



# LAKE MERCED MEASURED MILE

## BAY AREA RIDGE TRAIL



### MOBILE TRAIL INFORMATION

[Sfrecandpark.org](http://Sfrecandpark.org)

#LAKEMERCEDMEASUREDMI

415-831-2700

SCAN QR CODE FOR MORE INFO:



[Sfrecandpark.blogspot.com](http://Sfrecandpark.blogspot.com)

facebook.com/Sfrecpark

**1 The Lake Merced Measured Mile** is a section of the Bay Area Ridge Trail which extends 2.2 miles along the western shore of Lake Merced. Mile and half-mile markers are installed along this route so you can measure your progress. The full trail around the lake is 4.5 miles – or about the distance needed to get the recommended activity of 10,000 daily steps to promote health.

**2 The Bay Area Ridge Trail** is a 550 mile route that follows the ridgelines surrounding San Francisco Bay, linking trails in nine Bay Area counties for hikers, bicyclists and equestrians. Over two-thirds of the Ridge Trail is now open to enjoy and protected for future generations. The Ridge Trail vision is to connect people, parks and natural open space for healthy people and a healthy environment. Visit [www.ridgetrail.org](http://www.ridgetrail.org) to learn more, print maps, donate or volunteer.

**3** The Ridge Trail route in San Francisco is about 14 miles, extending from the southern tip of Lake Merced to the Golden Gate Bridge and linking over 16 city parks and open spaces, Mt. Sutro and the Presidio. **We invite you to explore this Measured Mile route along the shore of Lake Merced,** and to continue your journey on the Ridge Trail across San Francisco and beyond.

#### SAN FRANCISCO CITY PARK LANDS

- |                      |                           |
|----------------------|---------------------------|
| 1 Rossi Playground   | 9 Glen Canyon             |
| 2 Panhandle          | 10 Mount Davidson         |
| 3 Buena Vista        | 11 Lake Merced            |
| 4 Corona Heights     | 12 Stern Grove/Pine Lake  |
| 5 Mt. Olympus        | 13 Larsen                 |
| 6 Tank Hill          | 14 West Portal Rec.Center |
| 7 Interior Greenbelt | 15 Edgehill Mountain      |
| 8 Twin Peaks         | 16 Golden Gate            |



Enjoy your stay, Go Out and Play, and please take your trash away!  
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[www.sfrecpark.org](http://www.sfrecpark.org)