

## March 12, 2024 Easy Hike -- Urban Parks San Francisco -- **see special start times instructions**

**Hike Description** – This is a 3.2 mile hike with 56 feet of elevation gain, all on paved walkways. Imagine a one-mile wooded park in downtown San Francisco and a thirty-foot waterfall in the Financial District. Yes, these wonders and more are yours to gaze upon in this all-paved tour, just minutes from the Embarcadero BART Station in San Francisco. We will ride in the same BART car (see special start time instructions below) from the East Bay, exiting at the Embarcadero Station. Our first stop is the Salesforce [elevated] Park which spans three blocks in downtown SF. We take the Salesforce tram up to the park level for a circular traverse of the park, stopping at restrooms as needed. We then descend to street level and head west, ducking through the “Wild Thing” alley park, emerging at Yerba Buene Gardens to view the myriad of water treatments that dot this area. We then cross Market Street to feast at Schroeder’s, a venerable SF German restaurant featuring Brats and Beer. The return BART station is then close by for our return to the East Bay.

**Bring: Clipper Card!** Trekking poles, hat, weather appropriate gear.

**Special Start Time Information** Everyone should take the BART train that arrives at Embarcadero at 9:59. Below is a partial BART schedule of trains going to SF from the East Bay. Using the row highlighted in yellow, find your BART station and drop down to the time you should leave your station. For instance, from the Walnut Creek station, catch the 9:24 train. Enter the last car on the train. The hike leader, Carl Ludwig, will catch the 9:33 train in Orinda. See you on board!

BAY PT	N CON	CONCD	PHILL	W CRK	LAFAY	ORND	ROCKR	MACAR	19ST	12ST	W OAK	EMBAR
8:55 AM	9:01 AM	9:05 AM	9:10 AM	9:12 AM	9:17 AM	9:22 AM	9:27 AM	9:31 AM	9:34 AM	9:36 AM	9:41 AM	9:48 AM
9:06 AM	9:12 AM	9:16 AM	9:21 AM	9:24 AM	9:28 AM	9:33 AM	9:39 AM	9:42 AM	9:45 AM	9:48 AM	9:52 AM	9:59 AM
9:15 AM	9:21 AM	9:25 AM	9:30 AM	9:32 AM	9:37 AM	9:42 AM	9:47 AM	9:51 AM	9:54 AM	9:56 AM	10:01 AM	10:08 AM

**Hike Leader** – Carl Ludwig, [cludwig171@gmail.com](mailto:cludwig171@gmail.com), 415.350.7372

**Hike Coordinator** – Phil Trapp,; [prtrapp@sbcglobal.net](mailto:prtrapp@sbcglobal.net), 925-963-1819

AllTrails Map: <https://www.alltrails.com/explore/recording/morning-run-f836305-9?p=-1&sh=ls05uy>

