

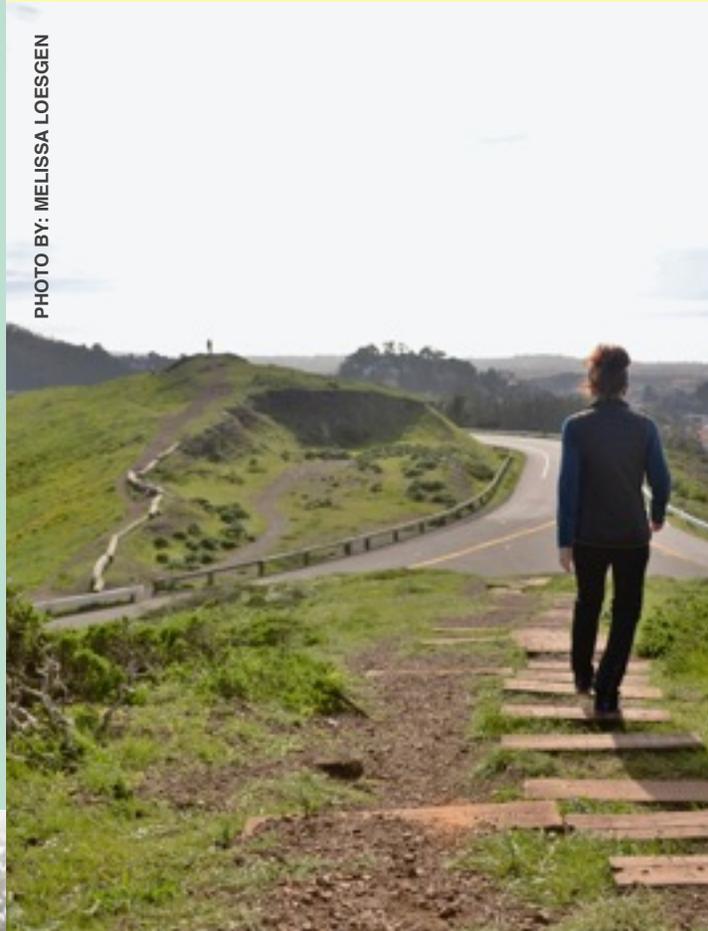
Description of Hike

Following the Islais Creek trail, the Creeks to Peaks trail introduce you to the ecosystems of San Francisco. The 1.8 mile, moderate to strenuous, trail connects Glen Canyon's Islais Creek to the iconic summit of Twin Peaks. Providing easy access to a natural oasis within an urban environment.

Glen Canyon gives you a sense of an escape from the city. You will find a variety of habitats from lush creekside vegetation to rocky grass and scrublands. Each Spring the canyon's steep eastern slope wildflowers profusely bloom.

The city peeks through as you follow the trail across Portola Dr and up Twin Peaks Blvd. The top of these adjacent peaks provide 360° postcard views and a treasure trove of animal and plant diversity.

PHOTO BY: MELISSA LOESGEN



Creeks to Peaks San Francisco A Self-Guided Tour



To learn more about Urban Trails, including getting involved in stewarding for its natural resources call **(415) 831-6333** or email recparkvolunteer@sfgov.org

PHOTO BY: MELISSA LOESGEN



Along the trail make sure to take a moment to listen and take in the surroundings of the natural world.

Pack it in and pack it out, please help keep our Natural Areas beautiful.





History of Twin Peaks

Originally called "Los Pechos de la Choca" (Breasts of the Indian Maiden) by early Spanish settlers, Twin Peaks is the second highest elevation in San Francisco at 922', behind Mt Davidson. Now the peaks are famously known for the iconic postcard views. Twin Peaks is a place for beauty with windswept native grasslands and wildflower fields in the midst of the "urban ocean"

Rock Formation (Chert)

The rugged red rock outcrops throughout Glen Canyon are known as Franciscan Chert. For a breathtaking view take a short excursion to the top of this rocky outcrop.



Mt. Davidson

Silver Tree Day Camp & Glenridge Co-op Nursery School

Situated at the center of Glen Canyon Park, Silver Tree Day Camp and Glenridge Co-op Nursery School provides San Francisco children with rustic outdoor experience since the 1930's.



Mission Blue Butterfly

Twin Peaks is home to San Francisco's only endangered animal, the Mission Blue Butterfly. Keep your eyes open these nickel-sized butterflies are rare to see since they are only in flight within the grasslands for a few weeks each year.



Islais Creek

Glen Canyon is home to one of few remaining creeks in San Francisco. Migratory birds choose the Islais creek's sanctuary as an important resting place.



Grasslands

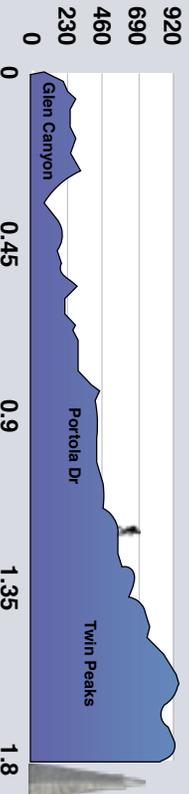
Take a side trip and experience the grassland seasons by exploring the Coyote Grags trail throughout the canyon.



History of Glen Canyon

Early American times Glen Canyon was a haven for smugglers and cattle rustlers. In the 1850's Adolph Sutro purchased the land to create infrastructure leading to an explosion of the first commercial dynamite manufacturing operation in the United States. In 1922, Glen Canyon was purchased by the City of San Francisco for \$30,000 providing a valuable park oasis for generations.

Elevation Gain (feet)



- RPD Park Land
- Creeks to Peaks Trail
- Steps
- Bridge
- Restroom
- Bus Stop