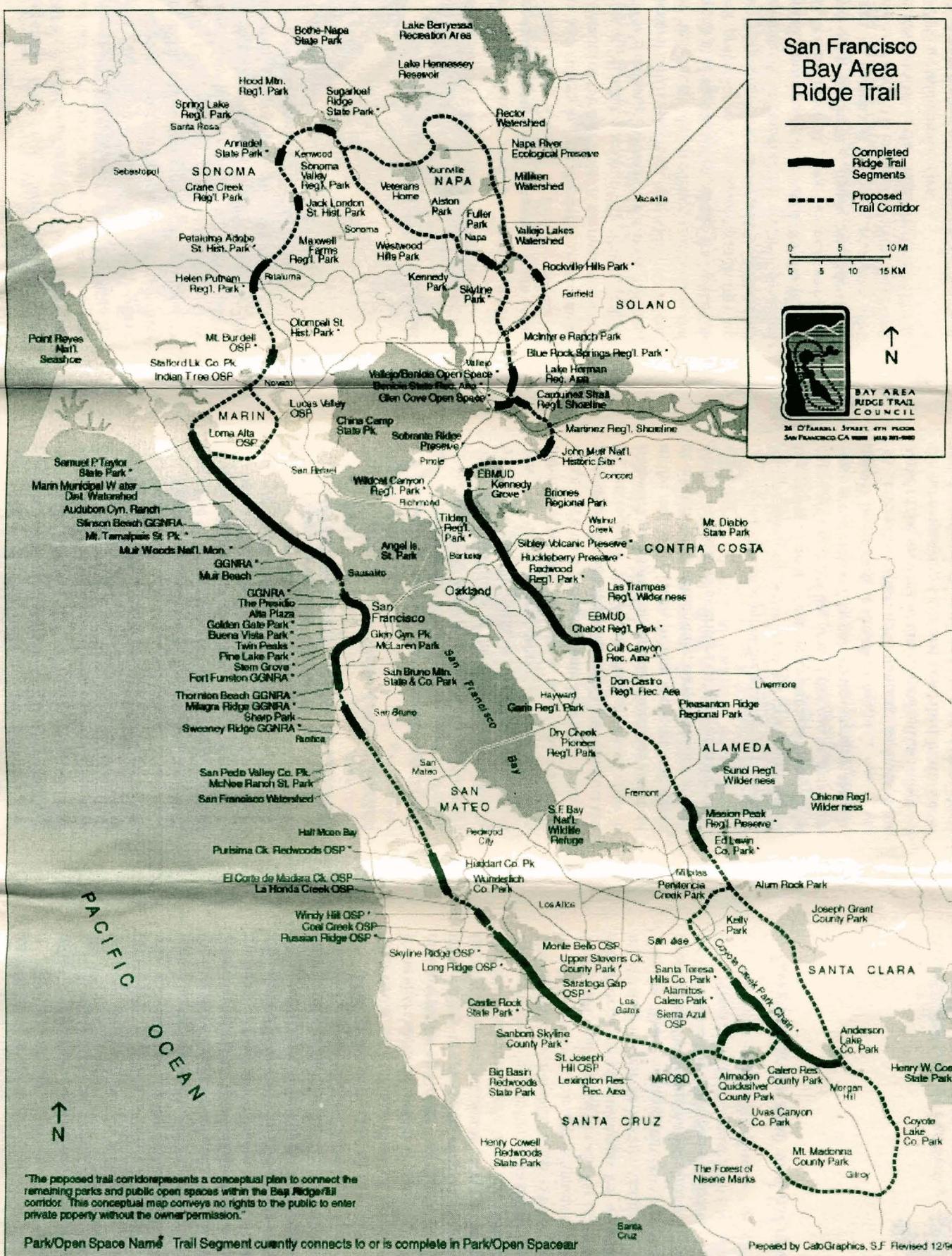
San Francisco Bay Area Ridge Trail

 Completed Ridge Trail Segments
 Proposed Trail Corridor

0 5 10 MI
0 5 10 KM



24 O'Farrell Street, 6th Floor
San Francisco, CA 94103 (415) 255-2880



Bay Area Ridge Trail Patch

Update – June 2005

This insert will summarize several changes which have taken place since 1997 when the Ridge Trail brochure and order form were originally printed.

1. A second edition of the guidebook *Bay Area Ridge Trail – Ridgetop Adventures Above San Francisco Bay* was published by Wilderness Press in 2002. The page numbers in the brochure refer to the first edition. The book is available in many bookstores and also can be ordered from the Bay Area Ridge Trail website (www.ridgetrail.org)
2. The new book describes the following trails which were added to the Ridge Trail after the publication of the first edition.

West Bay Quadrant

- Loma Alta Open Space Preserve (3.7 miles)
- Indian Tree to O'Hair Park (9.0 miles)

North Bay Quadrant

- Jack London State Park (11.7 miles)
- Hiddenbrooke Trail (5.0 miles)

East Bay Quadrant

- Five Canyons Regional Open Space (5.4 miles)
- Joseph Grant County Park (6.0 miles)
- Alum Rock Park/Boccardo Trail (3.1 miles)

South Bay Quadrant

- Mount Madonna County Park (3.1 Miles)

Several more trails have been added to the Bay Area Ridge Trail since 2002. They will be described in the next edition of the guide when it is published. The map on the Bay Area Ridge Trail's website shows the entire route of the Ridge Trail and the portions now open to the public.

3. The prices quoted in the order form are outdated. The individual segment patches now cost \$2.50 each. Please check with the South Bay Scout Shop at 408-279-2086 for shipping and handling charges.
4. The current address of the Bay Area Ridge Trail Council is:
1007 General Kennedy Ave., Suite 3
San Francisco, CA 94129-1405
Tel. 415-561-2595
Website: www.ridgetrail.org

The Ridge Trail Council welcomes members and donations to support its efforts to complete a continuous public trail on the ridges around San Francisco Bay

5. After you finish the Bay Area Ridge Trail patch program, you might want to check out hiking patches for other trails in the San Francisco Bay Area.

Rim of the Bay Patch (San Francisco Bay Area Council)
www.sfbac.org/forms/rimpatches2.pdf

Highlanders (Mt. Diablo Silverado Council)
www.bsa-mdsc.org/highlander.shtml

Bay Area Ridge Trail Natural Features

Natural Features



*The proposed trail corridor represents a conceptual plan to connect the remaining parks and public open spaces within the Bay Area Ridge Trail corridor. This conceptual map conveys no rights to the public to enter private property.