# explore the bay

#### **SAN FRANCISCO**

# **Golden Gate Bridge**

Stretching 4,200 feet and towering as high as a 65-story building, this well-known bridge is the gateway to San Francisco. The bridge is accessible to walk or bike across. For those who enjoy hiking, national parks are at both ends of the bridge which provide scenic views.

# **Bay Bridge**

One of the longest spans in the United States, this spectacular structure links downtown San Francisco with the city of Oakland.

# **Ferry Building**

The Ferry Building Marketplace is a people's marketplace serving residents and travelers alike. Located within the historic Ferry Building at the foot of Market Street, shops large and small celebrate food in all its forms, offering everything from artisan cheeses to the freshest local fish. Restaurants and cafes serve cuisine representing the quality and cultural diversity of San Francisco's best chefs.

# **Baker Beach**

Mile-long Baker Beach lies at the foot of the rugged serpentine cliffs west of the Golden Gate. Large waves, undertow and rip currents make the beach unsafe for swimming, but it provides panoramic views of the Golden Gate Bridge, Marin Headlands and Land's End. The beach provides space to fish, picnic or photograph amazing sunsets.

#### Fisherman's Wharf

Packed with family friendly activities, entertainment, quality hotels, and good food, there's something for everyone. From street performers and historic cable cars to art galleries and museums, a postcard-worthy photo is available on every corner.

#### **Alcatraz Island**

Park rangers conduct tours by recounting the prison's history along with intriguing anecdotes about Al Capone and other infamous figures that made a "home" here. Requires tickets in advance.

#### Land's End

The most-traveled trail in Land's End is the Coastal Trail, a section of the California Coastal Trail that follows the railbed of the old Cliff House Railway. Additionally, Land's End contains the ruins of the Sutro Baths. Other historic sites include numerous shipwrecks, which are visible at low tides from the Coastal Trail and Mile Rock.

#### **Twin Peaks**

Twenty minutes from downtown, this is the best place to catch a San Francisco sunrise and stunning views of the city.

#### **Golden Gate Park**

Within Golden Gate Park's 1,017 acres you'll discover gardens, playgrounds, museums, lakes, picnic groves, trails, and monuments. Plus an array of cultural venues, events and activities.

#### Japanese Tea Garden

Originally created as a "Japanese Village" exhibit for the 1894 California Midwinter International Exposition, the site originally spanned approximately one acre and showcased a Japanese style garden. The Tea Garden features classic elements such as an arched drum bridge, pagodas, stone lanterns, native Japanese plants, koi ponds, and a zen garden. Cherry blossom trees bloom throughout March and April.

#### **Lombard Street**

Known as the "crookedest" street in the world, the steep hills and sharp curves of this one-way road pass by grand Victorian mansions and attract millions of visitors each year.

#### **Ghirardelli Square**

A four minute drive from Lombard Street, you'll find Ghirardelli Square. Originally a chocolate factory, it offers a variety of restaurants and shops with the speciality being a Ghirardelli shop. Art installations and other events are held here throughout the year.

#### **Palace of Fine Arts**

While used for private parties, conventions, and galas, this Greco-Roman venue provides a picturesque backdrop for picnics and photo ops.

#### The Castro

The Castro was one of the first gay neighborhoods in the United States and has been one of the liveliest for several decades. Having transformed from a working class neighborhood through the 1970s and 1970s, the Castro remains one of the most prominent symbols of lesbian, gay, bisexual and transgender activisim and events.

# MUSEUMS

#### de Young

Designed by Herzog and de Meuron and located in Golden Gate Park, it is the nation's fifth most visited art museum. It showcases American art from the 17th century through the 21st centuries, international textile arts and costumes, and art from the Americas, the Pacific, and Africa.

# **Asian Art Museum**

The museum houses art from more than forty countries, with an emphasis on Chinese ceramics.

## **Exploratorium**

Experience the Exploratorium, a hands-on museum of science, art, and human perception that's dedicated to the excitement of experimentation, the pleasure of discovery, and the power of play. Indulge your curiosity in over 600 exhibits-indoors and out-and explore eye-opening ways to understand the world around you.

# San Francisco Museum of Modern Art (SFMOMA)

One of the largest museums of modern and contemporary art, the SFMOMA is sure to have something for everyone. With seven gallery floors and 45,000 square feet of free art-filled space open to all, the SFMOMA is a full day attraction on its own. Tickets are required and may be purchased in advance.

## **California Academy of Sciences**

The world's only aquarium-planetarium-rainforest-living museum. Come nose-to-beak with penguins and parrots, watch sharks and stingrays cruise beneath your feet, and feel the spray of the California coast. Fly to Mars from the safety of your planetarium seat, take a virtual safari in African Hall, or climb into the canopy of a living rainforest. From the depths of a Philippine coral reef to the outer reaches of the universe, it's all inside the California Academy of Sciences.

# Berkeley Art Museum and Pacific Film Archive (BAMPFA)

The UC Berkeley Art Museum and Pacific Film Archive is the visual arts center of the University of California, Berkeley, the nation's leading public research university. Each year BAMPFA presents more than twenty art exhibitions, 450 film programs, and dozens of performances, as well as lectures, symposiums, and tours.

# **BERKELEY**

#### **Tilden Regional Park**

One of the District's three oldest parks, Tilden has been called the jewel of the system, and its recreational activities have become a happy tradition for generations of East Bay residents. From the carousel ride and a picnic to a swim at Lake Anza and a stroll through the Botanical Garden, Tilden has variety to delight everyone.

#### **UC Botanical Gardens**

Past Strawberry Canyon is the 34-acre Botanical Garden, which holds about 13,000 species of plants. The species are organized according to regions of the world, and the garden has a great collection of native Californian plants. Bring a picnic basket and some money for the bookstore and admission (closed the first and third Tuesday of every month for maintenance). Be sure to check out the conservatory (for tropical plants) and the Chinese medicinal herb garden. Reservations are required.

# **Berkeley Rose Garden**

Berkeley's historic rose garden is a regional destination with its 3,000 rose bushes and 250 varieties of roses, along with breathtaking views of the San Francisco Bay and Golden Gate Bridge.

#### **Fourth Street**

Berkeley's Fourth Street is a hot epicurean and shopping district geared toward foodies. Great restaurants, tea and coffee shops, and culinary outfitter Sur la Table are all here.

# OAKLAND

#### **Lake Merritt**

Lake Merritt is a large tidal lagoon in the center of Oakland, just east of Downtown. It is historically significant as the United States' first official wildlife refuge, designated in 1870, and has been listed in the National Register of Historic Places since 1966. The lake features grassy shores; several artificial islands intended as bird refuges; an interpretive center called the Rotary Nature Center; a boating center where sailboats, canoes and rowboats can be rented; and a fairy tale themed amusement park called Children's Fairyland. Along its perimeter is a popular walking and jogging path.

#### **Jack London Square**

Situated along the scenic Oakland/Alameda estuary, Jack London Square is a vibrant destination in Oakland. Bringing together dining, retail, recreation, and exciting events year-round. From lively summer night markets and outdoor movies to kayaking and bicycling along the waterfront, the verve of energy of Jack London Square make it a travel destination for individuals from all over the Bay Area and beyond.

#### **Indigenous Red Market**

Hosted on the first Sunday of every month, the Red Market hosts various indigenous Bay Area artists, designers, and entrepreneurs. Located in Oakland at 3124 International Blvd, Red Market days showcases native art, music, food, and much more.

#### **Oakland First Fridays**

Hosted on the first Friday of every month, Oakland First Fridays brings culture, art, food and community together. Local vendors and artists sell goods and with music throughout the space it is a must see festival and celebration of community and culture. First Fridays is located in Oakland along Telegraph Ave between West Grand and 27th St. from 5pm-9pm.

# **MARIN COUNTY**

#### Stinson Beach

Stinson's white sand and oceanfront make it one of the best swimming beaches in northern California—not to mention a favorite surfing, picnicking, and volleyball spot. The adjacent town of Stinson Beach offers several restaurants, a small grocery store, and a handful of shops. Stinson Beach has an extensive picnic area complete with tables and barbecues.

# **Muir Woods National Monument**

Muir Woods has a rich and varied history, from its use by the Coast Miwok people, to its early days of tourism and the Mount Tamalpais Mill Valley Scenic Railway, to an era of conservation, to modern preservation. In each era, the forest has been affected by the actions of humans, for better or worse. Part of the Golden Gate National Recreation Area, this coastal redwood preserve features majestic redwoods and scenic hiking trails that draw more than 1.5 million visitors each year.

#### Sausalito

Sausalito is just a ferry ride across the bay and offers unique tours, attractions such as "Bay Model" and "Bay Area Discovery Museum," enchanting boutique shops, art studios and galleries and a wide selection of restaurants, outdoor cafes and bistros, many with stunning views across the bay to the city.

# TRANSPORTATION

#### **BART**

Bay Area Rapid Transit www.bart.gov

#### **AC Transit**

East Bay Bus System www.actransit.org