

Fall 2020

MS1 In Person Activities Program



Stanyan Trailhead entrance.



Mt. Sutro Hike

This is a moderate hike right behind Parnassus.

Trail Map & Brochure

Where: Meet at the Stanyan Trailhead on Stanyan St near intersection of 17th St. Look for the trailhead sign that says "Interior Greenbelt" between residential houses (see picture on left)

Suggested hike route:

- From the trailhead, take the stairs to get onto the Historic Trail.
- If you want a shorter hike, cut over to the North Ridge Trail to get to Mt. Sutro summit.
- For a longer hike, stay on Historic Trail as it circles around the summit then take the South Ridge trail to the summit.
- Take the East Ridge Trail to Fairy Gates back to the Trailhead.

Reminders:

- Wear your mask at all times
- Stay at least 6 feet from each other and others
- Wear comfortable walking shoes and bring water

SF Botanical Garden

The Garden offers 55 acres of both landscaped and open spaces in Golden Gate Park.

Brochure with map

Where: Meet at the Main Entrance

How:

- Go to the Botanical Garden website and "purchase" your free ticket.
- Note that tickets are free for SF residents. You will need to bring with you and show proof of residency such as one of the following:
 - ➡ California driver license or ID showing your SF address
 - ➡ A recent utility bill, lease, or other official documentation with your SF address and a photo ID. Digital proof on your smart phone (i.e. photo of your ID, screenshot of your utility bill) is acceptable.

Reminders:

- Wear your mask at all times
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- Wear comfortable shoes and bring water





Lands End Hike

This is an easy hike on a mostly paved path.

Where: Meet in front of the Lands End Lookout Visitor Center located by the Lands End Parking Lot (see [brochure with map](#))

Suggested hike route:

- From the Lands End Parking Lot, walk to the Sutro Bath Ruins and explore.
- Find the Tunnel Entrance. Go in....cool.
- Take a trail that leads you back to the paved walkway above. This is the blue trail on the map, the Coastal Trail.
- Follow the Coastal Trail northeast along the coast and enjoy the scenery. Take lots of pictures!
- You should totally take the Mile Rock Lookout Trail to Lands End Point. Look for the Labyrinth. And the Bridge view!
- Head back to the Coastal Trail. Feel free to continue as far as the group wants or turn around at this point and head back.

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Lovers Lane & Yoda Fountain Hike

An easy hike on a mostly paved path in the Presidio. Also, Yoda!

Where: Meet at the Presidio Gate (white block with red shield that says Presidio of San Francisco) near the corner of Presidio and Pacific (see [brochure with map](#))

How:

- From the Presidio Gate, follow the walking path into the Presidio. This is the Lovers' Lane Trail.
- Not far from the entrance, keep an eye out on your right for the Wood Line. You should walk through that!
- Continue on Lovers' Lane until it ends at Presidio Blvd.
- Make a right and follow the path as you wind your way towards the Yoda Statue (really, a fountain).
- From the Yoda Fountain, you can wind your way back to Lovers Lane and head home, or go to the Palace of Fine Arts to see more sights (and get fab instagram pics).

Reminders:

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Ferry Building Farmer's Market

Market offering fresh produce and prepared foods on Tuesday, Thursday, and Saturday mornings.

Where: Meet at the [Vaillancourt Fountain](#) across the street from the Ferry Building

How: Bring a basket or shopping bags, cash and credit card, and your walking shoes.

Reminders:

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- Wear comfortable walking shoes and bring water



Crissy Field Walk

This is an easy walk on a mostly paved path.

Where: Meet in front of the Crissy Field Center (see [brochure with map](#))

How:

- From the Crissy Field Center, walk east towards the Yacht Club and harbor to the end of strip. You're visiting the Wave Organ. If it's around high tide, you can hear the organ!
- Head back towards the Center and walk past it onto the Golden Gate Promenade. Have your phones ready and take copious pictures of the Golden Gate Bridge.
- Crissy Field is just a big grassy area and you can walk a loop around the field. Or, you can also head west and over the Golden Gate Bridge. Or, if you loop back towards Crissy Field Center, it's not too far to walk to the Palace of Fine Arts (and more instagrammable pics).

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SF Chinatown Walking Tour

Self-guided walking of San Francisco's historic Chinatown.

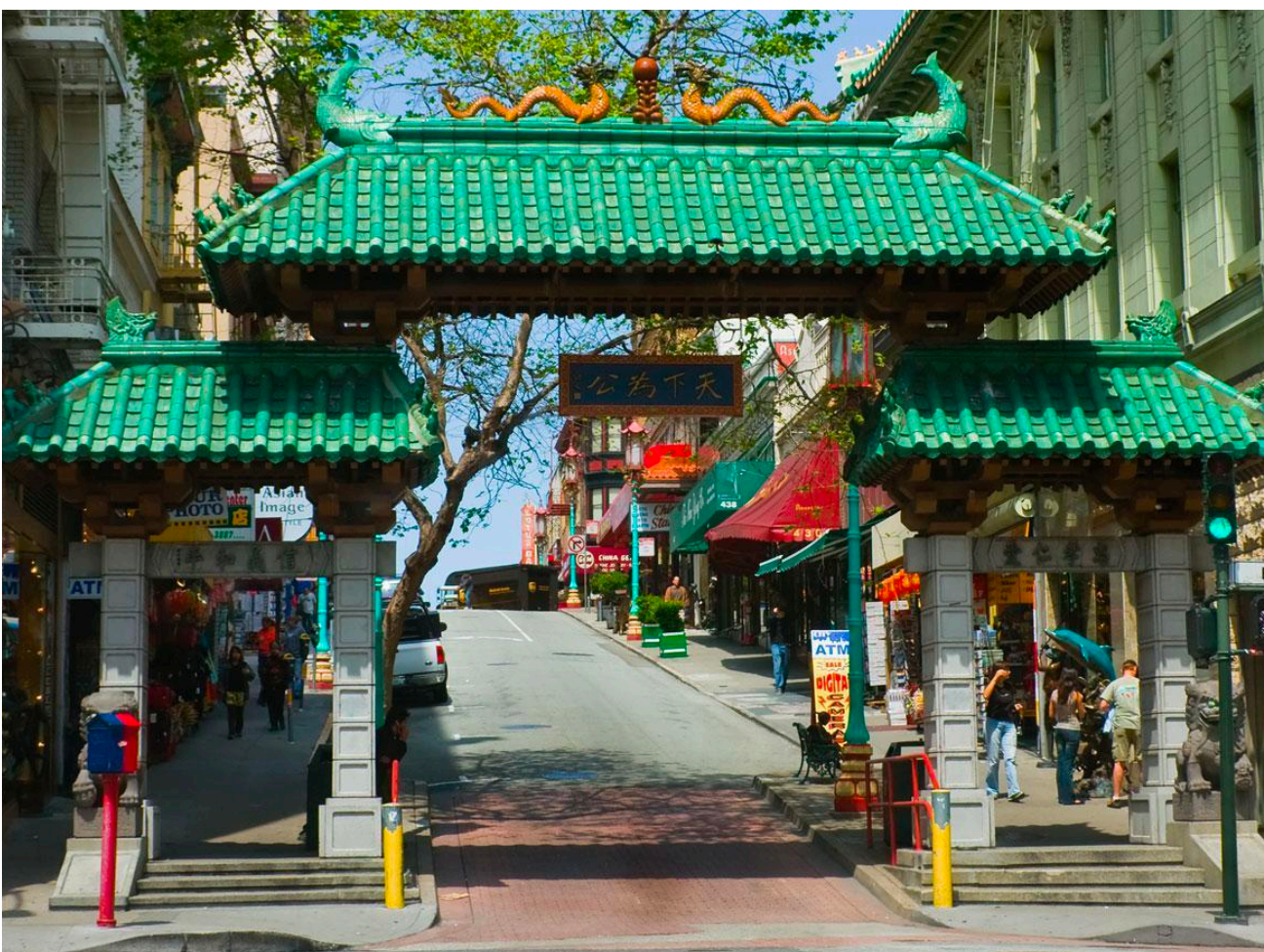
Where: Meet at [Dragon's Gate](#) (corner of Bush and Grant)

How:

- Review this [brief history of Chinatown](#) to give you some context for your visit.
- This [walking tour of Chinatown](#) mixes some touristy bits and some historical sites.
- And this [architecture sheet](#) gives you some info on the buildings you'll see on your tour.

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Twin Peaks Hike

This is an easy walk on a mostly paved path.

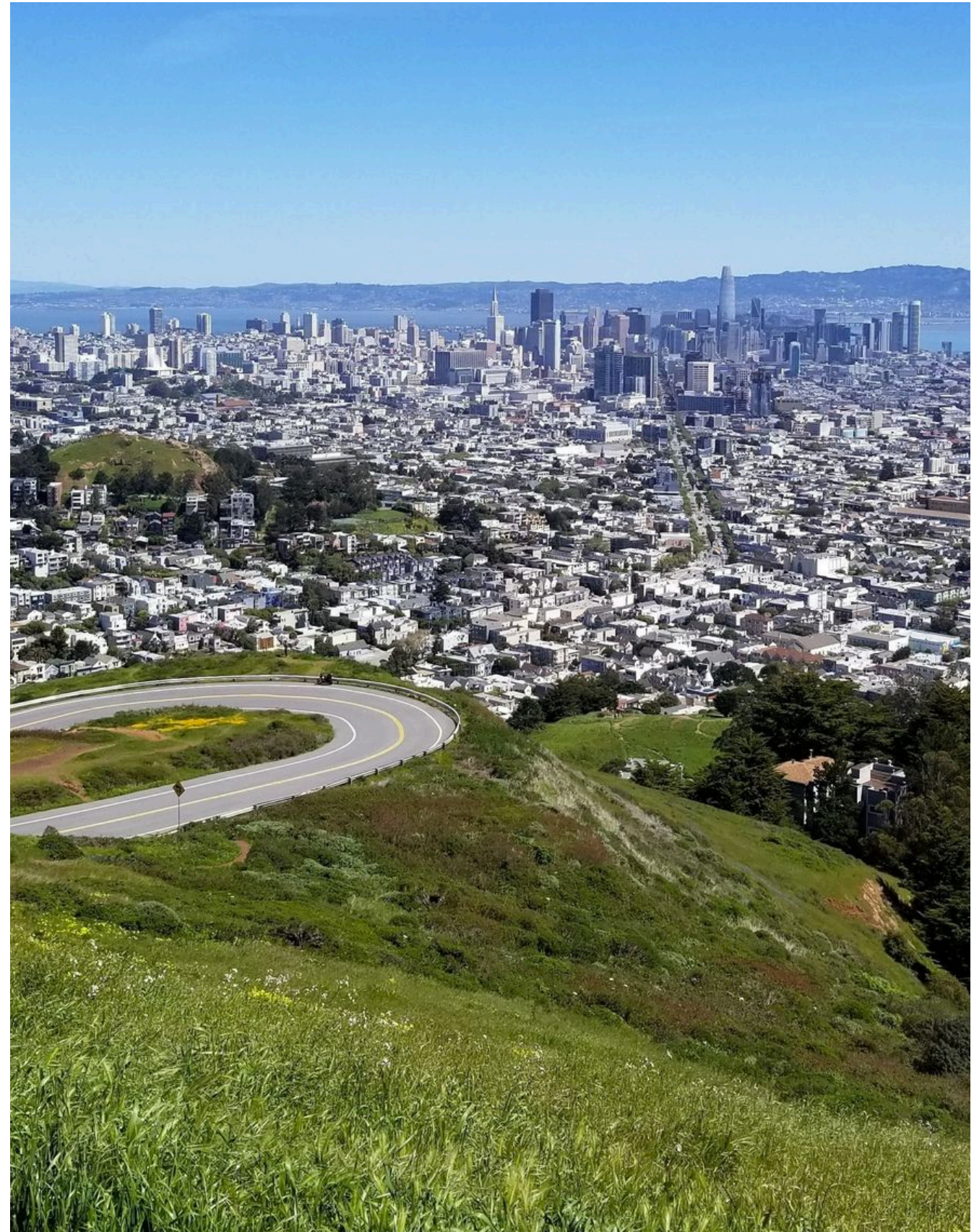
Where: Meet at 1 Clarendon Ave. (Intersection of Clarendon Ave and Twin Peaks Blvd - see [trail map](#) for details)

How:

- This is a there and back hike.
- From 1 Clarendon Ave. walk up Twin Peaks Blvd and begin to take in the views of the city to the left.
- Follow Twin Peaks Blvd. past the houses and onto the main peak ascent. Things will look significantly different than the neighborhood you walked through.
- When you come to an intersection in the road, you will see a set of stairs that lead to the peak.
- Hike the stairs and take in the panoramic views of the city.
- Return the same way you came.

Reminders:

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- Wear comfortable shoes and bring water





Free Admissions to SF Museums

Admissions to many SF museums are free for CalFresh recipients or SF/Bay Area residents.

Admissions to many other SF museums are free or reduced for CalFresh recipients. More information and a list of participating museums can be found at the [San Francisco Museums for All webpage](#).

Many museums offer free/reduced admission to SF or Bay Area residents on certain days. Check out each museum's webpage for details!

Note that some venues are not open due to COVID restrictions.

And, as always, remember to wear your mask at all times and maintain 6ft distance between yourself and others.

More Hikes in SF

Liked the hikes you took and looking for more?

The [AllTrails website](#) has a great listing of hikes and trails in SF. You can also do a search for trails in the East Bay and all over the Bay Area. Get out there and have fun!

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