

Sweeney Ridge

(Golden Gate National Recreation Area)

4.75 miles total

±1200ft total

	mi (cum)	alt	(r ise/fall)
①	0.0mi	100ft	
②	1.3mi (1.3mi)	1050ft	(+950ft)
③	0.6mi (1.9mi)	1250ft	(+200ft)
④	0.6mi (2.5mi)	1100ft	(- 150ft)
⑤	0.1mi (2.6mi)	1090ft	(- 10ft)
⑥	0.8mi (3.4mi)	800ft	(- 290ft)
⑦	0.6mi (4.0mi)	600ft	(- 200ft)
⑧	0.3mi (4.3mi)	300ft	(- 300ft)
⑨	0.1mi (4.4mi)	50ft	(- 250ft)
⑩	0.4mi (4.8mi)	100ft	(+50ft)

