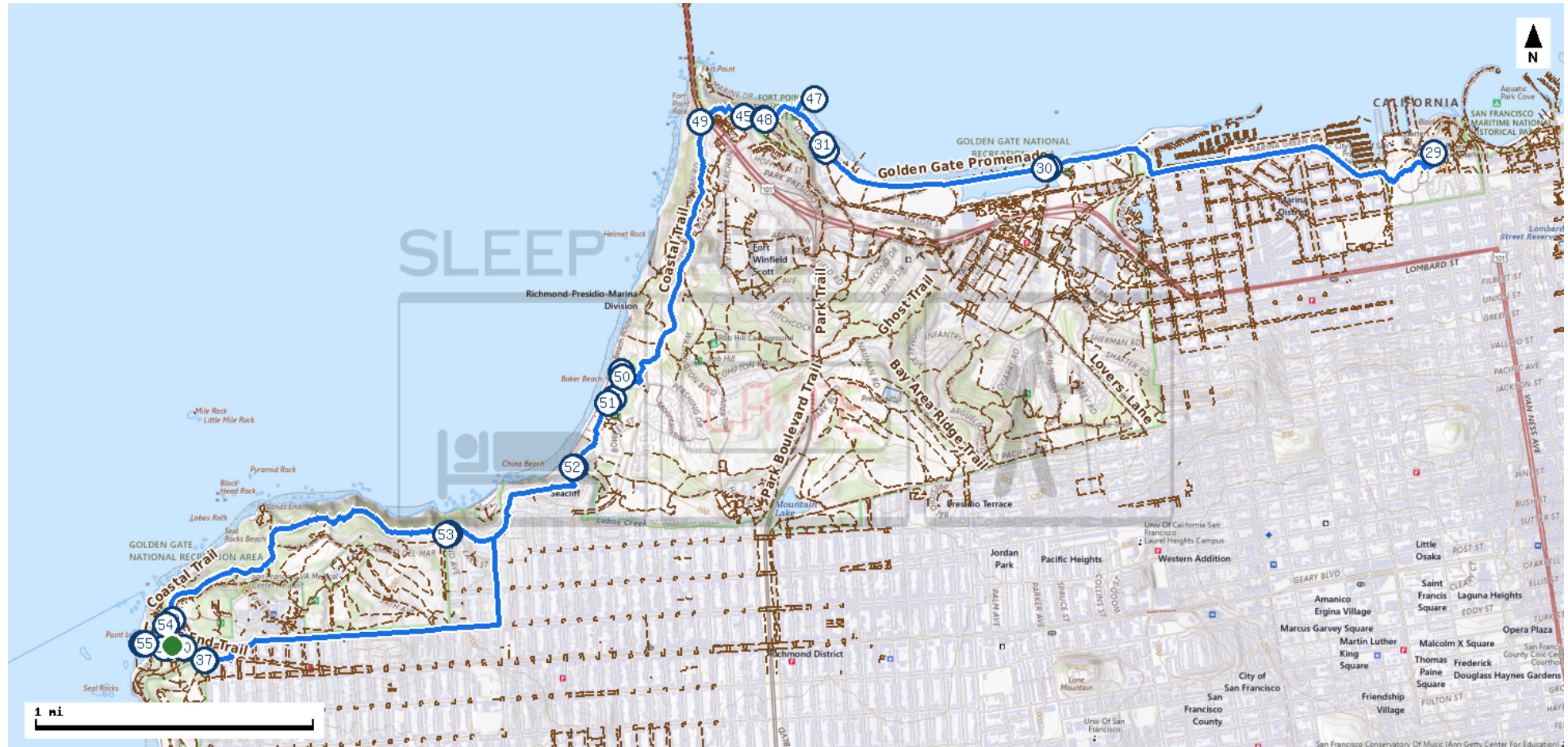


# Lands End to GG Bridge: Lands End

www.sleepateandhike.com

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

|                             |                           |                             |                                |                                     |                                             |
|-----------------------------|---------------------------|-----------------------------|--------------------------------|-------------------------------------|---------------------------------------------|
| Distance<br><b>32.18 mi</b> | Ascent<br><b>4,034 ft</b> | Est. time<br><b>16.1 hr</b> | Difficulty<br><b>Difficult</b> | Route type<br><b>Out &amp; back</b> | Trailhead GPS<br><b>37.78071, -122.5117</b> |
|-----------------------------|---------------------------|-----------------------------|--------------------------------|-------------------------------------|---------------------------------------------|



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/> · printed Oct 24, 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.

|              |                            |                                                                    |
|--------------|----------------------------|--------------------------------------------------------------------|
| <b>Start</b> | 0.0 mi                     | Start on Merrie Way - Next junction in 170 ft                      |
| <b>1</b>     | 0.0 mi<br>ETA 0 hr 1 min   | Continue onto an unnamed trail - Next junction in 0.1 mi           |
| <b>2</b>     | 0.1 mi<br>ETA 0 hr 3 min   | Continue onto Sutro Baths Upper Trail - Next junction in 0.2 mi    |
| <b>3</b>     | 0.4 mi<br>ETA 0 hr 12 min  | Bear left onto Coastal Trail - Next junction in 1.3 mi             |
| <b>4</b>     | 1.7 mi<br>ETA 0 hr 51 min  | Continue onto an unnamed trail - Next junction in 0.7 mi           |
| <b>5</b>     | 2.4 mi<br>ETA 1 hr 8 min   | Bear left onto Coastal Trail - Next junction in 0.3 mi             |
| <b>6</b>     | 2.7 mi<br>ETA 1 hr 17 min  | Bear left onto an unnamed trail - Next junction in 0.1 mi          |
| <b>7</b>     | 2.8 mi<br>ETA 1 hr 21 min  | Bear right onto Coastal Trail - Next junction in 1.4 mi            |
| <b>8</b>     | 4.2 mi<br>ETA 2 hr 3 min   | Continue onto Battery East Road - Next junction in 460 ft          |
| <b>9</b>     | 4.3 mi<br>ETA 2 hr 6 min   | Turn left onto an unnamed trail - Next junction in 0.3 mi          |
| <b>10</b>    | 4.6 mi<br>ETA 2 hr 14 min  | Turn around and go back the way you came - Next junction in 0.3 mi |
| <b>11</b>    | 4.9 mi<br>ETA 2 hr 25 min  | Turn right onto Presidio Promenade - Next junction in 0.3 mi       |
| <b>12</b>    | 5.2 mi<br>ETA 2 hr 35 min  | Turn left onto Coastal Trail - Next junction in 1.2 mi             |
| <b>13</b>    | 6.4 mi<br>ETA 3 hr 9 min   | Bear right onto an unnamed trail - Next junction in 0.1 mi         |
| <b>14</b>    | 6.5 mi<br>ETA 3 hr 12 min  | Continue onto Coastal Trail - Next junction in 0.3 mi              |
| <b>15</b>    | 6.8 mi<br>ETA 3 hr 21 min  | Continue onto an unnamed trail - Next junction in 0.7 mi           |
| <b>16</b>    | 7.5 mi<br>ETA 3 hr 45 min  | Continue onto Coastal Trail - Next junction in 1.3 mi              |
| <b>17</b>    | 8.8 mi<br>ETA 4 hr 25 min  | Continue onto Sutro Baths Upper Trail - Next junction in 0.2 mi    |
| <b>18</b>    | 9.0 mi<br>ETA 4 hr 30 min  | Bear right onto an unnamed trail - Next junction in 0.1 mi         |
| <b>19</b>    | 9.1 mi<br>ETA 4 hr 34 min  | Continue onto Merrie Way - Next junction in 370 ft                 |
| <b>20</b>    | 9.2 mi<br>ETA 4 hr 36 min  | Continue onto Lands End Trail - Next junction in 520 ft            |
| <b>21</b>    | 9.3 mi<br>ETA 4 hr 40 min  | Continue onto an unnamed trail - Next junction in 1.9 mi           |
| <b>22</b>    | 11.2 mi<br>ETA 5 hr 34 min | Bear left onto Coastal Trail - Next junction in 0.3 mi             |
| <b>23</b>    | 11.5 mi<br>ETA 5 hr 43 min | Bear left onto an unnamed trail - Next junction in 0.1 mi          |
| <b>24</b>    | 11.7 mi<br>ETA 5 hr 46 min | Bear right onto Coastal Trail - Next junction in 1.4 mi            |
| <b>25</b>    | 13.0 mi<br>ETA 6 hr 28 min | Continue onto Battery East Road - Next junction in 460 ft          |
| <b>26</b>    | 13.1 mi<br>ETA 6 hr 31 min | Turn left onto an unnamed trail - Next junction in 0.4 mi          |
| <b>27</b>    | 13.5 mi<br>ETA 6 hr 41 min | Continue onto Golden Gate Promenade - Next junction in 0.9 mi      |
| <b>28</b>    | 14.4 mi<br>ETA 7 hr 8 min  | Continue onto an unnamed trail - Next junction in 1.7 mi           |

|            |                             |                                                                    |
|------------|-----------------------------|--------------------------------------------------------------------|
| <b>29</b>  | 16.1 mi<br>ETA 8 hr 0 min   | Turn around and go back the way you came - Next junction in 1.7 mi |
| <b>30</b>  | 17.8 mi<br>ETA 8 hr 51 min  | Continue onto Golden Gate Promenade - Next junction in 0.9 mi      |
| <b>31</b>  | 18.6 mi<br>ETA 9 hr 17 min  | Continue onto an unnamed trail - Next junction in 0.4 mi           |
| <b>32</b>  | 19.0 mi<br>ETA 9 hr 30 min  | Turn right onto Presidio Promenade - Next junction in 0.3 mi       |
| <b>33</b>  | 19.3 mi<br>ETA 9 hr 39 min  | Turn left onto Coastal Trail - Next junction in 1.2 mi             |
| <b>34</b>  | 20.5 mi<br>ETA 10 hr 13 min | Bear right onto an unnamed trail - Next junction in 0.1 mi         |
| <b>35</b>  | 20.6 mi<br>ETA 10 hr 16 min | Continue onto Coastal Trail - Next junction in 0.3 mi              |
| <b>36</b>  | 20.9 mi<br>ETA 10 hr 25 min | Continue onto an unnamed trail - Next junction in 1.9 mi           |
| <b>37</b>  | 22.8 mi<br>ETA 11 hr 26 min | Continue onto Lands End Trail - Next junction in 0.2 mi            |
| <b>38</b>  | 23.0 mi<br>ETA 11 hr 30 min | Continue onto an unnamed trail - Next junction in 0.1 mi           |
| <b>39</b>  | 23.1 mi<br>ETA 11 hr 33 min | Continue onto Sutro Baths Upper Trail - Next junction in 0.2 mi    |
| <b>40</b>  | 23.3 mi<br>ETA 11 hr 41 min | Bear left onto Coastal Trail - Next junction in 1.3 mi             |
| <b>41</b>  | 24.6 mi<br>ETA 12 hr 20 min | Continue onto an unnamed trail - Next junction in 0.7 mi           |
| <b>42</b>  | 25.3 mi<br>ETA 12 hr 38 min | Bear left onto Coastal Trail - Next junction in 0.3 mi             |
| <b>43</b>  | 25.6 mi<br>ETA 12 hr 47 min | Bear left onto an unnamed trail - Next junction in 0.1 mi          |
| <b>44</b>  | 25.7 mi<br>ETA 12 hr 50 min | Bear right onto Coastal Trail - Next junction in 1.4 mi            |
| <b>45</b>  | 27.1 mi<br>ETA 13 hr 33 min | Continue onto Battery East Road - Next junction in 460 ft          |
| <b>46</b>  | 27.2 mi<br>ETA 13 hr 35 min | Turn left onto an unnamed trail - Next junction in 0.3 mi          |
| <b>47</b>  | 27.5 mi<br>ETA 13 hr 44 min | Turn around and go back the way you came - Next junction in 0.3 mi |
| <b>48</b>  | 27.9 mi<br>ETA 13 hr 54 min | Turn right onto Presidio Promenade - Next junction in 0.3 mi       |
| <b>49</b>  | 28.1 mi<br>ETA 14 hr 4 min  | Turn left onto Coastal Trail - Next junction in 1.2 mi             |
| <b>50</b>  | 29.4 mi<br>ETA 14 hr 38 min | Bear right onto an unnamed trail - Next junction in 0.1 mi         |
| <b>51</b>  | 29.5 mi<br>ETA 14 hr 42 min | Continue onto Coastal Trail - Next junction in 0.3 mi              |
| <b>52</b>  | 29.8 mi<br>ETA 14 hr 50 min | Continue onto an unnamed trail - Next junction in 0.7 mi           |
| <b>53</b>  | 30.4 mi<br>ETA 15 hr 14 min | Continue onto Coastal Trail - Next junction in 1.3 mi              |
| <b>54</b>  | 31.8 mi<br>ETA 15 hr 54 min | Continue onto Sutro Baths Upper Trail - Next junction in 0.2 mi    |
| <b>55</b>  | 32.0 mi<br>ETA 15 hr 59 min | Bear right onto an unnamed trail - 0.1 mi to the end               |
| <b>End</b> | 32.1 mi<br>ETA 16 hr 4 min  | Arrive back at the start                                           |