



Urban Trek USA



Price: \$30.00* - 21 years old and over
 \$25.00* - Half-day (until lunch break)
 \$25.00* - under 21 years old (ID required)
Reservation required
 Cash only, collected at start of the Urban Trek.
 *Discounts apply for 2 or more Urban Treks

Why choose Urban Trek USA for Sightseeing:

- It is a unique sightseeing and walking tour of San Francisco because it offers you a better feel for how the locals live. You will walk the streets and take the public transportation San Franciscans use, and have a meal or coffee break where the locals hang out.
- It provides you a better opportunity to enjoy the sites instead of the usual drive by tour.
- It limits the number of trekkers to make sure every one can have the best experience.
- The Trek Leader who is a long-time San Franciscan will provide you with informative commentaries about San Francisco and the various sites.
- To have a healthier alternative for sightseeing. Get a good exercise from walking. Here is a way to stay fit while on vacation.
- To help visitors be informed on how to get around the City.
- It is made as easy as possible for anyone to join by limiting the number of uphill walks and incorporating frequent rest stops.
- It is fun and unpredictable!
- It is an environmentally friendly way of touring the City because there won't be a tour bus using up gas, polluting the air, and adding to the traffic congestion.



What to bring for the Urban Trek

- Exact change for the MUNI fare. The MUNI fare is \$1.50. Dollar bills are not accepted at the MUNI Metro fare gate but change machines are available.
- Enough money for snacks and/or a meal.
- Your mobile/cell phone, if you have one.
- Snack or fruit in case you get hungry before lunch.

What to wear for the Urban Trek

- Comfortable and sensible walking shoes because there will be a lot of walking.
- Dress in layers. San Francisco weather can vary greatly from morning to afternoon and from neighborhood to neighborhood. You can remove or add a layer as needed.

Other helpful tips

- Have a good breakfast before the Urban Trek
- Anything you carry should not be too heavy that it will become a burden over the duration of the Urban Trek.



Be a local San Franciscan for a day!

An environmentally friendly way to sightsee in San Francisco.

An experience you will never get aboard a tour bus.



**Have a blast and an adventure!
See and learn about the sights.
Get some exercise and stay fit.**

**www.urbantrekusa.com
415.265.8229**

Included with price for the Urban Trek

- An Urban Trek Leader with informative commentaries about the sites you will visit.
- Two-way radio for use during the Urban Trek. (Note: \$10 will be charged if lost.)

Not included with price of Urban Trek

- Cost of fare for MUNI. Estimated cost for entire Urban Trek is \$3.00.
- Cost of meals and snacks during the Urban Trek. Trekkers are free to choose where to have a meal within the boundaries of the trek vicinity. Meals can cost from \$6 to \$25 depending on the place the trekker chooses. There will be a variety of places to choose from.

Physical Requirements

To be able to complete the Urban Trek for San Francisco, you must be in good enough physical condition to do all of the following without assistance:

- Walk at a normal pace for at least 20 minutes before resting.
- Walk uphill (10-18% grade) for at least 1 City block.
- Must be at least 18 years old. Minors should be accompanied by an adult.





1 San Francisco Urban Trek (Tues/Thurs)

Ferry Building & Pacific Heights Landmark Mansions

Urban Trek 1 focuses on the Ferry Building, the Pacific Heights district and its grand landmark mansions. Learn about their history and experience the breathtaking views that make Pacific Heights the premier neighborhood in San Francisco. This trek also includes historical information about the Bay Bridge, Yerba Buena & Treasure Islands, Embarcadero Center, Cow Hollow and Union Square. Lunch will be at (upper) Fillmore Street where there will be a variety of restaurants to choose from. As an added bonus, you will get a brief history about the cable cars, Muni and other historical events that occurred in San Francisco.

Meeting Time: 9:30 am, Tuesdays & Thursdays

Meeting Place: Next to the painting across from the San Francisco Visitor Information Center entrance at 900 Market Street, on the lower level of Hallidie Plaza, next to the cable car turntable at Market & Powell Streets. Take the escalator next to the cable car turntable down to the lower level.

Reservation required

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2 San Francisco Urban Trek (Mon/Fri)

Golden Gate Bridge, Fort Mason, Marina, Crissy Field & Palace of Fine Arts

Urban Trek 2 focuses on the Golden Gate Bridge (“GGB”) and its history. Guests will have the chance to walk to the south tower of the GGB. Historical information will also be given on other places included in the trek: a) Fort Mason – where you can have a hilltop view of the GGB; b) Marina Green – where you can have a shoreline view of the GGB, Angel & Alcatraz Islands; c) Crissy Field – walk this former airfield restored into a tidal marsh and Fort Point where you will be right under the GGB; d) Palace of Fine Arts – the last remaining structure from the 1915 Panama-Pacific International Exposition. Lunch will be at Chestnut Street in the Marina District where there will be a variety of restaurants to choose from. Or maybe on a warm and not too windy day we might have lunch at picnic tables overlooking the GGB. As an added bonus, you will get a brief history about Union Square, Muni and other historical events that occurred in San Francisco.

Meeting Time: 9:30 am, Mondays & Fridays

Meeting Place: Next to the painting across from the San Francisco Visitor Information Center entrance at 900 Market Street, on the lower level of Hallidie Plaza, next to the cable car turntable at Market & Powell Streets. Take the escalator next to the cable car turntable down to the lower level.

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3 San Francisco Urban Trek (Wed)

Civic Center Plaza (City Hall), Alamo Square & North Beach

Urban Trek 3 focuses on the history of the Civic Center area where the best Beaux Arts architectural style buildings can be found and enter City Hall. And Alamo Square where you will see the best example of Victorian houses and witness the magnificent panorama of San Francisco’s skyline. And North Beach’s colorful past where you will have the opportunity to taste on of the best cake in San Francisco (and in the world?) when we have a coffee/tea break. Lunch will be at Union Street in Cow Hollow where there will be a variety of restaurants to choose from. As an added bonus, you will get a brief history about the UN Plaza, Union Square, the cable cars, Muni and other historical events that occurred in San Francisco.

Meeting Time: 9:30 am, Wednesdays

Meeting Place: Next to the painting across from the San Francisco Visitor Information Center entrance at 900 Market Street, on the lower level of Hallidie Plaza, next to the cable car turntable at Market & Powell Streets. Take the escalator next to the cable car turntable down to the lower level.

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4 San Francisco Urban Trek (Sat/Sun)

Historical San Francisco

Urban Trek 4 focuses on the history of San Francisco from its beginnings as a trading post in 1835 through the 1900s. You will learn about where the “modern day” San Francisco started, where the first cable car line was located, the early days of Chinatown, the sordid past of an alley near Union Square, what part of the financial district used to be part of the bay, the oldest commercial buildings that date back to the 1850s, North Beach’s sites (Washington Square, oldest saloon, beatnik hang outs, red light district), Telegraph Hill/Coit Tower (probably the best hilltop view of San Francisco), how blue jeans came about, and the Ferry Building’s role before the bridges were built. The highlight for you that love sweets will be a coffee/tea break at a café that serves a cake that has been described as “likely a gift to San Franciscans from the Archangel Gabriel himself.”

Meeting Time: 9:00 am, Saturdays & Sundays (From April 1st through October 31st, afternoon treks start at 2:00 pm, Saturdays & Sundays.)

Meeting Place: Next to the Dewey Monument on Union Square. Urban Trek Leader will wait at the base of the monument.

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