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What's the Move? Weekly Spots to Gate Keep

Edited by Lily Zavala & Arianna Pascual

A little different from the typical restaurants, but Black Sands Beach, nestled in the Marin Headlands near Sausalito, California, is a hidden spot offering a unique beach experience close to San Francisco. Known for its dark sand and breathtaking coastal views, this beach attracts visitors with its natural beauty and relative seclusion. A personal spot I used to withhold for myself to bring my friends.

Located about 20 minutes north of the Golden Gate Bridge, Black Sands Beach is perfect for a day trip from San Francisco. Visitors typically take Conzelman Road, known for its scenic overlooks of the Pacific Ocean. Look for signs pointing to the Upper Fisherman's Trail to find the discreet entrance to the parking area. Parking is limited although due to the lack of popularity, it might not always be full besides on Weekends.

On the way you can also visit the Hawk Hill Satellite Barracks or take other routes to arrive at Rodeo Beach or the Golden Gate Bridge Overlook.

The hike to Black Sands Beach is about 0.54 miles, with an elevation gain of roughly 285 feet. The trail includes wooden steps and dirt paths, which can be steep. The descent is manageable, but the return hike can be challenging due to the elevation gain. Many visitors note that while the walk down is easy, the hike back requires more effort. From my experience it will be approximately 10 minutes of a walk down and expect 20 minutes if not more on the way back up. It will definitely cover your Leg day requirements.

Upon arrival, visitors are greeted by the beach's distinctive dark gray sand, almost black when wet. The spacious beach is often less crowded than nearby options, making it a great spot for relaxation and solitude. Its serene atmosphere and picturesque views of the Bay Area coastline frequently impress visitors. Swimming is not recommended because of cold water temperatures and strong currents. However, beachcombing, picnicking, and sunbathing are popular activities. I've made it a tradition to every visitor I bring to at least dip their feet in the water and then dry it off using the sand as a good skin exfoliator as afterwards the skin gets super soft.

Black Sands Beach offers a distinctive coastal experience characterized by its stunning landscape and tranquility. It's an excellent escape for those looking to break away from urban life and enjoy nature, though visitors should prepare for the steep hike back. Consider visiting during low tide for the best conditions.

Images by Ian Ngo













