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— ACCESSIBLE TOURISM —

San Francisco Accessible City Guide

5-Day Itinerary



for people with
reduced mobility

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Destination: San Francisco

Located in northern California, the city of **San Francisco** makes all kinds of visitors fall in love. The Golden Gate Bridge, the Painted Ladies, Lombard Street or Alcatraz Island are some tourist attractions that were etched in our memory by their appearance in American series and movies. Traveling to this destination makes you the protagonist. In this guide we invite you to make a **5-day accessible travel itinerary**. However, you can always select the information that interests you and plan your trip in the time you have.

You will discover ...

- What places can you visit as a person with reduced mobility.
- What activities are accessible in San Francisco. What accessible transportation options are available and where you can find them.
- Which hotels we recommend from our catalog.
- Where you can get medical or other assistance.



Airport accessibility

The **San Francisco International Airport (SFO)** is located 20 kilometers away from the city center and has **accessible facilities** for people with **reduced mobility**.

In order for all travelers to have a good experience, SFO recommends contacting the airline in advance to request a **wheelchair** or other assistance. Likewise, as specified on its [official website](#), the airport has the

following services:

- **Accessible parking** with places for accessible vehicles.
- **Ramps** in different areas of the airport to facilitate mobility.
- **Accessible restrooms**. Some are reserved exclusively for people who need help from a personal caregiver.

Recommended hotels

TOP 5 IN SAN FRANCISCO



Argonaut Hotel - A Noble House Hotel

The Argonaut Hotel - A Noble House Hotel is located in one of San Francisco's most visited neighborhoods, Fisherman's Wharf. Awarded for many consecutive years for the quality of its services, this accessible hotel is an excellent option for people with reduced mobility visiting the city.

[Book Now](#)

Hotel Zoe Fisherman's Wharf

The Zoe Fisherman's Wharf Hotel is located on San Francisco's North Shore, in the popular Fisherman's Wharf neighborhood. The building is fully accessible for people with reduced mobility. It does not have stairs at the entrance and it has accessible common areas and elevators.

[Book Now](#)

Hampton Inn San Francisco-Airport

The Hampton Inn San Francisco Airport is an accessible three-star hotel located less than a 10-minute drive from the international airport and 15 minutes from downtown. Due to its functional design and its services, it is an excellent accommodation for people with reduced mobility visiting San Francisco.

[Book Now](#)

Hotel Whitcomb

The Whitcomb Hotel is located in downtown San Francisco and is part of the city's history. From 1912 to 1915, the building was a temporary City Hall because the old seat of government was destroyed by an earthquake in 1906. Over time, the hotel has been renovated and improved to make it the perfect stay for visitors.

[Book Now](#)

Park Central San Francisco

The Park Central Hotel San Francisco is located next to the city's most popular square, Union Square. Guests can visit tourist attractions such as the San Francisco Museum of Modern Art, Dragon's Gate, Children's Creativity Museum and the Museum of Ice Cream, among others.

[Book Now](#)



5-day accessible travel itinerary

Day 1

After settling in and recharging energy in your **accessible hotel**, head to the **Presidio of San Francisco**. Take the [PresidiGo Shuttle](#) and start your tour by exploring this National Historic Landmark that the Ohlone people occupied for thousands of years.

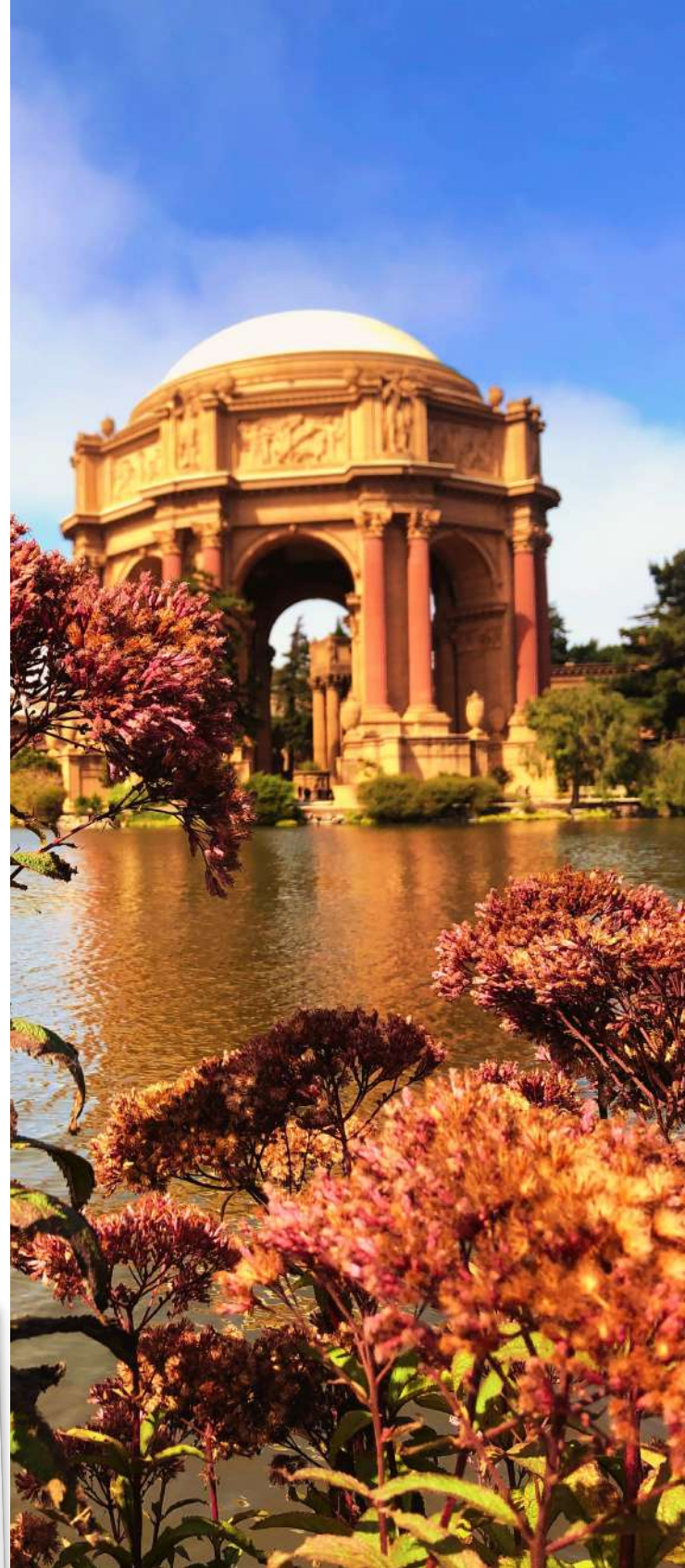
The Presidio was the homeland of the tribes in the area. It then became a military post dominated by Spanish, Mexican, and eventually American armies. Today it is a large park where the warlike past is mixed with natural beauty and recreation.

This place offers spectacular views of the iconic **Golden Gate Bridge**. Take a little time to take some beautiful photos. Likewise, you have the possibility of learning its story beforehand in the [accessible Welcome Center](#).



Other sites of interest in the area are the following:

- **Presidio Visitor Center.** Accessible for wheelchair users, according to the [National Park Service](#).
- **[Walt Disney Family Museum](#).** It provides a manual wheelchair loan service on a first-come, first-served basis and admits electric wheelchairs, walkers and scooters at its facilities.
- **Fort Point National Historic Site.** It has [accessible](#) parking, restrooms, entrance and ground floor.
- **San Francisco National Cemetery Overlook.** It has an [accessible path](#) for wheelchairs.
- **Crissy Field.** [Accessible picnic tables](#) are available.
- **Palace of Fine Arts.** A must-see in most itineraries. It is a twelve minute shuttle ride from the Golden Gate Bridge Toll Plaza.



Find detailed information on **beach accessibility** in the “More Accessible Attractions” section of this guide.



Next, make your way to the **Twin Peaks Lookout** for a panoramic view from above. You will see the heart of the city, the Golden Gate Bridge and Alcatraz Island.

San Francisco is the destination with the most restaurants per capita in the United States. To end the day, there is no better plan than to enjoy an exquisite dinner in an **accessible eatery.**



Day 2

Start the morning contemplating the peculiar **Lombard Street**. Although the most famous section is extremely steep, you will see the undulations better without going into it.

Then, get to know one of the most touristic neighborhoods, the **Fisherman's Wharf**.

You'll find historic ships, antique shops, a museum with arcade machines, and a colony of sea lions.





Before it gets too late, head over to **Pier 33** and begin your excursion to **Alcatraz Island**. We recommend that you organize this getaway well in advance and buy the tickets on its [official website](#).

To avoid the steep slopes of Alcatraz, you can ride the **accessible tram**. Likewise, [Alcatraz Cruises](#) confirms the availability of **access ramps** and **accessible restrooms**.



Discovering the corners of the most famous prison in the world will take at least three hours, but it will be worth it. Next, you can savor the delicious Italian food on **North Beach**. This lively neighborhood displays the legacy of the Italian-American population.

Coit Tower is not far away. As far as we know, its interior is inaccessible to **wheelchair** users. However, the monument stands out on the hills from a distance and it is possible to get close.

Continue your walk through **Chinatown**, one of the oldest Chinatowns in the country. You also have the opportunity to taste their traditional gastronomy from the street vendors.



In the afternoon you can discover **The Embarcadero**, where the **Ferry Building** and the accessible Exploratorium museum are located. Along the way, you may run into the **Transamerica Pyramid**, an emblematic skyscraper.

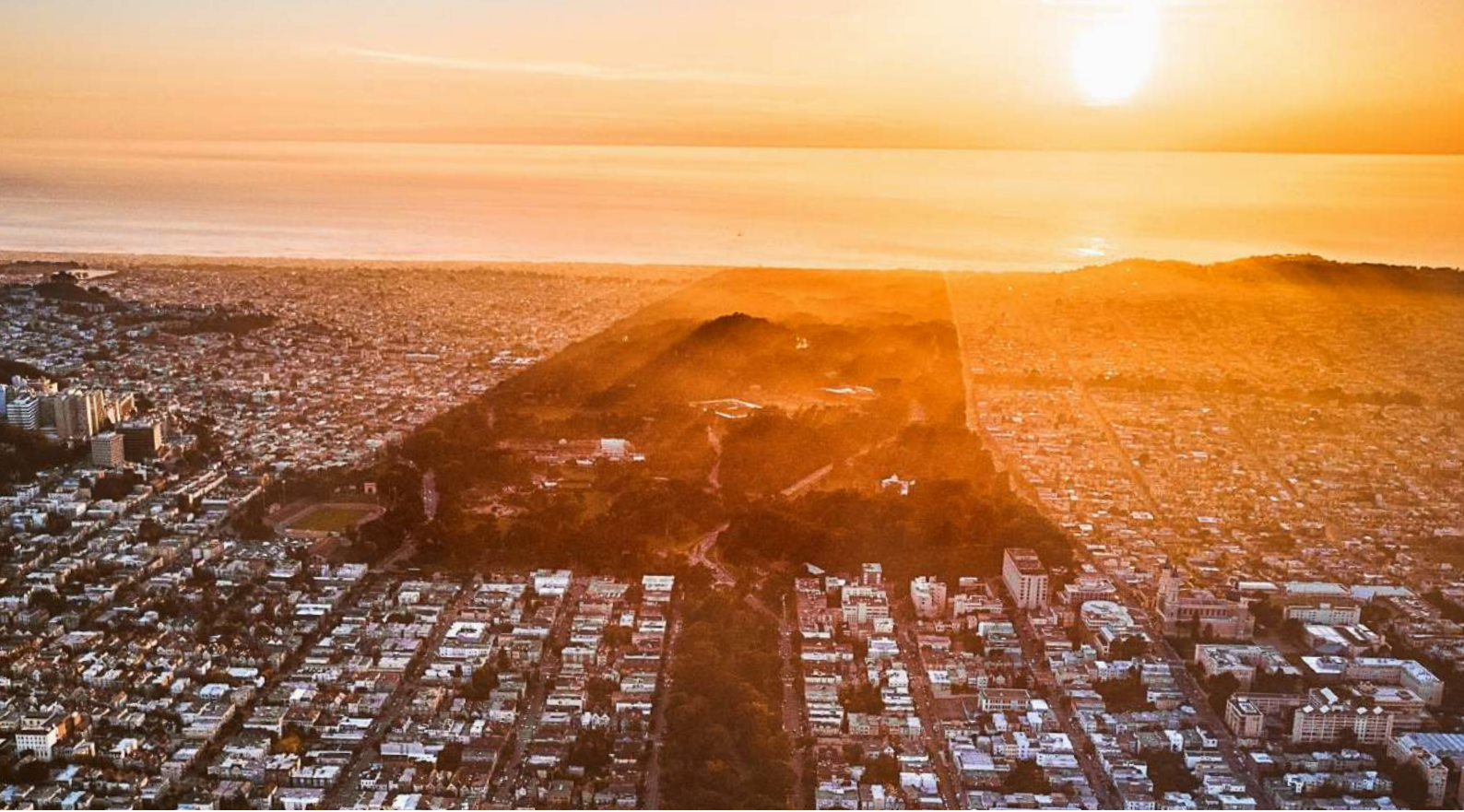




Day 3

Yesterday was quite hectic, so today we have prepared a more relaxed schedule. Have a leisurely breakfast and visit the **Alamo Square Park**, which has an **accessible entrance** on Hayes and Scott streets. You can see the Victorian houses known as the **Painted Ladies**, which is within walking distance.





Later, you can visit **Haight-Ashbury**, a neighborhood that stands out for its hippie atmosphere. In this area you will also see houses of Victorian architecture.



Head towards the beautiful **Golden Gate Park**. This urban space occupies 4.12 square kilometers, so tourists have many corners to explore.

Take time to smell the colorful plants at the **San Francisco Botanical Garden**. Also, don't miss the **California Academy of Sciences**, which houses one of the most important natural museums in the world, an aquarium and a planetarium.



The Academy is committed to **accessibility** and inclusion. Therefore, it offers the following **accessible services**:

- The building has an **accessible entrance** at 55 Music Concourse Dr.
- Parking includes accessible spaces on level B1 of the Music Concourse Garage.
- All exhibits, the planetarium and the rainforest have ramps suitable for **wheelchair users**.
- The Planetarium and Forum Theater have seats reserved for people with **reduced mobility**.
- There are **accessible restrooms** on all floors of the building.
- Service animals are allowed.
- **Wheelchair loans** all provided on a first come, first serve basis.

If you have other questions or suggestions, aside from consulting the official website, write to info@calacademy.org or call (415) 379-8000 x0.



Undoubtedly, the **Conservatory of Flowers** - accessible to motorized and manual wheelchairs - and the **M.H. de Young Memorial Museum** — which offers free admission for people with disabilities when requested in advance to access@famsf.org.

Finally, we suggest you go to the **Castro District**, known for being the epicenter of the homosexual community. The pride flag flies on the terraces of many restaurants, bars and shops. The atmosphere in this neighborhood is lively.





CARTIST PRO

PEAKS

HOT
COOKIE

BODY AND SOUL
MARCUS SHELBY LIVE!
IN BETWEEN

ATM

SLURP





Day 4

Escape the hustle and bustle and slip into a laid-back San Francisco Bay Area town, **Sausalito**. This picturesque area has houseboats where many Bohemian artists settled during WWII.

You can get around by [accessible ferry](#) and, along the way, see the Golden Gate Bridge from another perspective. Seniors and people with **reduced mobility** have priority seating.

After noon, you can go shopping in **Union Square** and **Market Street**. When you're done, surround yourself with the peace of the trees at **Yerba Buena Gardens**.

The San Francisco Museum of Modern Art, which is [accessible](#) and lends **manual wheelchairs**, is also nearby.



Day 5

In the event that your departure time is late, you can visit the **Muir Woods National Monument**, a large forest inhabited by majestic secuoyas that exceed 75 meters in height. It is a thirty-five-minute drive from downtown San Francisco.

If you go in your own or rented vehicle, you must reserve parking in advance. On the other hand, you can opt for its shuttle service.



In the event that you do not want to get away from the heart of the city, dedicate the last day to those places that excited you and / or that you could not see carefully.

We suggest other alternatives below.



More accessible attractions

1 The beautiful **beaches of San Francisco** are ideal to disconnect during a vacation. Thus, we describe the characteristics of some of them:

- **Ocean Beach**. The promenade and restrooms are accessible, although certain people with reduced mobility may need help. Therefore, it is recommended to go with a companion. Amphibious wheelchairs are available upon request and are picked up at Fort Mason.
- **Baker Beach**. The north parking lot is more accessible and has six spaces for people with reduced mobility. There are

accessible restrooms located in the North Lot, adjacent picnic area and amphibious wheelchairs located in the north parking lot.

- **Crissy Field East Beach**. Amphibious wheelchairs located in the parking lot near the Crissy Education Center. There are two accessible parking spaces and a mat.
- **China Beach**. It has two parking spaces reserved for people with reserved mobility. There is a paved ramp to access the beach, so caution is requested. Amphibious wheelchairs are available on request.



More accessible attractions

- 2 Get up close and personal with local aquatic animals at the **Aquarium of the Bay**. As specified on its [official website](#), it is almost completely accessible for people with reduced mobility and loans wheelchairs.
- 3 Live the experience of **flying over Sonoma County**. Check with [Up & Away Ballooning](#)

about the availability of the accessible hot air balloon and enjoy the best views in the area.

- 4 Baseball fans can watch a game at **Oracle Park**. The stadium has seats for people with disabilities. Restrooms, counters, ATMs, and elevators are [accessible](#).



Transportation around the city

It is essential that during your trip you can adequately get to all the places you want to visit. Learn more about local transport in the following links

- [Accessible transportation guide created by the San Francisco Municipal Transportation Agency.](#) Services for Senior and/or people with reduced mobility.
- [Muni services for people with reduced mobility.](#) Information on

public transportation (bus network, metro lines and trams).

- [BART.](#) San Francisco Bay Area Rapid Transit accessibility.
- [Taxis y Ramp Taxis.](#) How to take a taxi and characteristics of the vehicles.
- [Scootaround.](#) Wheelchair, scooter and other mobility equipment rental.



Medical attention

Remember that you may dial **911** in case of a serious health emergency. If you have a minor medical issue and are near the airport, go to the **SFO Medical Clinic**.

RxList allows you to check which 24-hour hospitals and pharmacies are closest to you.

Purchasing health insurance is essential. Also, if you travel by plane with medications, take them with you in your hand luggage accompanied by a medical prescription.



Other useful information

Tourist passes

Choose to buy a tourist pass and enjoy the attractions at a lower price. Study the different options and choose the one that suits you best: **[San Francisco CityPASS](#)** (save up to 44%), **[Go San Francisco](#)** (save up to 57%) and **[Sightseeing Pass San Francisco](#)** (save even visiting only two attractions).

The **[San Francisco Travel Association](#)** website includes other helpful links to get a discount on individual attractions.

The cable cars

Cable Cars are one of the main attractions of the city. Unfortunately, they are not accessible to wheelchair users. For this reason, we have not added them to the itinerary. We hope to update this information soon.



Other useful information

Weather conditions

The climate of San Francisco is similar to the Mediterranean, although the summers are colder. The areas of the city also present different microclimates. The following links show the weather conditions so you can decide when is the best time to travel:

- **El tiempo**. 14-day weather forecast.
- **AccuWeather**. Daily and monthly weather forecast and air quality.

Safety

Perhaps you have already heard that in some streets of San Francisco it is common to see homeless people. Fortunately, the high rate of violent and property crimes is declining.

We recommend that you read this post by The Broke Backpacker to find out which are the safest neighborhoods and move with complete peace of mind. Additionally, you can find a list of the safest distris at NeighborhoodScout.

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