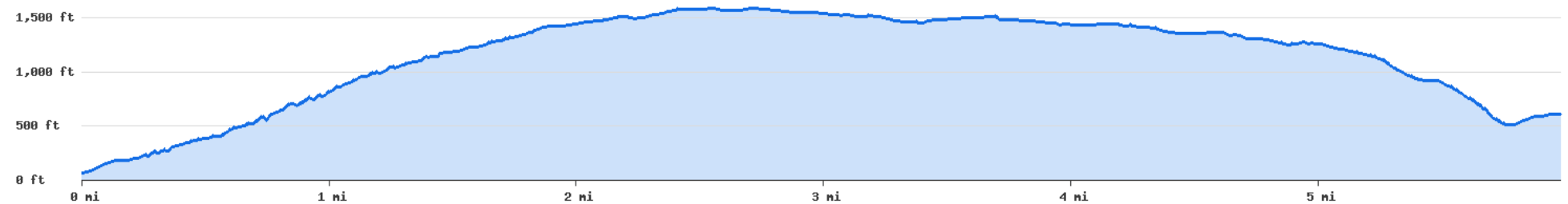


mt tam: dispea

55 Belvedere Ave, Stinson Beach, CA 94970-9735, United States

www.sleepateandhike.com

Distance 6.04 mi	Ascent 1,974 ft	Est. time 3.3 hr	Difficulty Moderate	Route type Point to point	Trailhead GPS 37.89969, -122.63737
----------------------------	---------------------------	----------------------------	-------------------------------	-------------------------------------	--



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/mt-tam-dispea/> · 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.

Start	0.0 mi	Start on Matt Davis Trail - Next junction in 3.8 mi	4	5.5 mi ETA 3 hr 4 min	Turn left onto Dipsea Trail - Next junction in 0.4 mi
1	3.8 mi ETA 2 hr 17 min	Turn left onto Old Mine Trail - Next junction in 0.6 mi	5	5.9 mi ETA 3 hr 16 min	Continue onto White Gate - 310 ft to the end
2	4.4 mi ETA 2 hr 34 min	Turn right onto Dipsea Trail - Next junction in 0.8 mi	End	6.0 mi ETA 3 hr 18 min	Arrive at the end of the route
3	5.3 mi ETA 2 hr 57 min	Bear left onto an unnamed trail - Next junction in 0.3 mi			