

### Fall Arts Festival

Old Mill Park ~

The Fall Arts Festival is a community event that reflects the spirit of Mill Valley. Bay Area performers provide free entertainment and crafts activities are also provided in the redwood grove by local performers and service organizations.

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

### SPA

#### Tea Garden Springs

38 Miller Avenue ~

Nestled in the center of beautiful Mill Valley, Tea Garden Springs Day Spa is an inspiring Zen haven of Eastern and Western wellness and beauty practices.

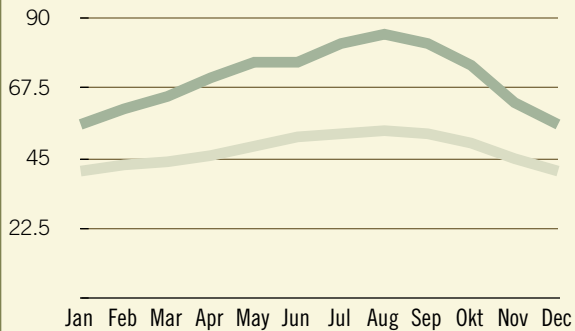
[www.teagardensprings.com](http://www.teagardensprings.com)

415-389-7123

### SHOPPING

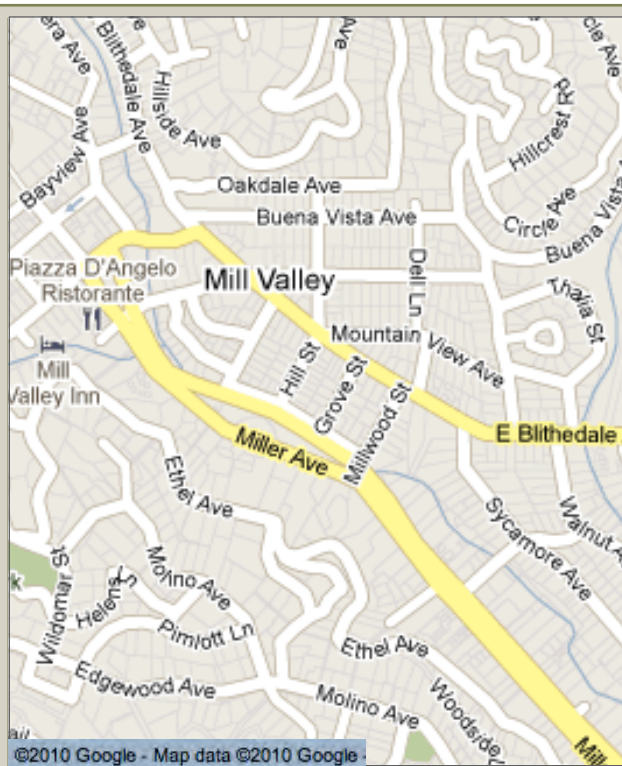
Mill Valley has a variety of shopping venues - from quaint local main street boutiques to open air centers.

#### Average Temperature in Mill Valley



— Avg High

— Avg Low



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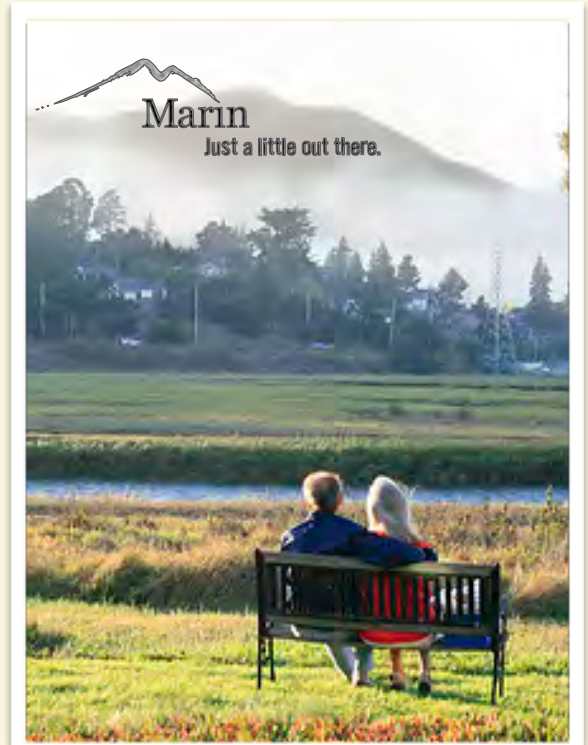
CONVENTION & VISITORS BUREAU

Please visit our website  
[www.visitMarin.org](http://www.visitMarin.org)  
for more information

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# Mill Valley California



### POINTS OF INTEREST

Nestled below majestic Mt. Tamalpais, Mill Valley is reminiscent of a charming European village. Surrounded by national parks, including Muir Woods, an ancient coast redwood forest, Mill Valley's lush landscape of hills and canyons is a favorite place for visitors who enjoy hiking, mountain biking, golf and running.

## THINGS TO DO

### Muir Woods National Monument

1 Muir Woods Road ~  
One of the largest urban national parks in the world, Muir Woods, an ancient coast redwood forest, is located just 12 miles north of the Golden Gate Bridge.  
[www.nps.gov/muwu](http://www.nps.gov/muwu)  
415-388-2596



### The SF Bay Trail Bayfront Park and Bothin Marsh

Trailhead at E. Blithedale and Camino Alto ~  
Relish the beauty of Marin County along this popular rail-trail in the shadow of Mount Tamalpais. Begin at the Bayfront Park and follow the trail south along the former Northwestern Pacific Railroad right-of-way. The trail extends along the edge of the restored salt marsh habitat of Bothin Marsh.

### Lytton Square

Throckmorton Avenue ~  
You can feel Mill Valley's pulse in Lytton Square, a popular people-watching spot in the European style, especially from an outdoor table at the trendy Book Depot Café, a former train station. The tables in the downtown square were donated by rock impresario Bill Graham.

### First Tuesday Art Walk

Downtown Mill Valley ~  
The Mill Valley Art Walk takes place the first Tuesday of each month from 6pm-8pm. "Explore, experience appreciate, view, and buy art." A perfect way to enjoy a night out and support Marin artists. Stop at the Depot Bookstore for an artist listing and gallery map.

### Alto Bowl/ Horse Hill and Camino Alto Open Preserves

Horse Hill Fire Road and Camino Alto Fire Road ~  
The Camino Alto Preserve contains a variety of habitats within its 225 acres, including grasslands, bay/oak woodlands, and rewood/Douglas fir forests. The fire roads in this preserve are popular with hikers, bicyclists, and equestrians, offering several relatively level routes along a spectacular ridge with outstanding views of San Francisco and Mount Tamalpais.  
[www.marinopenspace.org](http://www.marinopenspace.org)

### Mount Tamalpais Park

3801 Panaoramic Highway ~  
Just north of San Francisco's Golden Gate is Mount Tamalpais. It has redwood groves and oak woodlands with a spectacular view from the 2,571-foot peak. Hiking and Bicycle Trails: More than 50 miles of trail are within the park and connect to a larger, 200-mile-long trail system. Bicyclists are challenged by the twisting road to the top of the park's summit. The East Peak Summit features a visitor center and a refreshment stand that are usually only open on weekends (during the summer, the refreshment stand is open daily). Phone, picnic tables and fully accessible restroom are also available. Mount Tamalpais State Park now offers AT&T Wi-Fi Service!  
[www.mttam.net](http://www.mttam.net)



## SPECIAL EVENTS

### Mill Valley Film Festival

Miller Avenue ~  
This Festival isn't just about great film; it's about immersing yourself in an environment with fellow film enthusiasts and celebrating the achievements of new and established filmmakers. Throughout the eleven days of the Festival, patrons have opportunities to interact with filmmakers at screenings and tributes, at the Festival Café (at the Outdoor Art Club) and at receptions. Seminars provide a structured forum to tackle specific issues pertaining to the film industry filmmakers and industry experts.  
[www.cafilm.org](http://www.cafilm.org)  
415-383-5256



### Mountain Play

The Mountain Play Association's mission is to produce an annual, spectacular, outdoor theatrical experience that nurtures an appreciation of Mt. Tamalpais, involves and strengthens the community.  
[www.mountainplay.org](http://www.mountainplay.org)

### Dipsea Race and Trail

Mill Valley, home of the Marin Mountain Bike, hosts the annual Dipsea Race, the second oldest footrace in the United States. The race takes runners over a 7.1 mile course up and over Mt. Tamalpais to one of the most beautiful California beaches on the Pacific Ocean.