

# TUBE TIMES

SAN FRANCISCO BICYCLE COALITION

 FREE

## SF BIKES!

With friends

TO THE BALLPARK

FOR HEALTHY NEIGHBORHOODS

TO WORSHIP

FOR THE ENVIRONMENT

TO WORK

**BIKE TO WORK DAY**  
MAY 12, 2016

for fun

FOR the FREEDOM of it

AROUND OUR GORGEOUS CITY

What's your reason?

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# SF Bikes Towards a More Liveable City!

Bike to Work Day is my favorite day to ride a bike in San Francisco. It's San Francisco's biggest biking day of the year, and the mood is downright celebratory. I've been handed flowers on Market Street and gotten hi-fives while stopped at a red light. In addition to the festive spirit, every year I see more and more people trying bike-commuting for the first time, and learning for themselves what a convenient and enjoyable way it is to get around town. But riding a bike in San Francisco hasn't always been as great as it is today, and we still have a long way to go make biking in our city inviting and comfortable to people of all ages and backgrounds.

I remember when I moved here to attend San Francisco State University in 2002, I rarely rode a bike. My most frequent bike ride was a very early-morning commute to open up the cafe I worked at in the Richmond. It wasn't until I moved to Munich that I really started biking for everyday transportation. It's just how people get around, my German friends informed me. And it quickly became how I got around, biking on every grocery trip and to every art exhibit I attended. We all did, and that's the direction that San Francisco was moving towards while I was away.

This year will be my fourth on the staff of the SF Bicycle Coalition, and it remains an absolute honor to work here and partner with our 10,000-plus members to do what none of us could hope to accomplish as individuals. Since I've been on staff, I've watched our members drive successful campaigns for miles of new bike lanes, heard City officials embrace the Vision Zero pledge to eliminate traffic deaths and severe injuries, and seen my colleagues deliver safety education in every corner of our beautiful and diverse city.

I'm immensely excited for the year ahead because I know that what's happening in our city is going to entice so many more people to try biking. As someone who lived here for years without biking consistently, I know that high-quality, protected bike lanes make a huge difference in helping people feel and be safe on our city's streets.

In 2016 alone, we're looking forward to ground-breaking on three complete street redesigns that will include raised bike lanes, traffic-calming measures and more safety improvements for people walking and biking. (For the record, those three streets are Polk, Second and Masonic, each providing crucial north-south bike routes for people who live, work and play nearby.) We're also working on ensuring that the bike share expansion -- due to bring over 4,000 more publicly available



bikes to San Francisco -- is rolled out in a manner that serves San Franciscans of every background, in every neighborhood.

The SF Bicycle Coalition is a living, breathing testament to the feats that individuals can achieve when we join hands and focus on our common goals. You, our members, make this possible. Whether we're calling on City leaders to support active transportation, teaching kids how to bike at Sunday Streets or distributing bike lights to those riding without, our member-volunteers provide the resources and people power to make San Francisco a better place to bike and live.

If you've been around our city for a while, then you know how effectively the members of the SF Bicycle Coalition have organized to improve biking here. If you're not a member yet, join us today at [sfbike.org/join](http://sfbike.org/join). You can also become a member on Thursday, May 12, at one of our 20-plus Energizer Stations around SF in celebration of Bike to Work Day. Stop by, and a friendly member-volunteer will gladly sign you up. (See the map of Bike to Work Day Energizer Stations on page 9.)

When City leaders consider how, or even whether, our streets could be redesigned to better serve San Franciscans, we'll be there to speak up on behalf of people biking. Stand with us, and join today.

See you in the bike lanes,

**Margaret McCarthy**

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Get to know the rest of our Board of Directors at [sfbike.org/board](http://sfbike.org/board).

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I bike in San Francisco because it's an exhilarating, healthy and immersive way to experience our beautiful city. Biking takes half as long and is twice as fun as any other way of getting around.

—Manoj Viswanathan

When I bike it reminds me to be present in the moment. That's what life is about, after all: living in the moment. What better way to be in the moment than being on your bike?.

—Lilly Fitzpatrick

Feel better, look better, live better, save money, save the environment, save time—the list goes on and on.

—Amita Amin

Bicycling is an act of joy and principle. It is exhilarating and free: each commute, a little adventure. Traveling on my own steam teaches me to measure distance in terms of my own volition.

—Tommy Alexander

We bike because it makes for good times, easy parking and more naps. The trips we take by bike don't end up being much longer than in the car -- they are just more fun, a better workout and quieter.

—Jason Serafino-Agar and family

# WHY

For the joy of it. For my health. For my wallet. For the quality of the air we breathe. For the planet's atmosphere. And, I get many places quicker than I would otherwise!

—Bruce Osterweil

# SF

It's fun, fast and more convenient! Biking is a great way for me to start my day whether I'm going to work or school, I feel happier by the time I get there.

—Kiran Parmar

# BIKES

I love riding my bike for too many reasons to count, but I choose to ride my bike to show others, especially the women in my life, that there's power and also peace that comes with biking that isn't attainable through other types of transportation.

—Huitzi Herrera-Sobal

## Quick Releases



Attendees at a recent Women Bike SF Coffee Club share enthusiasm and inspiration for biking our beautiful city.

### Get Your Hands Greasy or Nah?

Some folks don't want to get dirty. We've got you covered with a list of full-service bike shops that provide discounts to SF Bicycle Coalition members: [sfbike.org/discounts](http://sfbike.org/discounts).

Others may want to learn how to do the work themselves. Community bike shops can help:

**Bike Kitchen:** Teaching people of all ages and backgrounds how to repair bicycles and promoting personal development. [bikekitchen.org](http://bikekitchen.org)

**SF Yellow Bike:** A grassroots, do-it-yourself, community-building machine that brings dead bikes back to life and puts more city-dwellers on two wheels. [sfyellowbike.org](http://sfyellowbike.org)

### Resources for Riders

Want to be proactive in making your great ride even greater? Report potholes, unsafe street conditions and other improvements you want to see on your commute using SF 311. To learn more about this and many other great resources for people who bike, visit [sfbike.org/resources](http://sfbike.org/resources).

### Looking Back at One Year of Women Bike SF

What a year! We reached almost 700 people in our first year of Women Bike SF, and 2016 is looking even bigger and better. We have a new page on our website you should check out: [sfbike.org/women](http://sfbike.org/women). With guest bloggers, more partner groups than ever before and really amazing events coming up, you'll want to check it regularly. Don't miss our soon to be announced leadership training in April and ongoing Coffee Clubs, workshops, and more!

### SF Bikes to the Ball Game

Sa-wing, batter! Baseball is back, with the San Francisco Giants hosting the rival Los Angeles Dodgers for the season's home opener on Thursday, Apr. 7. Your SF Bicycle Coalition is proud to announce that in 2016, we will once again provide free Valet Bicycle Parking to those biking to the ballpark. So come catch a game, or just swing by to chat with our Valet staff, who will be having a ball.

## San Francisco BIKE & ROLL TO SCHOOL WEEK



## APRIL 18-22

SIGN UP YOUR SCHOOL TODAY  
[sfsaferoutes.org](http://sfsaferoutes.org)

# BAY AREA

# BIKE TO WORK DAY

# MAY 12, 2016

A graphic consisting of three overlapping green arrow shapes pointing to the right, each containing a white bicycle icon.

San José Avenue is soon to see concrete safety barriers added to increase the comfort and safety of biking.

### More Bike Lanes, Momentum

From Hayes Valley to Lakeshore, bike lanes are being striped throughout the city. In February, we welcomed over two miles of new bike lanes, including a buffered bike lane on Ocean Avenue ([sfbike.org/ocean](http://sfbike.org/ocean)) between 19th Avenue and Sunset Boulevard, and a center-running bike lane on Page Street ([sfbike.org/page](http://sfbike.org/page)) approaching Octavia Boulevard. Both of these new lanes make for smoother bike rides through residential neighborhoods and build momentum for more bike improvements in the future. Happy riding!

### Let's Get Physical

If you build it, they will come. The buffered bike lanes on San José Avenue have proven just that, with 62 percent more people biking there. Building upon that success, the City now plans to add concrete safety barriers to this stretch, physically protecting the bike lanes through the Bernal Cut. This project wouldn't have been possible without decades of support from our members to transform San José Avenue into the bikeable street it is today. [sfbike.org/sanjose](http://sfbike.org/sanjose)

## VOLUNTEER PROFILE

## BIKE TO WORK DAY

## SUPERSTAR

## KATIE FICK

By Mara Mabugat



Your SF Bicycle Coalition often finds new members and volunteers through outreach at our events. That's how we found Katie Fick, an awesome volunteer who has been an Energizer Station Captain for Bike to Work Day since 2013. We first met Katie on her way home from work at one of our "Light Up the Night" events.

"I wanted to learn more and get involved as much as I could," she said. "I love seeing the changes throughout the city and knowing that I helped make some of them happen."

Seeing how dedicated she was to promoting the bicycle for everyday transportation, we invited Katie to celebrate Bike to Work Day as a Captain in 2013. Some of her favorite memories volunteering are from her first year as Captain in her neighborhood, the Panhandle. "I aptly chose 'hippie' for our theme, given the neighborhood's history, and it was awesome seeing my fellow volunteers dress up and suggest songs for the playlist."

"Seeing so many people biking to work blows my mind, and every year there are more participants. It almost makes me wish I had a commute!" Katie said, noting that she has worked from home most recently.

"I like seeing people decorate their bikes, play music or just simply wish each other a 'Happy Bike to Work Day,'" she added. "This is the biggest event for people biking all year, and our best opportunity to reach new members and get our message across. It always goes by way too fast!"

In addition to Bike to Work Day, Katie's experience completing Bicycle Ambassador training also upped her excitement for volunteering with the SF Bicycle Coalition. She recalls her training led by now-Interim Executive Director Margaret McCarthy fondly.

"Just go to any Ambassador training and listen to Margaret talk for 10 minutes," Katie said. "She'll get you so fired up you won't be able to say no! Seriously, we've made a ton of progress making our streets better for people biking, but there are still a lot of people scared to bike."

Along with the help of our member-volunteers like Katie, your SF Bicycle Coalition is working hard to advocate for improvements to our city's streets that will make as many people as possible comfortable and confident biking them.

Want to volunteer like Katie to make San Francisco a more bikeable and liveable city? There are no shortage of volunteer opportunities at [sfbike.org/volunteer](http://sfbike.org/volunteer). Join us today!

# BAY AREA BIKE TO WORK DAY

PRESENTED BY    

## MAY 12, 2016

Together, local bicycle advocacy organizations from the nine Bay Area counties have teamed up to host the best bike day of the year, and we want you there! Whether you're new to bike-commuting or a seasoned pro, here are eight ways to celebrate this year's Bike to Work Day, taking place on Thursday, May 12:

### Before

#### Volunteer

Join hundreds of San Francisco Bicycle Coalition member-volunteers in celebrating Bike to Work Day by handing out treats to people biking across the city. Sign up at [sfbike.org/volunteer](http://sfbike.org/volunteer).

#### Nominate your company

Does your workplace go above and beyond to encourage its employees to bike to work? Nominate your business for our bike-friendly business awards at [sfbike.org/friendly](http://sfbike.org/friendly).

#### Request an employer toolkit

Be a bicycle champion at your workplace by requesting a free Bike to Work Day Employer Toolkit for your office. Toolkits include a number of materials to help your colleagues pedal confidently on May 12. [sfbike.org/btwd\\_toolkit](http://sfbike.org/btwd_toolkit)

#### Take the team bike challenge

Recruit a team of coworkers or friends to bike to work! Every time your team pedals in May, you earn points and the chance to win cool prizes. Register online at [teambikechallenge.com](http://teambikechallenge.com).

### Day of

#### Pedal by an Energizer Station

Volunteers at 25 locations around the city will give away free snacks and beverages, as well as convenient reusable tote bags filled with goodies. See the map on page 9.

#### Ride with a Commuter cConvoy

Get your morning bike commute started by joining your Supervisor and neighbors on a leisurely bike ride downtown. See where your neighborhood's ride starts on page 9.

#### Spread the word

Post your Bike to Work Day photos and stories on social media using [#btwd](https://twitter.com/btwd).

#### Join us as a member

The best way to stay energized and engaged in biking all year is by being a member of the SF Bicycle Coalition. Sign up at [sfbike.org/join](http://sfbike.org/join).

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## San Francisco has a wide-variety of wonderful biking groups! Here's a partial list:

### SF Women Bike!

#### Bike Like a Girl

[meetup.com/Bike-like-a-girl](https://www.meetup.com/Bike-like-a-girl) (roughly monthly)

A meetup group for anyone that identifies as a woman and is into road biking. Ride levels range from beginner to advanced.

#### Gals with Gears

[sfbike.org/gals](https://www.sfbike.org/gals) (once or twice monthly)

A member-led group of the SF Bicycle Coalition celebrating women over 50, offering four levels of rides.

#### Women Bike SF

[sfbike.org/women](https://www.sfbike.org/women) (monthly)

An SF Bicycle Coalition program that supports and encourages women/trans\*/femme riders in San Francisco.

#### Velo Girls

[velogirls.com](https://www.velogirls.com) (weekly rides)

A Bay Area women's cycling club offering rides, clinics and events throughout the year. Members include recreational and competitive cyclists.

### SF Bikes for a Better World

#### AIDS/LifeCycle

[aidslifecycle.org](https://www.aidslifecycle.org) (several training rides every weekend leading up to the event in June)

A fully supported, seven-day bike ride from San Francisco to Los Angeles to raise money and awareness for the fight against HIV/AIDS

#### Climate Ride California

[climateride.org/events/california-coast](https://www.climateride.org/events/california-coast) (the fundraising ride is in May)

A five-day bike ride from the Redwoods of Humboldt to San Francisco raising money to support active transportation and sustainability.

#### Tour de Cure

[tour.diabetes.org](https://www.tour.diabetes.org) (variety of rides year-round)

Dozens of beautiful and fully supported rides across the U.S. to raise money to support the American Diabetes Association.

### SF Bikes in Squads

#### Different Spokes SF

[dssf.org](https://www.dssf.org) (weekly rides)

The San Francisco Bay Area's recreational bicycling club for the Lesbian, Gay, Bisexual and Transgender community, founded in 1982.

#### SF Cycling Club

[sfcyclingclub.org](https://www.sfcyclingclub.org) (several early morning rides a week)

This cycling club is open to all and offers both recreational rides and competitive races in the San Francisco Bay Area.

#### SF Bikes to Skip the Traffic

SF2G [sf2g.com](https://www.sf2g.com) (weekday mornings and evenings)

An easygoing, bicycle-commuting club riding from San Francisco to points down the peninsula, often as far as Google, Apple and Facebook. Commutes are typically 20-to-50 miles.

### SF Bikes with Bicycle Shops

#### Various Bicycle Shops

[sfbike.org/discounts](https://www.sfbike.org/discounts) (ride dates vary)

SF bike shops are a great resource for rides and workshops where you can get tips in addition to the supplies that will make your ride more enjoyable.

### SF Bikes Socially

#### Bike Party

[sfbikeparty.org](https://www.sfbikeparty.org) (1st Fridays)

A monthly, roving bicycle party for riders of different ages, backgrounds and levels involving music and costumes.

#### Butterlap

[butterlap.com](https://www.butterlap.com) (every Wednesday)

This ride is a San Francisco bicycling staple. Welcoming regulars at a mellow pace with a few climbs, punctuated by beer and snacks.

#### SF Bicycle Coalition Member-Led Rides

[sfbike.org/rides](https://www.sfbike.org/rides) (ride dates vary)

SF Bicycle Coalition members can join a huge variety of member-led rides, from recreational rides outside of the city, to destinations around our beautiful city.

#### Startup Bike

[meetup.com/Startup-Bike-SF](https://www.meetup.com/Startup-Bike-SF) (monthly ride)

Monthly meetup for people who like both startup companies and bicycles. A fun, easy bike ride followed by free dinner at a startup.

#### SF Bikes to Get Away

NorCal Bicycle Touring [meetup.com/norcal-biketouring](https://www.meetup.com/norcal-biketouring) (once or twice monthly)

A meetup that offers everything from day rides to weekend over-nighters and multi-week tours, as well as a great place to exchange bicycle touring tips, knowledge and tales from the road.

#### San Francisco Randonneurs

[sfrandonneurs.org](https://www.sfrandonneurs.org) (twice monthly)

A group of people biking long-distance throughout the Bay Area. Trips range from 50 to 1,000 miles.

### SF Bikes Off Road

#### SF Urban Riders

[sfurbanriders.org](https://www.sfurbanriders.org) (monthly)

An organization dedicated to creating more offroad cycling opportunities and building a network of accessible trails in San Francisco.



San Francisco

# BIKE & ROLL TO SCHOOL WEEK

## APRIL 18-22



## WIN AN ELECTRIC FAMILY BIKE IN THE FREE BIKE & ROLL RAFFLE!



Thanks to Vie Bikes and Yuba Bicycles for donating!



## Get your family rolling for Bike & Roll to School week!

More than 6,000 students, parents and school staff at over 90 schools will celebrate this year. You can, too—sign up your child's school at: [sfsaferoutes.org/events](https://www.sfsaferoutes.org/events).

**Bike to School**  
**Practice Rides in the Excelsior**  
**Tuesdays, April 5 & 12 8-9am**  
*Excelsior Playground, 579 Madrid St.*

**On Road With Your Family: Bike Parade to Sunday Streets Mission**  
**April 10, 11:30am-12:15pm**  
*Garfield Square, 26th and Harrison Streets.*

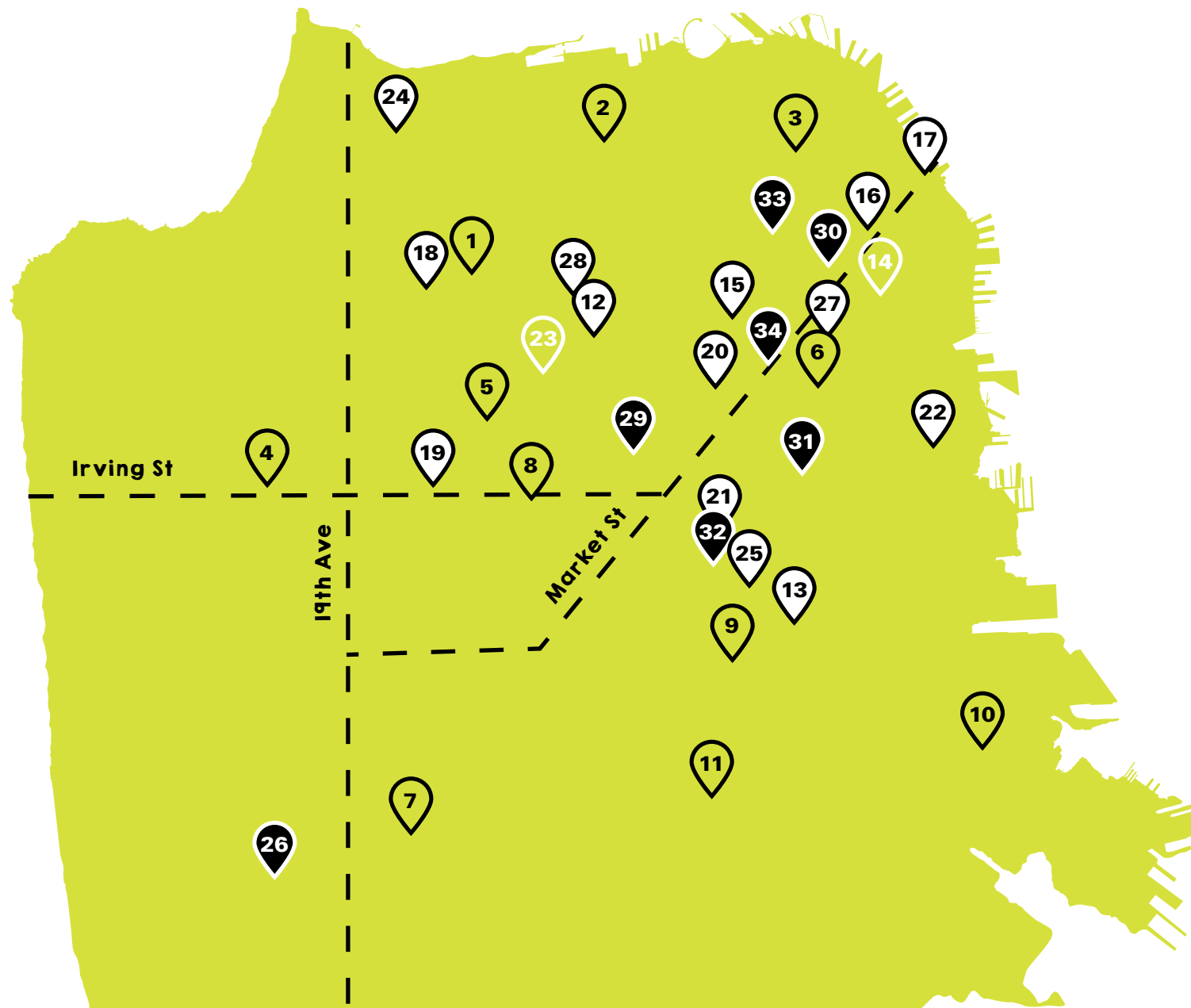
**Bike & Roll Kickoff at G.W. Carver Elementary**  
**April 16, 11am-1pm**  
*1360 Oakdale Avenue*

Get all the details on these and other family events at: [sfbike.org/family](https://www.sfbike.org/family)

# Bike to Work Day

## Thursday, May 12

# Energizer Stations



### AM & PM ENERGIZER STATIONS

### COMMUTER CONVOYS

(7:45am, unless otherwise stated)

Join your district's Commuter Convoy to head downtown with fellow riders on Bike to Work Day! You can also depart for the Peninsula (as far as Mountain View) with a convoy — no rider left behind! Locations are subject to change. Check for updates and RSVP at [sfbike.org/convoy](http://sfbike.org/convoy).

- 1. Richmond**  
Cumaica, 200 Clement St. at 3rd Ave.
- 2. Marina**  
Rapha Cycle Club, 2198 Filbert St. at Fillmore St.
- 3. North Beach**  
Washington Square Park, Union St. at Columbus Ave.
- 4. Sunset**  
Nomad Cyclery, 2555 Irving St. at 27th Ave.
- 5. Haight**  
Flywheel, 672 Stanyan St. at Haight St.
- 6. SoMa**  
Brainwash Cafe, 1122 Folsom St. at 7th St.
- 7. Ingleside**  
Fog Lifter, 1901 Ocean Ave. at Ashton St.
- 8. Castro**  
Jane Warner Plaza, 17th St. at Castro St.
- 9. Mission**  
Cafe Seventy8, 78 29th St. at Tiffany Ave.
- 10. Bayview**  
Mendell Plaza, 3rd St. at Oakdale Ave.
- 11. Excelsior**  
Persia Triangle, Mission St. at Geneva St.

### MORNING ENERGIZER STATIONS

(7:30-9:30am, unless otherwise stated)

- 12. Alamo Square**  
Fulton St. at Scott St.
- 13. Bernal**  
Cesar Chavez St. at Harrison St. \*English / Español\*
- 14. Caltrain Station**  
4th St. at Townsend St. (7-9:30am)
- 15. Civic Center**  
City Hall, Polk St. steps
- 16. Downtown**  
Market St. at Battery St. (7:30am-2pm)
- 17. Embarcadero**  
Ferry Building (6:30-9:30am)
- 18. Inner Richmond**  
Cabrillo St. at Arguello Blvd. \*English / 普通话/廣東話\*
- 19. Inner Sunset**  
Irving St. at 6th Ave.
- 20. Mid-Market**  
Market St. at 12th St. (7-11am)
- 21. Mission**  
Valencia St. at 17th St. (7-11am)
- 22. Mission Bay**  
16th St. at Owens St.
- 23. Panhandle**  
Fell St. at Masonic Ave.
- 24. Presidio**  
Main Post, Halleck St. at Lincoln Blvd. (6:30-9:30am)
- 25. SF2G (Peninsula Commute)**  
24th St. Mission BART Station (6-6:30am)
- 26. SF State**  
19th Ave. at Holloway St. (10am-12pm)
- 27. SoMa**  
Folsom St. at 7th St. (7-11am)
- 28. Western Addition**  
Kaiser Hospital, Geary Blvd. at St. Joseph's Ave.

### EVENING ENERGIZER STATIONS

(5-7pm, unless otherwise stated)

- 14. Caltrain Station**  
4th St. at Townsend St.
- 23. Panhandle**  
Fell St. at Masonic St. (5-7:30pm)
- 29. Octavia Island**  
Octavia Blvd. at Market St. (5-7:30pm)
- 30. Central-Market**  
Market St. at 4th St.
- 31. Mission East**  
Harrison St. at 17th St. \*English / Español\*
- 32. Mission West**  
Valencia St. at 19th St.
- 33. Polk Street**  
Polk St. at Bush St.
- 34. SoMa**  
Howard St. at 8th St. (5-7:30pm)

### BIKE DOCTORS

Local bike shop mechanics get you rolling on Bike to Work Day with free basic bike maintenance like lubing chains, adjusting seats and fixing flat tires. For locations, go to [sfbike.org/btwd](http://sfbike.org/btwd).

Thank you to the following local bike shops for being Bike Doctors on Bike to Work Day!

Bayview Cyclery, Box Dog Bikes, Caltrain Bike Station, Citizen Chain Cyclery, Golden Gate Pedicabs, Huckleberry Bicycles, Market Street Cycles, Mike's Bikes, Mission Bicycle Company, Sports Basement, Swell Bicycles and Valencia Cyclery.

Visit [sfbike.org/btwd](http://sfbike.org/btwd) for a complete list of 2016 Bike Doctors!

### RALLY AT CITY HALL!

Bike to Work Day rally with the Mayor and City leaders from 8-9:30am. Free Bicycle Valet Parking.

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# SF BIKES ALL OVER SF

By Erin Durkee



## 1. Twin Peaks from Golden Gate Park

10 miles, Elevation gain: 876 feet  
[sfbike.org/routes/twinpeaks](https://sfbike.org/routes/twinpeaks)

This ride is a classic! Watching the sunrise over SF from atop Twin Peaks is incredible, but the sunset is just as nice. You can include this loop in any of your rides and add extra climbing. (Fitness!) This is a great ride to show off our beautiful city to visiting friends.

## 2. Ocean Beach to the De Young

6 miles, Elevation gain: 326 feet  
[sfbike.org/routes/goldengatepark](https://sfbike.org/routes/goldengatepark)

Looking for something mellow? Enjoy car-free Sundays in Golden Gate Park, along part of your route from Beach Chalet and Ocean Beach to the de Young museum. Bring a lock! You'll want to park and check out the art.

## 3. Golden Gate Park and Lake Merced

23 miles, Elevation gain: 1,084 feet  
[sfbike.org/routes/lakemerced](https://sfbike.org/routes/lakemerced)

A flat route (for SF), this is a great morning ride. Ride along Ocean Beach in the bike lanes or on the off-street bicycle and pedestrian path. Stop by Trouble Coffee in the Outer Sunset for a mid-ride espresso or Devil's Teeth Bakery for a special breakfast sandwich.

## 4. Butterlap

17 miles, Elevation gain: 999 feet  
[sfbike.org/routes/butterlap](https://sfbike.org/routes/butterlap)

This route is named after an actual ride that goes out after work from the Ferry Building each week. (See details on page 8.) Meet your friends at Cupid's Span and enjoy the Embarcadero, Presidio, Legion of Honor and a gorgeous descent along the ocean into Golden Gate Park. End your ride at Bender's Bar, and grab a grilled cheesus and a beer with your friends -- you've earned it!

## 5. San Bruno Mountain and Twin Peaks

20 miles, Elevation gain: 2,169 feet  
[sfbike.org/routes/sanbruno](https://sfbike.org/routes/sanbruno)

Head for the hills! This ride has a lot of elevation, but the views are worth it. On a clear day you can see Mt. Diablo across the Bay. Add on the Merced and Golden Gate Park loop and you'll have a worthy day in the saddle.

*If you want to get off the roads and into the dirt, SF has a surprising amount of mountain biking and off-road trails in the city. Check out SF Urban Riders for more info: [sfurbanriders.org/trail-maps](https://sfurbanriders.org/trail-maps).*

# SF BIKES AROUND THE BAY

By Francisco Grajales and Mara Mabugat



## 1. Hawk Hill

16 miles, Elevation gain: 2,146 feet  
[sfbike.org/routes/hawkhill](https://sfbike.org/routes/hawkhill)

Known as one of the most scenic rides in the Bay Area, the vista points from this ride are breathtaking and well worth the climb. Ride over the Golden Gate Bridge and up into the Marin Headlands where you'll enjoy unbeatable views.

## 2. Paradise Loop

37 miles, Elevation gain: 2,182 feet  
[sfbike.org/routes/paradiseloop](https://sfbike.org/routes/paradiseloop)

Whether you're looking to make a quick getaway from the city or going more fast-paced, Paradise Loop takes you on an easy-going trip through Sausalito, cruising around Mill Valley, to the edge of Tiburon and back along the coast. There are plenty of stops along the way for some coffee or a light snack.

## 3. Bollinas Ridge Loop

77 miles, Elevation gain: 8,029 feet  
[sfbike.org/routes/bollinas](https://sfbike.org/routes/bollinas)

Did the Mt. Tamalpais climb leave you hungry for more? Continue on to the Bollinas Ridge! From dense redwood forest to open chaparral with gorgeous views of the Tomales Bay, the Bollinas Ridge trail will take you through some of the most beautiful scenery California has to offer. While not very technical, the Bollinas Ridge trail is extremely bumpy; a mountain bike is recommended.

## 4. Mt. Tamalpais

If you've only climbed Mt. Tam via the usual road routes, try some new routes that offer the most serene unpaved climbing in the Bay Area.

**Easier loop:** 46 miles, Elevation gain: 4,598 feet  
[sfbike.org/routes/mttameasy](https://sfbike.org/routes/mttameasy)

For those new to dirt riding or without squishy bikes with big tires, try climbing via Old Railroad Grade. It's a mellow climb and the trail conditions are generally favorable for road bikes. From the summit you can descend via the usual road routes.

**Harder loop:** 50 miles, Elevation gain: 6,075 feet  
[sfbike.org/routes/mttamhard](https://sfbike.org/routes/mttamhard)

For more of a challenge, you can approach or return via the Headlands trail network. From SF, start down Miwok Trail towards Muir Beach. For maximum ride enjoyment, stop at Pelican Inn for some food and refreshments before the short climb up Highway 1 towards Coastal View Trail.

## 5. Santa Rosa Multimodal Weekend

69 miles one way, Elevation gain coming south: 3,380 feet  
[sfbike.org/routes/springlakepark](https://sfbike.org/routes/springlakepark)

How about a multi-modal mountain biking adventure starting Friday after work that you can finish by Sunday night? Catch Golden Gate Transit (GGT) bus routes 101, 72 or 74 from downtown SF into Santa Rosa. (Be sure to confirm with GGT that your chosen stop is a designated bike loading stop.) From the Santa Rosa Transit Mall it's just a five-mile ride to the Spring Lake Park campground, complete with a seasonally open swimming lagoon and several miles of mountain bike trails. Have a casual Sunday morning and visit Russian River Brewing Company on your way back to the transit center, or pack out early and enjoy the ride back to San Francisco.

*There are so many ways to enjoy the Bay Area by bike. For more routes, check out the "Route Archive" and "Permanents" listed by the San Francisco Randonneurs: [sfrandonneurs.org](https://sfrandonneurs.org).*







sfbike.org

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