

OAK WOODLANDS OF GOLDEN GATE PARK

EASY

FIRM & STABLE SURFACES 8.33% MAX SLOPE

MODERATE

SEMI-FIRM & STABLE SURFACES 10% MAX SLOPE

CHALLENGING

UNEVEN SURFACES >10% SLOPE, STEPS OR >2" BARRIERS



EXPLORE THESE ANCIENT WOODS

Enjoy the magical woods with the oldest and wildest coast live oak trees. They are the remains of the largest inland-reaching sand dune systems of the whole West Coast. It used to span from Ocean Beach to present-day Financial District before it was landscaped with lawns, flowerbeds and other ornamental features into the Golden Gate Park.

ANIMALS: In the shadows of these oak woodlands, many insect species reside and acorns dry in the fall feeding animals for the winter. Sapsuckers drink the sap from the bark and insectivorous bird species such as brown creepers and nuthatches scour trunks, branches, and leaves.

HUMANS: Acorn mush or soup was a dietary staple of Native Americans in California and after the 1906 earthquake the wood was used for heating and cooking.

Please help steward this natural open space by staying on designated trails and preserving plants & animals.

For accessible format and more info visit:
sfrecpark.org/destination/golden-gate-park/oak-woodlands-natural-areas

Enjoy your stay, Get Out and Play, and please take your trash away!
 THIS SIGN WAS PARTIALLY MADE FROM SALVAGED MATERIALS

ANCIENT WOODLANDS



Sand Dunes



Coast Live Oak Trees

- OAK WOODLANDS
- GOLDEN GATE PARK
- BAY AREA RIDGE TRAIL

