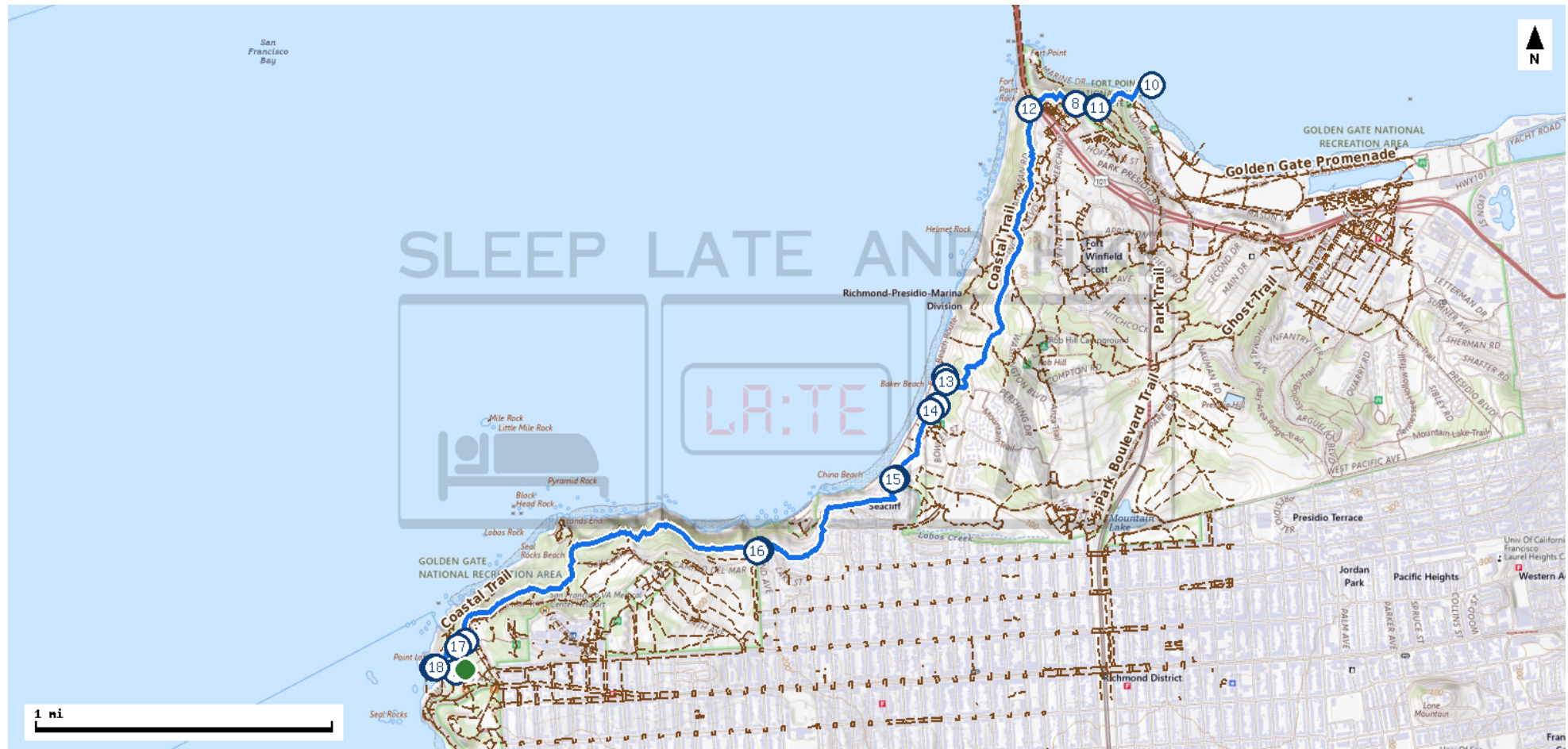


Lands End to GG Bridge: Lands End to GG Bridge

www.sleepateandhike.com

2008 Merrie Way, San Francisco, CA 94121, United States

Distance 9.19 mi	Ascent 1,381 ft	Est. time 4.8 hr	Difficulty Moderate	Route type Out & back	Trailhead GPS 37.78071, -122.5117
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Green = start, red = end, numbered circles = trail junctions (directions on page 2), dashed brown = trails. Map: USGS The National Map; trails © OpenStreetMap contributors.
<https://staging.sleepateandhike.com/eventdescription/lands-end-to-gg-bridge-lands-end-to-gg-bridge/> · printed Oct 22, 2026. **Carry a paper map and tell someone your plan.**

Turn-by-turn directions

The numbers are the numbered junctions on the map; the time under each mile is from the start at 1.7 mph uphill, 2.7 mph downhill and 2 mph on the level, plus 20 minutes for breaks. Worked out from the route and OpenStreetMap trail names; trail signs on the ground may differ.

Start	0.0 mi	Start on Merrie Way - Next junction in 170 ft
1	0.0 mi ETA 0 hr 1 min	Continue onto an unnamed trail - Next junction in 0.1 mi
2	0.1 mi ETA 0 hr 4 min	Continue onto Sutro Baths Upper Trail - Next junction in 0.2 mi
3	0.4 mi ETA 0 hr 12 min	Bear left onto Coastal Trail - Next junction in 1.3 mi
4	1.7 mi ETA 0 hr 53 min	Continue onto an unnamed trail - Next junction in 0.7 mi
5	2.4 mi ETA 1 hr 12 min	Bear left onto Coastal Trail - Next junction in 0.3 mi
6	2.7 mi ETA 1 hr 22 min	Bear left onto an unnamed trail - Next junction in 0.1 mi
7	2.8 mi ETA 1 hr 25 min	Bear right onto Coastal Trail - Next junction in 1.4 mi
8	4.2 mi ETA 2 hr 10 min	Continue onto Battery East Road - Next junction in 460 ft
9	4.3 mi ETA 2 hr 12 min	Turn left onto an unnamed trail - Next junction in 0.3 mi

10	4.6 mi ETA 2 hr 21 min	Turn around and go back the way you came - Next junction in 0.3 mi
11	4.9 mi ETA 2 hr 33 min	Turn right onto Presidio Promenade - Next junction in 0.3 mi
12	5.2 mi ETA 2 hr 43 min	Turn left onto Coastal Trail - Next junction in 1.2 mi
13	6.4 mi ETA 3 hr 19 min	Bear right onto an unnamed trail - Next junction in 0.1 mi
14	6.5 mi ETA 3 hr 22 min	Continue onto Coastal Trail - Next junction in 0.3 mi
15	6.8 mi ETA 3 hr 32 min	Continue onto an unnamed trail - Next junction in 0.7 mi
16	7.5 mi ETA 3 hr 56 min	Continue onto Coastal Trail - Next junction in 1.3 mi
17	8.8 mi ETA 4 hr 39 min	Continue onto Sutro Baths Upper Trail - Next junction in 0.2 mi
18	9.0 mi ETA 4 hr 44 min	Bear right onto an unnamed trail - 0.1 mi to the end
End	9.2 mi ETA 4 hr 49 min	Arrive back at the start