

WILD RECOVERY HIKE SUGGESTIONS

- ALL hikes are scheduled to leave from the trail head promptly at 10 AM. PLAN ACCORDINGLY!
- The weather can be unpredictable, so layered clothing makes sense for ALL hikes.
- Bring something to eat during the meeting and plenty of WATER.
- Bring along sunscreen or a hat for the hotter, less shaded trails.
- Stay on the trails.
- Pick up a trail map before heading out.
- Follow all park rules and regulations.
- What you bring in, bring out (this includes cig. butts, trash, food, etc.).
- If you bring kids or pets, make sure to keep them supervised at all times.
- For lots more about Wild Recovery and up-to-date hike information see www.wildrecovery.org.

PHONE NUMBERS

GRATEFUL TO BE OF SERVICE

- Secretary: Jimmy C. (408) 621-8785 / jimmyc@wildrecovery.org
- Treasurer: Anna J. (408) 806-7675
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HIKING LEVELS

1 = easy 2 = moderate 3 = challenging 4 = hard 5 = very difficult



WILD RECOVERY

www.wildrecovery.org

May - July 2006
Every other Saturday at 10 AM

May 6, 2006
PINNACLES

Level 4 - Miles 6 - Elevation 1600' - Host: Jennifer N.

Starting out from the Bear Gulch Visitor Center, we take Condor Gulch Trail up to High Peaks Trail. Once we get up on the ridge, we go along an exciting part of the trail that is comprised of handrails and stone steps. We hit the peak after this, and then High Peaks brings us along to our meeting spot. By now, we will surely be grateful for this meeting. After the meeting, our treat is going to be to hit the Rim Trail down to the Reservoir. We will have a chance to explore the Bear Gulch Caves, as I am pretty sure they will still be open, so bring a flashlight. The last leg of the trail after the caves is right along the water, and very sweet for the weary.

We are starting at 9:00 AM instead of our normal 10 AM, because this hike could take up to 5 hours, including our meeting and it is a two-hour drive from San Jose. Pack plenty of water, food and sunscreen.

Directions: Take 101 South, and Exit on Hwy 25; go through the town of Hollister. Follow the signs carefully because in Hollister, Hwy 25 turns left and then right. After you leave town, stay on 25 until 146, which takes you to the park.

Drive Time 2 Hours - Parking \$5.00 - Dogs Not Allowed

May 19 - 21, 2006
POINT REYES SPRING RETREAT
Friday - Level 1 - Miles 2.8 - Elevation 300'
Saturday - Level 3 - Miles 8 - Elevation 700'
Host: David R.

Pt. Reyes is "an island in time" and a beautiful place to get away to. We'll be camping out a few steps from the beach with many trails to explore. Saturday at 10 AM we'll have our regular hike. Starting from Coast Camp, we'll head up towards Mt. Whittenberg (but stop short of the summit). The view is incredible--it's like seeing the Pt. Reyes coast from an airplane. Then we'll walk through oak, eucalyptus, and pine to a large meadow on Bear Valley Trail for our meeting & lunch. That's only 1/3 of the mileage, but the rest of the hike is fairly level. We'll continue down Bear Valley Trail to Arch Rock on the Pacific Ocean. From the top of the rock you can see Alamere Falls to the south and the northern Pt. Reyes peninsula to the north. After resting at Arch Rock, we'll mosey up Coast Trail along the ocean and back to camp.

Directions: From San Jose, take 280 or 101 North to the Golden Gate Bridge. Continue on Highway 101, exit on Sir Francis Drake Boulevard. Continue west on Sir Francis Drake to Highway 1. Turn right onto Highway 1, turn left onto Bear Valley Road. Continue on Bear Valley road past the Visitors Center. Turn left on Limantour Road. After a few miles, turn left on the road to the Hostel. Park on the side of the road at Coast Camp trailhead. Walk with your camping gear 2.8 miles down the Coast Trail to Coast Camp. You can bring a wagon or cart to carry your stuff, or, if everything is on your back, park up the road a bit at the Laguna trail head parking lot. That trail is narrower and is only 2 miles long. We are the group campsite at the far end of the campground.

Drive time 3 hours - Dogs Not Allowed
Advance Tickets required (\$10) see Wild Recovery Treasurer
Parking is included in Retreat price

June 3, 2006
NATURAL BRIDGES
Level 1.5 - Miles 5 - Elevation 50' - Host: Rick B.

This beach, with its famous natural bridge, is an excellent vantage point for viewing shore birds, migrating whales, and seals and otters playing offshore. Further along the beach, tide pools offer a glimpse of life beneath the sea. Low tides reveal sea stars, crabs, sea anemones, and other colorful ocean life. The park also includes a large area of coastal scrub meadows, with bright native wildflowers in the spring. Moore Creek flows down to the ocean through these meadows, forming wetlands in the sand.

Directions: Hwy 17 south to Santa Cruz. Hwy 17 turns into Ocean Avenue, follow Ocean until the T-intersection, go right on San Lorenzo Blvd and make your first left at the light on Riverside. Go over the river to 2nd Street, make a right and go to Pacific Ave (the 4th stop sign), make a left and go about 100 yards past the skateboard park. Make a right up the hill, at the top veer left this becomes West Cliff Drive. Follow this to the Santa Cruz Surfing Museum (where the lighthouse is) it is also called Steamer Lane. This is where we will all meet and begin our trek!

Drive Time 1 Hour - Parking Free
Dogs allowed in some places (not on the sand at the meeting site)

June 17, 2006
MONTE BELLO
Level 3.5 - Miles 6.5 - Elevation 1,200' - Host: Angel L.

Monte Bello Open Space Preserve is a place of rolling grasslands, dense creek side forest, spectacular vistas; a place rich in wildlife and ecosystems diversity, and provides a scenic view of the Santa Clara Valley and Mt. Hamilton Range. The trailhead is located across the parking lot away from the restrooms. This is somewhat a difficult hike especially at the beginning of Black Mountain. We'll start out on the White Oak Trail which joins the Canyon Trail and follow Indian Creek Trail up to Monte Bello Road. We climb up Black Mountain where we'll have our meeting. We return via Monte Bello Road, connecting to Old Ranch Trail. Then we follow Bella Vista Trail back to Canyon Trail and finish on the opposite side of the parking lot.

Directions: From San Jose take Highway 280 north and exit on Page Mill Road, then go left (west and uphill) for 7 miles. You will see the Monte Bello Open Space sign on the left. We'll meet in this parking lot by the restrooms. Additional parking is just across the road in the Los Trancos Open Space Preserve parking lot.

Drive Time 60 Minutes - Parking Free - Dogs Not Allowed

July 1, 2006
CASTLE ROCK
Level 2.5 - Miles 5.8 - Elevation 800' - Host: Tom R.

The park encompasses over 5,200 acres with beautiful maintained trails. Spectacular views of Monterey Bay, Big Basin, and the Pacific Ocean. We will enjoy the scenic views of waterfalls as well as sandstone monuments the size of town home complexes. We will be starting from the parking lot on Highway 35 (Summit Road) on the Skyline to the Sea Trail and hike down to the campground for our meeting. Then we will continue on a loop with Saratoga Gap Trail.

Directions: Highway 17 south towards Santa Cruz. Turn off at Lexington Dam on to the Bear Creek Road exit. At the stop sign, proceed straight and take a left on to Black Road. Continue 3.8 miles to the stop sign on Highway 35. Then take a right. Drive 3.6 miles to Castle Rock parking lot on the left. Parking on the street is for free as available.

Drive Time 1 Hour - Parking \$6.00 - Dogs OK on Leash

July 15, 2006
HARVEY BEAR RANCH
Level 3.5 - Miles 7.1 - Elevation 900' - Host: Rich S.

We will hike from the campground along the Campground Trail .4 miles to the Coyote Ridge Trail. Turn right on the Coyote Ridge Trail and continue 1.4 miles to the Rancho San Ysidro Trail. Turn left on the R.S.Y. Trail and continue 2.4 miles to the Willow Springs Trail. Turn Right on the Willow Springs Trail and continue .6 miles back to Coyote Ridge trail, where we will have our meeting. After the meeting, take Coyote Ridge back 1.9 miles towards the Campground Trail. Left on the Campground Trail .4 miles brings us home. The Harvey Bear Ranch addition is the latest acquisition to the Santa Clara County park system. This hike will take place in conjunction with the South County Campout at Coyote Lake July 14-16, 2006

Directions: From San Jose, take US 101 South to the Leavesley Road exit in Gilroy. Proceed east (left) on Leavesley Road 2 miles to New Avenue. Proceed north (left) on New Avenue .5 miles to Roop Road. Proceed east (right) on Roop Road 3.5 miles into the foothills. Turn left into the park, and proceed 1 mile north to the entrance station and visitor center. After paying parking fees, continue to the overflow parking at the campground. If the lot is full, there are several day-use parking areas further down the road. We will meet at the entrance to the campground overflow parking. We will begin our hike at the entrance to the Campground Trail, just north and west of the overflow parking area.

Drive Time 45 Minutes - Parking \$5 - Dogs Allowed (6' Leash)