

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: It's a new day at Wild Recovery; we're featuring longer hikes this year, and going to some really special places. Regular hikes are closer and will take a few hours, day trips are further away and will take most of the day. Each hike has its own time rating, not including the meeting. The NA meeting is about 45 minutes long.

Parking Fees: The NA meeting is free, 7th Tradition as usual. Some parks charge day use fees, bring exact change if there is a fee.

Carpooling: A good idea, 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, and smokers can be cited. Call the park first to find out if dogs or bikes are welcome.

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, maps, and the most complete details about our meetings, <http://www.wildrecovery.org>

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Wild Recovery

March, April, May 2001

Saturdays, 10:00 AM

www.wildrecovery.org

March 24: Pinnacles National Monument Day Trip

Take 101 South to Gilroy, Highway 152 East to the 152/156 junction. Turn right onto 156 and go south through Hollister, then take Highway 25 to the Pinnacles turnoff. Allow two hours for the drive. Park in Pinnacles National Monument parking lot, meet near Bear Gulch park office at 11:00. Bring lunch, plenty of water, sturdy and comfortable walking shoes. Fee for parking is \$5.00 per car, camping is available by reservation. See our website for more details and pictures. Six miles, difficulty level 3+, 3 hours plus meeting. High Peaks Loop. Spectacular, beautiful, challenging, geologically unique site.

April 7: Castle Rock State Park

Take 880 to Highway 17 South, exit on Highway 9 to Saratoga (9 takes a hard left downtown). Go up the hill, turn left on Skyline/Hwy 35 to Castle Rock lot entrance. Parking is a couple of bucks in the lot, or park free on the roadside. Castle Rock Loop (a new trail this year), 3½ miles, difficulty level 2+, time: 2½ hours. Please make the effort to be on time, the hike will start promptly at 10:00. Castle Rock is a big favorite every year; good trails, great views, unusual rock formations, rock climbers and other wildlife.

April 21: Henry Cowell Redwoods State Park River Trail/Eagle Creek Loop

Take Highway 17 to Scotts Valley, to Mt. Herman exit & turn right on Mt. Herman Road. Drive 3.3 miles, turn right on Graham Hill Road, go .1 mile and turn left on Hwy 9. One mile later, left at Henry Cowell Park entrance. Park in main lot (day use fee applies), meet at Nature Center. Hike starts off on Redwood Loop Trail, a very fine stand of old-growth redwoods, and continues on River Trail, by the San Lorenzo River. This can either be a level one hike and a two mile

walk, or a 2+ hike and a five-mile walk. The meeting is at Cable Car Beach.

**May 5: Henry Coe State Park,
Middle Ridge Loop**

Take Highway 101 South to East Dunne Road in Morgan Hill. Go east, past Anderson Lake to the park entrance and main parking lot, meet at the visitor center. Day use fee is \$5.00. It's not far, but it takes a good hour to drive from San Jose. Remember, the hikes will start on time at 10:00. Take Monument Trail (a steep, but short, ranch road section) to Northern Heights Trail, turn right on Middle Ridge Trail. Return on Fish Trail and Springs Trail. 4½ miles, level 3, three hours. Henry Coe Park is very rugged and wild, quite beautiful, but not a walk to the library. Be prepared. Excellent trail book and map available at visitor center; their website is outstanding. We had the first Wild Recovery camping weekend here. Backpack campsites and car camping are available.

**May 19: Russian Ridge Open Space Preserve,
Borel Hill Trail**

Take 880 to Highway 17 South, exit on Highway 9 to Saratoga (9 takes a hard left downtown). Go up the hill, turn right on Skyline/Hwy 35 to Skyline Ridge lot entrance (about five or six miles), where we'll meet and carpool to Russian Ridge parking lot and trailhead. Parking is free. This is prime season for wildflowers up here on the ridge, and it's a really wonderful place; beautifully maintained and managed by MROSD. The drive to get here is pretty nice, too. 3 miles, level 2, an hour-and-a-half. Can be windy.

**June 2: Berry Creek Falls Loop Day Trip
Big Basin State Park**

The Berry Creek waterfall (there are actually three) is said to be the most-photographed in the State of California. It's not hard to believe people come from all over the world to see this; they're gorgeous and quite spectacular. We have some pics on our website, but don't run out of film like I did. Reaching them takes a pretty good little hike, twelve miles round-trip, level 4+, four-and-a-half hours. The terrain is hilly and deeply forested. Sunset Backpack Camp is available just off our route, if reserved well in advance. Take 880 to Highway 17 South, exit on Highway 9 to Saratoga (9 takes a hard left downtown). Go

over the hill, turn left on Big Basin Highway/Hwy 236 to visitor center parking lot. There is a day use fee, and you'll need a trail map.

Looking Ahead

Later on in the 2001 season, we have some very exciting trips planned. This list is tentative and could change, but you might like to know about the longer trips so you can make plans to join us.

June 16: Ano Nuevo Lookout, Butano State Park

June 30: Maple Falls Loop, Nisene Marks State Park

July 1–4: Yosemite National Park camping weekend. Starting at Tuolumne Meadows, off Tioga Road, we'll hike to Vogelsang Peak. This will be a backpack trip to the wild and challenging alpine terrain of the high Sierra. You'll need to be in shape to handle it, and have proper equipment, including bear canisters (you can rent this stuff). Check the website and the next flier for more info, or call our Secretary, Tom.

July 14: Joseph D. Grant County Park (epicenter of the recent earthquake), Hotel Trail

July 28: Sunol Regional Wilderness, Mt. Rose

August 5: Night Hike and Full Moon Picnic, Long Ridge Open Space Preserve

August 11: Ed Levin County Park, Monument Peak Trail

August 25: Alec Canyon

September 8: Mt. Tamalpais State Park, Marin County

September 22: Big Basin State Park, Buzzard's Roost

October 5: Wilder Ranch State Park, Santa Cruz, Old Landing Cove Trail

October 19: Uvas Canyon County Park

November 2: Point Lobos State Reserve Day Trip, Carmel

Difficulty Ratings

1: Easy. A walk to the library. Not long, minimal contour.

2: Moderate. You'll know you've been somewhere. Couch potatoes might want to think twice.

3: Challenging. Longer distance, more rugged terrain, you'll want to be in shape.

4: Hard. A hiker's hike. Steeper terrain, a good distance.

5: Butt-kicker. The Grand Canyon trip in February (8 miles, 4400 vertical feet) got a 5 rating.