

## WILD RECOVERY HIKE SUGGESTIONS

- ALL hikes are scheduled to leave from the trailhead promptly at 10 AM unless noted otherwise so PLAN ACCORDINGLY!
- The weather can be unpredictable at all parks, 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.
- Bring something to sit on during the meeting (i.e. tarp or bedsheet)
- Stay on the marked trails
- Pick up a trail map before heading out.
- Follow all park rules and regulations
- What you bring in, bring out (this includes trash, food, etc.).
- Smoking is not permitted on any trails or during the meeting
- Watch out for poison oak, snakes, bees and the like
- Respect wildlife
- If you bring kids or pets, make sure to keep them supervised at all times
- Cameras are encouraged but please ask permission first if taking someone's picture
- For lots more about Wild Recovery and up-to-date hike information see [www.wildrecovery.org](http://www.wildrecovery.org)

### UPCOMING EVENTS:

**January 29<sup>th</sup>, 2011:** A beautiful Monterey Coastal Hike accessible to all, in conjunction with the MBCNA convention- not to be missed! See website for more details or check out MBCNA activities.

### GRATEFUL TO BE OF SERVICE

- Secretary: Jeannie – (408) 466-9051
- Treasurer: Martin – (408) 230-1321
- Asst. Treasurer: John – (831) 462-0262
- GSR: Keith – (408) 307-4180
- Assistant GSR: Open
- Business Chair: Diane – (831) 462-0262
- Business Recording Secretary: Nancy – (831) 460-9484
- Website: Gar – (408) 705-3517
- Website Assistant: Philip – (650) 430-6353
- Flyer: Anna – (408) 806-7675
- Correspondence Coordinator: Mary – (831) 431-3491

### HIKING LEVELS

- 1 = Easy / 2 = Moderate / 3 = Challenging / 4 = Hard / 5 = Very Difficult
- *Hike rating system is subject to the interpretation of the hike host. Please note miles & elevation when considering a hike ☺*



## WILD RECOVERY

Oct 23<sup>rd</sup> 2010 - Jan 15<sup>th</sup> 2011

Every other Saturday at 10 AM

[www.wildrecovery.org](http://www.wildrecovery.org)

**OCTOBER 22, 23 & 24 / Hosts: Di & John**

**ARROYO SECO FALL RETREAT**

**Friday Hike 2pm (Hike to the Pools)**

Level: 2.0 - Miles: 3.0 - Elevation: 800'

**Saturday Hike, 10:00 A.M. (River Hike)**

Level 2.5 - Miles: 4.0 - Elevation: 400'

**Saturday Night Moonlight Hike, 6:30 P.M.**

Level 2.5 - Miles: 3.5 - Elevation: 950'

*Arroyo Seco campground sits on the edge of the Los Padres National Forest just outside of Soledad. The campground is the gateway to miles of hiking trails through the Eastern portion of this Central Coast gem. The Arroyo Seco River Gorge is a marvel not to be missed. We will be staying at the group campsite between the lakes. The weather in late October can vary dramatically so Saturday's river hike will depend on the weather. Check the web site for up to date info or call Di or John at (831)-462-0262.*

**Directions from San Jose:** Take 101 South to Soledad, At the Arroyo Seco exit (#301) turn right onto Arroyo Seco Rd. After approximately 16 miles, take the left fork to stay on Arroyo Seco Rd. The right fork becomes Carmel Rd. Arroyo Seco Rd. ends in the campground. Follow the sign to the Lakes and the primitive group campground.

**Camping: \$10.00-Drive Time: 2 Hrs 15 Min. - Dogs allowed on leash  
Bring something to swim in (weather permitting) and water shoes.**

**NOV 6<sup>TH</sup>, 2010**

**QUAIL HOLLOW COUNTY PARK**

**Level 2 - Miles: 4.5 - Elevation 2,200'**

**Host: Gary**

*We will be hiking the Italian & Sunset Trails where there are spectacular views at the top as well as a pigmy redwood forest that is fascinating! Nestled deep in the Santa Cruz Mountains this 300-acre historic horse ranch and nature preserve is home to 15 habitats. They range from the aquatic environment of the pond and surrounding riparian ecosystems to the hot, dry chaparral and unique sandhills habitat. Mixed evergreen forests, redwoods, and grasslands round out some of the other habitats found in the park.*

**Directions from San Jose:** Take Hwy 17 South and exit in Scotts Valley at #3 Mt Hermon Rd. Take a Right onto Mt Hermon Rd and turn Left on Graham Hill Rd. Turn Left on E Zayante Rd and continue up for around 2 miles then turn Left on Quail Hollow Rd. to the park entrance.

**Drive time: 50 minutes - Parking Free - Dogs not allowed on trails**

**November 20, 2010**

**SAINT JOSEPH'S HILL / Host: Dale R.**

**Level: 2.5 - Miles: 6 - Elevation: 800'**

*Back this year is the perennial favorite, St Joseph's Hill above Lexington reservoir. We will meet at the Los Gatos creek bridge on Main Street, Los Gatos. From there, we will take the Los Gatos Creek trail up to the dam at Lexington reservoir for approximately 1.8 miles. We will then cross the dam to the Jones trail head across from the parking lot. The first portion of the trail is semi-paved and very steep for about .15 miles then give way to moderately steep, well groomed fire roads. We will then turn right on to the Manzanita trail and follow it for another 1.2 miles.*

**Directions from San Jose:** From highway 17, take the East Los Gatos exit. Turn right (south) on Los Gatos Blvd. Follow Los Gatos Blvd until it becomes Main Street. When you hit the stop sign at Main and College Ave, Park the trail entrance is on the south side of the street.

**Parking: Be sure to park in a spot that allows enough time for the hike.**

**Drive Time-15 Min. -Parking Free - Dogs OK on leash**

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**December 4<sup>th</sup>, 2010**

**SIERRA AZUL - MT UMUNHUM AREA / Host: Jeannie H.**

**Level 3.5 - Miles: 10 - Elevation 1,000'**

*The Mount Umunhum Area features the 3,486 foot mountain named after the Ohlone word for "resting place of the hummingbird." Although there is no public access to the top of Mt. Umunhum, we will hike close to it on our way to Bald Mountain where we will hopefully have our meeting - weather permitting. We will start off our hike on the fairly level Woods Trail to the Barlow Rd trail where we will gain most of our elevation in 1.5 miles. We will continue to Bald Mountain Trail which will take us to Bald Mountain at 2,387 ft elevation.*

**Directions from San Jose:** Go south on Camden Ave. to Hicks Rd Make a right on Hicks Rd go for 4.9 miles to Wood Rd, then turn left at the Woods Rd parking lot entrance of Almaden Quicksilver Park. We will park there because there is more space.

**Drive time: 20 min. - Parking Free - No Dogs**

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**December 18, 2010**

**SUNOL REGIONAL WILDERNESS / Hosts: Andrea & John**

**Level 3 - Miles 7 - Elevation 1,000'**

*Bedrock mortars used by Native Americans for pounding acorns that were found in the area are reminders of Sunol's first inhabitants. For the past century, however, the land known today as Sunol Regional Wilderness was used almost exclusively as ranch land. Under the East Bay Regional Park District's multi-use land management policy, cattle continue to graze in the 6,859-acre wilderness. Today, camping, picnicking, hiking, back-packing and equestrian trail rides attract thousands of park visitors a year. We will hike a 7 mile loop beginning at Ohlone Road to Backpack Road. We will go into the*

*backpack camp and up several hills to the meeting spot, and take McCorke Trail back to the parking lot.*

**Directions from San Jose:** Take 680N towards Sacramento for 21 miles. Take the Calaveras Rd/State Hwy 84W exit towards Sunol. Turn right at Calaveras Rd and drive for about 4 miles, and then turn left at Geary Rd. After the pay station, continue to the end of the road and park in the furthest parking lot.

**Drive Time: 45 Mins - Parking \$5 - Dogs on leash \$2 per dog**

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**January 1<sup>st</sup>, 2011**

**MISSION PEAK / Host: Nancy**

**Level: 3.5 - Miles: 7.5 - Elevation: 2,100'**

**SUNRISE 7:30AM - PLEASE NOTE: HIKE STARTS AT 5AM**

*Mission Peak has been a time-honored favorite of Wild Recovery. Rising steeply to the east behind the city of Fremont, Mission and Monument peaks form a dramatic backdrop to the South Bay. Mission Peak has been described as one of the Bay Area's most underrated summits. The determined hiker who reaches its top will be rewarded with views of Mount Hamilton to the south, the Santa Cruz Mountains to the west, Mt. Tamalpais to the north, and Mt. Diablo and the Sierra Nevada to the northeast. So if you want a butt kicker to kick off the new year, be at this one.*

**Directions from San Jose:** take Highway 680 North to Fremont, exit Mission Blvd. and head east (go right) for approximately 2 miles to Stanford Ave. Turn right onto Stanford Avenue. We will meet at the staging area. Parking is free but limited so carpooling is another good idea.

**Drive time is 30 minutes - Parking Free - Dogs allowed on leash**

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**January 15<sup>th</sup>, 2011**

**PT REYES NATIONAL SEASHORE / Hosts: Troy & Amy**

**Level: 3.5 - Miles: 10.25 - Elevation: 1200'**

*We start through a forest of Bishop Pine and Douglas Fir down the Bayview Trail to the Laguna Trail. When we reach the hostel we cut across to the Coast Trail hiking through coastal scrub and prairie on the way to Drake's Bay. We will have our meeting on Limantour Beach. Afterwards we continue on Coast Trail to Fire Lane Trail & up to Sky Trail. From Sky Trailhead we follow Bayview Trail back to the start.*

**Directions from San Jose:** Take 880 North to 580 West. Cross the Richmond/San Rafael Bridge and continue onto 101 N. Take the Central San Rafael exit and stay in the left lane. Turn left on 3<sup>rd</sup> St., which becomes 4<sup>th</sup> St. and then becomes Red Hill Rd. In San Anselmo bear right onto Sir Francis Drake Blvd. toward Fairfax. Follow Sir Frances Drake Blvd. for 16 miles and in Olema turn right on Hwy 1. Take the first left on Bear Valley Rd. Go 1.8 miles, passing the Visitor Center, turn left on Limantour Rd. Follow Limantour Rd. to the Bay View Trailhead on the right side.

**Drive Time 2 hour & 15 minutes - Parking Free - No dogs allowed**

**No restrooms at trailhead, restrooms at the Visitor Center**