

THE MT TAM PANTOLL QUAD

Four epic hikes that start/end at
Pantoll

21 miles & 4,300 feet of elevation

Complete all four and get a
commemorative badge!

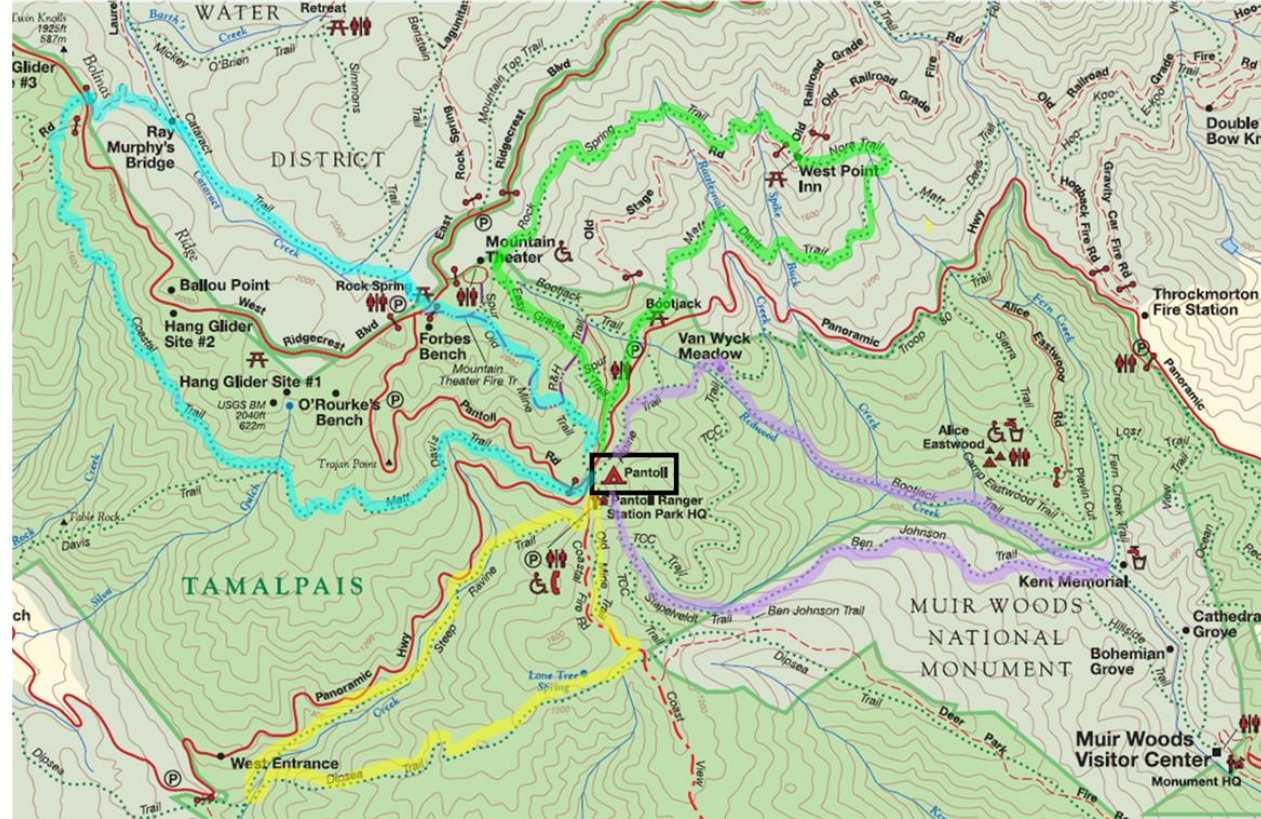


Steep Ravine / Dipsea
Distance: 4.3 miles
Elev. Gain: 1,300'
Time: 2 hours 15 min

Muir Woods
Distance: 5.5 miles
Elev. Gain: 1,500'
Time: 2 hours 45 min

Bolinas Ridge
Distance: 6.2 miles
Elev. Gain: 1,000'
Time: 3 hours 15 min

West Point Inn
Distance: 4.7 miles
Elev. Gain: 500'
Time: 2 hours 30 min



Use QR code for a full
Mt Tam State Park
Brochure & Map

HOW IT WORKS

- ✓ Complete all 4 hikes (in any order / over days or months)
- ✓ Email FriendsOfMtTam@gmail.com with:
 - Your name & mailing address
 - What you liked about each hike
- ✓ FMT will send you a “I HIKED THE PANTOLL QUAD” commemorative badge



Steep Ravine

Trails: Steep Ravine, Dipsea, Coastal Fire Road, Old Mine

Enter Steep Ravine to the left of the lower parking lot. The descent is steep and you will pass through alternating stands of Douglas Fir and Redwood. Webb Creek which you cross several times runs fast and heavy during the rainy season. When you arrive at the ladder, descend backward and grasp the railing. Turn left on the marked Dipsea Trail at a bridge. The climb is very steep at the outset. When you leave the forest, you will be treated to spectacular ocean views. Continue on the Dipsea Trail until it intersects with the Coastal Fire Road. Turn left on this road and in about 25 yards turn right at the signed Old Mine Trail. This trail ends at a paved road where you turn right to return to Pantoll.

Date Hiked: _____
Observations: _____



Bolinas Ridge

Trails: Matt Davis, Coastal, Willow Camp, Laurel Dell, Cataract, Old Mine

Cross Panoramic Hwy via the wooden staircase across the parking lot and continue up the steps to the Matt Davis Trail. After leaving the woods, you will be in an open area for about ¼ mile and come to a junction with the Coastal Trail. Continue to hug the Bolinas Ridge along the Coastal trail until turning uphill on the Willow Camp Fire Road. Cross West Ridgecrest into MMWD lands and take the Laurel Dell Fire Road down to Cataract Creek. Cross Ray Murphy’s Bridge and veer right on the Cataract Creek Trail to the Rock Spring parking lot. Cross East Ridgecrest to the Old Mine Trail and follow it back down to Pantoll.

Date Hiked: _____
Observations: _____



West Point Inn

Trails: Old Stage Road, Easy Grade, Rock Spring, Nora, Matt Davis

Cross Panoramic Hwy and follow the Old Stage Road. Watch for the signed Easy Grade Trail on a small rise on your left. The trail ascends through forest with two excellent viewing areas primarily to the East and South. Enter the Mountain Theater on the lower left (looking from the stage). You will depart on the Rock Spring Trail from the upper far right. The Rock Spring Trail alternates through forest and chaparral with several serpentine outcroppings. At West Point Inn take the signed Nora Trail which departs from the lower picnic area. Descend steeply, joining Matt Davis Trail at the Laguna Creek Bridge. Turn right and continue through alternating open and wooded areas. At Bootjack continue the gradually ascending trail to Old Stage Road and back to Pantoll.

Date Hiked: _____
Observations: _____



Muir Woods

Trails: Stapelveldt, Ben Johnson, Bootjack, Alpine

Join Stapelveldt at the bus stop near the entrance to the parking lot. Follow the trail bearing right through the camping area. Look for the trail sign to the right of campsite #15 to continue on Stapelveldt. Take the Ben Johnson Trail, enjoying the switchbacks down into Muir Woods. Crossing Redwood Creek, take a left on the Bootjack Trail for the climb back up. At Van Wyck Meadow continue climbing up Bootjack. At approximately 1/3 of a mile, turn left on the signed Alpine Trail which continues to ascend and brings you back to Pantoll.

Date Hiked: _____
Observations: _____

We hope you enjoyed your hikes!

To support Mt Tam State Park, please consider joining FMT at friendsofmontam.org.



Friends of Mt Tam is an all volunteer organization whose purpose is to promote the conservation, education, and interpretation of Mount Tamalpais State Park.