The Golden Gate Bridge to Baker Beach

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This trail offers splendid ocean views and passes several artillery batteries, harking back to when the Presidio was not just a playground for locals but also a military base protecting the entrance to the bay. The walk ends at one of the city's most scenic beaches.

DIFFICULTY: Steep (though mostly downhill)

Begin at the Golden Gate Bridge vista point (via bus #28 or 29). Walk over to the flagpole, then down to the paved bike trail that loops under the bridge (watch for cyclists here). Just as you begin to ascend on the far side of the bridge, take the dirt footpath leading off to the right. This puts you on the Coastal Trail, which hugs the shoreline all the way to Baker Beach. You'll first come upon Battery Boutelle, dating to 1900, then a parking lot; the trail continues straight across the road. Go through the forested area and continue alongside Lincoln. Note the World War II Memorial across the street on your left. Just beyond it, a narrow trail marked by a fence leads steeply down toward the water. This leads to Battery Crosby. Return to the main trail. You'll soon come upon another trail with a sign to Baker Beach. This is a steep and sandy descent, but there is a cable to help you. Battery Chamberlin hosts a gun demonstration the first and third Saturdays and Sundays of each month and houses a small exhibit focusing on the coastal defenses of the city. Just beyond it is Baker Beach; its picturesque location and relative protection from ocean breezes makes it a popular destination. Cliffs rise to the west, where the mansions of the affluent Seacliff neighborhood perch on the ocean's edge. The Golden Gate Bridge soars to the right, and the Marin Headlands loom ahead. This mile-long beach is great for walking, but it's not suitable for swimming. Note that the northern end is a nude beach. Walk up the street from the main parking lot to catch bus #29.

SFMOMA and Yerba Buena

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There's lots for kids to see and do on this walk.

DIFFICULTY: Easy

Begin at Third and Mission (via bus #15, 30, or 45). History buffs should visit the California Historical Society (678 Mission), which has rotating exhibits and a small bookstore. Then head down Third to the San Francisco Museum of Modern Art (151 Third), which hosts world-class temporary exhibits and houses an impressive permanent collection. It also has an excellent gift shop and a fine café. After your visit, cross the street to Yerba Buena Gardens, a wildly successful example of urban renewal. Not long ago, this area was seedy and derelict; today it's a kid-friendly space that teems with young families on weekends and urban professionals during the week. Beneath the fountain south of the esplanade is a memorial to Martin Luther King Jr. The Yerba Buena Center for the Arts hosts a range of multimedia exhibits and events throughout the complex. (Visit www. yerbabuenaarts.org for details.) The Metreon, an entertainment center and high-tech bazaar, houses an IMAX theater, a 15-screen multiplex, restaurants, and shops. A Chronicle Books shop stocked with illustrated books and gift items is on the ground floor. The top floor offers fine views, especially of the SFMOMA, an imaginative play area based on Maurice Sendak's book Where the Wild Things Are, and a kid-friendly cafeteria. Exit on the second floor and cross the pedestrian overpass, past the carousel, to the colorful Zeum, a hands-on art and technology museum for kids featuring digital workshops, puppet theater, interactive exhibits, and creative activities. Outside the Zeum, continue the fun by venturing to the playground or to the ice skating rink or the bowling alley. Exit to the south and catch bus #30 or 45 on Third or Fourth.



