

Wild Recovery is a home group in the San Jose, California Narcotics Anonymous fellowship. We sponsor a bi-weekly speaker-discussion recovery meeting, and occasional day trips and camping weekends, sharing fellowship and NA recovery. The meeting is open, friends of the fellowship are welcome, and their kids and teenagers.

How long: Regular hikes end around 1:30 –2:00, day trips 4:00.

Costs: 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 and also more fun; parking is limited at some sites. Share expenses with your driver. Meet at LGHG and deFrank Ctr. parking lots, 9:00 AM, but call Jennifer first to arrange.

Avoid Dehydration: Bring water, at least a pint or more and take it with you on the trail. This is important for your safety and comfort. You might like a little snack, too, maybe something to share.

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.

Hazards: Put insect repellent on the pants cuffs and socks to repel ticks, mosquitoes, etc. Learn to recognize and avoid poison oak, and please don't pick up any rattlesnakes (a protected species).

Check the Map: before you leave to make sure of the route. It pays to have a map in the car, and on the trail. Try to stay with the group.

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 (or check their website) 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 - May 2002
Saturdays, 10:00 AM
www.wildrecovery.org



March 2, 2002

Almaden-Quicksilver County Park

Green and beautiful, close and easy to get to, a very popular neighborhood place for runners and nature-watchers. Free parking, a pretty name, and the serene presences of Mt. Umunhum and Mt. Sombroso don't hurt, either. Take Almaden Expressway south past Blossom Hill (or, from west valley, take Camden east) and turn right on McAbee, going several blocks until the road hooks left at the entrance, and park on the street. Cross the bridge, take the first left onto Mine Hill Rd., and at the bench, take Guadalupe Trail, the dirt road to the right. Continue straight as the trail, joining Senator Mine Trail, winds down the back of the ridge to a picnic table by the creek. After the meeting we'll continue the in the same direction, past the reservoir to the hard left where Guadalupe Trail intersects with the other end of Mine Hill. Take the left and stay on Mine Hill all the way back to the McAbee entrance. 600 feet, five miles. Level 2

March 16, 2002

Calero County Park

The grass and leaves are so green you almost feel you should put your sunglasses on; it's that lush and brilliant in the early spring at Calero, and that goes for the wildflower displays as well. The trails are good, but spring is boot season and this is not satin slipper territory. Take 101 south, exit and turn right onto Bernal, left onto Santa Teresa, right at Bailey Rd., left when Bailey dead-ends into McKean and turn right into the park entrance. Drive time is under 30 minutes. Park and meet in the lot; the trailhead is across the street, no day use fee for hikers.

Get a map at the ranger station. Take the first right after the unnamed connector just beyond the trailhead gate onto the Los Cerritos Trail, then the left onto the Pena Trail. The stock pond, with its overlooking deck and ramada, provides a good place to catch the breath and watch the water birds. At the old corral where the Pena intersects with the Javelina Loop, take the right side of the loop and continue on Javelina until we come to the deck and picnic tables overlooking a pretty little pond, just past the crest of the rocky ridgetop. 5 miles, 800 vertical feet (not all at once). Level 2

March 30, 2002, 10:00 AM

Pinnacles National Monument, Hollister

This year we're starting this day trip at **10:00**, not 11:00, lest the sun be too warm and the parking lot too full; you'll have to leave at 8:00 to make it but it definitely is worth it. Take 101 south to Gilroy, Hwy 152 east, right onto 156, south through Hollister, then take Hwy 25 to the Pinnacles turnoff. Meet at Bear Gulch park office; park there if you can (small day use fee). There's an overflow lot a mile away, you might have to walk or shuttle if Bear Gulch parking is full, so try not to cut the time too close. Take the High Peaks trailhead closer to Moses Spring Trail, experience has shown that this direction is more pleasant and easy. Six miles, 1700 feet, Level 4, photo ops galore.

April 13, 2002

Henry Coe State Park, Hunting Hollow Entrance

A new venue for us, easy and flat, through a green valley loaded with wildflowers, with a couple of creek crossings via stepping stones. This is a different entrance to Coe Park, just east of Gilroy, than the more familiar main entrance near Morgan Hill. Take 101 south, exit and turn left (east) at Leavesley. Pass the outlet malls, go left on New and right on Roop, which becomes Gilroy Hot Springs Rd., and turn into the Hunting Hollow parking lot. The drive is gorgeous and takes nearly an hour. Parking is a buck. We'll take the main road down the hollow. 4 miles, 200 vertical ft. You may want to come prepared for a longer and even nicer hike after the meeting. Level 1

April 27, 2002

Sunol Regional Wilderness, Little Yosemite

Alameda Creek coursing through the Calaveras fault has created this paradise of big boulders and rock pools in a shady gorge. From 680 north take the Calaveras Rd. exit in Fremont (not the earlier one in

Milpitas). Turn right on Calaveras to the Geary Rd. park entrance, and go left to the ranger booth. Drive time is 30 minutes. Day use fee is \$4.00 per car, which includes a trail map. Meet in the parking lot near the visitor center. You can go the flat way or the over-the-hill way. You can take the road back, or boulder-hop down the creek. Great park, rugged and lovely. Five miles, Level 2, a little climbing to get from the road down to the creek.

May 11, 2002

Skyline Ridge Open Space Preserve

Hwy 17 south, exit Hwy 9 to Saratoga, where 9 takes a hard left up the hill. Turn right on Hwy 35 to Skyline Ridge lot entrance. Look for the MROSD sign on the left, parking and maps are free, drive time is fifty minutes. This is an easy Level 1 hike, around 3 miles and nearly flat to Alpine Pond and back, but gorgeous with killer views and many opportunities for extensions. Wildflowers should still be out. Acrophobes might not appreciate the high-up vistas.

May 25, 2002

Joseph D. Grant County Park

Capitol Expressway east to Quimby is the prettiest and shortest way. Note the intersection of Mt. Hamilton Blvd. for your return; the road sign is covered by a tree. Park in the lot at Grant Ranch for a small fee (and we'll meet there), or for free on the roadside. Get a map, the trail system is somewhat confusing. Take the first two right branches of the Dairy Tr. loop to Dutch Flat Tr. Meeting is at the Scenic Overlook picnic table. Return the way you came (4 miles round-trip) or continue on Dutch Trail through the lush and gorgeous backcountry, returning via Brush Tr. or San Felipe, 6 ½ mi., 1057 vertical ft., Lev 3

Choose a Trip That Fits Your Abilities

- 1: Easy.** A walk to the library.
- 2: Moderate.** You'll know you're not sitting in your easy chair.
- 3: Somewhat Challenging.** Longer distance, more rugged terrain, you'll want to be in fairly good shape. There could be a hill or two.
- 4: Harder.** A hiker's hike; steeper terrain, a good distance, or both.
- 5: Definitely Challenging.** The Grand Canyon hike (8 miles, 4400 vertical feet) and the 3-day Yosemite backpack trip got a 5 rating.