
May 5, 2007
CHINA WALL
Level 2.5 - Miles 5 - Elevation 800' - Host: Kent B.

China wall is situated just inside the borders of Mt. Diablo State Park. These sandstone formations create a line of rocks up and down the hill that look like a miniature version of the Great Wall of China. The hike will mostly be in Diablo Foothills Regional Park. We start out at the Livorna Staging Area and take the Foothills trail to the Stonegate trail. We then take the Briones/Mt.Diablo trail into Mt. Diablo State Park to the China Wall where we will have the meeting. After the meeting we go back on the Briones/ Mt Diablo State Park trail and take the Alamo trail back to the cars.

Directions: From San Jose take hwy 680 north all the way to Alamo (just before Walnut Creek). Exit at Livorna Road and turn right. Proceed about 2 miles to the staging area on the left.

Drive Time 1 Hour 15 Minutes - Free Parking - Dogs Not Allowed

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 is suggested on 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.
- Pick up a trail map before heading out.
- Follow all park rules and regulations. Stay on the trails.
- What you bring in, bring out (this includes trash, food, etc.).
- If you bring kids or pets, make sure to keep them supervised at all times.
- For more about Wild Recovery see www.wildrecovery.org.

GRATEFUL TO BE OF SERVICE

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- Treasurer: Todd P. (408) 316-4120 / toddp@wildrecovery.org
- Assistant Treasurer: Diane T. (831) 462-0262 dianet@wildrecovery.org
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- Web: Jimmy C. (408) 621-8785 / jimmyc@wildrecovery.org
- Web Assistant: Kent B. (925) 932-7695 / kentb@wildrecovery.org
- Carpool Information: Philip S. (650) 323-9775 / philips@wildrecovery.org

HIKING LEVELS

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



February - May 2007
Every other Saturday at 10 AM

February 10, 2007
STEVENS CREEK PARK
Level 2 - Miles 4.5 - Elevation 500' - Host: Jim P.

The beautiful 1,077 acre Stevens Creek Park offers widely diverse recreational amenities, including the 92-acre reservoir. We will be hiking the Zinfandel trail to the Vista Point trail. We will have our meeting on the Vista Point trail and hike back to the parking lot.

Directions: From San Jose, take 280 north towards San Francisco, exit Foothill Expressway. Take a left onto Foothill and continue west for 3 miles (becomes Stevens Creek Canyon Road). Turn into the park entrance and pay at the 1st parking lot. Continue driving to the last parking lot where we will meet.

Drive Time 30 Minutes - Parking \$5 - Dogs Not Allowed

February 23-25, 2007
WINTER RETREAT - BOTHE-NAPA VALLEY STATE PARK
Friday (2:00pm Hike) - Level 1 - 2 Miles - Bale Grist Mill State Historic Park
Saturday - Level 2.5 - Miles: 5 - Elevation 800' - Hosts: Anna J, Kent B, Susan D
***Saturday night pot luck, bring your favorite dish to share.**

Located in the heart of the beautiful Napa Valley, the Park offers us group camping and hiking trails. Bothe-Napa SP trail takes us through stands of coastal redwoods as well as forests of Douglas-fir, tanoak, and madrone. Most of the park is rugged, with elevations ranging from 300 to 2,000 feet. Plant life hides much of the park's geology, which is principally volcanic, but you will see a reminder of the area's violent geologic past in the volcanic ash cliffs of upper Ritchey Canyon on our hike Saturday. Our trek through Ritchey Canyon on the Redwood Trail leads to views of Mt Saint Helena off in the distance.

Directions: From San Jose: Take I280 north to I680. Take I780 north to I80 east. Next you will head west on Highway 37 then north on Highway 29 to the park entrance on your right. It is poorly marked so stay alert. It will be a mile or two past the "Historic" sign. If you reach Calistoga, you've gone too far!!!

We will be at the group campsite which is a quarter of a mile straight past the park entrance – follow the signs. The site is located near Highway 29 and although you may hear traffic some of the time it is secluded and will allow us to have our meetings in privacy and curfews will not be in force as it was at Lassen.

Note: To reserve a spot for camping, please contact Anna J. Her number is on the back of this flier.

Drive Time 3 Hours - CAMPING: \$10 Adults, \$5 kids – No dogs on trails

March 10, 2007

PINNACLES – (9AM HIKE)

Level 4 - Miles 7.3 - Elevation 1900' - Host: Tom D.

Pinnacles has dramatic rock formations, caves, wildflowers, and bits of California history. The caves were formed by rocks falling into the canyons, not your usual underground erosion by water. Not surprising, since Pinnacles is near the San Andreas Fault.

Directions: Take 101 South, Exit on Hwy 25, then 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 Hwy 25 until you get to Hwy 146, which takes you to the park.

Pinnacles has two entrances, one on each end of the park. Use the directions above to find the East Entrance and the Chalone parking lot.
REMEMBER this hike starts at 9AM.

Drive Time 2 Hours - Parking \$5 - Dogs Not Allowed

March 24, 2007

LAKE CHABOT

Level 3.25 - Miles: 5 - Elevation 800' - Host: Glen D.

This popular 5,122 acre park boasts a beautiful man-made reservoir. Lake Chabot is an absolute gem covering 315 acres and is stocked with trout, catfish, bass, crappie and other fish. The park offers a number of activities including camping, cycling, fishing and miles and miles of hiking trails.

Directions: From San Jose: Take I-880 N towards Oakland – go 27.8 miles. Take the I-238 ramp to Castro Valley (I-580)/Stockton - go 0.5 miles. Merge into I-238 S - go 1.9 miles. Take the I-580 W ramp to Oakland. Take I-580 W – go 1.9 miles. Take Fairmont Drive/150th Ave Exit & immediately get in left lane & go through intersection to the stoplight. Turn Right at stoplight onto Fairmont Drive – go 1.7 miles. Fairmont Drive turns into Lake Chabot Drive – go .8 miles. Turn left on

Seven Hills Road – go 1.0 miles. Turn left on Redwood Road (winding road) – go 4.8 miles. Left on Marciel Road – look for large sign: Anthony Chabot Regional Park Marciel Gate (9999 Redwood Road). Stay on Marciel Road 1.6 miles until you come to a fork in the road. Go left at fork towards camping – go 0.1 miles. On left side will be day use parking. This is where we start our hike.

Drive Time 45 minutes - Parking Free – Dogs Allowed on Leash (\$2 Dog Fee)

April 7, 2007

RANCHO SAN ANTONIO

Level 3.5 - Miles 8 - Elevation 900' - Host: Jimmy C.

The 3,800-acre Open Space Preserve, combined with the adjoining 165-acre County Park, offers visitors a unique experience with a sampling of diverse environments, interesting cultural history, and a variety of activities. The preserve has an extensive 23 miles of trails available for exploration. A highlight of the preserve is Deer Hollow Farm, a working farm with a cow, pigs, goats, sheep, chickens, other animals, and an organic garden as well as numerous turn-of-the-century ranch buildings. An additional attraction is the restored Grant Cabin, furnished to represent living conditions in the late 1800s.

Directions: From San Jose take I-280 north, take the Foothill Boulevard exit and proceed south on Foothill Boulevard approximately 0.2-mile to Cristo Rey Drive. Turn right on Cristo Rey Drive, continue for about 1 mile, go through the traffic circle, and you will see the Rancho San Antonio entrance on your left. Enter the park and stay to your right. Continue to the last parking lot. We will meet at the restrooms.

Drive Time 30 Minutes - Parking Free - Dogs Not Allowed

April 21, 2007

GARLAND RANCH

Level 2.5 - Miles 6 - Elevation 1000' - Host: Tom R.

Located just a few miles inland from the spectacular Big Sur coast, Garland Ranch's more subtle charm make it a favorite escape from tourists for the local residents. After crossing over the fast moving Carmel Valley River flanked by cottonwood trees, a network of trails and horse paths wind up past waterfalls and through sycamore forests to the inland vistas of Carmel Valley.

Directions: From San Jose, take Highway 101 South approx. 50 miles. Take Hwy 156 West for 6 miles until it becomes Hwy 1 South. Follow approx. 18 miles to CARMEL VALLEY RD / CR-G16 East. Turn left and follow 8.6 miles. Parking lot and visitor center are on the right side just before the village of Carmel Valley.

Drive Time 1 hour 30 Minutes - Parking Free - Dogs Allowed on Leash