

Muir Woods Day Hikes

National Park Service
U.S. Department of the Interior



Golden Gate
National Recreation Area

- All hikes' distance and direction assume **leaving from the Muir Woods Visitor Center** unless otherwise noted. Please check at the visitor center for current trail conditions.
- The following directions are minimal and **should not be attempted without a map**. Extensive trail maps are available for purchase at the visitor center. The time given for each hike is average. Adequate water, sunscreen, proper attire, and a plan are advised.
- **Please stay on the trails.**

Hike	Round-trip Distance	Time/ Difficulty Level	Description
Main Trail: Bridge 2 and back	0.5 mi/ 0.8 km	+/- 0.5 hour Easy	Muir Woods' main trail begins at the National Parks Visitor center and follows Redwood Creek on both sides of the stream. Enjoy views of old growth redwood forest from a stroller and wheelchair accessible boardwalk.
Main Trail: Bridge 3 and back	1 mi/ 1.6 km	+/- 1 hour Easy	Muir Woods' main trail begins at the National Parks Visitor center and follows Redwood Creek on both sides of the stream. Enjoy views of old growth redwood forest from a stroller and wheelchair accessible boardwalk.
Main Trail: Bridge 4 and back on Hillside Trail	2mi/ 3.2 km Elevation Gain: 90 ft/ 27 m	+/- 2 hours Easy	Muir Woods' main trail begins at the National Parks Visitor center and follows Redwood Creek. Continue past Cathedral Grove for 0.5 mi/ 0.8 km to Bridge 4. Cross the bridge and walk uphill, then turn left on the Hillside Trail. This dirt path will return you to Bridge 2 and offers a different view of the forest.
Canopy View to Lost Creek to Fern Creek Loop	3 mi/ 4.8 km Elevation Gain: 530 ft/ 161 m	+/- 2 hours Moderate	A gradual uphill hike takes you into the quiet, peaceful forest on the Canopy View Trail. Shortly after entering the woods, look for the Canopy View Trailhead located just after Founder's Grove. After climbing approximately 1.3 mi/2 km you will be at almost 1000 ft/ 300 m in elevation; take the Lost Trail turnoff on the left and descend through deep forests of Douglas-fir into the redwoods. The Lost Trail ends at the Fern Creek trail; turn left and follow Fern Creek Trail back to Muir Woods' main trail.
Fern Creek to Camp Alice Eastwood Loop	3 mi/ 4.8 km Elevation Gain: 340 ft/ 103 m	+/- 2 hours Moderate	For a hike along lush Fern Creek through a redwood canyon, look for the trailhead sign 0.25 mi/ 0.4 km past Cathedral Grove. After following the creek for 0.5 mi/ 0.8 km, take a left over the bridge to begin climbing uphill towards Camp Alice Eastwood (named after a prominent Bay Area botanist), where you'll find water, restrooms, and picnic tables. The Plevin Cut Trail, originally part of an early 1900's rail line, will lead you back to Muir Woods' main trail via Camp Eastwood Trail.

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Hike	Round-trip Distance	Time/ Difficulty Level	Description
Ben Johnson, Return Via Dipsea Loop	4 mi/ 6.4 km Elevation Gain: 925 ft/ 282 m	+/- 3 hours Moderate/ strenuous	Want to take a walk through the redwoods and then climb to a view of Mt. Tamalpais, the Pacific Ocean, and San Francisco? From the Main Trail, cross Bridge 4 and continue uphill to the Ben Johnson Trail. Climb steeply up the canyon through redwoods and turn left at the first junction, following signs for Muir Woods. Cross the Deer Park Fire Road and turn left on the Dipsea Trail, heading back to Muir Woods by passing through grass lands and scenic viewpoints. Your time on the Dipsea Trail will end with a stroll over the Redwood Creek Footbridge. Check with the Visitor Center for bridge conditions; it is closed for Coho Salmon spawning season.
Canopy View to Redwood to Sun Trail to Dipsea Loop	5 mi/ 8 km Elevation Gain: 780 ft/ 238 m	+/- 3 hours Moderate	Turn off Muir Woods' main trail onto the Canopy View Trail and climb uphill for 1.5 mi/ 2.4 km, then turn right where it intersects Panoramic Trail, parallel to the Panoramic Highway. After a short distance, turn right onto the Redwood Trail, a mostly level path that curves in and out of drainages. After 0.7 mi/ 1.1 km on the Redwood Trail, you'll reach the Tourist Club, a members only establishment. The Redwood Trail ends and becomes the Sun Trail, continuing for 0.7 mi/ 1.1 km. At the Dipsea Trail, turn right, cross Muir Woods Road, and continue on the roadside trail to Muir Woods.
Muir Woods to Muir Beach and back	6 mi/ 9.7 km Elevation Gain: 150 ft/ 46 m	+/- 4 hours Easy	From the Visitor Center, walk back past both Muir Woods parking lots and carefully alongside Muir Woods Road. In 0.5 mi/ 0.8 km, the trail begins on the left (east) side of the road. Follow until you reach the intersection of Hwy 1 and Muir Woods Road. Continue straight (south) for about 0.25 mi/ 0.4 km, then turn right onto Pacific Way (the road to Muir Beach). Caution: Poison oak and ticks are common on this trail.
Stinson Beach via Dipsea Trail and back	10 mi/ 16.1 km Elevation Gain: 1240 ft/ 378 m	+/- 7 hours Strenuous	For an all day hike, descend the staircase to Redwood Creek in the second parking lot. Check with the Visitor Center for bridge conditions; it is closed for Coho Salmon spawning season. Climb uphill for 2.2 mi/ 3.5 km, crossing and paralleling the Deer Park Fire Road out of the redwood forest and through exposed grasslands. Follow your map and signs to the Stinson Beach. Turn around and take in the views once more, on your way back.