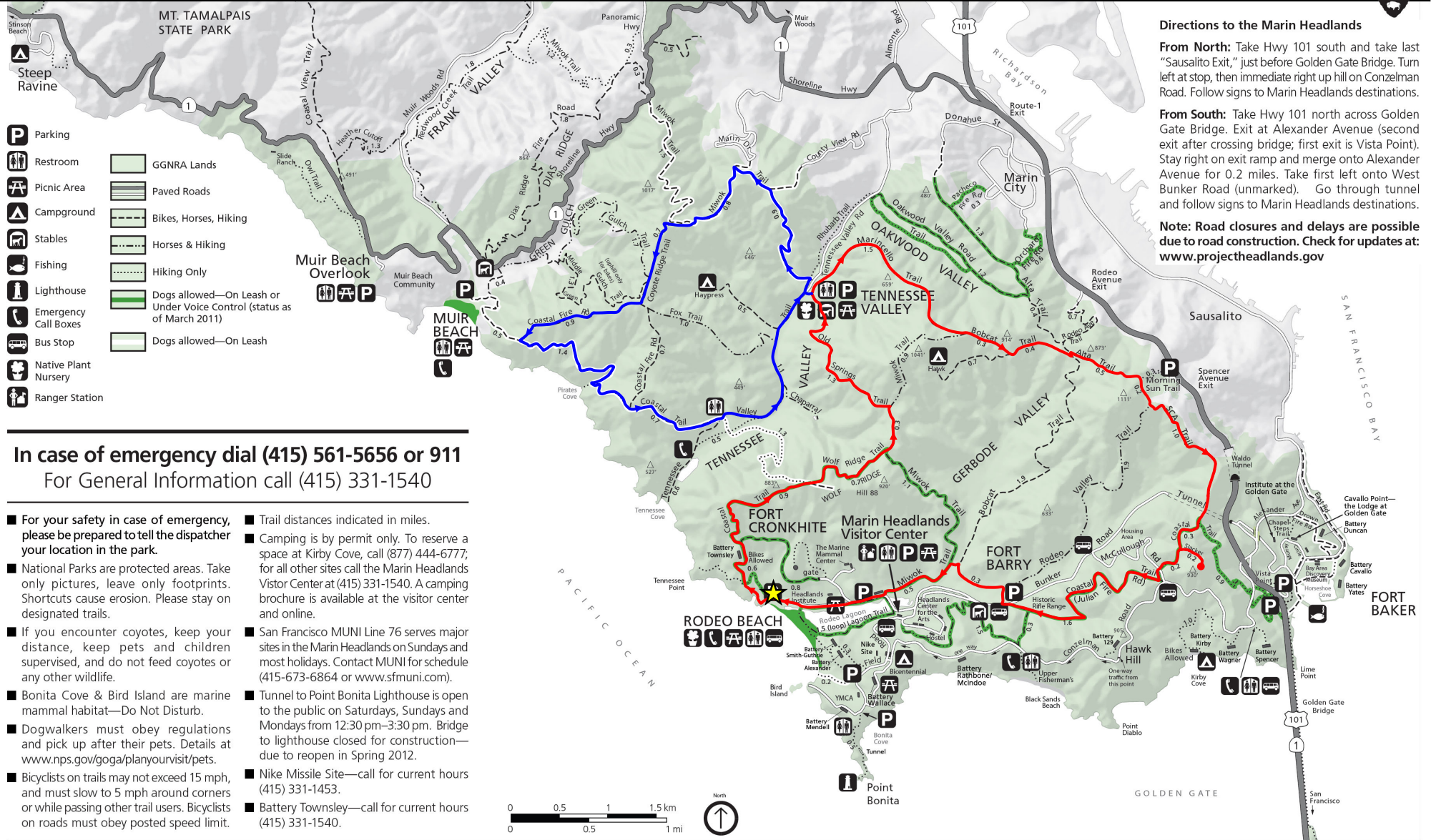


# Marin Headlands

National Park Service  
U.S. Department of the Interior  
Golden Gate National Recreation Area



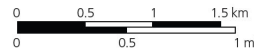
**Directions to the Marin Headlands**  
**From North:** Take Hwy 101 south and take last "Sausalito Exit," just before Golden Gate Bridge. Turn left at stop, then immediate right up hill on Conzelman Road. Follow signs to Marin Headlands destinations.  
**From South:** Take Hwy 101 north across Golden Gate Bridge. Exit at Alexander Avenue (second exit after crossing bridge; first exit is Vista Point). Stay right on exit ramp and merge onto Alexander Avenue for 0.2 miles. Take first left onto West Bunker Road (unmarked). Go through tunnel and follow signs to Marin Headlands destinations.

**Note: Road closures and delays are possible due to road construction. Check for updates at: [www.projectheadlands.gov](http://www.projectheadlands.gov)**

- Parking
- Restroom
- Picnic Area
- Campground
- Stables
- Fishing
- Lighthouse
- Emergency Call Boxes
- Bus Stop
- Native Plant Nursery
- Ranger Station
- GGNRA Lands
- Paved Roads
- Bikes, Horses, Hiking
- Horses & Hiking
- Hiking Only
- Dogs allowed—On Leash or Under Voice Control (status as of March 2011)
- Dogs allowed—On Leash

**In case of emergency dial (415) 561-5656 or 911**  
For General Information call (415) 331-1540

- For your safety in case of emergency, please be prepared to tell the dispatcher your location in the park.
- National Parks are protected areas. Take only pictures, leave only footprints. Shortcuts cause erosion. Please stay on designated trails.
- If you encounter coyotes, keep your distance, keep pets and children supervised, and do not feed coyotes or any other wildlife.
- Bonita Cove & Bird Island are marine mammal habitat—Do Not Disturb.
- Dogwalkers must obey regulations and pick up after their pets. Details at [www.nps.gov/goga/playourvisit/pets](http://www.nps.gov/goga/playourvisit/pets).
- Bicyclists on trails may not exceed 15 mph, and must slow to 5 mph around corners or while passing other trail users. Bicyclists on roads must obey posted speed limit.
- Trail distances indicated in miles.
- Camping is by permit only. To reserve a space at Kirby Cove, call (877) 444-6777; for all other sites call the Marin Headlands Visitor Center at (415) 331-1540. A camping brochure is available at the visitor center and online.
- San Francisco MUNI Line 76 serves major sites in the Marin Headlands on Sundays and most holidays. Contact MUNI for schedule (415-673-6864 or [www.sfmuni.com](http://www.sfmuni.com)).
- Tunnel to Point Bonita Lighthouse is open to the public on Saturdays, Sundays and Mondays from 12:30 pm–3:30 pm. Bridge to lighthouse closed for construction—due to reopen in Spring 2012.
- Nike Missile Site—call for current hours (415) 331-1453.
- Battery Townsley—call for current hours (415) 331-1540.



EXPERIENCE YOUR AMERICA™

**Start/Finish**

**Favorite Run #1: Tennessee Valley Loop (12.4 mi, ~2200')**

**Favorite Run #2: Pirates Cove Figure-8 (19.3 mi, 3400')**  
**(Red to Tennessee Valley, then Blue Loop, then finish on Red)**

