



## Mountain Biking

Explore a variety of diverse habitats and terrains with your bicycle at Point Reyes National Seashore! Enjoy bicycle trails through evergreen forests and coastal scrub, along estuaries and beach bluffs. Point Reyes permits biking on dirt surface emergency access/fire roads, paved roads, and a limited number of trails.

All visitor centers at Point Reyes offer park trail maps. These maps, available at no charge, indicate trails designated for bike travel, horseback riding, and hiking.

### Rules and Safe Practices

#### No Biking Permitted in Wilderness Areas

The Philip Burton Wilderness Area encompasses over 32,000 acres of land within the Seashore. Bicycles are not allowed in the wilderness area. Please do not ride or carry your bicycle in these areas. You will be cited if observed with a bicycle in wilderness areas.

#### Bicyclists Must Yield

Horseback riders have first priority on the trails. Hikers have second priority. Bicyclists must yield to both of these trail user groups. Be aware that many horses are easily spooked when approached from behind. Reduce your speed when approaching horses or hikers. Stop on the downhill side of the trail while horses pass.

#### Be Alert for Difficult Track Conditions

Open trails do not mean well-groomed trails. Loose dirt and gravel cover many of the trails. Such slick surfaces can create slide-out conditions. Loose dirt can also hide potholes. These riding surfaces challenge even the most experienced bikers. We recommend that you always wear a helmet, a long sleeved shirt, and long pants.

#### Come Prepared for Variable Weather

The weather at Point Reyes National Seashore can change dramatically year-round, both day-to-day as well as hour-to-hour. Coastal fog and ocean breezes can quickly cool your body, even during strenuous rides. Bring extra layers of clothing for rest stops, or when traveling west from warmer inland valleys over Inverness Ridge to the coastline. Temperatures may vary up to 30 degrees from one side of the ridge to the other.

#### Always Carry Water

It may come in handy for washing off unexpected abrasions. Water faucets are available at the four backcountry campgrounds, if you need a refill. Although the water is usually already treated, be prepared to treat the water if the water treatment system has failed.

#### Travel at a Safe Speed

The speed limit on all trails, even downhill, is 15 mph. Be courteous. If trails are dry and dusty, slow down even more so that you do not leave hikers in a cloud of dust.

**Make mountain bike riding a positive experience for you and everyone you meet.**



## Suggested Rides

### Bear Valley Trail

**Difficulty:** Easy

**Round-trip Distance:** 6.4 mi./10.2 km

**Terrain:** This is a wide, dirt fire road with minor elevation change. The trail meanders along a lush creekside corridor through mixed evergreen forest, which provides some protection from wind and sun.

**Highlights and Tips:** Bikes are not permitted beyond the Glen Trail junction, at which there are bike racks for locking your bike. For ocean views, continue on foot another 0.8 miles to the Coast Trail.

### Coast Trail

**Difficulty:** Easy

**Round-trip Distance:** 5.6 mi./9 km

**Terrain:** This ride follows a level dirt road through intermittent shade from a canopy of red alders, then out into the open as the trail parallels beach bluffs.

**Highlights and Tips:** Great ocean views, but can be exposed to sand and wind. Bring sunscreen and a windbreaker. Access the beach at Coast Camp.

### Cross Marin Trail

**Difficulty:** Easy

**Round-trip Distance:** 7 mi./11.3 km

**Terrain:** This level paved trail follows the route of the North Pacific Coast Railroad. It meanders along Lagunitas Creek through a beautiful mixed forest of Douglas fir, redwoods, oaks, and alders.

**Highlights and Tips:** Good ride for families with small children due to the wide and level nature of the trail. Nice spring flowers and shade on a warm day. Pick up the trail at the junction of Platform Bridge Road and Sir Francis Drake Blvd. The trail takes you into Samuel P. Taylor State Park. Turn around at Camp Taylor for a 7 mile round-trip ride.

### Estero Trail to Sunset Beach

**Difficulty:** Moderate

**Round-trip Distance:** 8.0 mi./12.8 km

### Estero Trail to Drakes Head

**Difficulty:** Moderate

**Round-trip Distance:** 9.5 mi./15.2 km

**Terrain:** The Estero Trail starts out with a wide path, but later narrows to become single track in places. The route is relatively flat or rolling hills, although there are a few steep inclines. Expect lots of potholes and encounters with cattle.

**Highlights and Tips:** This trail offers sweeping views of Drakes Estero. Due to crisscrossing cattle tracks, one may lose the trail. Barbed wire fences with gates intersect the Estero Trail in numerous places. Leave gates as you find them. Exposed to sun and wind.

### Inverness Ridge Trail

**Difficulty:** Difficult

**Round-trip Distance:** 5.6 mi./9 km

**Terrain:** This trail follows the crest of Inverness Ridge between the Bayview Trailhead and Point

Reyes Hill. The northern section of the trail is single track, with ruts and very steep terrain in places.

**Highlights and Tips:** Great views looking out over the Point Reyes peninsula.

### Stewart Trail from Five Brooks to Wildcat Camp

**Difficulty:** Difficult

**Round-trip Distance:** 11.4 mi./18.2 km

**Terrain:** A strenuous and steady uphill climb on a dirt fire road. Approximately 1200 ft. elevation gain, then loss, each way.

**Highlights and Tips:** A rigorous climb through old growth Douglas fir forest. Coastal views along the final mile before Wildcat Camp and Beach. Guided horseback rides originate from Five Brooks Stables. Expect heavy horse use on weekends.

### Bolinas Ridge Loop (Bolinas Trail to Randall Trail to Highway 1 to Sir Francis Drake Blvd.)

**Difficulty:** Difficult

**Round-trip Distance:** 14.9 mi./24.8 km (7.9 mi./13.2 km off road, 7.0 mi./11.7 km on road)

**Terrain:** Begin at Bolinas Ridge Trailhead on Sir Francis Drake Blvd. (SFDB). Climb along Bolinas Ridge to Randall Trail. Turn right & descend to Hwy 1. Return to the trailhead via Hwy 1 and SFDB.

**Highlights and Tips:** Ride through cattle pastures with views of Tomales Bay before passing through some lush forests and a grove of redwoods. Road shoulders are narrow or absent along SFDB and Highway 1, and vehicular traffic can be heavy.

### Olema Valley Trail/Highway 1 Loop

**Difficulty:** Difficult

**Round-trip Distance:** 11.4 mi./18.2 km

**Terrain:** Start at the Five Brooks Trailhead or at the McCurdy Trailhead near Dogtown. Much of the route is single track, with ruts and steep terrain in places. There are also multiple stream crossings required.

**Highlights and Tips:** This route follows the Olema Valley through forest and meadows. Road shoulders are narrow or absent along Highway 1, and vehicular traffic can be heavy.

### Olema Valley-Randall-Bolinas Ridge-McCurdy

**Difficulty:** Difficult

**Round-trip Distance:** 8.6 mi./13.8 km

**Terrain:** Start at the Randall Trailhead along Highway 1 or at the McCurdy Trailhead near Dogtown. The loop is a mix of fire road and single track, with ruts and steep terrain in places. There are multiple stream crossings required along the Olema Valley Trail. The McCurdy Trail is very steep and rocky and is heavily overgrown with manzanita. Be careful.

**Highlights and Tips:** Views to the south toward Bolinas Lagoon and Bay from the McCurdy Trail.

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