

49 Chills: An incomplete list of great spots in SF to get to by bike

Chill routes are all about seamless connection. Lots of nature, less cars. These paths are good for getting where you want to go. So explore a new neighborhood, meet a friend, find a hidden gem, relax in a park, gaze upon the water! See how great the streets of San Francisco can be within this interconnected network of chill.

PARKS

1. Golden Gate Park

2. Sunset Dunes

3. Crane Cove

4. Dolores Park

5. Alamo Square

6. McLaren Park
7. Lands End

8. Crissy Field

9. India Basin

10. Twin Peaks

11. Presidio Tunnel Tops

LANDMARKS

12. Ferry Building

13. Golden Gate Bridge

14. Sutro Baths

15. Powell Cable Car Turnaround

16. City Hall

17. Fort Mason

18. Oracle Park

19. SF Zoo

20. Fisherman's Wharf

21. Transamerica Pyramid

22. Conservatory of Flowers

23. Japanese Tea Garden

NEIGHBORHOOD VILLAGES

24. Inner Richmond

25. Valencia Street

26. 24th Street

27. Bernal Heights

28. Glen Park

29. North Beach

30. Noe Valley

31. Cole Valley

32. Hayes Valley

33. Dogpatch

34. Excelsior

35. Chinatown

36. Japantown

37. Baby Balboa

38. Outer Richmond

39. Marina

40. Pacific Heights

41. Fillmore

42. The Haight

43. Castro

44. Duboce Triangle

45. Potrero Hill

46. Inner Sunset

47. West Portal

48. Portola

49. Bayview

MAP LEGEND

- Major route

Chill route

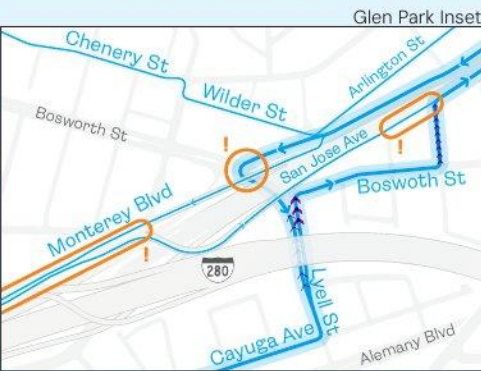
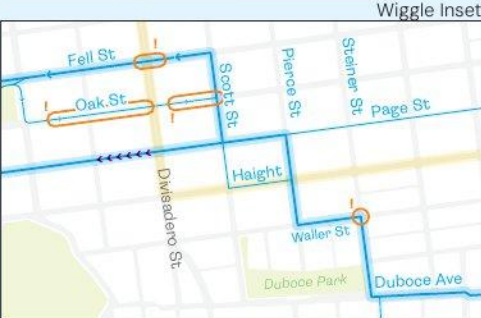
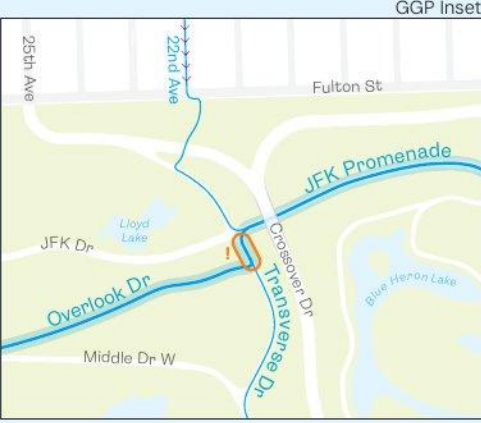
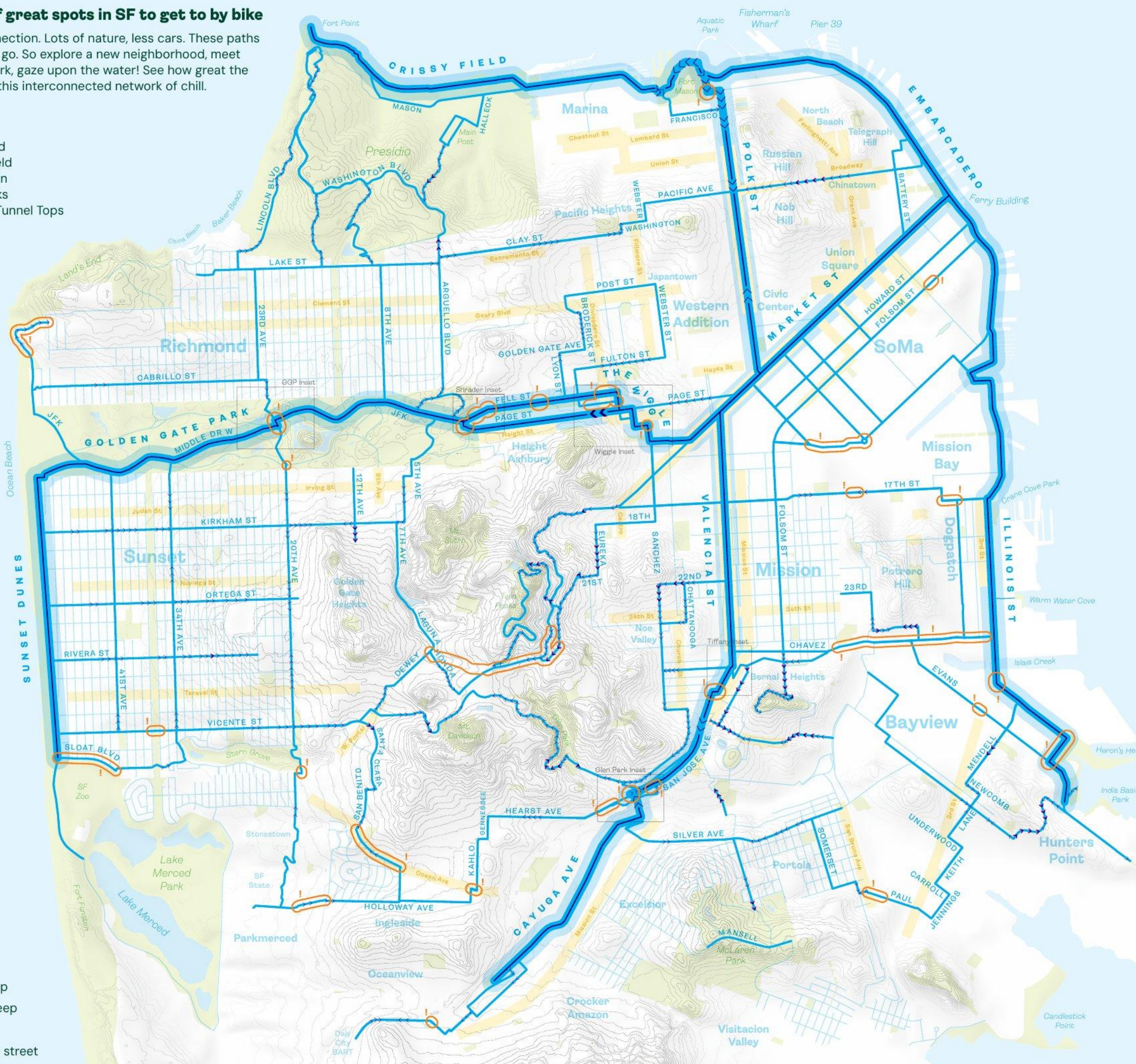
Decent route

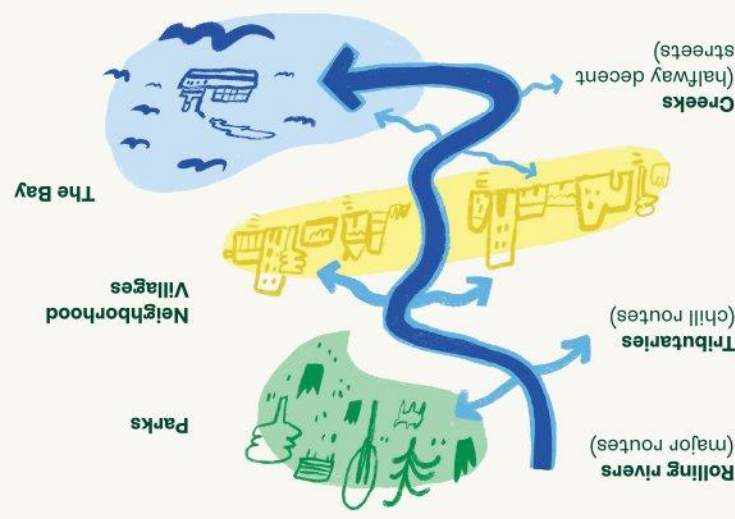
Be careful
- Very steep

Pretty steep

Park

Shopping street





Let's get our bearings. There are three main things you're aiming for when biking in San Francisco: the bay, parks, and neighborhood villages.

We also have three main routes. Once you find these rolling rivers, the flow of the city becomes clear. Their tributaries expand your reach, and creeks (the lightest blue) show halfway decent streets. We've labeled a few key passes (like the Wiggle) and outlined hazards (like Fell St) to help keep your chill-meter finely tuned.

Don't let the hills fool you, San Francisco is a great town to bike around.

On a bike, exploring the city is endlessly fun. See something interesting? Point the handlebars and go. Let curiosity guide you. Stopping is simple, parking is abundant, and getting there is a feast for the senses. If you've lived here for a decade or if it's day one of vacation, this guide is for you.

We've outlined the chilliest routes to get you everywhere(ish), and listed 49 delightful destinations to get your wheels turning.

Let's roll!

Start here

As it happens, our three major routes trace the bay, parks, and neighborhoods:

Route 1: Bay Trail

This one hugs the bay and takes you to the bridge. It's flat, beautiful, and fun, with panoramic views of the water the whole way. Perfect on a nice day.

Route 2: City to Sea

The city's best ride, without a doubt, is through the park along JFK Promenade. Go from the piers of the Ferry Building to the plover of Sunset Dunes via the Wiggle.

Route 3: El Corazón

The heart of the city, this route passes through nearly a dozen neighborhoods. Start in the Excelsior and end at Aquatic Park, threading through Glen Park, the Mission, Hayes Valley, Civic Center, and Polk along the way.



Know before you go

There are two things we're trying to avoid: Hills and busy streets.

Our map is focused on the routes that are as comfortable, safe, and as delightful as possible. That means no fast cars. It means as few cars as possible, actually. Your kids should feel safe on these routes. So should grandma. And while it's not true for every block, it's true for most of them. We'll help you avoid the hills, hondas, and anything else that sucks.

However! The world is imperfect, and there are a few places where those things are unavoidable. We've outlined them in **red**.

Busy streets aren't even listed on the map, except for where you're forced to encounter them.

Hills show you where to avoid, but also to signal where to find good views.

Gear up

- » In SF there's no perfect jacket, only layers. Shirt, sweatshirt, jacket, beanie, etc.
- » Gloves. Trust us. We like the ones at Ornot.
- » You'd look cooler in a helmet. Your hair will be fine.
- » Ideal accessories: bike basket, bell, Arsicault croissant, water, this map.

On the road

- » Eye contact is magic. See pedestrians and drivers, and make sure they see you. Say hi.
- » Use your hands to signal turns. Good communication is a life skill and a bike skill.
- » Got friends with you? Baywheels is the way. Go electric!
- » Lock your bike to something metal. With a u-lock. Preferably in front of a store.
- » Don't rush. Slow is forever.

49 CHILLS

San Francisco's Amateur to Awesome Biking Guide

Chill routes for navigating SF's hills and exploring the city

A chill bike guide for a chilly town. What did we miss? What's good? Tell us here:



Made with love,
c/o San Francisco Mapmakers Guild
Illustrations by Mu-Ping Cheng
V1 Spring 2026