



Car-less Ways to Muir Woods

Muir Woods Shuttle

In the summer on weekends and holidays the Muir Woods shuttle picks up at three spots near the Golden Gate Bridge and takes you directly to the park! \$3 a person, for details, visit www.marintransit.org

Hike

Ride the West Marin Stage Route # 61 at your chosen stop near a hiking trail, and arrive at the woods after a brisk walk. Find Stagecoach stops at www.marintransit.org/stage.html.

Want some suggestions?

►Take the Stage to Stinson Beach, then hike 11 miles round-trip to Muir Woods via the famous Dipsea Trail. See gorgeous ocean views and giant redwoods.

►From the Four Corners stop, you can descend one mile down the Dipsea Trail to the entrance of the Woods. More great views, and a short hike in. Just remember to plan on the hike back up at the end of your visit.

►From the Pantoll Ranger Station, you can hike 2.1 miles along the Staplevaldt/Ben Johnson trails or 2.7 mi along the TCC/Bootjack trails and enter the Woods from the back. Return trip to your car on the other trail, making a 4.8 mile round trip.



Do your part to protect our nation's resources by visiting Muir Woods without a car.

►Take the Dipsea Trail from Mill Valley and hike 1.5 miles over Panoramic Ridge into the woods, and another 1.5 mile hike back out. Experience the famous Dipsea stairs!

►From the top of Dias Ridge, take the fire road to Miwok Trail, then Redwood Creek trail. See gorgeous ridgetop and creekside sights! A roundtrip of about 4 miles.

Getting public transportation from San Francisco can be figured out by visiting www.511.org and clicking on the 'Public Transit Trip Planner' link.

Get creative! Look at a map of trails at and plan your own trip. For a free map, visit www.nps.gov/muwo/planyourvisit/things2do.htm. Cross-reference it with West Marin Stage route stops if you plan to take public transportation.

Mountain Bike

Starting at Pantoll or the Bay Area Ridge Trail, continue down Deer Park Fire Road, take a left on Muir Woods Road and arrive to the park.

Road biking is not encouraged as the roads are very busy, very windy and hilly, include no bike lanes or shoulders and are crowded with drivers.

While bikes are not allowed inside Muir Woods, you may leave it at a bike rack near the Visitor Center.



Car-less Ways to Nearby Park Sites

To Muir Beach:

Mountain Biking

From Tennessee Valley, take the Valley trail to the Coastal Trail and Coastal Fire Road, about four miles total

Take the Coastal Trail down Highway 1, then turn left at Pacific Way

Hike

Dias Ridge Fire Road to Pacific Way- a total of about 2.5 mi from Panoramic Highway

From Tennessee Valley, take Tennessee Valley trail to Fox Trail and the Coastal Fire Road, 2.9 miles total.

On weekends, take the Muir Woods shuttle in the morning, hike along Redwood Creek Trail, follow highway 1 straight a short ways, and go right on Pacific Way for a total of about 3 miles. Have an afternoon picnic, and hike back to the redwoods and shuttle stop.

To Stinson Beach:

Public Transit

Via the West Marin Stage

Hike

From Pantoll down the Bay Area Ridge Trail and Matt Davis Trail, a total of 5 miles.

To Marin Headlands:

Mountain Bike

Starting at Tennessee Valley, take Old Springs to Miwok trail, a total of 3.2 mi, or take Marincello to Bobcat to Miwok trail, a total of 4.6 miles. See great views to both the bay and the ocean. End at Rodeo Lagoon.

Public Transit

GGT busses (4, 70, 80) stop along Spencer Avenue

Muni 76 to trails on Sundays
www.511.org

Hiking

Take a 5.6 mile day hike each way from Muir Beach along the Coastal Trail to Ft. Cronkhite.

From Spencer Ave, take the Morning Sun Trail to Rodeo Valley Trail to Bunker Road, a total of 2.5 miles. Or take Morning Sun Trail to Rodeo Lagoon via Alta/ Bobcat/ Miwok trails, 3.3 miles.

Walking

From San Francisco, walk the 1.7 miles across the famous Golden Gate Bridge and walk down to Fort Baker on your right or Battery Spencer and the Marin Headlands on your left.

Links

www.transitandtrails.org

www.walkbikemarin.org

www.511.org

www.nps.gov/muwo



National Park Service
U.S. Department of the Interior

Muir Woods National Monument

1 Muir Woods Road
Mill Valley, CA 94941

Phone

415-388-2596

The National Park Service cares for the special places saved by the American people so that all may experience our heritage.