



# SAN FRANCISCO NATURE ADVENTURE GUIDE

## 24 IDEAS FOR OUTDOOR FUN ACROSS THE CITY

### ✓ EXPLORE THE FOUR CORNERS OF THE CITY:

Check each location off on the map when you've completed the activity!

### NORTHWEST

- 1 Explore the ruins at *Sutro Baths*

### GET YOUR FEET WET AT ONE OF THE MANY BEACHES

- 2 *Ocean Beach*
- 3 *China Beach*
- 4 *Baker Beach*
- 5 *Marshall's Beach or Crissy Field beaches*

- 6 Play, climb, balance, and create at the *Presidio Tunnel Tops Outpost*

- 7 Experience different smells at the SF Botanical Garden's *fragrance garden*

- 8 Explore the forest and native habitats at *Mt. Sutro* on a foggy day

### SOUTHWEST

- 9 Look for salamanders at *Islais Creek* in *Glen Canyon Park*

- 10 Walk or bike the *Lake Merced loop*

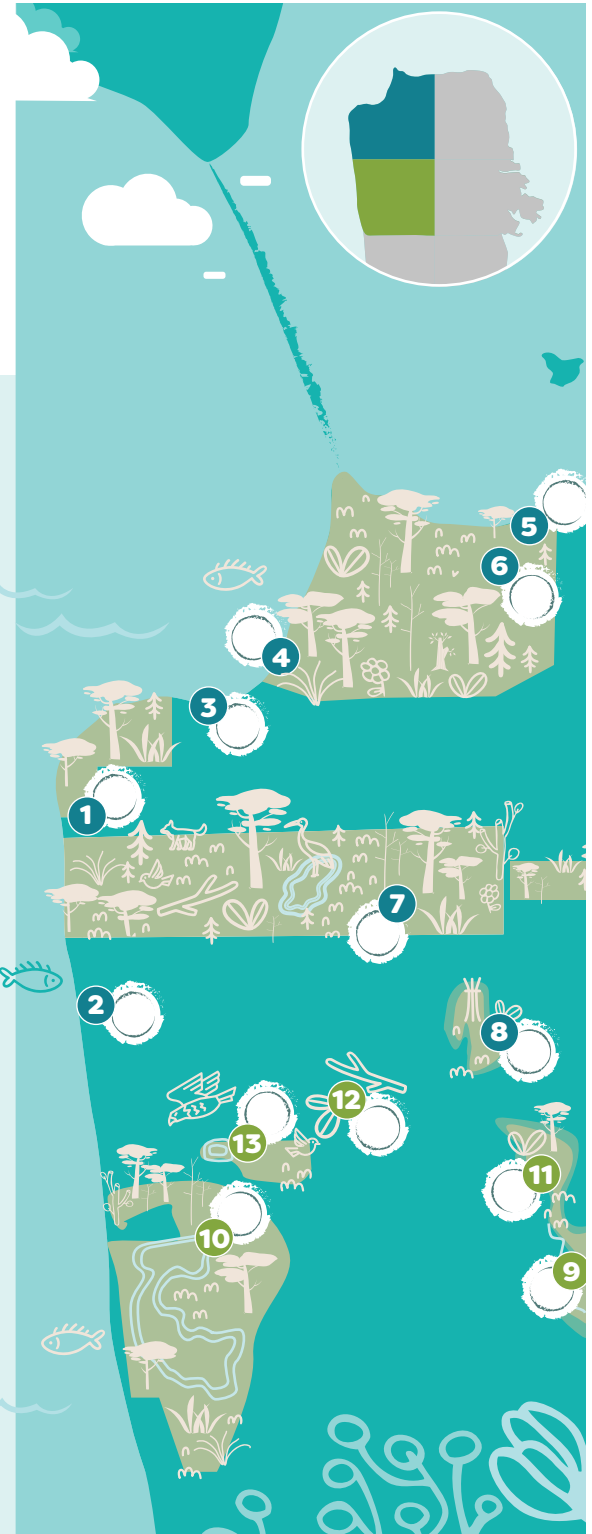
- 11 Check out the views from the top of *Twin Peaks*

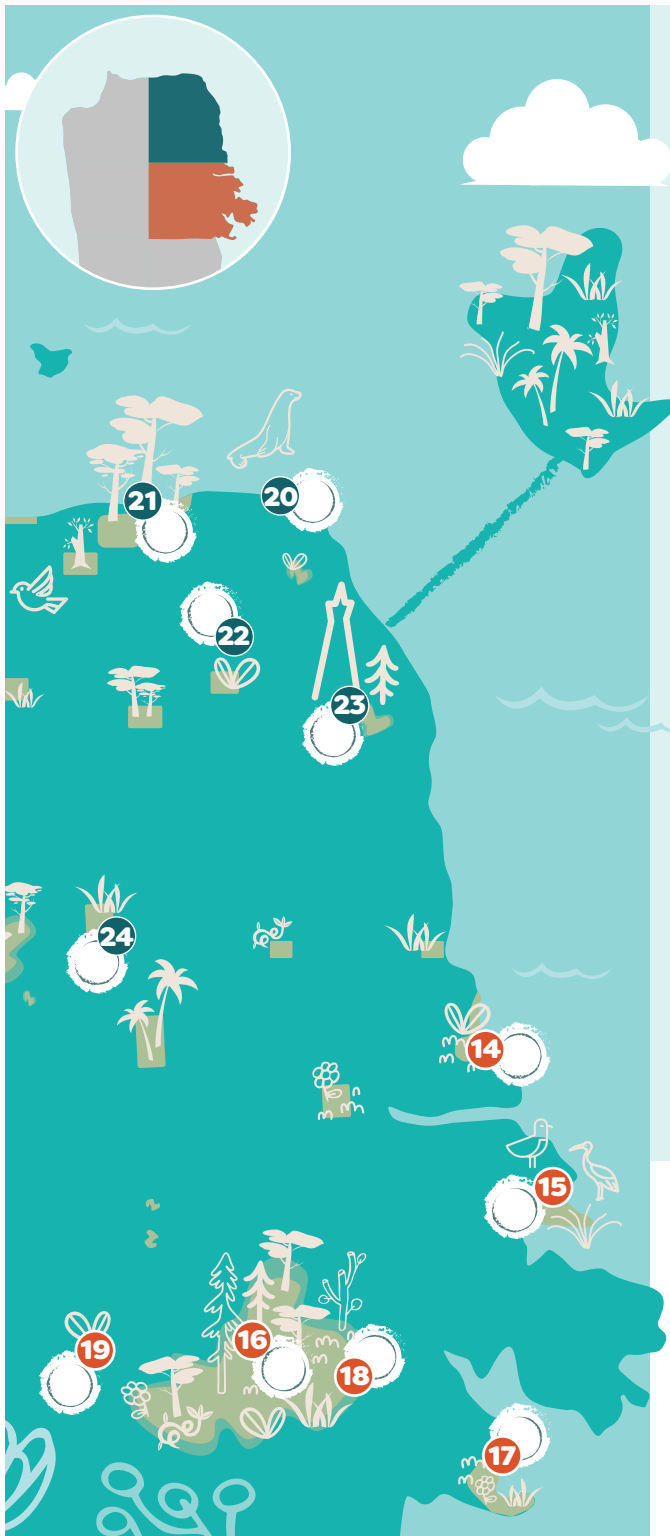
- 12 Build and balance at the *Golden Gate Heights Nature Exploration Area*

- 13 Listen for songbirds and Red-Tailed Hawks at *Pine Lake*

FOR MORE OUTDOOR FAMILY FUN VISIT:

[www.sfchildrennature.org](http://www.sfchildrennature.org)





## SOUTHEAST

- 14 Look for something old and new at *Crane Cove Park*
- 15 Spot a bird in the wetlands of *Heron's Head Park*
- 16 Picnic under the Redwoods at *McLaren Park*
- 17 Look for ground squirrels at *Candlestick Point State Recreation Area*

- 18 Smell spicy and sweet plants at the *Visitation Valley Greenway's Herb & Native Plant Garden*
- 19 Discover the sculptures at the *Cayuga Park gardens*

## NORTHEAST

- 20 See (and hear!) wild sea lions resting on the docks at *Pier 39*
- 21 Build a sand sculpture at *Aquatic Park*
- 22 Experience the unique views at *Ina Coolbrith park*
- 23 Hug our state tree, the redwood, at the bottom of the *Transamerica Building*
- 24 Climb to the top of the rocky outcrop at *Corona Heights Park*

### ANYWHERE OUTDOORS IN THE CITY:

Check them off when you've completed each activity

- Find a good climbing tree or balancing log
- Lay in the grass and watch the sky
- Trace the shadow of trees on the sidewalk
- Look for bumble bees pollinating flowers  
spring/summer
- Listen for bird song (*how many different voices can you hear?*)  
spring/summer
- Balance some rocks
- Plant a seed and watch it grow
- Gently turn over a rock to see what creatures are living under it (and then gently put it back!)
- Look for our state flower, the California Poppy