



One Night Wilderness: San Francisco Bay Area: Quick and Convenient Backpacking Trips within Two Hours of San Francisco

Matt Heid

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Hundreds of parks, preserves, and protected open spaces infuse the San Francisco Bay Area with a world of unparalleled natural wonder. Straddling a remarkable range of geographic and ecological diversity, it provides avenues for adventure in all terrains, seasons, and environments. An overnight journey deepens this outdoor experience. *One Night Wilderness: San Francisco Bay Area* presents the **28 best overnight backcountry opportunities in the greater Bay Area**, from the deep valleys of the Coast Range to the old-growth redwoods of the Santa Cruz Mountains, from the shores of Point Reyes National Seashore to the remote corners of the Diablo Range in Henry Coe State Park. And all of them are accessible within a two-hour drive from any point in the Bay Area.

Discovering all of these adventures without help would be a formidable challenge. Nearly a dozen different governing agencies manage the parks of the Bay Area. Regulations, sources of information, and reservation systems vary widely by park district. Plus, the proximity of millions of people means that hikers usually must make reservations at least a few weeks before their trip. But this comprehensive guide tells hikers what they need to know to get away from the city hubbub for a night or two. Within these pages you'll find detailed information on regulations, agency contact information, crowds, and reservations for every overnight destination—plus human history, natural history, trail descriptions, fun activities, maps, and more.

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Curtis Monahan:

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Charles Smith:

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Ernesto Harrell:

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