



2026

TrailLink Unlimited 

Guides   



**Golden Gate
Park Trails**
California



Golden Gate Park Trails

California

Discover San Francisco's famous Golden Gate Park via its combination of multiuse trails and pathways. The paved loop



Discover San Francisco's famous Golden Gate Park via its combination of multiuse trails and pathways. The paved loop around the perimeter of the park is 7.4-miles and there is a popular 4.5-mile loop at the west end of the park. Winding through the park, the paved [Golden Gate Park Bike Path](#) passes by the museums, sports fields, and botanic gardens that make Golden Gate Park one of the premier urban parks in the country. Bicycle route signage is clear and connects the path to neighborhoods throughout the city. Bike rentals are available at the Stanyan Street & Haight entrance and at the Music Concourse (55 Hagiwara Tea Garden Dr).

Dedicated bike lanes run along the roads throughout the park. The Polo Field has a cycle track for anyone from the casual bicyclist to the serious cyclist. There are running

tracks at the Kezar Stadium and the Polo Field. The Skatin' Place (John F. Kennedy Drive near 6th Ave) provides a small, paved area dedicated for those on skates or blades.

At the southern edge of the park, continue on the multiuse [Great Highway Bike Path](#) for sweeping views of Ocean Beach and access to the San Francisco Zoo in the south.

Golden Gate Park is a 1,017-acre, three-mile-long urban park running from the Haight-Ashbury neighborhood through the Cole Valley, North of the Panhandle, Richmond and Sunset neighborhoods to Ocean Beach. There is no admission fee, but some attractions may require tickets or charge a fee.

The park has four off-leash dog parks, several playgrounds, a variety of sports fields and courts, picnic areas and pavilions, open fields, meadows, several lakes, a dance venue, an art studio, boat rentals, fly fishing, a senior center, a community garden, and the Chaparral Ranch offers horseback riding. The park also includes the de Young Museum (50 Hagiwara Tea Garden Dr), the California Academy of Sciences (55 Music Concourse Dr), and numerous gardens including the Queen Wilhelmina Tulip Garden (1690 John F Kennedy Dr) and the San Francisco Botanical Garden (1199 9th Ave).



Golden Gate Park Trails

California

States: California

Counties: San Francisco

Length: 15miles

Trail end points: 2235 Lincoln Way to Lincoln Way & Fulton St

Trail surfaces: Asphalt,Concrete

Trail category: Greenway/Non-RT

Trail activities: Bike,Fishing,Horseback Riding,Inline Skating,Walking,Wheelchair Accessible

Parking & Trail Access

The free Golden Gate Park shuttle operates seven days a week and provides routes through the park, stopping at the park's best-known attractions. For more information, visit the [San Francisco Recreation & Park Department website](#).

The San Francisco Municipal Transportation Agency (SFMTA) provides access to Golden Gate Park. Check out the [SFMTA Trip Planner](#) to plan your visit.

For those driving, parking is available at lots located throughout the park and includes accessible spaces.