



Mountain Biking

Explore a variety of diverse habitats and terrains with your bicycle at Point Reyes National Seashore! Enjoy bicycle trails through evergreen forests and coastal scrub, along estuaries and beach bluffs. Point Reyes permits biking on dirt surface emergency access/fire roads, paved roads, and a limited number of trails.

All visitor centers at Point Reyes offer park trail maps. These maps, available at no charge, indicate trails designated for bike travel, horseback riding and hiking.

Rules and Safe Practices

No Biking Permitted in Wilderness Areas

The Philip Burton Wilderness Area encompasses over 32,000 acres of land within the Seashore. Bicycles are not allowed in the wilderness area. Please do not ride or carry your bicycle in these areas. You will be cited if observed with a bicycle in wilderness areas.

Bicyclists Must Yield

Horseback riders have first priority on the trails. Hikers have second priority. Bicyclists must yield to both of these trail user groups. Be aware that many horses are easily spooked when approached from behind. Reduce your speed when approaching horses or hikers. Stop on the downhill side of the trail while horses pass.

Be Alert for Difficult Track Conditions

Open trails do not mean well-groomed trails. Loose dirt and gravel cover many of the trails. Such slick surfaces can create slide-out conditions. Loose dirt can also hide potholes. These riding surfaces challenge even the most experienced bikers. We recommend that you always wear a helmet, a long sleeved shirt and long pants.

Come Prepared for Variable Weather

The weather at Point Reyes National Seashore can change dramatically year round, both day-to-day as well as hour-to-hour. Coastal fog and ocean breezes cool your body even during strenuous rides. Bring extra layers of clothing for rest stops, or when traveling west from warm inland valleys over Inverness Ridge. Temperatures may vary up to 30 degrees from one side of the ridge to the other.

Always Carry Water

It may come in handy for washing off unexpected abrasions. At the four backcountry campgrounds, if you need a refill, you will find water faucets. Although the water is usually already treated, be prepared to treat the water if the water treatment system has failed.

Travel at a Safe Speed

The speed limit on all trails, even downhill, is 15 mph. Be courteous. If trails are dry and dusty, slow down even more so that you do not leave hikers in a cloud of dust.

Make mountain bike riding a positive experience for you and everyone you meet.



Suggested Rides

Bear Valley Trail

Difficulty: Easy

Roundtrip Distance: 6.6 mi./11 km

Terrain: This is a wide dirt fire road with easy rolling hills. Meander through mixed evergreen forest along a lush creek side corridor. This trail is protected from wind and sun and can be pleasant on hot days.

Highlights and Tips: Bikes are not permitted past the Glen Trail junction. Bike racks are available for locking your bike at this intersection. For spectacular ocean views, continue on foot to Arch Rock (0.8 miles each way).

Coast Trail

Difficulty: Easy

Roundtrip Distance: 5.4 mi./9.3 km

Terrain: This ride follows a level dirt road through intermittent shade from a canopy of red alders, then out into the open paralleling beach bluffs.

Highlights and Tips: Great ocean views but can be exposed to sand and wind. Bring sunscreen and a windbreaker. Access the beach at Coast Camp.

Cross Marin Trail

Difficulty: Easy

Roundtrip Distance: 7 mi./11.3 km

Terrain: This level paved trail follows the route of the North Pacific Coast Railroad. It meanders along Lagunitas Creek through a beautiful mixed forest of Douglas fir, redwoods, oaks, and alders.

Highlights and Tips: Good ride for families with small children due to the wide and level nature of the trail. Nice spring flowers and shade on a warm day. Pick up the trail at the junction of Platform Bridge Road and Sir Francis Drake Blvd. The trail takes you into Samuel P. Taylor State Park. Turn around at the campground for a 7 mi. ride.

Estero Trail to Sunset Beach

Difficulty: Moderate

Roundtrip Distance: 5.0 mi./8.3 km

Estero Trail to Drakes Head

Difficulty: Moderate

Roundtrip Distance: 8.8 mi./14.7 km

Terrain: The Estero Trails involve some single track riding as well as wider pathways. A few steep inclines, otherwise flat or rolling hills. Expect lots of potholes and encounters with cattle.

Highlights and Tips: This trail offers sweeping views of Drakes Estero. You can lose the trail because of crisscrossing cattle tracks. Cattle gates intersect many of the trails. Leave gates as you find them. Exposed to sun and wind.

Inverness Ridge Trail

Difficulty: Difficult

Roundtrip Distance: 5.6 mi./9 km

Terrain: This trail follows the crest of Inverness

Ridge between the Bayview Trailhead and Point Reyes Hill. The trail is single track, with ruts and very steep terrain in places.

Highlights and Tips: Great views looking out over the Point Reyes peninsula.

Stewart Trail from Five Brooks to Wildcat Camp

Difficulty: Difficult

Roundtrip Distance: 11.4 mi./19 km

Terrain: A strenuous and steady uphill climb on a dirt fire road. Approximately 1200 ft. elevation gain, then loss, each way. Douglas fir forest on east side of ridge; open coastal views on west side.

Highlights and Tips: A rigorous climb through old growth forest. Access the beach at Wildcat Camp. Guided horseback rides originate from Five Brooks Stables. Expect heavy horse use on weekends.

Bolinas Ridge Loop (Bolinas Trail to Randall Trail to Highway 1 to Sir Francis Drake Blvd.)

Difficulty: Difficult

Roundtrip Distance: 14.9 mi./24.8 km (7.9 mi./13.2 km off road, 7.0 mi./11.7 km on road)

Terrain: Begin at Bolinas Ridge Trailhead on Sir Francis Drake Blvd. Climb along Bolinas Ridge through cattle country to Randall Trail Which involves a steep descent. Return to trailhead via Hwy 1 and Sir Francis Drake Blvd.

Highlights and Tips: Includes a cool, serene ride through lush forest and some redwoods. Spectacular views from ridgeline to Tomales Bay. Road shoulders are narrow or absent along Sir Francis Drake and Highway 1. Traffic can be heavy.

Olema Valley Trail/Highway 1 Loop

Difficulty: Difficult

Roundtrip Distance: 11.4 mi./19 km

Terrain: Start at the Five Brooks Trailhead or at the McCurdy Trailhead near Dogtown. The trail is single track, with ruts and steep terrain in places. There are also multiple stream crossings required. Road shoulders on Highway 1 are narrow or absent, and traffic can be heavy.

Highlights and Tips: This route follows the Olema Valley through forest and meadows.

Olema Valley-Randall-Bolinas Ridge-McCurdy

Difficulty: Difficult

Roundtrip Distance: 8.6 mi./13.8 km

Terrain: Start at the Randall Trailhead near the Pacific Coast Science and Learning Center or at the McCurdy Trailhead near Dogtown. The loop is a mix of fireroad and single track, with ruts and steep terrain in places. There are multiple stream crossings required along the Olema Valley Trail.

Highlights and Tips: Numerous views to the south from the McCurdy Trail. McCurdy Trail is steeper than Randall Trail.

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