

A Little Helpful Information

Wild Recovery is a Narcotics Anonymous home group in the San Jose, California NA fellowship. We sponsor a bi-weekly recovery meeting, and occasional day trips and camping weekends, sharing fellowship and NA recovery. It's an open meeting; members and friends of the fellowship are welcome (and their kids and teenagers).

How long: A short hike of about forty minutes, a forty-minute speaker/discussion meeting, forty back (it often takes longer, truthfully). We look for sites that are easy enough for beginners, yet offer more. Plan to stay and go further after the meeting if you can, it's often the best part. We often have lunch together afterward.

Parking Fees: The NA meeting is free, of course. Some parks have parking fees. Bring exact change if there is a fee, and the 7th Trad.

Carpooling: A good thing, parking is very limited at some sites.

Avoid Dehydration: Bring water, at least a pint, or more and take it with you on the trail (this is important). A little snack is nice, too.

Wear: Outdoor clothing, in layers so you can adjust to changing conditions, hat, sunscreen, small day pack. Sturdy, comfortable walking shoes, or hiking boots. Avoid new shoes (blisters), and cologne (attracts bugs). Sunburn is the most common injury for hikers.

Wildlife: Put insect repellent on the pants cuffs and socks to repel ticks, mosquitoes, fleas, etc. Learn to recognize and avoid poison oak, and please don't pick up any rattlesnakes even if they're cute.

Check the Map before you leave to make sure of the route. It pays to have a map in the car just in case. We want you with us, not lost!

Avoid Brake Burnout: Going downhill off the mountains in your car, use the low gears to slow down, avoid burning up your brakes.

Park Regs: Please observe the posted park rules and regs, also the safety information. Smokers, please take special care as many areas are fire-sensitive. Dogs are often welcome, but call to find out.

ADA Access: Many parks will provide special access for persons with disabilities, call in advance to arrange.

Awareness Pays: Paying attention is the best way to be safe and have a good time. Be aware of what's around you, watch where you put your feet, and listen to your body; go at a pace that's comfortable. Choose a trip that matches your abilities, some are easier than others.

WWW: Check our website for great pictures and the most complete details about our meetings and group, <http://www.wildrecovery.org>

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Wild Recovery

June, July, August 2000

Saturdays, 10:00 AM

<http://www.wildrecovery.org>

June 3: Pinnacles National Monument Day Trip

Pinnacles was one of our best trips last year; it's become a Wild Recovery tradition. The hike over High Peaks Trail, which is half of an eroded volcanic throat, is a spectacular and challenging six- to seven-mile trip. Day trips begin at 11:00 AM, and end around 4:00. We hike for a while, then stop in the middle and have lunch and a meeting. Take 101 South to Gilroy, Hwy 152 East to the 152/156 junction. Turn right onto 156 and go south through Hollister, then take Hwy 25 to the Pinnacles turnoff. Drive time is 2 hrs., parking is \$5.00. Park in the visitor center lot, meet near Bear Gulch park office at 11:00. Bring lunch, plenty of water, sturdy and comfortable walking shoes.

June 16-18: Mt. Diablo Campout

This very special, powerful, and beautiful place is also a very easy place for a recovery retreat--- only thirty miles away. Stagecoach Group Camp area is reserved for us. The site offers tent camping for up to twenty people, parking for seven cars (carpooling, right?), running water, a modern pit toilet, picnic tables, fire pit, etc. Hot showers are available at the Rock City area, indoor bathrooms at Juniper. There are many miles of hiking trails in a wide variety of environments, with quiet, solitude, and amazing views; do as much or as little as you like. The full moon is Saturday, the 17th. The cost is \$15.00, including campsite and firewood. Bring food and camping supplies. One meeting and one shared potluck meal each day. The State Park day use fee is \$5.00 if you want to come just for the day.

Take 680 North to Diablo Road in Danville. Stay on Diablo Road past the Country Club and turn left onto Mt. Diablo Scenic Blvd. The route is pretty well marked, just be sure that you stay on Diablo Road when it hooks right at Green Valley Road. (Sloat Garden Center is the landmark.) At the Southgate ranger station, show the ranger your receipt to avoid the day use fee. Go up the hill to Junction, turn left on Northgate Road, and

look closely for the left turn into the drive for Stagecoach Group Camp. It's not far. Pass by the Boundary Group Camp entrance and keep going to Stagecoach, at the end.

July 1: Russian Ridge Open Space Preserve

Take Highway 17 South, exit at Highway 9, following it as it makes a hard left in downtown Saratoga. Turn right at Highway 35 (Skyline Blvd.). We'll meet at the Skyline Ridge OSP parking lot (around 5.5 miles down Hwy 35); you'll see the sign on the left. Because of congested conditions, MROSD has asked us to rendezvous at Skyline and shuttle over to Russian Ridge. From the north end of the Russian Ridge parking lot, take the right hand trail up to the Ridge Trail, turn left and continue north past Vista Point. Go left on Hawk Ridge Trail, and take the left fork onto Ancient Oaks Trail, which returns to the parking lot. Great wildflowers and ridgetop views, excellent trail.

July 15: Coyote Hills Regional Park

Take 880 North to the second Hwy 84 exit, going west toward the Dumbarton Bridge. Exit from 84 West at Paseo Padre/Thornton, and turn right. Continue about a mile and turn left onto Patterson Ranch Rd. Drive time is 25 minutes. Park at the visitor center, fee is \$4.00, get a map. Start on Muskrat Trail across the road from the visitor center, on the boardwalk that crosses the saltmarsh. Left on DUST Trail, right on Lizard Rock, left on Bayview, right on Nike Trail, and left on Red Hill Trail. Over the first hill, meeting on the second hill. It's simpler than it sounds. Serene, yet thrilling, panoramic 360° views of the bay and surroundings; hilltop and wetlands environs in a single very pretty hike.

July 29: Wilder Ranch State Park

Take Hwy 17 South to Santa Cruz, and go north on Hwy 1. About 3.5 miles north of Santa Cruz, look for the brown Wilder Ranch sign on the left. Drive time is forty minutes. Parking fee is \$6.00, or park free on the road before the park entrance. Meet at the picnic tables just inside the entrance, by the chicken coop. The trailhead is across Hwy 1, take the Wilder Ridge Loop Trail (first left after the tunnel), then take the right-hand branch. The meeting is near the view point (there's an "eye" symbol on the map). Returning, continue on Wilder Ridge Loop Trail and take the Zane Gray cutoff. Rolling and very pretty country, fresh ocean breezes, wonderful views from the bluffs (and of them). We liked this place so much we're returning in September (when the fog is gone) to hike the Ohlone Bluffs Trail that goes along the cliffs by the ocean.

August 11: Mountain View Shoreline, Bayfront Trail

Take 101 N, exit Shoreline, left at the light, follow Shoreline to the lot at its end near the lake and meet at the boathouse (refreshments, restrooms there, and maybe lunch later). Follow Bayfront Trail along the bay (left as you start out from the boathouse, then the right branch away from 101). Can be windy and cool, no cover from sun. Flat as can be, no problem for acrophobes. Popular with cyclists, rollerbladers, runners, bird-watchers, kite fliers, sky watchers. Meeting will be off the trail by the saltmarsh. Very close, a great place to know about.

August 18 - 21: Sierra Camping Weekend Mono Hot Springs, Ansel Adams Wilderness

Our long-weekend Wild Recovery Sierra retreat is 90 miles east of Fresno, off Hwy 168. The drive takes about 5.5 hrs. We'll be camping in the Sierra National Forest, but cabin rentals are available (not included in our \$15.00 cost). Hot showers are available for a day use fee at nearby Mono Hot Springs, as are a store and restaurant. Great hiking, high Sierra scenery, many lakes, the John Muir section of the Pacific Crest Trail is nearby. Bring food, water, camping supplies. A meeting each day, one shared potluck meal each day. See <http://www.wildrecovery.org> for complete details, or call.

September 2: Fremont Older Open Space Preserve

Take 280 N, go south on Lawrence Expressway, take Prospect Rd. west. There are a few surprise turns, like the hard left at the railroad tracks; stay on Prospect. It dead-ends at the parking lot after the golf course; there is free, but limited, parking; good idea to carpool. From the lot, take the Cora Older Trail uphill (not the road), turn right on the Seven Springs Trail and right on Ranch Rd. The meeting will be off the trail at the hilltop at the west end of the park. Close to town, easy, very charming. Great views of the valley, very well-maintained trails. This is where we had the very first Wild Recovery meeting.

September 16: Mt. Tamalpais Day Trip

See our next flier, or the website, for details. Meet at 11:00 AM on East Peak, bring lunch. Mt. Tam is such a magnetic, powerful, and truly beautiful place that it's become another Wild Recovery tradition. The SF, Marin, and East Bay fellowships are especially invited to join us for this trip.