



WYTH DAG



Can you keep a secret?

Where do rangers, docents, Parks Conservancy staff members, and others who call the Golden Gate National Parks their “home away from home” go when they want to relax?

To find out, we put out a call, asking people to make the supreme sacrifice and reveal the places they love the most. A number of generous individuals responded, and we’re sharing their secrets with you in this issue.

If you’re not familiar with the parks, or if you’ve exhausted the possibilities of a particular corner, try a few of these places. Perhaps you’ll be inspired to discover more on your own. And you can keep your discoveries all to yourself, if you like. But we bet you share them—after all, the parks are so beautiful and offer such variety that it would be positively unfriendly to refuse to spread the word!

Start with a low-tide visit to Baker Beach and find out what sorts of creatures survive and thrive in the pounding tides; Olga and Christopher Werby take you on a guided tour of one of their favorite places. **3**

Secret Spots—Alcatraz Island

Though this island is small—and has a notorious past—it offers places to reflect on life, or the Golden Gate Bridge, or even the city skyline.

4

Secret Spots—North

Beautiful views and wide-open spaces await you north of the Golden Gate Bridge.

6

Secret Spots—South

Discover special corners of beauty and calm within the dense urban quilt of San Francisco.

7

PARKS CONSERVANCY COLLECTION



PARKS CONSERVANCY COLLECTION

OLGA AND CHRISTOPHER WERBY



MARGIE HALLMAN

Behind the Scenes—New and notable in the parks **2**

Park Programs—Event calendar Pull-out Center Spread

Behind the Scenes

Golden Gate National Recreation Area consists of over 75,500 acres of land, and protects more than 1,250 historic structures, 27 rare and endangered species, and many small “islands” of threatened habitat. NPS staff, volunteers, and partners work hard to take care of the park’s treasures for the millions of people who visit each year, and for future generations.

Everything Old Is New Again

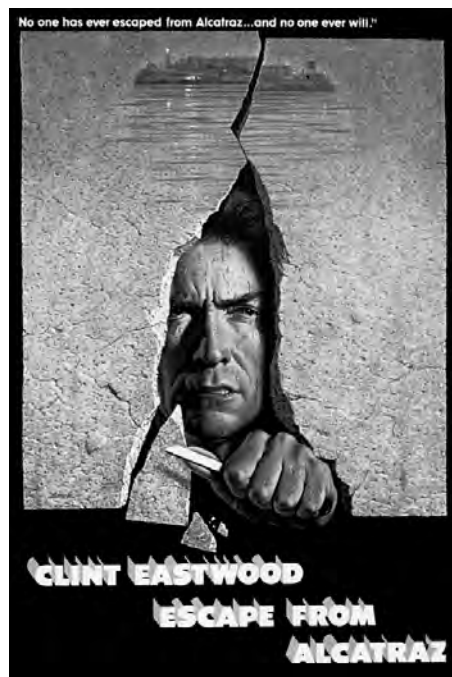
The words of that old song might well be applied to many of the activities taking place in and around the park this season. Among many other things, old trails are being revamped and improved, old movies are being scheduled for screening to a new generation of movie-goers, and an old—and infamous— island is undergoing a major renovation, not only of its facilities but also of the way its history is brought to life. There’s a lot to look forward to this fall in the parks.

Alcatraz Film Festival Coming Up

San Francisco’s ultimate movie palace, the Castro Theater, will be hosting the Alcatraz Film Festival, February 1–4, 2007. Among the films under consideration are *Escape From Alcatraz*, starring Clint Eastwood; *The Rock*, starring Sean Connery; *The Last Gangster*, starring Edward G. Robinson; *Point Blank*, starring Lee Marvin; and *House Across the Bay*, starring George Raft.

From film-noir gangsters to pyrotechnic-heavy escapes, the story of Alcatraz—as a harsh and desolate prison within sight of San Francisco’s skyline—has long fascinated Hollywood. In movie after movie, it summed up the Alcatraz legend in a somber voiceover: “The rock. A little iron curtain world of lost souls sitting in the shadow of the Golden Gate” (*Experiment Alcatraz*, 1950). This is the Alcatraz that the vast majority of the

island’s 1.4 million annual visitors expect to encounter, a lonely fortress haunted by disturbed and desperate men. See some of the films that created the legend—mark your 2007 calendar today!



Planning on the Web

The Planning, Environment, and Public Comment (PEPC) website is a great place to get the latest information on park projects. Visit <http://parkplanning.nps.gov/goga> to discover the status of a wide range of current projects, such as the General Management Plan Update, Mori Point Restoration and Trail Plan, Marin Headlands–Fort Baker Transportation Management Plan, and more. You can even make comments online!

The New NPS Online

After two years of painstaking work, the National Park Service has completed the renovation of its online site, America’s National Parks, www.nps.gov. The new website features a seamless integration of up-to-date events calendars, cultural and natural history section, photo and multimedia gallery, and more. For Golden Gate National Parks-specific information, visit www.nps.gov/goga.

Welcome to the Golden Gate National Parks

Golden Gate National Recreation Area’s mission is to preserve and enhance the natural and cultural resources of the coastal lands north and south of the Golden Gate for the inspiration, education, and recreation of people today, and for future generations. We also work to protect the integrity of our parks’ fragile resources in the challenging context of an urban setting. Finally, we are committed to forging partnerships with the community to strengthen the parks’ relevance to our metropolitan neighbors and to engage the public in stewardship of the parks’ history and lands. We welcome your visit, and encourage you to take advantage of the many recreational opportunities the parklands offer, as well as to become involved as a volunteer at a favorite site.


Brian O’Neill
Superintendent



National Park Service
U.S. Department of the Interior

Coming Soon—Exciting Changes on Alcatraz!

Beginning in November 2006, Alcatraz visitors will experience “Doing Time: The Alcatraz Cellhouse Tour,” a brand-new audio tour featuring never-before-told stories, new narrators, and additional areas of the prison.

Highlights include:

- Newly refurbished Shower Room and Administration Wing
- A first-hand account of the famous 1962 escape from the officer who discovered the dummy heads
- The story of segregation on Alcatraz
- Recollections from former prisoners and correctional officers about the mental challenges of doing time on Alcatraz
- Reminiscences from family members
- Guards’ and prisoners’ recollections about the day that Alcatraz closed
- Historic furnishings and reproductions throughout the prison. Visitors will also be able to browse through a new state-of-the-art Museum Bookstore, which will feature historic photos, artifacts from the island’s museum collection, and exciting interpretive products available only on Alcatraz.



US Bureau of Prisons commemorative tie bar



John Anglin dummy head, 1962 escape

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Editors

George Durgerian/NPS
Susan Tasaki/Parks Conservancy

Design/Production

Anet James/Parks Conservancy

Cover

TOP: Rodeo Beach lagoon
MIDDLE: Biking in the Headlands; lupine in bloom.
LOWER: Sea anemone; beach-reading, San Francisco-style

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www.nps.gov/goga/parknews

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Secrets at the Water's Edge

Low Tide at Baker Beach

by Olga and Christopher Werby

One place in San Francisco is crowded with amazing animals who owe nothing to humans. Uncovered during low tide, these creatures—which exist much as they did 200 million years ago—can be seen clustered on the large rocks that edge San Francisco's side of the Golden Gate. Though low-tide treks can be made up and down the California coast, San Francisco's Baker Beach is a particular treasure, with its picturesque location and unusual organization of creatures.

Mile-long Baker Beach lies at the foot of rugged cliffs. To the east is the Golden Gate Bridge; to the west, the bay opens into the ocean. Access to intertidal areas is easy—just walk west from the parking lot and down the beach, away from the Golden Gate Bridge. At the west end, when the tide goes out, giant boulders are uncovered, exposing a riot of marine life clinging to the rocks.

Unlike tide pools, the creatures on these rocks organize themselves vertically. Animals that can survive longer out of the water are near the top in the “splash zone,” and competition for space is fierce. There's also a wonderful diversity of marine life here. Expect to see giant filter-feeding mussels and the colorful starfish that prey on them. There are large sea anemones, flower-like

when submerged and closed up tight to conserve moisture when the water recedes. A related creature, the aggregate anemone, lives in dense colonies, a living flesh-

like patch on the rock. Look for the goose-necked barnacle with its long rubbery stalk, which it stretches out into the food-rich current; delicate limpets with rasping tongues that, over the course of years, carve a depression in the hard rock; and congregations of tube worms that form large structures resembling beehives. If you're lucky, you may see multi-segmented chitons and rock crabs flitting into the crevices between the tightly packed mussels.

Near the giant rocks are caves and tiny beaches that become accessible during particularly low tides, the so-called “spring tides” that occur during periods when the moon is either full or new, especially around December and June. During a spring tide, it's sometimes possible to scramble

around the rocks between the waves to China Beach, the next large beach to the west. But guess wrong on the timing and you'll get very wet!

Large rubber boots and a change of clothing are a plus on these low-tide treks, and safety should always be foremost in everyone's mind—singleton waves can be surprisingly high, and the currents are strong here. It's best to plan your trip so that you'll finish just as the tide reaches its lowest point, because the surf gets rougher when the tide's direction changes. Teach kids to respect the ocean and to never turn their backs to it.

For more low-tide adventures, see Exploring Low Tide in Northern California by Olga and Christopher Werby, published by the Golden Gate National Parks Conservancy.



When the tide recedes at Baker Beach, a whole world of unusual and interesting creatures can be found clinging to rocks and tucked into nooks and crannies, awaiting the return of the waves.



Whatever your age, you'll find something interesting and curiosity-provoking on a low-tide walk.

Secret Spots—Alcatraz Island

The gray island in the middle of the bay...wrapped in fog, whipped by the ocean wind, colored by shades of its past. But on a sunny day, it's hard to beat the panoramic views that can be had from its shoreline.

My favorite secret spot is the far end of the Alcatraz tidepools on a warm fall afternoon during a low tide. (Note: This area is off-limits to the public.) The hoards of visitors are out of view/hearing distance, the water is ever so slightly warmer, and I can pick a rock to sit on and gaze at the panorama of the Golden Gate, Marin Headlands, Fort Point, Crissy Field, and downtown San Francisco surrounded by marine breezes and the sounds of seabirds beginning their fall dispersal. ①

Christian Hellwig
NPS Biologist, Alcatraz

My favorite semi-secret spot is the Barker Beach Overlook along the West Road. It's great to sit there during the Night Tour and watch the sun set over the Golden Gate. ②

Jim Nelson
Parks Conservancy Interpreter,
Alcatraz Night Tour

Along the West Road of Alcatraz stands a clump of bushes, my favorite "secret spot" in spring



A seldom-seen Alcatraz perspective—a view of the Golden Gate and the island's exposed tide pools.

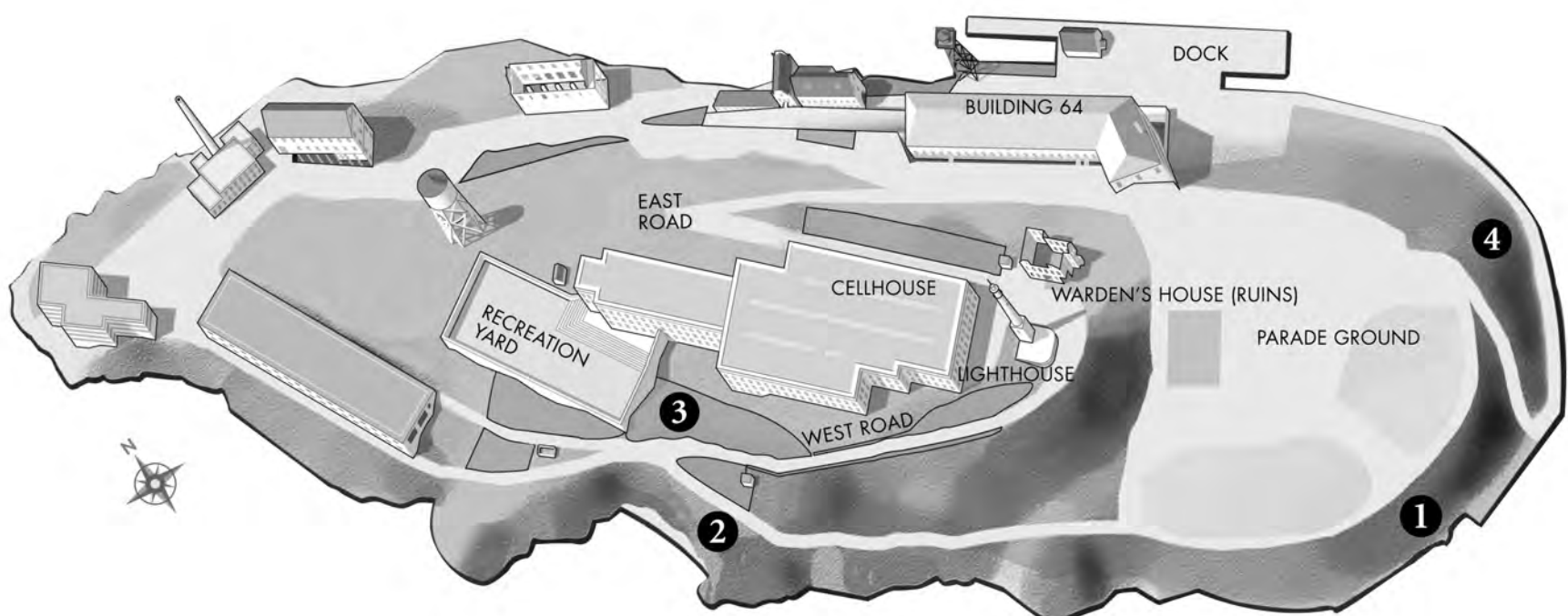
and summer. Visitors stroll past me, then jump in alarm when they suddenly hear strange noises in the bushes—gurgling, croaking babbling noises. I beckon them over to see—beautiful birds, those snowy egrets—delicate, diminutive waders with long white plumes and golden slippers. Their beauty almost caused their demise, for the plumes decorated many a fashionable

woman's hat in the late 1800s. During the military prison years on Alcatraz, one of the rehabilitation projects for inmates included a hat factory. Maybe my favorite nesting colony represents poetic justice on a Rock known for the harsher brand. ③

Wendy Swee
Parks Conservancy Interpreter,
Alcatraz Night Tour

The Agave Trail—it's only open a few months of the year (usually late September through early February) but the views are incredible and it's the quietest spot on the island. ④

Jonathon Tuttle,
NPS Ranger



HASAN HUSSEIN

WYTH HIGGS

Park Programs

From Post to Park

(9/20, 10/18, 11/15)

Learn about the past, present, and future of the Presidio on a moderate 1-mile walk. Meet Docent Rich Harned at the Officers' Club, 50 Moraga Avenue. Reservations required. 5

Geology of the Golden Gate Headlands

(10/28)

Explore 200 million years of geologic history and learn the fascinating story told by the rocks at the Golden Gate. Bring a lunch and wear comfortable walking shoes and a coat. Trip includes a short but strenuous walk down and up 200-foot bluff. Meet Ranger Will Elder at Crissy Field Center, corner of Halleck and Mason streets. We will carpool to the Marin Headlands. Reservations required.

Guided Main Post Walk

(11/16)

Join Ranger Rik Penn at the visitor center in the Presidio Officers' Club, 50 Moraga Avenue, for this easy 1-mile walk. 5

The Haunted Presidio

(10/31)

Explore the Presidio by candlelight and listen to tales of mystery and intrigue. Not for children or the easily frightened! Costumes encouraged. Bring flashlights, wear sturdy walking shoes, and dress in layers. Rain cancels. Meet Ranger Rik Penn at the Old Post Hospital, corner of Lincoln Boulevard and Funston Avenue. Reservations required.

History, Heroes, and Houses

(9/9)

Explore the heart of the Presidio and learn about this former army post's past and its future on an easy 1-mile walk. Meet Docent Bob Bowen at the visitor center in the Presidio Officers' Club, 50 Moraga Avenue. Reservations required. 5

In the Garden

(10/7)

Visit the Presidio Native Plant Nursery and take a stroll in the demonstration garden. Learn about the variety of plants and habitats that are thriving in the park. Great for adults and children ages 7 and up. Phone for reservations and directions.

tions and directions.

Insect Discovery at Lobos Valley

(9/9)

Discover the world of insects and learn about the now-extinct Xerces butterfly. Great for adults and children ages 7 and up. Meet Ranger Will Elder at Lobos Valley parking lot, east side of Lincoln, just inside the 25th Avenue gate. Reservations required.

Lower Tennessee Hollow

(10/10)

Visit the swale at Crissy Field marsh and learn about the ecotone between the saltwater marsh and the fresh water of the Tennessee Hollow watershed. Discover Dora Thompson and her contributions to the early development of Letterman Hospital. Wear shoes suitable for descending and climbing slopes. Rain cancels. Meet the docent at Crissy Field Center for the easy 1-mile walk. Reservations required.

National Cemetery Walk

(9/5, 9/19; 10/10, 10/24; 11/7, 11/21)

Hear about Medal of Honor recipients, a Union spy, an Indian scout, Buffalo Soldiers, and others interred here. Dress warmly. This 1-mile walk has a steep uphill climb. Meet Docent Galen Dillman for this program. Phone for meeting place. Reservations required.

Patriotism and Prejudice

(11/1)

Japanese-American soldiers trained here for intelligence work and were sent to war as their families were moved to internment camps. Learn about this paradox on an easy, half-mile walk. Meet Ranger James Osborne at Crissy Field Center, corner of Halleck and Mason streets. 5

Pedaling the Presidio

(10/22)

Cycle through time. Spin your pedals and explore history and scenery on this 6-mile, moderately strenuous bicycle ride through the Presidio. Helmet required. Meet Ranger James Osborne at the visitor center in the Presidio Officers' Club, 50 Moraga Avenue. Reservations and directions.

tions required.

Post to Park

(9/30)

Learn about the past, present, and future of the Presidio on a moderate 1-mile walk. Meet Ranger Marcus Combs at the Presidio Officers' Club, 50 Moraga Avenue. 5

Shuttle through Time

(9/14, 10/12, 11/9)

Take the PresidiGo shuttle and travel through time as you hear stories spanning the centuries. Meet Docent Jim Farquharsen at the Transit Center, corner of Lincoln Boulevard and Graham Street. Reservations required. 5

Speak Softly and Build a Big Gun

(10/11)

Park visitors exploring the beaches, hills, and trails of the Golden Gate National Parks frequently encounter mysterious brick walls, arched doorways, underground tunnels. What were they built for—and why? Historian John Martini will describe the architecture of these nearly forgotten fortifications and their role in the defense of San Francisco Bay. Meet at the Presidio Officers' Club, 50 Moraga Avenue. Space is limited; phone 561-4323 for reservations.

Tennessee Hollow and the Spanish-American War

(9/12)

Take an easy 1-mile walk and tour the site where regiments of volunteer soldiers camped, drilled, and waited to be shipped to the Philippines. Learn about Tennessee Hollow, and visit MacArthur meadow, where a nursery provided plants for the 1915 Panama-Pacific International Exposition. Meet the docent at the Presidio Officers' Club, 50 Moraga Avenue.

Tennessee Hollow Watershed

(11/14)

Discover little-known El Polin Spring on a moderate, 1-mile, lunch-hour walk. Explore the history of this unique ecosystem where fresh water flows to the Crissy Field marsh, serpentine grasslands bloom, and fertility myths were born. Wear shoes suitable for descending and climbing

slopes. Rain cancels. Meet the docent at Inspiration Point. Reservations required.

Walking in the Biosphere

(9/17)

Feed your soles and calm your spirit as you take a 6-mile walk through the Presidio, Lands End, and Golden Gate Park to celebrate World Environment Day. The UN designated this area as part of the Central California Coast Biosphere Reserve, and with your sturdy shoes, layered clothing, snack and water, you'll experience the breadth and beauty of this "world-park-city." Meet Ranger James Osborne at the Upper Fort Point parking lot on Lincoln Boulevard, 100 yards from Golden Gate Toll Plaza. Reservations required.

Wings Over Crissy Field

(9/10, 10/1)

Join a moderate 1-mile walk through the history of aviation at the Presidio. Meet Ranger Rik Penn at the Warming Hut, west end of Mason Street.

World War II on the Presidio

(11/8)

Learn about the Western Defense Command and the story of the Presidio in World War II on a moderate 1.5-mile walk led by Ranger Marcus Combs. Meet at Crissy Field Center, corner of Halleck and Mason streets.

SOUTHERN LANDS

Milagra Ridge, Sweeney Ridge, Mori Point

For information, phone (415) 561-4323.

PROGRAMS

Friends of Sweeney Ridge Stewardship Day

(10/22)

Join Friends of Sweeney Ridge as they restore wildlife habitat at the site named by the one of *San Francisco Chronicle* as one of the Bay Area's Top Ten Hiking Spots. Meet at the far west end of Sneath Lane in San Bruno. Reservations required as meeting site may change; phone 561-4323.

In the Footsteps of Portola

(11/5)

Celebrate the anniversary of the day that Spanish explorer Portola "discovered" the San Francisco Bay—by mistake. Walk in his footsteps to the Bay Discovery Site, part of Pacifica's Discovery Day, which includes a recounting of Portola's journey from San Diego.

TWO-PART PROGRAM

Part 1: 10 AM Meet at Pacifica's Community Center at Crespi and Highway 1 for a history of Portola's overland expedition up the California coast.

Part 2: 11 AM-2:30 PM Hike in the footsteps of Portola! Meet at the far east end of Pacifica's Fassler Avenue for a somewhat strenuous 4-mile hike to the Bay Discovery Site. Weather permitting, you'll have great views of the Pacific and the bay. For information, phone 415-561-4323.

The Soldier, the Spaniard, and the Steward

(9/10)

Sweeney Ridge offers not only some of the best views in the Bay Area, but also a history pre-dating the American Revolution. Learn the history and habitat of the ridge, and how local volunteers are fighting to preserve its wildlife. Meet Ranger George Durgerian at Skyline College Parking Lot #2. From Skyline Blvd/Hwy 35, go west on College Drive and turn left at its end. Look for the small white sign leading to parking lot #2. Reservations requested; phone 561-4323.

STINSON BEACH

The beach is open daily for picnics and recreational activities, 9 AM to shortly after sunset. No lifeguards on duty after Labor Day. For updates on hours of operation and the latest surf, tide, road, and weather conditions, phone 868-1922.

SUTRO HEIGHTS/ SUTRO BATHS

For information, phone 561-4323.

Do You Enjoy the Parks? JOIN US!

More than ever before, the Golden Gate National Parks need the support of people like you. By joining the Golden Gate National Parks Conservancy—the parks' nonprofit partner—you'll become part of the effort to preserve the national parks at the Golden Gate.

Your support helps restore native habitats, maintain miles of trails, preserve historic landmarks, and develop park education programs for young people.

JOIN THE PARKS CONSERVANCY AND YOU'LL RECEIVE:

- Two membership cards plus a special gift.
- Gateways*, the quarterly membership newsletter filled with news of the parks and tips on special places.
- Park Adventures*, the quarterly calendar of NPS and special membership programs and events, delivered to your home.
- Free monthly e-mail newsletter.
- Invitations to members-only walks, talks, and excursions.
- Discounts at park bookstores.
- Free use of the Alcatraz and Fort Point audio tours.

Yes, I would like to join the Parks Conservancy. Enclosed is my membership contribution of:

- \$35 Park Partner — Receive all benefits of membership
 \$50 Park Sponsor — Receive the award-winning book, *Guide to the Parks*
 \$100 Park Steward — Receive a Mount Tamalpais sweatshirt

Donations are tax-deductible. For information, or to join online, visit our website www.parksconservancy.org. To join by phone, call the Parks Conservancy at (415) 4R-PARKS.

NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____ EMAIL _____
 DAY PHONE (INCLUDE AREA CODE) _____ TOTAL ENCLOSED \$ _____
 Make check or money order payable to Golden Gate National Parks Conservancy
 Charge to: Visa Mastercard Am Ex Discovery
 ACCOUNT NUMBER _____ EXPIRATION DATE _____
 SIGNATURE _____

Mail this coupon with payment to:
 Golden Gate National Parks Conservancy, Building 201, Fort Mason, San Francisco, CA 94123

THE GOLDEN GATE NATIONAL PARKS CONSERVANCY—OUR MISSION

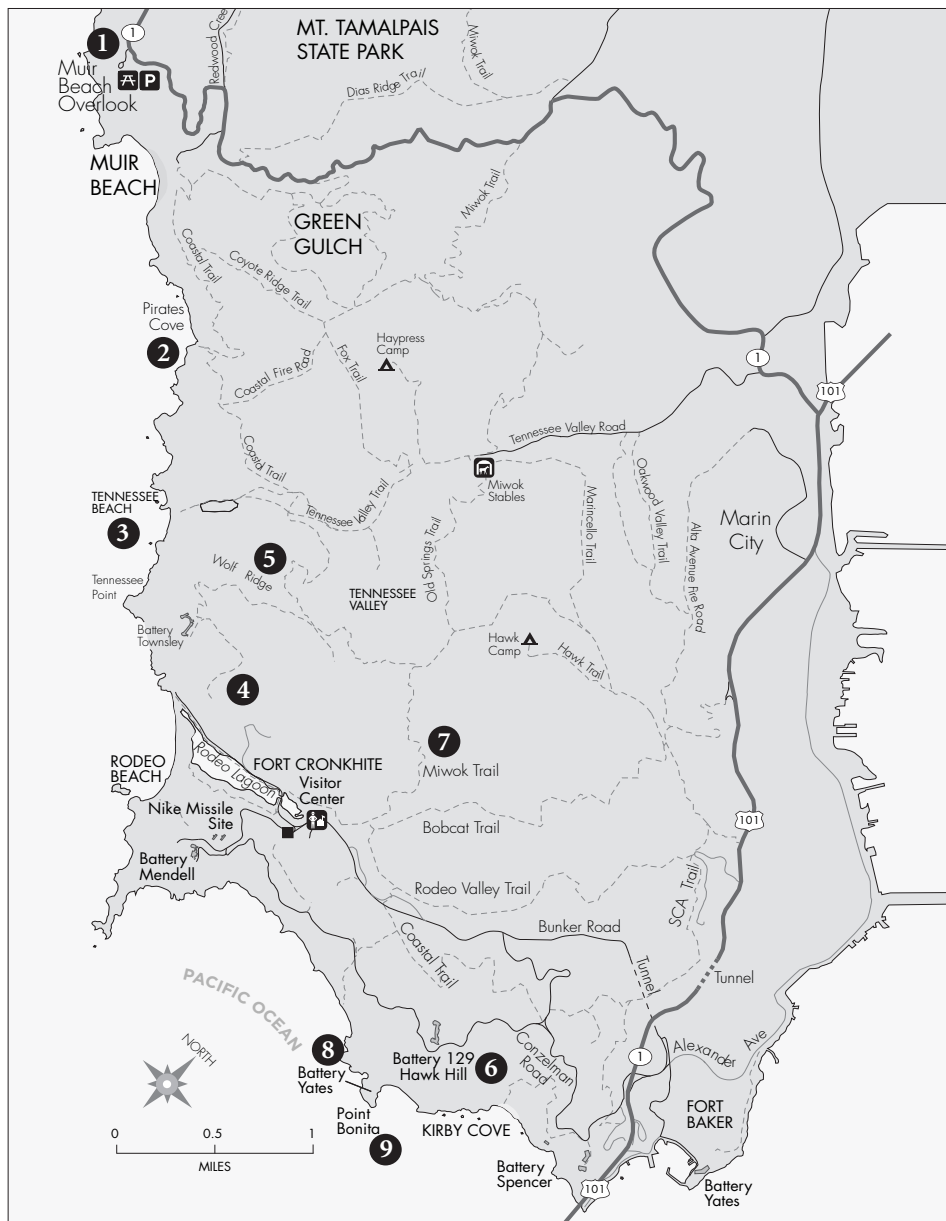
The Golden Gate National Parks Conservancy is a nonprofit membership organization created to preserve the Golden Gate National Parks, enhance the experiences of park visitors, and build a community dedicated to conserving the parks for the future.

We seek private contributions to augment federal funds for the parks, and work in collaboration with the National Park Service and the Presidio Trust to improve park sites, enlist volunteers in restoration projects, provide services and education programs for visitors and local communities, and engage diverse audiences in the national parks at the Golden Gate.



Secret Spots—North of the Golden Gate

Headlands...quiet coves...long, looping trails...towering old-growth redwoods—the lands north of the Golden Gate are home to some of northern California’s most beautiful natural settings.



My favorite spot in the park isn't as hidden as one might think, but people seem to stumble on it accidentally, much to their delight. It's the Muir Beach overlook. No where else in the park can you feel the sweep and majesty of the coastline quite as dramatically as you can here. The trail winding down is a manageable adventure any time of year. Passing the small military batteries, you're forced to think about what lonely duty it must have been during WWII. Seasonal wildflowers peek through the railings. All manner of sea birds (and an occasional raptor) float overhead, riding the wind currents, looking for lunch. As you move down the trail, the cliff sides fall away to a dizzying perspective, giving you Escher-like moments. When you finally reach the viewing platform, you're completely wowed. To your right, the long sweep toward Stinson and Point Reyes. To the left, Point Bonita. Straight ahead, nothing but limitless Pacific. You can spend five minutes or an hour, lost in the breeze and waves and your thoughts. The very best time to visit is late afternoon during Daylight Savings Time. If you're lucky enough to have a weekday

off, you'll have the spot to yourself. Also, it doesn't hurt that it's one of the most romantic spots in the park, if you're looking... **1**
Nicki Phelps, Director, Visitor Programs, Parks Conservancy

Pirates Cove, midway between Muir Beach and Tennessee Valley, is a great secret spot. You can reach it via the Coastal Trail from either Muir Beach or Tennessee Valley. It is about a two-hour hike round trip, but well worth it. The views on the hike out are expansive and the steep stairs down and up from this little cove will give you a work out. A lot of driftwood piles up there so it is fun to poke around awhile before heading back. **2**
Brandi Sorrell, NPS Ranger, Special Park Uses Group

A favorite midweek destination for my husband and me is Tennessee Beach as sunset approaches, for a peaceful picnic dinner. The usually busy trail is quiet, and on most excursions, we are treated to the sights and sounds of

peregrine falcons hunting nearby. The level path is perfect for the return stroll at dusk. **3**

Or, as you hike up the Coastal Trail from Rodeo Beach to Wolf Ridge, beyond the stone stairs and cable steps, look for a cluster of trees toward the ocean. It's a refreshing spot to sit and rest, and take in the ocean view. From mid-April through early May, this is also a nice spot to look for gray whales, as they journey north. Watch for spouts! **4**

And, at Wolf Ridge, above Battery Townsley, are three WWII-era anti-aircraft platforms, along with concrete sandbag-lined nests, perfect for today's raptor enthusiast near the end of September. Find the nest closest to the summit by hiking up an old, rocky army path near the Coastal Trail. Enjoy the view of Tennessee Valley, and settle down in the nest. If the weather cooperates, raptors fly low overhead, some close enough to look you directly in the eye! **5**

Finally, on your next trip to Hawk Hill, get to the summit by walking through the lower tunnel of army construction 129. This is the tunnel farthest from the beginning of the one-way section of Conzelman Road. As you walk through the chilly tunnel, look up to your left for "cave paintings" from an unknown artist, possible evidence of Paleolithic culture here in Golden Gate! **6**
Roxi Farwell, NPS Ranger, Marin Headlands (21 years at GGNRA!)

Could there be any secret spots out there for mountain bikers, while still remaining on a legal bicycle trail? Well, yes, there *is* a trail in the Marin Headlands that just feels illegal. It's single-track, with a steep decline, dangerous ruts that can swallow your tires, and even some steps to stomp down on. No—this trail is definitely not for the casual biker, for whom walking the bike is recommended! I am talking about the Miwok Trail that runs downhill between the County View Trail and the Tennessee Valley parking lot. You can make a scenic (and exhausting) round-trip ride by going down the Tennessee Valley trail, connecting with Coastal (going up!), then Coyote Ridge. Eventually, you'll get to the top of the Miwok trail—lower your seat and hang on! Make the descent around

sunset and you won't see a soul.... **7**
Steffen Bartschat, Ten-year NPS Volunteer and (lone) Mountain Bike Trail Docent

My husband Fred and I are volunteers at Point Bonita. Our favorite spot is Battery Yates at dusk. Sitting there watching the lights of the city come on and the many ships and smaller boats that traverse the strait in front of Battery Yates is beautiful. It is also a great spot to watch the Blue Angels during Fleet Week and 4th of July and New Year's fireworks from the city. It's also just a very serene spot to have a picnic dinner. And, yes, it is very public but when we are volunteering we rarely see anyone there. The millennium fireworks in the city were spectacular there. There was just us and one other couple. What a beautiful sight. **8**
Nikki & Fred Carpenter, Volunteers, Point Bonita Lighthouse

What is more inspiring than gazing at the twinkling jewel night lights of San Francisco's cityscape, framed behind the majestically glowing golden lights of the Golden Gate Bridge, under a full moon, as viewed from the Point Bonita Lighthouse in the Marin Headlands? (Sunset/full moon walks to Point Bonita Lighthouse are scheduled monthly; phone 331-1563 for dates, times, and reservations.) Bring your camera, a tripod for night photography of this picture-postcard view, a special friend, and perhaps a picnic basket with wine and cheese! Sheer heaven. **9**
Bob Holloway, NPS Ranger, Marin Headlands



Secret Spots—South of the Golden Gate

Even the densely populated city of San Francisco has some quieter edges, some tucked-away corners where you can reconnect with the land and with yourself—and possibly, with some organic, good-for-you snacks!

There is a wonderful secluded spot behind Ft. Miley hospital that overlooks the parking lot at the USS *San Francisco* Memorial. People hold weddings there sometimes, but more often than not, it is unused. There are a few picnic tables with a view of Ocean Beach and the vast horizon of the Pacific. **1**

Also, just past the nearby historical Battery Chester and facing the Marin Headlands is a secluded bench with a view of the entrance to the bay. I find it to be a place of natural beauty and solitude, and it's just a short walk from the 38 Geary bus stop near Ft. Miley. (I hope I'm not ruining this for myself!) **2**

Frederick Penn
NPS Ranger, Presidio

We call the trail to Mile Rock Beach “the 200-step stairway.” Understandably, the beach is usually pretty secluded. Mile Rock Beach is a dramatic landscape of tumbled rocks, crashing waves, and views of the bay and ocean. There is a labyrinth made of stones on a bluff overlooking the water. During the winter holidays,



A secret moment framed by the tunnel opening near Sutro Baths.

luminaria and small gifts appear here. You can spot dolphins and sea lions hunting in the outer bay. In the spring, scan the rocks offshore for nesting seabirds. And in summer, you can be one with the fog! **3**

Maureen Rogers
NPS Ranger, Fort Point

Two days a year (May and December), the tide is low enough that you can walk between Baker and China Beaches. There are starfish, sea anemones, gooseneck barnacles, and more mussels than you can count. There are also cool little cavelets in the rocks. But watch the tides carefully—the water can be treacherous here.

(See article on p. 3 for more details.) **4**
George Durgerian
NPS Ranger, Alcatraz

I love the “hidden” Battery East picnic spot above Fort Point, below the Toll Plaza, but I fear it's too well-known already! **5**

James Osborne
NPS Ranger, Presidio

The small, private beaches around Fort Point. **6**
Craig Glassner
NPS Ranger, Alcatraz

My favorite place is the Bay Trail from lower Van Ness to Fort Point. See a remnant of original, natural San Francisco Bay rocky shoreline and other great bay views, stop by for a snack at Fort Mason (Greens or Cooks & Co.), pass two city marinas, return to GGNRA at Crissy Field, watch board-sailors and birds, walk along the beach to the former Coast Guard Station, more snacks at the Warming Hut, and watch surfers under the Golden Gate Bridge round the bend at Fort Point. **7**

Nancy Hornor
NPS Planning Division Chief



The National Parks at the Golden Gate



- PARKLANDS INCLUDE**
- Alcatraz Island
 - Baker Beach
 - Bolinas Ridge
 - China Beach
 - Cliff House
 - Crissy Field
 - Fort Baker
 - Fort Cronkhite
 - Fort Funston
 - Fort Mason
 - Fort Point
 - Gerbode Valley
 - Kirby Cove
 - Lands End
 - Marin Headlands
 - Martinelli Ranch
 - Milagra Ridge
 - Mori Point
 - Muir Beach
 - Muir Woods
 - Oakwood Valley
 - Ocean Beach
 - Olema Valley
 - Phleger Estate
 - Point Bonita
 - Presidio
 - Rodeo Beach
 - Stinson Beach
 - Sutro Heights
 - Sweeney Ridge
 - Tennessee Valley

Golden Gate National Recreation Area (GGNRA)

This 75,500-acre national park is located where the Pacific Ocean meets San Francisco Bay. Extending north and south of the Golden Gate, the park offers a spectacular blend of natural beauty, historic features, open space, and urban development as well as a vast coastal preserve along its shoreline. Muir Woods National Monument, Fort Point National Historic Site, and the Presidio of San Francisco are within GGNRA's boundaries and are managed as part of GGNRA.

EMERGENCY (POLICE, FIRE, AMBULANCE).....911

Park Visitor/Information Centers (area code 415 unless otherwise noted)

Crissy Field	561-7761 (Center) or 561-3040 (Warming Hut)
Fort Funston	239-2366
Fort Mason/GGNRA Headquarters (Monday-Friday)	561-4700
TDD/V	556-2766
Fort Point	556-1693
TDD	561-4399
Marin Headlands	331-1540
Muir Woods	388-2596
Pacifica	(650) 355-4122
Presidio	561-4323
TTY	561-4314

If the park destination you wish to visit or learn more about does not have a corresponding phone number listed on this page, please phone GGNRA Headquarters at 561-4700 (Monday through Friday) and park staff will assist you.

ADDITIONAL USEFUL NUMBERS

(area code 415 unless otherwise noted)

Alcatraz Program Information	561-4900
Beach Chalet Visitor Center, Golden Gate Park	751-2766
Camping Reservations	331-1540 (backcountry sites) or (800) 365-2267 (Kirby Cove)
Crissy Field Center (main)	561-7690
Fort Mason Center	441-3400
Golden Gate National Parks Conservancy	561-3000
Golden Gate Raptor Observatory	331-0730
Gulf of the Farallones National Marine Sanctuary	561-6625
NPS Volunteer Information	561-4755
Nike Missile Site	331-1453
Ocean Beach Fire Hotline	561-4741
Park Archives and Records Center	561-4807
Point Reyes National Seashore	464-5100
Presidio Habitat Restoration Team	561-4848

San Francisco Maritime National Historical Park

Maritime Museum	561-7100
Visitor Center	447-5000
Special Park Uses Group	561-4300
Stinson Beach Weather	868-1922

NATIONAL PARKS ON THE INTERNET

Golden Gate National Recreation Area	www.nps.gov/goga
Alcatraz	www.nps.gov/alcatraz
.....	www.nps.gov/alca/index.htm
Fort Point	www.nps.gov/fopo
Marin Headlands	www.nps.gov/goga/mahe
Muir Woods	www.nps.gov/muwo
Nike Missile Site	www.nps.gov/goga/mahe/nimi
Presidio	www.nps.gov/prsf

ADDITIONAL PARK-RELATED SITES

Crissy Field Center	www.crissyfield.org
Fort Mason Center	www.fortmason.org
Golden Gate Club	www.presidio.gov/venues
Golden Gate National Parks Conservancy	www.parksconservancy.org
Golden Gate Raptor Observatory	www.ggro.org

Gulf of the Farallones National Marine Sanctuary

.....	www.farallones.org
Presidio Trust	www.presidio.gov
San Francisco NMHP	www.nps.gov/safr

The National Park Service Web page at www.nps.gov includes ParkNet, an online magazine providing natural and cultural history, travel and tourism information, and basic information on all national park sites.

GULF OF THE FARALLONES NATIONAL MARINE SANCTUARY

The sanctuary comprises 948 square nautical miles of the Pacific Ocean off the California coastline, west and north of San Francisco and includes the Gulf of the Farallones and the nearshore waters of Bodega, Tomales, and Drakes bays, Estero de San Antonio, Estero Americano, Duxbury Reef, and Bolinas Lagoon. It is managed by the National Oceanic and Atmospheric Administration (NOAA) and provides special protection and management for marine areas of national significance, for the benefit of the public and the world's oceans.

Read ParkNews on the Web:
www.nps.gov/goga/parknews